

Social Support and Resilience to Students Who Are Working on Thesis

Maria Foni Bule¹, Luh Putu Ruliati², Juliana M. Y. Benu³

^{1,2,3}Kupang Psychology Study Program, Nusa Cendana University

Email: ¹mariabule4@gmail.com , ²ruliatiuluhputu@yahoo.com ,

³juliana.benu@staf.undana , ac.id

Abstract. Students working on their thesis experience many obstacles and problems that prevent them from completing assignments on time. The problems they experience can be overcome if they have a high level of resilience and receive various supports around them. This study aims to determine the relationship between social support for students who are working on their thesis at FKIP Undana Kupang. This research is a quantitative study using a correlational method.

The population in this study was 278 students of class 2015/2016 who were actively working on their thesis, with a total sample of 161 students. This study used Pearson correlation analysis. The results of the study resulted in a r_{xy} of 0.563 with a value $(sig) = 0.000 < 0.05$, which means that there is a positive relationship between social support and resilience in students who are working on their thesis, the higher the social support provided, the higher the resilience of students.

Keywords: *Social Support, Resilience, Final Semester Students*

Abstrak. Mahasiswa dalam mengerjakan skripsi banyak mengalami berbagai hambatan dan masalah yang membuat mereka tidak menyelesaikan tugas tepat pada waktunya. Masalah yang mereka alami bisa di atasi jika mereka memiliki tingkat resiliensi yang tinggi dan mendapat berbagai dukungan di sekitar mereka. Penelitian ini bertujuan untuk mengetahui hubungan antara dukungan sosial pada mahasiswa yang sedang mengerjakan skripsi di FKIP Undana Kupang. Penelitian ini merupakan penelitian kuantitatif dengan menggunakan metode korelasional. Populasi dalam penelitian ini adalah mahasiswa angkatan 2015/2016 yang sedang aktif mengerjakan skripsi yaitu sebanyak 278 dengan jumlah sampel 161 mahasiswa. Penelitian ini menggunakan analisis korelasi Pearson. Hasil penelitian menghasilkan r_{xy} sebesar 0,563 dengan diperoleh nilai $(sig) = 0,000 < 0,05$, yang artinya terdapat hubungan positif antara dukungan sosial dengan resiliensi pada mahasiswa yang sedang mengerjakan skripsi, semakin tinggi dukungan sosial yang di berikan maka semakin tinggi pula resiliensi pada mahasiswa.

Keywords: *Dukungan Sosial, Resiliensi, Mahasiswa Tugas Akhir.*

Article history:

Received: 01 March 2021

Received in revised form: 28 April 2021

Accepted: 25 May 2021

Available online: 8 June 2021

Introduction

Students in completing the undergraduate education level must meet one of the requirements, namely completing the undergraduate level by writing a final project or more commonly known as a thesis. However, in reality, students in completing their final project are faced with various problems that hinder the process of completing their thesis. Cahyani and Akbar (2017) mentioned some of the problems faced by students in completing their final assignments, namely difficulties in getting themes, titles, references, feeling lazy, having low motivation, and having feelings of fear first when they want to meet with supervisors.

The research results from Wangid and Sugianto (2013) also mention some of the problems experienced by final project students, namely, lack of knowledge of thesis research methodology, confusion in developing thesis support theory, lack of research results ability. In facing the processes related to thesis work, students experience a lot of pressures, this was explained by Azzahara (2017) who found that there were pressures experienced by students, namely, changes in the environment, loss of social support networks, academic pressure, and the development of relationships with peers.

Based on the researcher's observations, some students complete the final project on time but many of them choose to give up first before trying because they are unable to overcome the difficulties they are experiencing. As for the results of interviews conducted with 3 FKIP students who were working on their thesis, it was found that there were problems and difficulties faced where they experienced various obstacles in working on their thesis. These obstacles and problems are feeling lazy, not often consulting with supervisors, lack of family finances, and lack of motivation from those closest to them. To overcome these obstacles requires a positive attitude

to survive and be able to adapt in facing difficulties, willing to try to continue completing the final project despite the many challenges and problems faced.

Resilience according to Hendriani (2018) describes resilience strength and toughness to rise from negative emotional experiences, when facing difficult situations and stressful situations in the learning activities carried out. All problems and pressures experienced can be overcome if students get a lot of support from the environment and the people closest to them so that they can overcome and find a way out of every problem they are facing. Social support according to Marni & Yuniawati (2015) defines social support as support for someone facing problems such as advice, affection, attention, and guidance which can also be in the form of goods or services provided by family or friends. The purpose of this study was to determine the relationship between social support and resilience to students who are working on the thesis at FKIP Undana Kupang.

Method

The subjects in this study were 278 students with a sample of 161 FKIP Undana students. The sampling technique used in this research was the purposive sampling technique. There are two kinds of scales in this study, namely the social support scale consisting of 12 favorable items with a reliability of 0.88 and a resilience scale consisting of 10 favorite items with a reliability of 0.85.

Analysis of the data used for examines this hypothesis is the Pearson product-moment correlation analysis technique.

Result

1. Assumption Test

The results of the Asymp.Sig (2-tailed) normality test for social support and resilience variables based on the SPSS calculation were $0.070 > 0.05$ ($p > 0.05$). From these results, it can be concluded that the residual value of each variable is normally distributed.

2. Linearity Test

The linearity test aims to determine whether there is a relationship between the independent variable and the dependent variable is linear or not. Testing with SPSS can be concluded that if the significant value <0.05 then there is no linear relationship between the two variables tested. While the two variables are said to be linear if the linearity value is significant > 0.05 , then there is a relationship between the two variables being tested. Based on the results of the linearity test, it is known that the significance value of the deviation from linearity is $0.048 > 0.05$, it can be concluded that between the two variables there is a linear relationship between students who are working on their thesis.

3. Hypothesis testing

Based on the results of the test Pearson correlation note that the Pearson value between social support and resilience variables is 0.565 with a significance value of 0.000. The significance value obtained is $0.000 < 0.05$, so there is a relationship between the variables studied. The correlation number is positive, so the correlation is unidirectional. The higher the social support received by students, the higher the level of resilience in students who are required to solve each obstacle in completing their thesis.

Data calculated statistical calculations that explain the description of participants seen from gender and place of residence can be seen in the table below.

Table 1.

Social Support Categorization Based on Gender

Gender	Social support categorization					Total
	Very high	high	Moderate	Low	Very low	
Man	21	19	6	0	1	47
Women	70	30	12	2	0	114
Total	91	49	18	2	1	161

Table 2.

Resilience Categorization Based on Gender

Gender	Resilience Categorization					Total
	Very high	high	Moderate	Low	Very low	
Man	24	21	1	0	1	47
Women	49	57	7	1	0	114
Total	73	78	8	1	1	161

Tables 1 and 2 above show that based on gender, it is known that the social support variable of women has a level of social support that is in the very high category, namely 70 people (43.4%) while men are in the high category as many as 21 people (13, 0%).

Table 3.

Social Support Categorization by Place of Residence

Residence	Social Support Categorization					Total
	Very high	high	Moderate	Low	Very low	
Boarding	70	38	7	0	1	116
Home	21	11	11	2	11	45
Total	91	49	18	2	1	161

Table 4.

Resilience Categorization Based on Residence

Residence	Resilience Categorization					Total
	Very high	high	Moderate	Low	Very low	
Boarding	54	56	8	1	1	45
Home	19	22	4	0	0	116
Total	73	78	8	1	1	161

Tables 3 and 4 are the results of the resilience categorization analysis based on the place of residence. The table shows that the variable of social support for students who live in the boarding house is in the very high category, as many as 70 people and 21 people who live at home. Whereas in the variable of student resilience who live in boarding houses are in the high category and those who reside at home are in the high category.

Discussion

This study aims to determine the relationship between social support and resilience in FKIP Undana students who are working on a thesis. Based on the statistical test, the variable social support for FKIP Undana Kupang students was in the very high category of 56.5%, the high category was 30.4%, the moderate category was 11.2%, the low category was 1.2% and the very low category was as much as 0.6%. From these data it can be concluded that the level of social support of FKIP Undana students is very good.

Based on the results of research according to gender on the social support variable, it was found that 21 men had a very high category level, while women were in the very high category, as many as 70 people. These results indicate that female participants received more support and very good attention from family, friends and the surrounding environment.

Based on the results of research according to gender on the resilience variable, it was found that 24 men had a very high category level, while women were in the high category, namely 57 people. From the results of this difference, it shows that male participants have a better level of resilience in overcoming and dealing with any difficulties experienced.

The analysis of the results based on the residence of the social support variable of students who live in boarding houses is 70 people who are in the very high category, while 21 students who live at home are in the very high category.

Meanwhile, resilience based on where students live, students who live in boarding houses, and at home are both in the high category.

Based on the results of the research analysis, it is known that the relationship between social support and resilience has a significant relationship with a positive coefficient, which means that the higher the social support provided, the higher the resilience of students who are working on their thesis.

This study is in line with the results of research from Raisa and Ediaty (2016) with the title of the relationship between social support and resilience to prisoners in the class IIA female prison in Semarang. The results in this study indicate that there is a positive relationship between social support and resilience. The higher the social support provided and felt by the prisoners greatly contributes to the high level of resilience in overcoming and serving a period of detention, on the contrary, the lower the social support provided, the prisoners will have difficulty in serving a period of detention, causing low self-resistance.

Other studies that are in line, conducted by Aristya and Rahayu (2018) entitled the relationship of social support and self-concept with the self-adjustments of class X teenagers in SMA Angkasa 1 Jakarta. The results of this study indicate that there is a positive relationship between social support and adolescent adjustment, which indicates that the higher the social support, the higher the adjustment. With the existence of social support for adolescents, it can help adolescents to adapt well to their new school environment

Conclusion

Based on the analysis of the data obtained, it can be concluded that there is a positive relationship between social support and resilience in students who are working on their thesis at FKIP Undana with an r_{xy} value of 0.563 with p of 0.000 ($p < 0.05$). From these figures, it shows that the higher the social support students receive in working on their thesis, the higher the student's resilience in facing problems related to thesis completion.

Suggestion

Advice that can be onThe proposal of this research is for FKIP Undana Kupang students and their parents. For parents and friends to always provide good support and motivation in order to help students solve the difficulties and obstacles experienced by students related to the thesis completion process. Because based on the results found in this study, FKIP Undana Kupang students have a very good level of social support. Furthermore, FKIP Undana Kupang students should continue to improve their skills in overcoming any difficulties and be able to adapt to all changes with the current situation.

References

- Aristya, N., & Rahayu, A. (2018). Relationship between social support and self-concept with adolescent self-adjustment class X angkasa 1 Jakarta. *Journal of the Humanities*, 2 (2), 75-88
- Azzahra, F. (2017). The effect of resilience on psychological distress in students. *Scientific Journal of Applied Psychology*, 5 (1), 80-96
- Cahyadi, A., & Appolo. (2012). Conflict of gender roles of married women who work in terms of family social support and self-adjustment. *Widya Warta*, 254-271
- Hendriani, W. (2018). *Psychological Research An Introduction (1st ed.)*. Jakarta: Prenadamedia Group
- Marni, A., & Yuniawati, R. (2015). The relationship between social support and self-acceptance in the elderly at the wredha budhi dharma Yogyakarta home. *Journal of the Faculty of Psychology*, 1 (3), 1-7
- Raisa., & Ediati, A. (2016). Relationship between social support and resilience of prisoners in the class IIA women's correctional institution in Semarang. *Emapti Journal*, 3 (5), 537-542
- Wangid, MN., & Sugiyanto. (2013). Identification of student's structural and cultural barriers in completing the final project. *Journal of Educational Science Research*, 6 (2), 19-28