

The Influence of Family Social Support on Resilience of Adolescent Children of International Migrant Workers

Yana Sundayani¹, R. Nunung Nurwati², Binahayati Rusyidi³, Adi Fahrudin⁴

Abstract

The study aims to examine how much influence family social support has on the resilience of adolescent children of international migrant workers. This research is based on social ecology theory covering micro, mezo and macro levels from Zastrow, 2017. The research design used a survey, with data collection tools using a questionnaire. The sample is adolescents aged 13 to less than 18 years whose mothers are international migrant workers from areas randomly selected by cluster random sampling. Data collection instruments used Davidson's (2018) Resilience Scale to measure resilience and Bernal's (2003) Cuestionario de Apoyo Social to measure family social support. The analysis used multiple linear regression with the Statistical Package for Social Sciences version 25 (SPSS 25) application tool to test associations. The study was conducted in 5 (five) village areas of Juntinyuat Sub-district, Indramayu Regency, West Java, Indonesia. The respondent 150 adolescent boys and girls with an average age of 16 years participated in the study. Respondents' mothers on average worked for more than 2 (two) years as migrant workers in Asia and the Middle East. Descriptive data showed that the average level of resilience was in the high category, 44% male and 56% female respondents. Research shows that family social support is most strongly associated with adolescent resilience. This means that the social support provided by the family has a very significant impact on improving the ability of adolescents when facing problems experienced in their lives as children of international migrant workers. Based on these findings, it is expected that mothers who work as international migrant workers when their children are teenagers, because of the level of resilience in the high category.

Keywords: family social support; resilience; adolescence; migrant workers.

Introduction

Social support provided by the family becomes very meaningful for adolescents when parents, especially their mothers, go to work abroad because adolescence is an unstable period that still needs guidance when facing problems to have a strong personality in a welcoming life. Living life in the future, adolescents must have high self-confidence and strong determination to quickly recover from the difficulties and unpleasant experiences they encounter in life. Adolescence is full of confusion and shocks and problems that begin to appear in their lives (Isnaini & Muhid, 2021). Resilient adolescents cannot be separated from family social support which is so meaningful for a child including adolescents. This illustrates that the support system that comes from the family is the support with the closest interaction that can be optimized when protective factors are strengthened at all interactive levels (Zastrow, 2017). Likewise, children who come from families of international migrant workers in facing risks can be influenced by both individual, family and outside family factors (Garmezy, 1991). Jamison highlighted the importance of social support and interpersonal resources and the social environment in the form of family is important in increasing resilience (Jamison et al., 2023).

The departure of parents as migrant workers can have an impact on transforming children into vulnerable groups, as parental absence can weaken social support and undermine protection. The absence of parents can reduce social support so that children are less protected and this can increase children's vulnerability (United Nations Sri Lanka, 2015; Caribbean & Bakker, 2009). Law Number 11 of 2009 concerning Social Welfare Article 1 states that social security is a condition to meet the material, spiritual and social needs of citizens, who can live a decent life and can develop themselves to meet the needs of their social functions.

¹ Bandung Polytechnic of Social Welfare, Jl.Ir.H. Juanda Nomor 367 Kota Bandung-Jawa Barat, 40135. Email: yana_sundayani@poltekesos.ac.id

² Faculty of Social and Political Sciences, Padjajaran University, Jl. Raya Bandung-Sumedang KM. 21 Jatinangor, 456363. Email: nng_nurwati@yahoo.co.id

³ Faculty of Social and Political Sciences, Padjajaran University, Jl. Raya Bandung-Sumedang KM. 21 Jatinangor, 456363. Email: titinamaku2012@gmail.com

⁴ Faculty of Psychology, Universitas Bhayangkara Jakarta Raya, Jl. Harsono RM No.67 Ragunan, Pasar Minggu, Jakarta Selatan, DKI Jakarta-12550. Email: adi.fahrudin@dsn.ubharajaya.ac.id

Based on this explanation, all children including children/adolescents of migrant workers are entitled to protection and release from their vulnerability so that they can carry out their social functions properly like children in general.

Data shows that the more international migrant workers from Indonesia, the more children are separated from their parents by distance and time. Most Indonesian migrant workers are women, 57% of whom are married (Indonesian Migrant Workers Protection Agency/BP2MI, August 2022). The majority of research results have a negative impact such as psychologically research from (Reyes, M., 2008; Mazzucato et al., 2015; Glind, 2010). In the field of education, for example from (Lubis, 2013; Reyes, M., 2008). While from the social aspect it is reviewed from (Reyes, M., 2008; Caribbean & Bakker, 2009; Glind, 2010; Riyanti, 2013; Lubis, 2013; Lestari et al., 2021; Alfiasari et al., 2022). This has devastating consequences for children as it can threaten the long-term well-being and development of children, adolescents and even adults (Caribbean & Bakker, 2009).

There are only a few previous studies that explain the positive impact of parents working as international migrant workers. Usually, the positive impact is felt in the economic and educational fields. For example, research has been conducted on the financial sector (Hu, 2013; Purwatiningsih, 2016); (Glind, 2010). In the field of education, similar research has been conducted by (Benzies, K., & Mychasiuk, 2009; Reyes, M., 2008; Werner & Smith, 2001; Riyani & Wahyuni, E. S, 2015; Riyanti, 2013). Other research related to migration culture conducted by (Cacioppo et al., 2011; Purwatiningsih, 2016; Garmezy, 1991; Nasir & Kamaruddin, 2023; Nie, 2023) and Masten (2014) saw that there was still a group of children who still had resilience to the conditions that befell these children.

The field of resilience research with social support is currently growing. Research in the health sector by (Bahryni et al., 2016), mental health (Cahill, 2014); resilience of children with parents in prison, (Johnson & Arditti, 2023; Febrianti, 2023); resilience with disasters (Ager et al., 2010; Masten, 2021). Southwick et al. (2016) dan Masten (2014) suggest that building children's resilience starts from social interactions and protective factors according to their level of development, starting from for example family, playmates, and community. Based on the discussion of some of these studies, resilience can be analyzed using the theory of Bronfenbrenner & Morris, 1998; Netting et al., 1993 and Zastrow, 2017, namely an environment based on multi-levels that contribute to building resilience, because resilience arises from complex relationships with others through ecological systems.

Factors that come from oneself and the environment can affect resilience, so it can be said that resilience is a person's ability to face various life challenges formed by internal and external factors. According to Schuman (1994), internal factors such as age, gender and education are influencing factors. While influential external factors are environmental factors in the form of social support that comes from people who provide meaning in one's life (Rutter, 2010).

Research that specifically addresses family social support on the resilience of adolescent international migrant workers is still very limited. Research results (Jordan & Graham, 2012; YOLERI, 2020; Alzahrana, 2021; Jamison et al., 2023; Gatt et al., 2020; Alfiasari et al., 2022 and Hasanah & Alfiasari, 2023). Only one previous study conducted by Hasanah & Alfiasari (2023) stated that, social support from the closest people is important which has a significant positive relationship parenting, social support, peers and teachers have on adolescent self-adjustment in families of International Migrant Workers. It is still rare to focus on family social support for the resilience of adolescents whose mothers work as international migrant workers. This is in accordance with the results of the analysis with VosViewer, so that research focuses more on the influence of family social support on adolescent resilience without the presence of a mother figure because she works as an international migrant worker. Therefore, researchers are interested in testing how much influence family social support has on the resilience of adolescent children of international migrant workers.

Method

Research methods the type of research is quantitative with a research design using a survey. Determination of the number of samples from Isaac Michael for an error rate of 5% with a population of 260, a sample of 150 was obtained with a sampling technique using cluster or area random sampling and the number of subjects in the study was 150. The characteristics of the subjects were adolescents aged 13 years to less than 18 years whose mothers were working abroad as international migrant workers: less than 1 year, 1- 2 years

and more than 2 years; male or female; still attending school or dropping out of school; residing in Juntinyuat District.

The resilience measurement tool used the Connor Davidson Resilience Scale or CD-RISC-25 (Connor & Davidson, M. D, 2003) with 25 statements. The measuring instrument for family social support was the Brief Scale for Social Support with the Cuestionario de Apoyo Social (CAS-9) scale consisting of 9 statements. The reliability coefficient of family social support is $0.800 > 0.700$ and resilience is $0.914 > 0.700$. Explaining the high level of consistency, the questionnaire of family social support and resilience variables is feasible to use in further analysis and the statement items on the questionnaire are reliable to measure the variables. The data analysis method uses Descriptive, Multiple Linear Regression with the help of Statistical Package for Social Sciences (SPSS) version 25. The alpha level of $p < 0.05$ is set as the basis for testing the research hypothesis.

Results and Discussion

Results and discussion although the respondents have been separated from their mothers, the care of the extended family as a substitute family provides high support to the respondents. This is according to Masten et al. (2010); Garmezzy (1993) that family is one part or factor that affects the resilience of the respondent. Support in the form of emotional assistance such as affection, attention and prayer makes respondents get peace. The family also provides material, interpersonal and happiness support to respondents. All of these things greatly affect the resilience of adolescents. Descriptive research results can be seen in the following table.

Table 1. Frequency distribution of family social support in the study sample (N=150).

Variable	Frequency		
	High	Medium	Low
	%	%	%
Family Social Support	97	51	2
	64,67	34,00	1,33

Based on the table above, it can be seen that the family social support received by hasil respondent from the family, most of the respondents 64.67% received family social support in the high category. This means that the respondents considered that the social support provided from the family to the respondents was good social support. The results of social support from the family, it is understandable that respondents get help, high attention is from the family. In accordance with research conducted by Isnaini & Muhid (2021), social support has a significant relationship with adolescent resilience.

The following analysis based on the calculation of the coefficient of partial determination, is presented in the table below.

Table 2. Coefficient of partial determination.

Model	Standardized Coefficients	Correlations
	B	Zero-order
1 Family social support (X1) a. Dependent variable Resilience (Y)	,351	,486

The calculation of the coefficient of partial determination of family social support for resilience = $0.351 \times 0.486 = 0.1706 = 17.06\%$. Family social support contributed 17.06% to resilience.

Furthermore, the effect of family social support on resilience was studied using a t-test, which partially examines the effect of family social support on adolescent resilience. It can be explained that social support based on the results of research is the support provided from grandmothers, grandfathers, aunts and uncles. Emotional support such as comfort, calmness, getting advice; interpersonal e.g. fraternity, participation in social activities; Materials include fulfillment daily needs provide support in the form of material / financial such as in the form of money; and satisfaction or happiness in the form of high affection, care, and happiness from the family. Social support from extended families affects the resilience of adolescent children of international migrant workers. Based on the results of partial hypothesis testing (t-test), the

results obtained by family social support have a significant effect on the value of the partial determinant coefficient is positive at 0.351. More details can be seen in the following table.

Table 3. Partial hypothesis testing (t-Test).

Model	Unstandardized Coefficients		Standardized Coefficients	t	sig
	B	Std Error	Betta		
1 (constant)	29,495	6,345		4,649	,000
Family social support (X1)	,925	,195	,351	4,745	,000

a. Dependent variable Resilience (Y)

The table explains that the social support provided by families can increase the resilience of adolescent children of international migrant workers. Based on the results of the family social support t test study, the t-value was calculated at 4.745 with a p-value of 0.000.

Testing the partial hypothesis of the effect of family social support on resilience with curves is as follows.

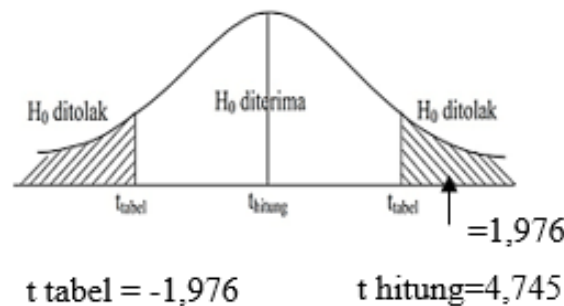


Figure 1. Partial test curve the influence of family on resilience.

Because $4.745 > 0.05$ means that family social support has a significant effect on resilience. The results of this study support research conducted by Youngblade et al. (2007), family social support is the most relevant support for resilience. Other studies have shown that individuals who are able to survive generally have resilience capacities that are influenced by family support (Werner, 2005). Johnson & Arditti (2023), assert that the implications and perspectives of multi-systems can be contribute to positive adolescent development from family social support.

Social support based on the results of the study is support provided from grandmothers, grandfathers, aunts and uncles in the form of support, in the form of emotional, interpersonal, material support and satisfaction or happiness. Social support from the extended family affects the resilience of adolescent children of international migrant workers. The calculation results obtained the effect of family social support based on the results of partial hypothesis testing (t-test) the results obtained by family social support have a significant effect with a positive partial determinant coefficient value of 0.351. This means that social support provided by the family can increase the resilience of adolescent children of international migrant workers. Family social support contributes an influence of 17.06% to resilience. Based on the results of the t test research, it was found that family social support had a t-value of 4.745 with a p-value of 0.000. Because $4,745 > 0.05$ means that family social support has a significant effect on resilience. The results of this study support research conducted by Youngblade et al. (2007), family social support is the most relevant support to resilience. Other research shows that individuals who are able to survive generally have a resilience capacity that is influenced by family support (Werner, 2005).

Family social support from the extended family is a protective factor for resilience. That the social support provided by the family can be sustainable with existing programs at the Ministry of Women's Empowerment and Child Protection (KPPPA). One of the programs of the Ministry of PPPA is the Child Friendly Certification program for central managers of Women Friendly and Child Care Villages (DRPPA). Women-Friendly and Child-Caring Villages are villages that integrate gender perspectives and children's rights in the governance of village government administration, village development, and village community

development and empowerment, which are carried out in a planned, comprehensive, sustainable manner, according to the vision of development (Kemenpppa, 2022).

In addition to what has been described above, the problem of migrant workers who are abroad is currently a special concern of the Indonesian government. The government is obliged to guarantee the safety and rights of citizens working abroad. Protection in the form of a legal umbrella from the Indonesian government or Indonesian legal entities abroad is an important factor in creating peace for families left behind by migrant workers. Referring to international and national law, Indonesia makes every effort to optimize this protection (Dananjaya, 2020). The role of the government is very supportive in providing legal protection to illegal Indonesian Migrant Workers (Marsyaf & Subekti, 2021).

Resilience is a dynamic ability that results from continuous interaction between individuals and the environment (D.Ajdukovic, 2015). Things that can affect resilience are internal factors that act as protective factors for people to change in a positive and better direction. Another factor is external factors such as the environment helping to overcome problems so as to reduce problems that arise (Garmezy, 1993).

Sources of individual social support as internal factors can be in the form of education, gender and age (Schuman, 1994). Garmezy (1993) explains that protective factors are: 1. Protective or protective factors: 1) individual characteristics; 2) Family conditions; 3) Support from outside the family. 2. External sources of support are the environment around the individual referred to as external sources of support or social support. According to Zastrow (2017), there are three levels of systems, namely micro-systems, mesosystems and macrosystems. Micro-systems are things that exist in themselves as individuals such as age, gender and education.

Resilience is influenced by individual factors and outside the individual or external factors. The environment that influences resilience is one of family social support. Support from the family is one of the closest supports to children. Family support provided to children/adolescents can help reduce problems that occur so that they become resilient. This is in accordance with research conducted by Isnaini & Muhid (2021), it turns out that there are factors that can affect a person's level of resilience, one of which is social support. This lesson shows the enormous role of social support in increasing adolescent resilience. Based on the results of partial hypothesis testing (t-test), the results obtained by family social support have a significant effect with a positive partial determinant coefficient value of 0.351. This means that social support provided by the family can increase the resilience of adolescent children of international migrant workers. Family social support contributes an influence of 17.06% to resilience. Based on the results of the t test research, it was found that family social support had a t-value of 4.745 with a p-value of 0.000, this means that family social support has a significant effect on resilience. The results of this study support research conducted by Youngblade et al. (2007), family social support is the most relevant support to resilience. Other research shows that individuals who are able to survive generally have a resilience capacity that is influenced by family support (Werner, 2005). Likewise, when viewed from the perspective of children according to Alfiasari et al., (2022), optimizing the welfare of left-behind children in migrant worker families, especially in rural areas through strengthening the nuclear family system.

There is a significant positive relationship between family support and resilience, it can be interpreted that the higher the family support owned, the higher the resilience that individuals have, and vice versa (Ab Rahman et al., 2019; Rasmin & Asni, 2022). The results of resilience influence resilience on social support and hope, while the correlation value between variables shows the relationship between variables is negative. So, it can be conveyed that increasing resilience is accompanied by a decrease in social support and hope that adolescents have (Azmy & Hartini, 2021). The results of this study indicate the important role of family social support in shaping happiness, adolescent well-being (Erniati et al., 2018).

According to Zastrow (2017) that social support is external support that comes from multi-level systems outside the respondent. Based on the results of the study, it is found that social support has a positive effect on the resilience of adolescent children of international migrant workers. Strengthened by the results of the partial hierarchical regression test calculation proves the calculation of each variable in stages by entering one variable at each stage. Family social support with a value of $\beta = .501$, $t = 7.128$, $\text{Sig} = 0.000$ explains that family social support makes additional predictive power on resilience. This means that the inclusion of family social support affects resilience. The higher the social support, the higher the resilience of adolescent

children of international migrant workers. The greatest influence on resilience is obtained from family social support. This explains that respondents' perceptions of the social support provided by the family are good. In addition, resilience can increase because of the influence of social support. While mothers work abroad, respondents mostly live with extended family, namely with grandmothers'/grandfathers'/uncles/aunts/nephews. The form of social support received by respondents is in the form of: emotional, interpersonal material and happiness obtained from family.

In the adolescent resilience model, the author adds the factor of broad family social support in the adolescent resilience model which is an effort to increase resilience. So that adolescents as young people have an optimistic thinking impulse, develop more positive self-esteem and can voice opinions and participate directly in activities or activities in the community. These protective factors can play an important role in supporting young people's long-term development and success. Protection is needed, for vulnerable groups as stated in Law No. 35/2014 on Child Protection. The state, government, community and family to organize protection to children/youth because children have the right to live in prosperity. Based on Government Regulation Number 59 of 2021 concerning the Implementation of the Protection of Indonesian Migrant Workers.

What can be proposed based on the results of research related to social policy is that mothers who work as international migrant workers when leaving the family to work abroad are when their children have entered adolescence. Because at that time adolescents are in the phase of wanting to break away from parents even though it is temporary, with the support of the wider family the adolescent children of migrant workers become resilient. This is reinforced that the justification for activities directed at the goal of achieving welfare for families and children who are left working by their mothers abroad, this decision should have been formulated in public policies made by the government or by several representatives of government agencies. Government activities in the form of public policy are activities created and implemented by the government, which has legal, political and economic authority. This is to respond to the needs and problems that occur based on the research findings, because the purpose of public What can be proposed based on the results of research related to social policy is that mothers who work as international migrant workers when leaving the family to work abroad are when their children have entered adolescence. Because at that time adolescents are in the phase of wanting to break away from parents even though it is temporary, with the support of the wider family the adolescent children of migrant workers become resilient. This is reinforced that the justification for activities directed at the goal of achieving welfare for families and children who are left working by their mothers abroad, this decision should have been formulated in public policies made by the government or by several representatives of government agencies. Government activities in the form of public policy are activities created and implemented by the government, which has legal, political and economic authority. This is to respond to the needs and problems that occur based on the research findings, because the purpose of public policy is to respond to problems or needs that arise in society. Thus, its benefits can be felt by all people, including adolescent children of migrant workers and their families (Young & Quinn, 2002).

Conclusion

Family and friend social support affect resilience. While community social support has no effect on resilience, because the support provided has not been implemented optimally. Family social support has a significant effect on resilience, meaning that social support provided by the family has an important meaning, because it can have a significant impact on the resilience of adolescent children of international migrant workers.

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