

An Overview of Social Support and Resilience among Volcanic Eruption Survivors

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Abstract. Social support and resilience play a crucial role in the psychological recovery of survivors of the Mount Lewotobi Laki-Laki eruption, given the psychological and emotional challenges they faced in the aftermath of the disaster. This article explores various aspects of social support, such as emotional, instrumental, and informational support, and how these forms of support influence individual resilience. Furthermore, this article discusses factors that underpin resilience, such as emotion regulation, optimism, and self-efficacy, which contribute to an individual's capacity to face and overcome difficulties. In post-disaster contexts, existing theoretical studies indicate that the presence of social support can strengthen the psychological resilience of survivors, helping them adapt and recover after the disaster.

Keywords: *Social Support, Resilience, Disaster Survivors*

Abstrak. Dukungan sosial dan resiliensi memiliki peran penting dalam pemulihan psikologis penyintas erupsi Gunung Lewotobi Laki-Laki, mengingat tantangan psikologis dan emosional yang dihadapi pascabencana. Artikel ini menjelaskan aspek-aspek dukungan sosial, seperti dukungan emosional, instrumental, dan informasional, serta bagaimana dukungan tersebut memengaruhi resiliensi individu. Selain itu, artikel ini membahas faktor-faktor yang mendasari resiliensi, seperti regulasi emosi, optimisme, dan efikasi diri, yang berkontribusi terhadap kapasitas individu dalam menghadapi dan mengatasi kesulitan. Dalam konteks pascabencana, kajian teori yang ada menunjukkan bahwa keberadaan dukungan sosial dapat memperkuat resiliensi psikologis penyintas, membantu mereka beradaptasi dan pulih setelah bencana.

Kata kunci: *Dukungan Sosial, Resiliensi, Penyintas Bencana*

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Introduction

Indonesia, as an archipelagic country located at the convergence of three tectonic plates, is highly vulnerable to natural disasters, particularly volcanic eruptions. With 129 active volcanoes spread across islands such as Sumatra, Java, and Nusa Tenggara, Indonesian communities live side by side with the risks posed by volcanic activity, which can cause both physical and psychological impacts (Christie Gosal dkk, 2018). One of the active volcanoes that experienced a major eruption between the end of 2023 and early 2024 is Mount Lewotobi Laki-Laki, which forced thousands of people to evacuate and resulted in casualties and widespread damage (BNPB, 2024).

In disaster contexts, the emergence of resilience among survivors becomes a vital aspect to consider. Resilience is influenced by various factors, one of which is social support received from family, community, and the surrounding environment (Mawartini, 2022). Therefore, this article aims to provide a theoretical examination of the relationship between social support and resilience among disaster survivors, particularly in the context of the Mount Lewotobi Laki-Laki eruption. This article is a literature review that synthesizes theories and previous findings to provide a conceptual understanding of how social support can strengthen psychological resilience in post-disaster situations.

Social Support

Social support is defined as assistance provided by others, which is then perceived as a form of support (Farley et al., 1988, cited in Khotimah and Sa'adah, 2023). Furthermore, social support is also defined as comfort, attention, appreciation, or assistance available to an individual from other people or groups, as noted by Uchino (Sarafino, 2011, cited in Pangaribuan, 2020). Social support can also be described as actions in the form of support given by other individuals that relate to an individual's feelings or perceptions of comfort, attention, and available help when

needed. Social support can be obtained from partners, friends, family, community organizations, and so on. This social support is a form of self-acceptance, both for individuals and for groups of people. Individuals or groups that are accepted will feel loved, valued, and respected by their surrounding environment.

Aspects of Social Support

Sarafino and Smith (2012, cited from Adhada and Susilarini, 2021) suggest that social support includes four aspects, namely:

a. Emotional support or esteem (Emotional or Esteem Support)

It is said that assistance should be provided in the form of encouragement, offering empathy, compassion, attention, and positive appreciation. Emotional support can help individuals feel more valued and accepted, thereby increasing self-confidence and resilience in dealing with problems.

b. Instrumental Support (Tangible or Instrumental Support)

This includes direct assistance, physical support, or concrete materials, which can help individuals in difficult situations, such as providing a loan of money or assisting with completing individual tasks. This aspect includes providing means to facilitate or assist others, such as equipment, development, and other forms of support, as well as offering opportunities.

c. Informational Support

Offering guidance, recommendations, insights, or constructive input to help individuals in need determine appropriate actions or make informed decisions.

d. Companionship Support

This form of support involves fostering opportunities for individuals to be included in a group that shares common interests and engages in social activities. It emphasizes positive social interactions, enabling individuals to connect with others through shared experiences or recreational engagements. Such support helps individuals feel a sense of belonging and social connectedness by participating in enjoyable and collective activities.

Farley, et al (1988, cited from Murdafasmi et al, 2020) suggest several aspects that are sources of social support that can be obtained by individuals, namely:

a. Family support

Family support refers to the support provided by a family to an individual, which can take the form of emotional support or assistance in decision-making.

b. Friend support

Friend support refers to the support that individuals receive from their closest friends. This support can take various forms, including the presence of friends' help in everyday life or other forms of assistance.

c. Support from others

The support from others, refers to the support that individuals receive from other people who have a significant influence on them, such as coworkers or superiors at work.

Factors that Affect Social Support

According to Sarafino (quoted from Napitupulu et al, 2020) not all individuals get social support from surrounding individuals. There are several factors that determine whether someone receives social support. Here are some factors that can affect the social support received by others, namely:

a. Recipients (Recipients of support)

An individual will receive social support if they also engage in behaviors that encourage others to offer help. This means that individuals should foster positive social interactions within their community, such as offering assistance to others in need and clearly communicating when they themselves require support or help. A person is unlikely to receive social support if they are not friendly, never offer help to others, and are not open to seeking help from others when needed. This occurs due to the reciprocal relationship between individuals and their surroundings, and vice versa.

b. Providers.

Providers are individuals within a person's close circle who are typically expected to offer social support. However, when someone does not receive the support they need, it may be because those expected to provide it are facing their own challenges, such as lacking the specific type of assistance required, experiencing stress themselves, or dealing with circumstances that limit their ability to help.

c. Social network composition and structure

The connections individuals have with people in their families and communities are referred to as the composition and structure of social networks. These relationships can be characterized by factors such as size (the number of people the individual interacts with regularly), frequency of interaction (how often the individual meets these people), composition (whether these individuals are family, friends, colleagues, etc.), and intimacy (the level of closeness and trust within these relationships).

Resilience

Resilience is the ability to survive, adapt, and overcome severe events and problems in life, even in depressed conditions or when facing adversity or trauma (Reivich and Shatte, 2002, cited from Suharyono et al, 2019).

Resilience is the certainty to recover and bounce back from disappointments, obstacles and setbacks. As Alvord and Grados (2005, quoted in Suharyono et al., 2019) note, resilience is a skill, attribute, and ability that allows individuals to adapt to suffering, difficulties and challenges.

The term resilience actually comes from physics, which means "bounce back". The term resilience is used to indicate the ability to return quickly to the previous condition. Resilience itself is a concept that comes from the discipline of ecology (Gallopín, 2006, cited from Suharyono et al, 2019).

The definition of resilience is diverse, as it measures the resilience of a system and the ability of a social system to adapt to changes and disruptions while

maintaining consistent relationships between populations and state variables. Suharyono et al (2019) explains resilience as the ability of groups or communities to cope with external pressures and disturbances that arise as a result of social, political, and environmental changes. Van Breda (2001, cited in Suharyono et al., 2019) states that resilience theory addresses the strengths exhibited by people and systems that enable them to overcome adversity.

Aspects of Resilience

There are seven aspects of resilience proposed by Reivich and Shatte (2002, cited from Laura, 2020), including:

1. Emotion regulation

Emotion regulation is the ability to remain calm under stressful conditions (Reivich & Shatt  , 2002). Research results indicate that individuals with low emotional regulation skills tend to experience difficulties in building and maintaining interpersonal relationships. Individuals who can manage emotions can control themselves when upset and cope with feelings of anxiety, sadness, or anger, speeding up problem solving.

2. Impulse control

Impulse control can be defined as the ability to control urges, desires, and internal pressures. Individuals with low impulse control often lose their temper, behave impulsively, and act aggressively, which can cause discomfort in interpersonal social settings.

3. Optimism and interpersonal relationships

Optimism is the belief that the future will be bright. Optimism reflects an individual's belief that they can overcome future difficulties, closely related to self-efficacy, which is the belief that individuals are capable of solving problems and controlling their lives.

4. Ability to analyze problems

The ability to analyze problems according to Reivich and Shatt   (2002) refers to the individual's ability to accurately identify the cause of the problem.

Resilient individuals do not blame others and focus on full control in problem solving.

5. Empathy

Empathy has a close relationship with an individual's ability to read the signs of other people's emotional and psychological conditions. Individuals who possess the ability to empathize tend to have more positive social relationships. Individuals who do not develop the ability to be sensitive to such nonverbal cues are unable to put themselves in others' shoes, feel what others feel, and predict others' intentions.

6. Self-efficacy

Self-efficacy is one of the factors that can affect an individual's resilience. Research conducted by Burhani and Yahya (2014) shows that self-efficacy in student regiment members affects their resilience. Individuals with high self-efficacy will be able to solve problems, commit to tasks, and achieve previously set goals.

7. Achievement

Achievement in individuals involves the ability to go out and achieve the positive aspects of life after facing difficulties. Achievement is not only important for overcoming negative life experiences but also for enriching life and seeking new experiences.

Factors that Influence Resilience

According to Sintia Research (2022), there are several factors that can affect individual resilience, namely:

1. Emotional Intelligence

The ability of individuals to behave and regulate feelings so that they carry out positive activities can increase resilience in individuals. Individuals who have high emotional intelligence can try to think positively about the problems they face so that they can solve these problems. According to Respati et al (2007) individuals who have good emotional intelligence can face

difficult challenges. Conversely, individuals who are unable to think positively and pessimistically will feel hopeless, making it difficult for them to solve the problems they face.

2. Optimism

According to Reivich and Shatte (2002), optimistic individuals are resilient individuals. Optimistic individuals believe that the problems they face will be resolved and improved for the better. Optimistic individuals generally have a healthy physical condition, are productive, and are creative at work. Individuals who have positive expectations and believe they will get satisfying results tend to be more capable in dealing with the difficulties that occur.

3. Self-Efficacy

Self-efficacy is one of the factors that can affect an individual's resilience. Research conducted by Burhani and Yahya (2014) shows that self-efficacy in student regiment members affects their resilience. Individuals with high self-efficacy will be able to solve problems, commit, and achieve previously set goals.

4. Social Support

Resnick Gwyther and Roberto (2011) state that social support can affect individual resilience. Research conducted by Laksana (2019) and Prastikasari (2018) also shows the same thing, namely that there is a positive relationship between the amount of social support received and the resilience of individuals. Social support can enhance an individual's confidence and optimism in overcoming difficulties. Additionally, social support can also help reduce the level of psychological stress caused by the problems experienced.

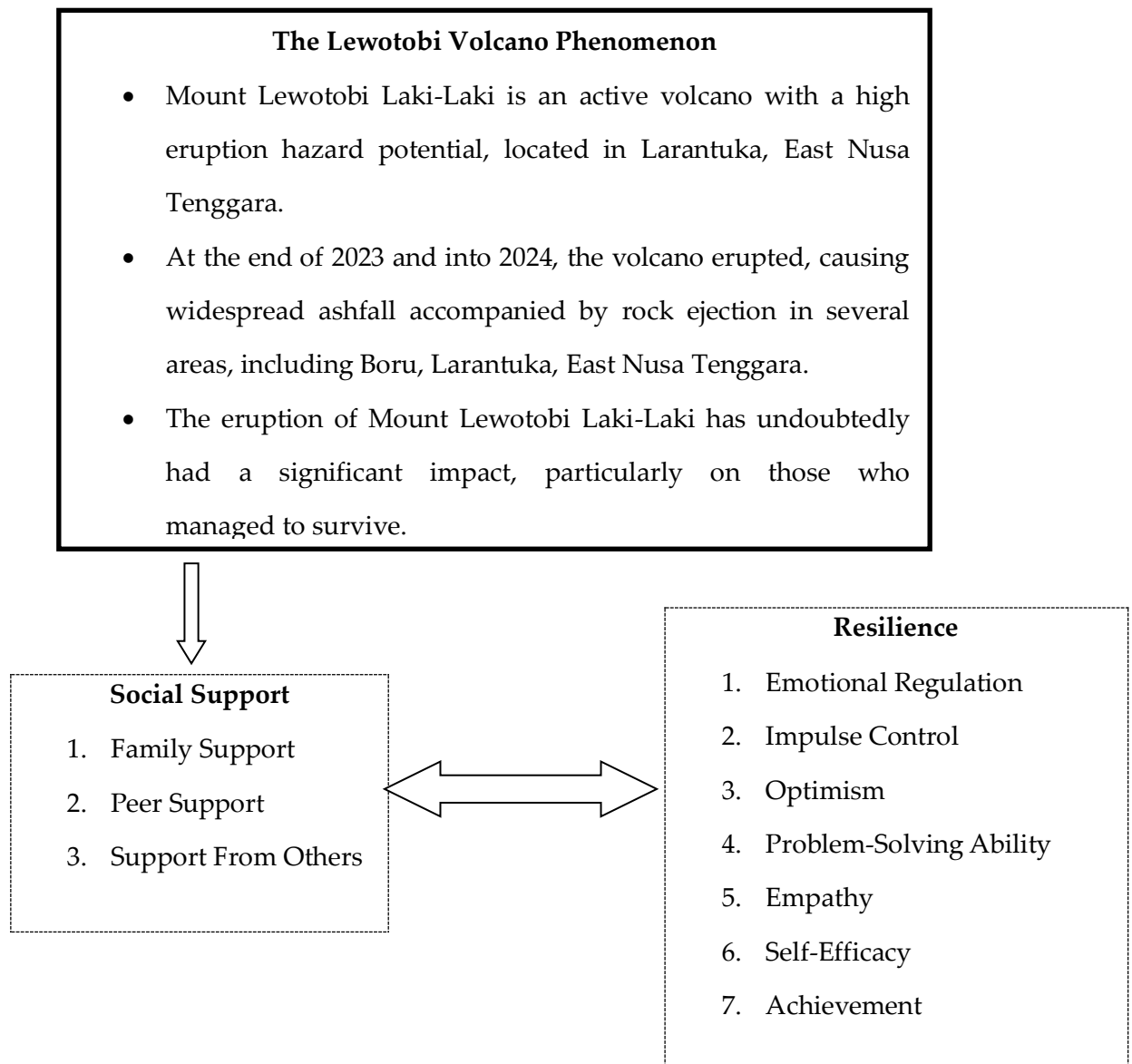
Previous Studies

Several previous studies related to social support and resilience have been conducted, including:

1. Sulistiawati et al. (2022) conducted a study titled "The Influence of Spiritual Guidance on the Resilience of Landslide Victims in the Temporary Shelter at Lebak Limus Field, Kiarapandak Village, Sukajaya Subdistrict, Bogor Regency." The employed used was quantitative research based on a survey approach. The results showed that spiritual guidance had a positive effect on the resilience of landslide survivors in the temporary shelter, indicating that social support significantly contributes to resilience. Similarity with the current research lies in the research method, which is quantitative. The Difference lies in the independent variable: the current research uses social support, while the study above used spiritual guidance.
2. Purnama and Romlah (2021) in their study "The Relationship Between Social Support and Religiosity with Resilience in Tsunami Survivors in Way Muli Village, South Lampung" used purposive random sampling for data collection. The research data were collected using the Resilience Scale, Social Support Scale, and Religiosity Scale. The results showed a relationship between social support, religiosity, and resilience in tsunami survivors, thus confirming the hypothesis. Similarity with the current research is in the objective, both aim to examine how social support influences the resilience of disaster survivors in coping and adapting after trauma. The difference lies in the research setting: the current study focuses on survivors of a volcanic eruption in a mountainous region, while the above research was conducted in a coastal area affected by a tsunami.
3. Septia (2018) in the study "The Relationship Between Peer Social Support and Resilience of Adolescent Disaster Victims in Pacitan" found a very significant positive relationship between peer social support and resilience. The data analysis showed $r^2 = 0.237$, $r = 0.487$, with $p = 0.000$ ($p < 0.05$), indicating a

significant relationship Similar to the current research is the use of a quantitative method with a correlational design. The difference lies in the scope of social support: the current study examines general social support, including support from family, friends, and others, while Septia's study specifically focuses on peer social support.

This study aims to examine the relationship between social support and resilience among survivors of the Lewotobi Laki-Laki volcanic eruption Social support is considered a crucial factor that can enhance an individual's ability to cope with and recover from traumatic experiences resulting from natural disasters. Using a quantitative approach, this research will analyze the extent to which the social support received by survivors, whether from family, friends, or the surrounding community, contributes to their level of resilience in rebuilding their lives after the disaster.



Conclusion

This theoretical review highlights the interconnected role of social support and resilience in influencing the psychological recovery process, especially for disaster survivors. Various forms of social support, such as emotional, instrumental, informational, and companionship support, provide essential psychological protection in coping with trauma. On the other hand, resilience factors such as emotional regulation, optimism, and self-efficacy enhance an individual's ability to adapt and overcome difficulties. Therefore, a combination of adequate social support and internal resilience factors can accelerate the psychological recovery of disaster survivors.

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