

THE IMPACT OF STRESS MANAGEMENT FOR URBAN MUSLIMS: INCREASING THE RESILIENCE OF SURVIVORS OF THE KANJURUHAN TRAGEDY

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The Impact of Stress Management for Urban Muslims: Increasing the Resilience of Survivors of The Kanjuruhan Tragedy Licensed Under a Creative Commons Attribution-ShareAlike 4.0 International License

Abstract

One of the impacts of a disaster or tragedy is the presence of trauma after the event or a mental state that is shaken so that it is unable to survive with a healthy mentality. This research aims to help Muslim urban communities who are victims of the Kanjuruhan tragedy through the provision of the Impact of stress management to increase resilience. In this study, the researcher used a quantitative approach with the quasi-experimental method of one group pretest post-test to test the effect of treatment before and after treatment. The participants were 19 (3 victims were directly affected, and 16 were indirectly affected). Data were collected through questionnaires before and after the administration of treatment, as well as long-term monitoring. The results showed a significant difference in participants' resilience levels before and after being given the Impact of stress management. The effect size caused by these activities is relatively large when viewed from the average resilience ratio before and after activities. Likewise, the significance test that shows a significant impact is shown by a significance number of 0.000, which is < out of 0.05. This study concludes that the Impact of stress management is practical and has a significant effect on increasing the resilience of the participant.

Keywords: Resilience; Stress management; Tragedy survivors.

A. Introduction

On October 1, 2022, a fatal accident occurred after a football match at Kanjuruhan Stadium in Malang Regency, East Java, Indonesia. Following the defeat of the home team Arema, to rival Persebaya Surabaya, around 3,000 Arema supporters stormed the field. The crowd density that formed at the exit caused fans to be short of breath. As of October 24, there were 135 people killed and 583 others injured. The disaster was the second deadliest in the history of world football after the 1964 Estadio Nacional disaster in Peru, which killed 328 people. So, it is the deadliest in Asia, Indonesia, and

the Eastern Hemisphere. The tragedy caused by the fatal accident can be considered a major humanitarian disaster throughout the history of world football matches (Kurnia et.al., 2023).

Two types of disasters, natural disasters and manufactured disasters, affect thousands of people every year. A significant adverse event like this has the potential to cause catastrophic loss of life and physical damage. Disasters come unexpectedly and often surprise humans. At the time of the incident, everyone tried to save themselves and their colleagues and family. After the incident, the victims had to be brought and rescued. Of the victims, some could be saved, but some died at the scene. Those who survived or friends and family affected by this tragedy are vulnerable to trauma. Likewise, with people who see the incident even though no family is a victim, seeing an unpleasant incident can also cause someone to be traumatized.

Meanwhile, news continued to appear after the incident in the mass media, electronic media, and social media. Exposure to traumatic events from news coverage can lead to significant consequences on mental health. As highlighted in the study, extensive and comprehensive coverage of conflicts with disturbing images has a significant impact on mental health (Habibi et.al., 2023). People living through disasters can experience emotional distress. Feelings of anxiety, constant worry, trouble sleeping, and other depression-like symptoms are common responses to disasters before, during, and after the event. Disasters can trigger emotional reactions such as *post-traumatic stress disorder*, depression, anxiety, and even suicide. Symptoms such as emotional instability, stress reactions, hopelessness, feelings of worthlessness, and fear will further worsen mental health. This symptom does not only appear in individuals but also in the community (Makwana, 2019).

Many people can “bounce back” from disasters with help from family and community, but others may need additional support to cope and move forward on the recovery path. Anyone can be at risk, including survivors living in affected areas and first responders and recovery workers; from the above conditions, those who can be affected by this disaster are not only people who are physically injured or victims who die. However, the tragedy affected family, friends, and colleagues who were victims. Trauma is not only felt by the person who experiences it but also by the person who is exposed to or sees the incident directly at the scene, in the hospital, or even from the print or mass media (Muliani, 2019).

Natural disasters such as earthquakes, tsunamis, floods, landslides, and forest fires can directly cause severe damage to property infrastructure and cause the loss of human life. However, few people understand that humanitarian disasters can have a significant effect. Both natural and humanitarian disasters can also affect the psychological and emotional well-being of victims, such as stress, anxiety, and depression (Hasanah & Ambarini, 2018). Exposure to this disaster is not only caused by direct exposure but also by media exposure, especially in vulnerable age groups such as teenagers. The results of the study found that the relationship between media exposure and symptoms of *post-traumatic stress disorder* was evident in young individuals (Dick et.al., 2021). Although the impact of a disaster is severe, some victims may also have the ability to survive and recover faster than others, known as resilience.

Resilience in disaster victims is the ability to cope with stress, uncertainty, and trauma from disasters and recover physically and psychologically. Resilience is part of psychological resources or psychological capital in the concept of POB, which is very important to study because its existence can be the basis for forming positive resources for each individual in the organization (Raissifar & Akhavan Anvari, 2020). Resilience or psychological resilience is defined as “successful adaptation to life’s tasks in the face

of social disadvantages or highly adverse conditions,” and maintaining such adaptation under challenging environmental conditions will make organizational resilience stronger, stronger, and more new ideas (Zehir & Narcikara, 2016). In positive psychology, resilience is “a positive psychological capacity to recover, to ‘bounce back’ from adversity, uncertainty, conflict, failure, or even positive change, progress and increased responsibility” (Luthans et.al., 2007). Clinical psychologists also note that resilience can increase and even grow when the individual returns to normal after an adverse event. Individuals become more resilient to adverse situations whenever they effectively bounce back from a previous challenge. Resilience is an important thing that needs to be possessed by people who are victims of disasters. The existence of resilience can help disaster victims recover and return to function after experiencing a disaster, as well as help disaster victims improve their quality of life and reduce the impact of disasters in the long term. Resilience to disaster victims is an approach that focuses on the ability of individuals or groups to face and overcome the impact of disasters that occur (Anggadewi, 2020).

The American Psychology Association (2014) states that resilience as an adaptation process in the face of difficulties, traumas, tragedies, threats, and sources of stress involves the interaction of several biological, psychological, social, and cultural factors to determine how a person responds to the stressful experience (Southwick et.al., 2014). Resilience is more than just a unique adaptation because it increases the probability of adaptation; competence in one period increases the probability of competence in the next (Zehir & Narcikara, 2016). Individual resilience is directly proportional to the positive emotions of the individual. Individuals who have resilience display a passionate and energetic approach to life, and they are curious and open to new experiences. Individuals with high resilience cultivate positive emotions within themselves and transmit positive emotions to others, creating a supportive social network to help cope with problems. Resilience is more likely to occur when individuals have access to sufficient human, social, emotional, and material resources, which help them develop competencies. This is more likely to happen when individuals have experiences that allow them to succeed and self-confidence-building experiences that motivate them to succeed in their future endeavors (Masten & Reed, 2002). Therefore, resilience needs to be increased to overcome problems.

One way to increase resilience is through the impact of stress management. The impact of stress management teaches individuals how to respond to intolerable, accept, and manage stress. Previous research has found that resilience and happiness can be improved with the Impact of stress management in students and students (Tarigan et.al., 2021). Referring to the study results, a person’s ability to manage stressors will impact their resilience and happiness. In addition, the Impact of stress management can also be used in adolescents with severe illness conditions. In another context, stress management methods and resilience activities are also effectively used for health workers. Another study found that stress management techniques and resilience activities were still adequate for doctors in education (Rosenberg et.al., 2015). Based on a study from previous research, stress can be given at the age level of students, students, and adults in the context of age management. Stress management can increase resilience because when a person can manage their stress, that process makes them survive.

Previous research shows that management plays a vital role in increasing resilience. Stress management is a process or method to manage and control stress. This is done to recognize the causes of stress and ways to overcome it. Wade and Tavriss (2017) mentioned that two strategies can be used, namely physical strategies

that overcome physiological stress due to stress and emotional strategies that focus on emotions that arise due to unpleasant events (Wade & Tafaris, 2017). Therefore, by implementing stress management practices, a person can build resilience, overcome stress effectively, and achieve a better psychological state. This research aims to test whether the Impact of stress management can increase the resilience of the survivors of the Kanjuruhan tragedy.

B. Methods

This study uses a quantitative approach with a quasi-experimental method. The design used was *one group pretest and post-test* to see the difference in participants' resilience before and after being given treatment. In the process, participants are given measurements before the activities to measure the initial condition of the participants, then the process of providing activities and re-measuring after the activities. The participants in this study amounted to 19 (nineteen) people (10 males and nine females). The sample determination technique was carried out by purposive sampling. The criteria for participants in this study were those who were directly affected (i.e., those who witnessed the incident) and those who were not directly affected (i.e., participants who lost family or friends and therapists from the media).

In this study, the data collection technique uses an instrument that measures resilience with a Likert scale. Researchers used the impact of stress management, which focused on how to cope with distress, as an intervention technique. The activities were implemented in 1 day by providing material that leads to stress management when the subject experiences an unpleasant situation or triggers trauma. Four materials were presented: 1) understanding distress intolerance, 2) acceptance of distress, 3) overcoming distress. The intervention is divided into three stages: preparation, implementation, and evaluation. 1) At the preparation stage, the researcher develops the module, prepares the instruments to be used, and conducts a professional judgment process to assess the feasibility of the module and instrument, as well as screen and identify subject problems, as well as determine subjects who have traumatic conditions due to the Kanjuruhan tragedy. 2) At the implementation stage, the researcher measured the participants' resilience before being given treatment. The researcher then provided the Impact of stress management to victims by providing material on recognizing and understanding distress, accepting the condition, and overcoming distress. At the end of the session, the researcher re-measured the victim's resilience by asking to refill the instrument. 3) At the evaluation stage, the researcher conducts a follow-up to see the conditions and benefits the victim feels through interviews. The data analysis used was a *paired sample t-test* to analyze the difference in resilience scores before and after the Impact of stress management.

C. Findings and Discussion

1. Findings

The intervention effectiveness test

The study's results were obtained by analyzing the victim's resilience score before and after the intervention. Significance tests were carried out to determine the effectiveness of the intervention. The following are the results of the tests carried out:

Table 1. Results of the intervention effectiveness test

	M	SD	ONE	t	Df	P
Pre-post	-87,158	19,800	4,542	-19,188	18	0,000

The table above shows that the significance is worth 0.000, which is < 0.05 . The results show a difference in resilience before and after activities. Therefore, it can be explained that the Impact of stress management has been proven to increase resilience in participants. A significant difference is also shown from the difference in the mean before and after the intervention is 87.15 in the following Table 2:

Table 2. Analysis of the difference between pretest and post-test

	N	M	SD	ONE
Pre-test	19	91,11	7,992	1,834
Post-test	19	178,26	21,231	4,871

The results above show that there is a difference in the average number. This difference is marked by an increase in the average number, namely 91.11 to 178.26. The data above shows that the effect size before and after the intervention is in a large category, reaching 87.15. Furthermore, the researcher categorized the scores to see the distribution of participants before and after the intervention. The following are the results of the categorization of participant scores:

Table 3. Categorization of Resilience Scores in Pretest and Post-Test

	Criterion	Pretest	Post-test
Tall	< 58	0 (0%)	0 (0%)
Keep	58 – 92	0 (0%)	12 (63,16%)
Low	92 <	19 (100%)	7 (36,84%)

Overall, it can be seen that there is a difference in the distribution of participants before and after being given the Impact of stress management. Categorization based on hypothetical mean showed that in the pretest, there were 0 participants in the low category, 12 (63%) participants in the medium category, and 7 (36%) participants in the high category. In the post-test, there were 0 participants in the low category, 0 in the medium category, and 19 (100%) in the high category.

2. Discussion

The impact of stress management on increasing resilience in survivors of the Kanjuruhan tragedy

This study aims to test the impact of stress management on increasing resilience in survivors of the Kanjuruhan tragedy. In addition, it will test whether the Impact of the stress management method effectively increases the resilience of the survivors of the Kanjuruhan tragedy. The study's results found that the Impact of stress management had a significant effect on increasing the resilience of the division. This considerable effect occurs because several aspects of resilience are the focus of the Impact of stress management, such as emotional regulation, the ability to analyze and solve problems, optimism, self-confidence, impulse control, empathy, and spiritual aspects. The significant effect shows that resilience, or the ability to bounce back from a downturn, will increase when an individual experiences an unpleasant event and is given stress management.

When an individual can understand his condition about the stress experienced, the individual realizes the ability to deal with stress and then accepts the condition and manages it appropriately; then, the individual will be able to adapt to the following life tasks. Being aware of the ability to deal with stress means that the individual is aware of what is happening and how much pressure is being experienced. The next phase, namely the phase of accepting stressors, is a phase to consider the advantages and disadvantages of responding to the problems. Individuals are invited to realize that

those who experience the same problem are not themselves but several people experiencing the same thing. In this phase, individuals are also taught to identify the problem, how they have faced it, and the results. Individuals will evaluate their problem-solving skills and the impact of solving the problem. The next phase of the individual is directed to be late in managing emotions, solving problems, and managing technology appropriately with various methods. This includes managing emotions, dealing with emotions, and ways to not dissolve with emotions. Individuals are also taught simple relaxation techniques followed by hopes and prayers chanted with full awareness. The impact of stress management teaches individuals to face, measure, accept, and manage the stress from disasters. Stress management teaches individuals to deal with problems consciously without denial or to deal with problems correctly with adequate management. Stress management is not to avoid stress but to relieve the situation, accept the situation, and manage it so that the impact of the situation does not have a negative impact.

Managing and managing the stress caused by disasters will help individuals deal with very adverse conditions due to natural disasters. One of the stress management strategies is emotional management due to adverse events experienced by an individual (Wade & Tafris, 2017). The ability to manage emotions is one aspect that can affect disaster victims' resilience (Saputra et.al., 2023). In Impact of Stress Management, individuals are taught to manage emotions appropriately. When emotions have been managed properly, one part of resilience in difficult situations has been done. That is why stress management plays an essential role in improving resilience. Another factor that impacts resilience is self-efficacy in dealing with the situation. According to the literature and research results, stress management impacts increasing *self-efficacy* (Nixon et.al., 2022). Through the Impact of stress management, which includes awareness of stress conditions, acceptance, and stress management, individuals become confident that they can get through these unpleasant events. Individuals become confident they can overcome the uncertainty and difficulties due to disasters. Self-confidence in this situation is the ability of survivors to face and solve problems effectively caused by disasters. A person with high self-confidence will push themselves to succeed in going through complex problems, be successful in facing the challenges of the problems, and choose a commitment to solve problems completely.

Another factor is the ability to analyze the problems that are currently being experienced. Disasters come suddenly, and this is a problem that was not thought of before. Previous research found that the ability to analyze problems can increase resilience due to disasters (Saputra et.al., 2023). In Impact of Stress Management, individuals who manage stress are also taught to look at problems objectively so that they can solve these problems objectively. Distinguish the real problem and personal perception, including being taught how to respond to problems so far and what impact they have felt. Through these activities, individuals are taught to identify their problems and plan problem-solving patterns based on their problems and challenges. After realizing the problem, planning to solve it, and knowing who can support it, the individual will be optimistic about solving it. Optimism builds resilience in disaster victims and individuals who are in certain illnesses (Utami et.al., 2023). In this context, there is optimism about the future that tomorrow will be able to be lived well even though yesterday was full of sadness or disappointment caused by disasters. Stay on top of the positive feelings about the future with realistic planning. This implies that individuals still believe they can handle problems that will arise in the future, whether caused by the impact of disasters or other problems.

The emergence of the ability to analyze problems and optimism in disaster survivors will increase the psychological capacity to recover or bounce back from adverse conditions. Individuals become more vital in facing the upcoming tasks of life with more optimism and confidence in their current abilities. This situation can also give rise to feelings of empathy. Individuals are invited to look at the current situation regarding the impact of stress management. He realized that not only was he experiencing the current condition, but many other people were experiencing the same thing. Empathy is one factor that shapes disaster victims' resilience (Saputra et.al., 2023). When individuals can empathize with themselves and others, this will trigger the strength to survive and strengthen each other. Thoughts focused on sadness over their condition slowly come out to others, so individuals will be more assertive in responding to problems. Another factor that strengthens is spirituality, namely that whatever happens and befalls at this time is God's destiny, which must be the best. The belief that whatever happens is the best destiny and surrendering completely to God will make individuals strong enough to live a post-disaster life.

The Impact of stress management in the section on accepting stress teaches about accepting an emotion and an event. In gathering emotions through relaxation techniques, there is a prayer to ask for strength. These strengths are directed at the ability to face the current situation and be strong enough to continue adapting to adverse conditions due to disasters. The spiritual aspect is one of the aspects of resilience in disaster survivors and one of the aspects of resilience in people with specific diseases. Accepting the situation and getting closer to God is the most essential aspect of surviving for victims of natural disasters (Deviantony, 2020). Getting closer to Allah is an effort to find peace of mind from the dire events experienced. This reinforces the results of previous research that religiosity affects resilience significantly. In prayer, there are also hopes for the future when facing difficult situations. Hope, prayer, and sincerity are some resilience aspects for post-disaster victims (Safarina & Suzanna, 2021). Expectations related to tomorrow impact individuals, namely being more enthusiastic in living their lives. The spirit in life will undoubtedly awaken the ability to adapt to adverse situations or conditions.

In addition, the ability to control impulses that arise due to disasters is also included in stress management. When an individual can control impulses, he will be able to prevent irrational thinking so that he can solve problems with an appropriate and objective response. The ability to control this impulse is one aspect of resilience in disaster victims (Saputra et.al., 2023). The above study and the study results show that the Impact of stress management has proven effective in increasing survivors' resilience to the Kanjuruhan tragedy. The results of this study are also supported by previous research that tested the effectiveness of stress management in improving individuals' ability to adapt to life tasks in the face of challenging conditions, uncertainty failure, or even very detrimental (Darmayanti & Daulay, 2020). The impact of stress management can be considered one of the proper methods to help individuals escape difficult, traumatic, and detrimental times. Stress management methods make a person survive and make individuals more robust and have more new thoughts after a destructive event.

However, when viewed from the effect size, the Impact of stress management does not reach one hundred percent. This is because resilience is not only influenced by internal factors. As explained by Missasi and Indah Dwi Cahya Izzati, external and internal factors influence resilience. Internal factors are significant in building resilience so individuals can survive difficult situations. Internal factors help individuals not to depend on situations that are difficult from within. Every human

being has a choice and can determine the attitude in solving every problem that is being faced. Meanwhile, the Impact of stress management focuses more on how a person can manage the pressure within him. His ability to manage emotions, self-confidence, optimism, problem analysis, empathy, and spirituality comes from within him. Problem analysis is indeed taught about identifying people who will help him solve the problem, but it is more directed to how individuals use these resources appropriately. Of course, there is no perfect method for solving psychological problems. However, this method considerably impacts solving problems caused by disasters (Missasi & Izzati, 2019).

Meanwhile, the Impact of stress management does not discuss factors such as social support from the family or social environment, facilities obtained, and the presence of companions in the field. Likewise, social, economic, and cultural factors influence a person's ability to grow out of unpleasant circumstances. Individual factors are not capable enough to support the resilience of the environment, family, community, organization, and even the government, which also plays a vital role in increasing resilience in an individual (Razy et.al., 2022).

Therefore, in this study, it can be stated that the Impact of stress management effectively increases resilience in survivors of the Kanjuruhan disaster. The effect is also significant even though it does not reach one hundred percent. Internal factors are not the only determinant of a person's ability to adapt and grow in difficult situations. Because the individual is a social being, everything in him is influenced by two factors, namely his internal and external, namely the conditions outside him.

D. Conclusion

From the study results, it can be concluded that a comprehensive Impact of stress management can increase the resilience of survivors of the Kanjuruhan tragedy. This means that when an individual experiences an unpleasant event and is given stress management in the form of an understanding of destructive and intolerable stress, acceptance of stress or stressors, and management of intolerable stressors, their resilience will increase. Individuals can rise and grow more creatively after a tragedy when resilience increases. Tragedy is indeed a detrimental event both physically and psychologically, but Impact stress management is one of the methods that can be used to deal with sad situations appropriately. So that it can turn a situation full of uncertainty into hope, this research is very relevant and can explain how the Impact of stress management can improve resilience for Kanjuruhan tragedy survivors, especially in the younger age group. Future studies that want to replicate this study can include other variables mediating between stress management and resilience. Researchers can then expand to older people or children age groups that are not the context or goal of this study.

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F. Author Contributions Statement

The authors consist of four researchers who have their roles. The four authors lived together in Malang City. Siti Mahmudah was the initiator of the study, who compiled and designed the analysis and proposed joint research with the partner. Fuji

Astutik, Umdatul Khoirot, and Rini Safitri work together to develop research instruments and data collection, as well as work on reference management, data contribution, and analysis tools. All authors cooperated in collecting data, analyzing data, and reading through to agree on the final manuscript.

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