



Promoting Resilience in Adolescents from Divorced Family: The Role of Social Support and Self-Efficacy

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Abstract

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Divorce can be a tumultuous experience for adolescents; social support and self-efficacy are recognized as crucial factors in helping them navigate the challenges. Resilience, which pertains to an individual's ability to adapt positively to adversity, is essential during this transitional period. This research delves into the evolving understanding of how social support impacts resilience in adolescents from divorced families, with self-efficacy as a mediator. The research involved 400 respondents (318 females and 82 males) aged 15-21 from divorced families. Data were collected using the Resilience Scale (12 items, $\alpha = .84$), General Self Efficacy Scale (10 items, $\alpha = .84$), and Social Provisions Scale (26 items, $\alpha = .90$). The data analysis techniques applied in this study were descriptive, correlational, and regression-based mediating analyses. The mediating analysis used the PROCESS syntax in IBM SPSS. This study showed that social support increased resilience in adolescents from divorced families, and self-efficacy mediates social support and resilience. This study confirmed that self-efficacy partially mediates social support and resilience in adolescents from divorced families.

INTRODUCTION

Divorce cases in Indonesia have increased every year. Based on data from the Religious Courts, out of 2,000,000 marriages each year, there are more than 400,000 divorce cases, with a ratio of one in five (1/5) marriages ending in divorce. However, in some instances, divorce is considered the best way out of the problems experienced by husband and wife in the household. Whatever the reason, divorce will cause problems for children. These problems are often experienced by children as it can be seen from the complaint data received by KPAI (Indonesian Child Protection Commission). A problematic or dysfunctional home has a detrimental effect on adolescents' mental health (Wuri et al., 2023). Research by Karela and Petrogiannis (2018) revealed several risk factors received by children due to family divorce, including physical and emotional absence of one parent, abandonment, lack of parental response to children's needs, unclear reasons for divorce, unexpected life events, full of pressures such as moving frequently, lack of a supportive network, and family financial difficulties. A broken family and family separation leads children to commit crimes and other offenses (Safitri, 2017). Divorce has

been identified as a stressor of significant difficulties that children must face (Karela & Petrogiannis, 2018).

According to Dagun (2013), each child's age level in adjusting to a divorce situation shows a different way and resolution. When they are children, they are generally uncomfortable, do not accept new ways of life, are not familiar with their parents, are often overshadowed by anxiety, and are always in search of peace. When children are adolescents, children have begun to understand the intricacies of the meaning of divorce. Adolescents already understand the consequences of divorce events, such as social and economic problems. As a child enters adolescence, the effects of a broken family begin to become apparent, as this is the time when the adolescent transitions from childhood to adulthood (Sands et al., 2017).

Adolescents range of age is from 12 to 21 (Merz et al., 2018). Parents are one of the most important factors influencing their behavior, although many other factors also affect the development of behavior (Jackson et al., 2016). Divorce can cause adolescents to be stressed and depressed, which can lead to physical and mental changes (Dagun, 2013). Adolescents from broken home families because of parental divorce will struggle to cope with life after divorce by developing feelings of insecurity, rejection of the family, negative emotions, and self-blame (Joyce et al., 2014; Miller, 2021). Children also feel dejected and hopeless and tend to blame themselves for what happened to their families (Risnawati, 2018). Other impacts are showing more behavioral problems, emotional problems, obtaining low academic scores, and having problems with interpersonal relationships (Amato, 2014).

This phenomenon indicates that, generally, divorce tends to have a negative impact on adolescents, so adolescents need adaptation skills from the traumatic events of their parents' divorce. Parental divorce is a stressful event experienced by most of the adolescents who experience it. To overcome stressful events, resilience is needed. Resilience is crucial to adolescents' ability to overcome and survive adversity (Pienaar et al., 2011). According to Wagnild and Young (1993), resilience is a person's ability to adapt to life's difficulties. It can be concluded that someone with resilience can rise from his downturn or difficulties in life. Resilience can be formed because it is influenced by two factors (Wagnild and Young, 1993), namely external factors, including childhood experiences, such as close relationships with the environment, role models who can generate happiness and independence, and the contribution of adequate family support. Internal factors are factors that come from within a person (a person's characteristics). Someone with resilience can be influenced by high self-esteem, belief in himself, problem-solving, and satisfaction with interpersonal relationships. Similarly, resilience can be influenced by self-discipline, self-confidence, curiosity, self-esteem, and self-concept.

Children can benefit more socially and psychologically if they face difficult situations. According to Chen and George (2005), resilience is critical for adolescents'

adaptation to parental divorce. Resilient people "bounce back" quickly and effectively from stressful experiences (Southwick et al., 2014). Resilience will provide hope and inspire that there are no difficulties that cannot be overcome. Adolescent divorce victims should ideally possess the resilience necessary to adjust better and endure trying circumstances (Aryani et al., 2023). Every individual, including adolescents, can learn to deal with unpleasant conditions. Resilience will help adolescents adapt well to negative situations, social development, and learning, even under tremendous pressure (Khotimah & Kumaidi, 2019). Research by Rahmawati et al. (2019) indicates that resilient people value themselves more, seek out support from others, and use others as inspiration to overcome hardship. Resilient adolescents tend to be sociable, easy to socialize, have good thinking skills, talents, and strengths, confidence, ability in making decisions, and spirituality or religiosity (Murphey et al., 2013).

Research by Rodgers and Rose (2002) revealed that resilience shows the success of adolescents in adapting despite the challenges of their parents' divorce transition. Conversely, adolescents with strong resilience tend to be more positive and hopeful about the future (Clonan-Roy et al., 2016). Parental divorce experienced by adolescents is associated with the emergence of internalizing and externalizing behaviors. Internalizing behavior refers to well-being, depression, self-esteem, and suicidal ideation. Externalizing behavior refers to aggression towards others, use of alcohol or illegal drugs, and delinquent behavior. Therefore, the researcher interviewed three adolescent participants from divorced families to deepen the phenomenon. The results confirmed the research findings of Rodgers and Rose (2002) and Clonan-Roy et al. (2016), which stated that the resilience of adolescents from divorced families plays an important role. The participant successfully adapted to her parents' divorce with a positive attitude, showing hope for the future but also acknowledging emotional challenges such as sadness and depression. Despite maintaining a healthy mind, she experienced difficulties building relationships with others. In other words, adolescent resilience in the face of parental divorce involves struggles in both emotional and social aspects.

Understanding the factors contributing to resilience is essential in designing resilience interventions. Rutter (1999) describes resilience as a dynamic process involving interactions between risk and protective factors. Risk factors are life events that can trigger stress, such as poverty, family divorce, experiences of violence, disease, unemployment, war, and disasters. Protective factors are factors that can reduce the adverse impact of risk factors. Protective factors consist of internal and external. Internal protective factors come from the individual, such as coping, self-efficacy, and emotional regulation. External protective factors, such as social support, family, or the environment, come from outside the individual.

Various sources of resilience are: personality factors, including personality characteristics, namely self-efficacy, intellectual capacity, positive self-concept, and emotional regulation. Both biological factors will affect brain function and

neurobiological system development and structure. The three environmental factors include social support, including relationships with family and peers. Furthermore, the wider environment, namely community systems such as a good school environment, community services, and opportunities to carry out activities of interest such as sports and the arts, will be related to the level of resilience.

Self-efficacy is relevant to adolescents' development to negotiate risk factors and challenges during the divorce transition (Rix et al., 2022). According to Bandura, self-efficacy is a person's belief in his or her ability to control one's functioning and events in the environment. Bandura also describes self-efficacy as a determinant of how people feel, think, motivate, and behave (Bandura, 1994). A person with high self-efficacy believes they can do something to change the events around them, whereas a person with low self-efficacy considers themselves incapable of doing anything around them. Adolescent success depends in part on the strength of perceived self-efficacy. Especially when faced challenging situations, self-efficacy is essential for developing a sense of self-worth, which in turn will affect an individual's ability to survive on situation of poverty, parental disputes, and the death of loved ones. According to Schwarzer and Warner (2013), adolescents with high levels of self-efficacy believe in their abilities for difficulties, view problems as challenges rather than threats, have reasonable emotional control, think in ways to improve themselves, motivate themselves, and show persistence when faced with a difficult situation. In contrast, adolescents with low self-efficacy tend to experience self-doubt and anxiety when facing life's demands. Low self-efficacy will also display the perception that demanding tasks are a threat, avoid difficult situations, tend to be helpless in the presence of stressors, are more likely to think in ways that weaken themselves, and are prone to stress and depression.

Yendork's (2014) study discovered that the combination of self-efficacy and social support impacts resilience. The research consisted of a sample of 100 children from Accra who met the criteria of having lost one or both parents due to death or divorce. The findings indicated that self-efficacy significantly predicts the resilience of children who have experienced parental loss (Kokkinos, 2015). In line with Yendork's research (2014), research conducted by Sagone and Caroli (2016) and Baluszek et al. (2023) showed the same thing: high self-efficacy can increase resilience. In addition, the studies found that social support plays a part in determining resilience. Sarafino (2011) defines social support as consolation, acknowledgment, gratitude, or help that people or groups get. One of the roles of social relationships is to provide social support, and these social ties characterize the overall caliber of interpersonal relationships. Relationships and friendships with others are considered elements that provide emotional satisfaction for people; things feel more manageable when the surroundings are supportive. Social support demonstrates interpersonal connections that shield people from the damaging effects of stress. Social support can help people feel confident, competent, at ease, and loved (Young, 2018).

Weiss (in Cutrona & Russell, 1987) states that social support is a process of relationships formed by individuals who perceive that someone is loved and valued to assist individuals who experience pressures. Social support offers a range of provisions encompassing material, intellectual, moral, and social aspects, ensuring that children receive physical safety, psychological well-being, love, and care from others. A more robust perception of social support correlates with higher levels of resilience. This insight encourages individuals to recognize that they are valued, cared for, and appreciated, fostering a reciprocal relationship that can be mutually advantageous.

Weiss (in Cutrona & Russell, 1987) suggested the following dimensions of social support: (1) Attachment (allows a person to gain emotional closeness to create a sense of security for the recipient), people who receive this kind of social support feel peaceful and safe, shown by calm and happy attitude. The most frequent and common source of this social support is obtained from life partners, family members, or close friends or relatives who are familiar with and have a close relationship; (2) Social integration (allows a person to get feeling of belonging to a group that allows them to share their interests and concerns and do recreational activities together and can eliminate feelings of anxiety even if only for a moment); (3) Reassurance of worth (recognition); (4) Reliable alliance (a person gets social support in the form that later there will be someone who can be relied on, be it yourself or teachers or peers who will help when there are difficulties); (5) Guidance (allows people to get the information, advice, or advice needed to meet their needs and overcome the problems they face); and (6) Opportunity for nurturance (opportunity to feel needed).

Sambu's (2015) research also reveals the influence of social support on resilience. The results of this study determined that social support is a critical element in building the resilience of individuals who have experienced trauma. Social support benefits individuals because it can increase confidence in overcoming the difficulties they face. Positive social support makes the individual feel confident that help will come or the pain will heal soon. So that individuals who receive social support become more resilient than those who do not receive it. Although research has identified correlations between resilience and social, cognitive, and behavioral factors, it is still not fully understood how these factors interact and the extent to which they impact the resilience of adolescents from families who have experienced divorce. Based on the view of Bandura's self-efficacy theory, it can be explained that social support can increase confidence in one's abilities through the help of verbal communication. Previous research has shown that higher levels of social support are associated with higher levels of self-confidence (Lingens et al., 2021). In the context of adolescents from divorced families, this can mean that social support, such as words of encouragement, can help them feel more confident in facing the challenges that arise from parental divorce. Previous research has also shown that the greater the social support, the higher the level of self-confidence. Therefore, understanding how adolescents manage the stress of divorce can help us better support

them in coping and building resilience to difficult situations. Referring to existing theory and literature, this study puts forward the hypothesis that belief in one's abilities play a role as a link between social support and psychological resilience in adolescents who come from divorced families.

Several research results showed that social support affects resilience (Sambu, 2015; Lingens et al., 2021), but studies on how social support affects resilience are still rare. It is critical to have a solid theoretical understanding of the mechanisms and processes that social support resilience, particularly in adolescents from separated families. The current study found no evidence in the literature regarding the mediation effect of self-efficacy between social support and the resilience of adolescents from divorced families. We investigated the mediating impact of self-efficacy between social support and the resilience of adolescents from divorced families to close this significant literature gap. This study tries to fill the literature gap by focusing on the role of self-efficacy as a mediator between social support and resilience in adolescents from separated families. By exploring this relationship, this study is expected to provide a deeper understanding of the psychological processes that may be involved in the influence of social support on adolescent resilience in the context of divorced families. As such, this study not only highlights the need for a solid theoretical understanding but also creates a foundation for further research that can provide further practical and theoretical insights into how adolescents cope with the impact of their parent's divorce.

METHOD

METHOD

Resilience was produced as the dependent variable, social support was constructed as the independent variable, and self-efficacy was constructed as the mediating variable in this correlational study. Purposive sampling was utilized in this study to recruit 400 respondents, aged 15 to 21, from divorced families (318 females and 82 males). Data on resilience were gathered using the Resilience Scale (Wagnild & Young, 1993), the Social Provisions Scale (Cutrona & Russell, 1987), and the General Self Efficacy Scale (Schwarzer & Jerusalem, 1995) for social support and self-efficacy. These instruments were translated into Indonesian following the back-translation procedures involving two trained translators. These questionnaires employ 4-points Likert scale.

The Resilience Scale, used to measure resilience, consists of 24 items and contains four dimensions: equanimity, perseverance, self-reliance, meaningfulness, and existential aloneness. The reliability coefficient for the resilience scale is 0.84. According to (Kaplan & Saccuzzo, 2018), a reliability coefficient of 0.7 to 0.8 is deemed adequate. As a result, using this scale is reliable. The example of the Resilience Scale item: "I feel proud that I have accomplished things in life."

Twenty-six items of the Social Provisions Scale comprise of six dimensions:

attachment, social integration, guarantee of value, trustworthy partnership, direction, and chance for nurturing. The reliability coefficient for this scale is 0.90. This proofed that the measuring tool used is high-quality with strong internal consistency. One of items in this scale is "No one gives me guidance in times of stress." The General Self-Efficacy Scale consists of 10 items with a 0.84 reliability value. This outcome demonstrated the scale's dependability. An example of the General Self-Efficacy Scale item is "If someone opposes me, I can find the means and ways to get what I want."

To test whether each item is valid for measuring the construct, the researcher conducted a construct validity test using confirmatory factor analysis (CFA) in Lisrel. All items from the resilience, self-efficacy, and social provisions scales are significant and positively charged to be included in the hypothesis testing analysis.

This study used a non-probability sampling strategy combined with a purposive sampling technique. To simplify distributing, filling out, and collecting questionnaires, respondents were each given a questionnaire containing three scales (the resilience scale, the provisions scale, and the general self-efficacy scale) in Indonesian. Google forms were shared online through the official BeHome.id account with the Instagram story function from May 12, 2023, until May 18, 2023. Data confidentiality is guaranteed to all respondents. In this study, descriptive, correlational, and regression-based mediation analyses were the data analytic methods used. With a confidence interval (CI) of 95% and $N = 5000$, bias-corrected bootstrapping was used to perform regression-based mediation studies. The IBM SPSS Ver. 26 software and the PROCESS (Hayes, 2013) model 4 were utilized for the mediation analysis.

RESULTS

The findings of this study are, first, a description of demographic data. Table 1 shows the 400 respondents who participated in this study and their demographic data. Women dominated the majority of respondents in this study, with a percentage of 79,5%, and the respondents were primarily individuals aged 20, with a percentage of 21%, and 51,75% of respondents lived with their mothers.

Table 1
Descriptive Statistics

No	Description	Frequency	Percent
1	Gender		
	<i>Men</i>	82	20.5% %
	<i>Woman</i>	318	79.5%
2	Age		
	<i>15</i>	12	3%
	<i>16</i>	27	6.8%
	<i>17</i>	56	14%
	<i>18</i>	65	16.3%
	<i>19</i>	78	19.5%
	<i>20</i>	84	21%
	<i>21</i>	78	19.5%

3	Staying with		
	<i>Father</i>	70	17.5%
	<i>Mother</i>	207	51.75%
	<i>Sister</i>	9	2.25%
	<i>Brother</i>	2	0.5%
	<i>Grandmother</i>	45	11.25%
	<i>Grandfather</i>	28	7%
	<i>Uncle/Aunt</i>	13	3.25%
	<i>Live alone</i>	26	6.5%

Table 2 shows a positive correlation between social support and resilience ($r = .42$, $p < .01$), which means a relationship exists between social support and resilience, where adolescents from divorced families with high social support have high resilience. The same thing can be seen in the significant positive correlation ($r = .53$, $p < .01$) between the variables of self-efficacy and resilience, which shows a relationship between the two, with the resilience of adolescents from high divorce rates increasing as self-efficacy does. A correlation coefficient value of ($r = .19$, $p < .01$) shows a strong positive association between social support and self-efficacy, demonstrating that divorced adolescents' resilience increases with increased social support. After evaluating the concept validity, the self-efficacy-mediated link between social support and resilience was examined.

Table 2
Correlations

	Variables	SD	1	2	3
1.	Resilience	9.27683	1		
2.	Social Support	9.62100	.42	1	
3.	Self-efficacy	9.29562	.53	.19	1

$p < .01$

Table 3 shows that the R^2 value in column M (Self-efficacy) is .03, indicating that 3% of the variance of self-efficacy can be explained by social support, while the R^2 value in column Y (Resilience) is .38, which means that 38% of the variance is resilience explained by social support and self-efficacy. From Table 2, Social support and self-efficacy have a substantial positive relationship ($r = .190$; $p < 0.05$), as do self-efficacy and resilience ($r = .316$; $p < 0.05$), social support and resilience ($r = .469$; $p < 0.05$), respectively. The self-efficacy-mediated link between social support and resilience also produced significant results ($r = .406$; $p < 0.05$). Partial mediation is present when the impact of X on Y declines but remains significant (Hayes, 2013).

Table 3
Mediation Analysis

	Antecedent				Consequence		
	Coeff	SE	P		Coeff	SE	p
Social Support	.190	.047	.000	c'	.316	.038	.000
Self-Efficacy	-	-	-	b	.469	.040	.000
Constanta	40.492	2.412	.001		10.663	2.523	.000
$R^2 = .03$					$R^2 = .38$		

 $F(1.398) = 16.10, p < 0.05$ $F(1.397) = 125.88, p < 0.05$

Total Effect = .406, LLCI = .319, ULCI = .492

Indirect Effect = .089, LLCI = .039, ULCI = .144

Based on these findings, the value of c' dropped from 0.41 to 0.31 but maintained its significance. The findings demonstrate that the existence of self-efficacy characteristics lessens the impact of social support on resilience. This is further supported by research that examined the indirect impact of social support on resilience via self-efficacy and found that it has a considerable impact (95% CI [.04.14]). The indirect impact, which creates a 95% confidence interval with value in the range of LLCI.04 to ULCI.14 when the value does not pass zero, demonstrates self-efficacy's mediating role. It can be stated that there is a mediating effect between social support and resilience through self-efficacy if the indirect effect ab in the 95% CI does not contain zero, which indicates that the indirect effect is substantial and reveals a mediating effect (Hayes, 2013; Preacher & Hayes, 2014).

DISCUSSION

Understanding the relationship between social support, resilience in adolescents from divorced families, and the potential mediating role of self-efficacy is a complex and evolving area of study. This study was intended to examine 1) the role of social support on resilience in Adolescent divorced families and 2) mediating the effect of self-efficacy in explaining the relationship between social support and resilience. As predicted in hypothesis 1, the findings confirmed that social support increases resilience. The impact of social support on resilience in this study supported the results of previous research (Febiola, 2022; Safitri, 2020; Li, 2022; Sambu, 2015b; Yendork, 2014). Sambu's research (2015) revealed social support as the key to build the resilience of individuals who have experienced trauma. Adolescents from divorced families often face unique challenges, and their ability to navigate these difficulties is influenced by various factors, including the support they receive from their social networks. A person's relationship with their parents and behavior around peers may be negatively impacted by indirectly experiencing a broken home during their youth (Basson, 2013).

Nevertheless, a resilient individual can form a helpful, sincere, and positive partnership (Parinsi & Huwae, 2022). Social support, which encompasses emotional, instrumental, and informational assistance from family, friends, and significant others, has consistently been recognized as a protective factor for adolescents during divorce (Amato, 2014). Research conducted by Yendork (2014) also found social support as a significant positive predictor of children's resilience of divorce or the death of one of their parents. Parenting with warmth, good communication, and responsiveness to children's needs will reduce the impact of divorce (Chen & George, 2005). So, in the case of divorce, the most important thing is to ensure that the attachment needs are met, namely that adolescents feel an emotional bond that can lead to feelings of security and comfort from

the closest family. In addition, peer support is essential to help minimize internalization symptoms (Rodgers & Rose, 2002). Schoolmates and the environment are essential in helping youth to remain productive by developing the necessary skills (Chen & George, 2005). This characterizes the existence of social integration support by doing activities of interest or just recreation together to reduce feelings of sadness from his family's divorce. Recognition or appreciation is essential because this support will make adolescents feel accepted and valued, increasing their resilience.

This finding confirmed the role of self-efficacy in resilience, as found in previous studies (Schwarzer & Warner, 2013). The effect of self-efficacy on resilience illustrates that adolescents from divorced families with high levels of resilience are driven by high self-efficacy. Adolescents with high self-efficacy believe in their abilities to face life challenges after their parents' divorce. Conversely, low self-efficacy tends to cause self-doubt in facing life's challenges after the divorce of their parents. Schwarzer and Warner (2013), in their research, have found that self-efficacy affects resilience. This is due to self-efficacy, which allows individuals to control themselves, influence the outcome of life events, and successfully adapt to various situations (Kokkinos, 2015). According to him, self-efficacy can help to increase resilience when facing difficulties. Self-control over the environment is obtained by activating affective, motivational, and behavioral mechanisms in certain situations so that self-efficacy is believed to increase resilience.

Self-efficacy mediates the connection between social support and resilience, as would be expected. Based on the findings of this study and Bandura's self-efficacy theory, supportive family and friends can help adolescents from divorced families adapt to their circumstances, offer support, and encourage them to do so. This can boost their confidence in their ability to deal with the situations they face (Liu et al., 2020). The social support that is visible or concrete includes direct material assistance and involvement and participation in community interactions. On the other hand, the emotional dimension emerges from personal experience and offers empathetic support. It reflects emotional involvement and satisfaction in which people receive recognition, reinforcement, and empathy. This is closely related to the individual's inner emotional state. This aspect of utilizing support shows personal initiative, including various forms of social support such as sharing stories, seeking help, requirements for involvement in activities, and others.

The mediating mechanism can be explained as follows: Social support provides adolescents a safety net, emotional reassurance, and guidance during the divorce process. This support, in turn, can boost their self-efficacy beliefs. When adolescents feel supported and empowered, they are more likely to develop confidence in their abilities to adapt positively to their challenges. This heightened self-efficacy contributes to their resilience, enabling them to thrive despite adversity. Social support is a vital resource that helps individuals manage stress, strengthen self-confidence, and increase confidence in one's abilities. Building and improving social support networks for adolescents who come

from divorced families has a positive impact, reduces stress, and increases self-efficacy. Lack of support makes adolescents from divorced families feel that they must handle the problem on their own, which can lower their self-efficacy (Chan et al., 2020). Adolescents from divorced families with higher levels of self-efficacy are more confident in their ability to control their emotions, thoughts, and behaviors to achieve favorable health outcomes, which can strengthen resilience processes by triggering favorable emotional, motivational, and behavioral mechanisms. It intends to react to shocks proactively (Wu et al., 2021). These results confirm that individual and environmental characteristics impact acquiring resilience.

In the digital age, technology has emerged as an additional factor influencing the provision of social support. Online communities, peer support through social media, and virtual counseling services have expanded how adolescents can access social support, potentially affecting their resilience and self-efficacy (Perkins et al., 2018). Additionally, there is growing acknowledgment of how culture influences how social assistance is seen and made available. Adolescents from various cultural origins may experience and seek social assistance differently during and after their parents' divorce, depending on cultural norms and expectations. The findings of the research on the effects of resilience in young people from divorced families have implications for the urgency of the complicated and long-term effects that can damage the growth and well-being of young people in that scenario.

The results of this study have significant theoretical implications for the development of the concept of social support in adolescents from divorced families. This research can enrich existing theories, enable the integration of social support factors in the context of divorce, and generate a deeper understanding of divorced family dynamics in the adolescent age group. The results of this study can shed light on how social support can assist adolescents in overcoming the effects of divorce. Adolescents can benefit from peer assistance, intact family members, or professionals. Adolescents from divorced families should also have substantial levels of self-efficacy to boost resilience. This can also be a recommendation for treatment to enhance self-efficacy as an internal component that most influences the resilience of adolescents in divorced families. This can be given to family, teachers, the community, and the individual's closest friends.

Practically, this research can support establishing more effective social support programs involving intact families and adolescents' peers in recovery. In addition, the results can serve as a foundation for training professionals, such as school counselors and social workers, to provide better support to post-divorce adolescents. Dissemination of information to parents and communities can also raise awareness about the importance of social support for adolescents in coping with the impact of divorce in their families. The results of this study can also be used to create support groups and therapies that are more successful at helping adolescents deal with the repercussions of divorce. Professionals can offer more pertinent and efficient resources by being more aware of the variables

affecting resilience.

Social support has a direct positive contribution to the level of resilience of adolescents from divorced families. This shows that the higher the social support received by adolescents, the higher the level of resilience. Social support also makes an indirect positive contribution, where its influence is partially mediated by self-efficacy. High social support triggers increased self-efficacy, contributing to increased adolescent resilience. Self-efficacy acts as a mediator in the relationship between social support and resilience. That is, when adolescents receive social support, this increases their confidence through self-efficacy. Such increased self-efficacy, in turn, contributes significantly to increased levels of resilience.

This study successfully generalized the association between social support and resilience in adolescents from divorced families. However, there are still several limitations. The limitations of this research include the context of divorce that is too broad. We did not limit the time of divorce experienced by participants. So, the suggestion for further research is to be able to provide a divorce limit, for example, less than two years, so that it will more fully describe the dynamics of adolescent resilience in divorced families. It is also recommended to include more related research variables that can influence the resilience of adolescents from divorced families, such as intellectual capacity, positive self-concept, and emotional regulation.

Specifically, for the beHome.id community, the findings of the influence of self-efficacy, social support, and religious coping on the resilience of adolescents in divorced families can be used as a reference in implementing the program. One of the most influential variables is self-efficacy, so programs that can explore self-efficacy awareness can be prioritized in efforts to increase the resilience of adolescents in divorced families. Second, although this study is cross-sectional, and the variables included have direct and indirect relationships, causation should not be inferred from this information. Therefore, additional longitudinal or experimental research is required to determine the causal links between these variables.

CONCLUSION

This study was expected to shed further light on the relationship between social support and resilience and the function of self-efficacy as a mediating factor. The findings of this study indicated that self-efficacy partially mediates the relationship between resilience and social support in adolescents from divorced families. When adolescents receive higher levels of social support, they tend to develop more substantial confidence in their ability to cope with the challenges and difficulties of family divorce. This confidence, known as self-efficacy, helps adolescents more effectively in managing stress and cope with the psychological impact of divorce. Thus, it can be concluded that self-efficacy partially mediates the positive relationship between social support and resilience in adolescents who experience divorce situations in their families.

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