

The Relationship between Resiliency and Quality of Life in Senior Undergraduate Students in Private University

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Abstract

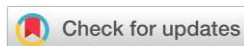
Background: The COVID-19 pandemic significant impact on people worldwide, both on the health system and social life, particularly on education. This study aimed to identify the relationship between resilience and quality of life in senior undergraduate student at the Universitas Muhammadiyah Tangerang during the COVID-19 pandemic.

Methods: The study used descriptive with a cross-sectional approach. Data collection using WHOQOL-BREF and CD-RISC questionnaires which have been tested for validity and reliability. The sample were 100 respondents who were taken by stratified nonrandom sampling. Data were analyzed using Pearson correlation.

Results: The results revealed there are positive and strong correlation between resiliency and quality of life.

Conclusion: Senior undergraduate students who perceived better resiliency more likely to report higher quality of life. It suggests that senior undergraduate students need to maintain their resilience to perceive more satisfaction in QoL during pandemic COVID-19.

Keywords: COVID-19 Pandemic; Resiliency; Quality of Life; Undergraduate Students



1. Introduction

The 2019 Coronavirus Disease (COVID-19) pandemic is a virus that has had a significant impact on people around the world, both on health systems and social life. The global number of cases infected with COVID-19 as of April 2021 was recorded in 223 countries, with 150,110,310 positive people and 3,158,792 deaths, while Indonesia, 1,668,368 positive people recovered, 1,522,634 and 45,521 people died (KPC, 2021). COVID-19 has been declared a global pandemic status since March 14, 2020 (Ministry of Health, 2020), which has shocked all people in Indonesia and has had a considerable impact, one of which is in the field of education.

Therefore, Indonesia implemented the cessation of face-to-face learning on March 16, 2020, by conducting Teaching and Learning Activities (KBM) at home, online, or online (on a network) through the recommended application, namely zoom, google meet, classroom, and Edmodo (Kemendikbud, 2020) to break the chain of the spread of COVID-19. Moreover, in June 2020, the government enacted the 'New Normal' where changes are made to continue daily activities by cultivating clean and healthy living behaviors. Health protocols are implemented to take efficient steps to eradicate and slow the spread of disease by considering the potential for COVID-19. Face-to-face learning activities can be carried out based on government decisions Number 01/KB/2020, Number 516 of 2020, Number HK.03.01/Menkes/363/2020, Number 440-882 of 2020 concerning guidelines for the implementation of learning in the 2020/2021 Academic Year and Academic 2020/2021 in the Pandemic Coronavirus Disease 2019 (COVID-19).

Furthermore, people must pay attention to requirements such as meeting the learning readiness checklist and guaranteed health protocol facilities, safe transportation access to educational facilities to distance arrangements, and a limited number of students according to the environment that is not exposed to COVID-19 (Kemendikbud, 2020). The Indonesian government is still preparing a virus vaccination program to prevent COVID-19; until January 2021, the vaccine has been carried out, and the government is providing free vaccinations in stages (Ministry of Health, 2021). Until now, the COVID-19 pandemic is still ongoing, so all education is still running in face-to-face learning, and most of the learning is conducted online. Distance learning from home has many limitations, such as internet quotas and unstable network connections, making it difficult for students to understand online learning. For instance, senior undergraduate students must finish their studies by completing an undergraduate thesis. Working on a thesis is different from doing usual college assignments. Students writing a thesis must adapt positively to the pressures and difficulties they face to be more optimistic, persistent, active, and able to overcome the obstacles faced during the thesis preparation process (Mahdi, 2019).

The COVID-19 pandemic has not yet ended, making students, especially, senior undergraduate students might experience changes in their daily lives which have resulted in decreased physical health, reduced social interaction, and limited environment so that their quality of life becomes low. Quality of life is a person's perception of life-related to the individual's goals, expectations, standards, and concerns and includes physical and psychological health, social relationships, and environmental resources (Keener, 2020). Therefore, the COVID-19 pandemic affecting the quality of life in final year students raises

concerns not only on physical health and safety but also on psychological and mental health related to the quality of life so that resilience can recover from these difficulties and problems.

Resilience is crucial for students in this pandemic era to deal with all educational processes both physically and mentally and restore physical health as well as social support for the environment to survive during this COVID-19 pandemic. Having positive disposition to cope to stressful events is one of important psychological trait for individual (Ehrich et al., 2017). To our knowledge, there are still many senior undergraduate students with poor resilience and low quality of life and limited study on resilience and quality of life in senior undergraduate students. Thus, this study aimed to identify the relationship between resilience and quality of life in senior undergraduate students in Private University in Tangerang, Indonesia.

2. Methods

This study used quantitative research with a cross-sectional design. This study uses a descriptive correlational research method to determine the relationship between the independent variable and the dependent variable identified in one unit of time (Dharma, 2011). 115 sample were collected voluntary, and the researcher adhere to anonymity, confidentiality, beneficence research ethic.

Two questionnaires were used, including WHOQOL-BREF (World Health Organization, 2019) to assess quality of life and CD-RISC (Almasyhur, 2021; Ehrich et al., 2017) to assess resilience had been tested for validity and reliability. The reliability for WHOQOL-BREF and CD-RISC in this study were 0.765 and 0.764, respectively.

Preliminary analysis showed that the data distributed normally. Moreover, Pearson Product Moment Correlation Coefficient were used to examine the relationship between resiliency and quality of life.

RESULTS

Table1. Characteristics, Resiliency, and Quality of Life Senior Undergraduate Students in Tangerang (N=100)

Characteristics	n	%
Gender		
• Men	31	31
• Woman	69	69
Resiliency		
• Good	44	44
• Poor	56	56
Quality of Life		
• Good	43	43
• Poor	57	57

Table 2. The Relationship between Resiliency and Quality of Life

Variable	Resiliency
Kualitas Hidup	r .725**

***p*-value < .001

DISCUSSION

The results showed that from 100 respondents who had a high quality of life, some of the respondents reported poor quality of life (43.0%) and poor quality of life were perceived by most respondents (57%). Moreover, there is a relationship between resilience and quality of life for senior undergraduate students at Universitas Muhammadiyah Tangerang during the COVID-19 pandemic. The results of this study are consistent with study of Keener (2020) conducted, showing a significant relationship between resilience and quality of life of students in the Philippines to the impact of COVID-19. Moreover, it supported with the study of Rahmawati (2019), revealed that resilience can improve the quality of life.

Resilience is the capacity to face and overcome difficulties with personal transformation and growth; education must understand the determinants of positive developmental reactions in dealing with stressful and emotionally demanding situations (Temptski, 2015). Resilience has a protective effect on the quality-of-life impacts related to critical areas of mental, physical, social, and environmental health in the context of the COVID-19 pandemic; Thus, understanding the factors and developing interventions that build resilience is a focal point for student actions in dealing with life (Guillasper, 2020).

In general, quality of life is a person's perception of their individual goals, expectations, standards, and concerns regarding physical and psychological health, social relationships, and the environment. The COVID-19 pandemic has changed student life into many problems in online learning factors, so it is necessary to protect resilience to overcome online learning to increase the success of stressful academic and professional lives (Keener, 2020).

Senior undergraduate student might experience stressful events due to completing their degree; hence Kamilia et al. (2018) emphasized the important of motivation for undergraduate students. Also, Peplau belief that people's perception about their quality of life is depend on life situation (Peplau, 1994) and well-being could be achieved through adequate interpersonal relationship (Elon et al., 2021). COVID-19 Pandemic could add the stressful event for senior undergraduate student who working on their final project, such as undergraduate thesis. For instance, indirect consultation with advisor as one of main strategy to writing their thesis would be a challenge for interpersonal relationship between advisee and respective advisor. Therefore,

maintaining the psychological resilience of undergraduate students is important to improve their quality of life amidst stressful events such as pandemic.

CONCLUSION

This study found that better resiliency perceived are more likely to report higher quality of life in senior undergraduate students. However, some limitation needs to be addressed, such small sample size for generalization of the results to senior undergraduate students in private university. Future study could use the finding as baseline data for developing intervention considering resiliency to maintain domains of quality of life.

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