

The Relationship between Resilience and Overthinking in Adolescents

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Abstract

The aim of this research is to 1) Find out whether there is a relationship between resilience and overthinking in adolescents. 2) See how high the level of resilience is in adolescents. 3) See how high the level of overthinking is in adolescents. 4) Find out which resilience level scale items are identified as not optimal or low; which can be proposed as guidance topics. 5) Find out which overthinking scale items are identified as not optimal or high; which can be proposed as a guidance topic. This research method is quantitative correlational research. This research was aimed at adolescents at Charitas Jakarta High School. The respondents in this study were 218 adolescents. The measuring instruments used are surveys and data collection instruments for two variables, namely the resilience and overthinking. Items are declared valid with the validity coefficient value, namely $r \geq 0.30$ and $p \text{ value} < 0.05$, and the item is declared reliable when the reliability coefficient is greater than 0.70 ($r_1 > 0.70$). The results of this study prove that: 1) There is a negative relationship with a high level of significance because the Pearson's r value is -0.688 and $p < .001$. 2) The level of resilience possessed by young students at Charitas Jakarta High School is classified as moderate and tends to be high. This is shown by a total of 218 respondents or adolescents who answered the questionnaire. It shows that there are 134 adolescents indicated to be at a moderate level of resilience, 49 others are at a high level of resilience and 6 adolescents are indicated to have very high resilience. 3) The level of overthinking among adolescents is in the medium position. This is proven by a total of 218 adolescents or 48.17% of respondents who are at the level of medium overthinking tends to be low. 4) The items from the resilience variable that were indicated to be low were found and 4 guidance themes were proposed. 5) The items from the overthinking variables that were indicated as high were obtained and 3 guidance topics were proposed.

Keywords: *resilience, overthinking, adolescents.*

INTRODUCTION

Not even a single human being on earth lives without thought. Thinking activity is an inherent characteristic of a human being who is considered alive. A similar thing was also conveyed by a French philosopher named Descartes with the expression “cogito ergo sum” which means “I think, therefore I am.” Thinking activities that are carried out continuously or excessively (overthinking) can cause negative reactions or consequences for both a person's mental health and physical health.

Nowadays, the term ‘overthinking’ is often used as a trend to label yourself or someone else who is struggling with their thoughts. Many people think that overthinking is a normal thing, giving rise to a habit. In fact, Roy in Eng et al., (2020) states that there are 10 bad conditions that can be experienced by someone who does overthinking, such as: 1) Anxiety; 2) Depression; 3) Fear; 4) Stress; 5) Fatigue; 6) Doubt; 7) Substance abuse; 8) Loneliness; 9) Sleeplessness; 10) Suicide risk.

Gwendoline Smith (2021) says that negative overthinking can trigger reactions to chemical compounds in the body. Naturally, the body will respond defensively by fighting, avoiding, freezing and increasing heart rate and blood pressure. The body gives some physical signs when someone experiences overthinking, such as confusion, dizziness, blurred vision, difficulty in swallowing, and lack of sleep or lack of rest. Moreover, other body responses also occur, such as nausea, shortness of breath, and shaking.

Grotberg in Hendriani, (2022) states that resilience is an individual's ability to survive and adapt, as well as the capacity to face and solve the problems of adversity being experienced. Resilience has the ability to shape individual skills with emotional regulation, impulse control, optimism, empathy, causal analysis, self-efficacy, and reaching out (Reivich & Shatté in Tamarin & Jasmi, 2021).

In simple terms, it can be understood that resilience and overthinking have opposing but interrelated forces within one individual. Resilience is toughness whereas overthinking is an individual's way of thinking excessively, so that it has a negative impact. Resilience fosters an individual's ability to adapt positively to the events experienced (Grotberg in Hendriani, 2022). Therefore, if an individual's resilience is high, then the overthinking will be low. On the other hand, if the individual's resilience ability is low, it means that the level of overthinking experienced by individuals will be high.

METHODS

Types of research

The type of research used in this study was quantitative research. This research was designed using correlational research. Correlational research aims to search for and discover relationships that explain the causes and effects of a social phenomenon by collecting data from participants (Priyono, 2016). Therefore, this research was conducted to find the relationship between resilience and overthinking during adolescent development.

Place and time of research

One of the high schools in Jakarta was the place where this research was conducted. The time for conducting the research was November 2023.

Research subject

The population used in this research were individuals in adolescents with an age range of 14-18 years old since it was not possible for researchers to study everything in the population due to limited energy, space and time. The sampling technique used was non probability sampling with a purposive sampling model. This sampling technique was taken because it was adapted to the characteristics of the research subjects. The subject characters referred to were all adolescents aged 14 - 18 years. The subjects used as research samples were students at Charitas Jakarta High School with a total of 218 adolescents.

Data collection techniques

The data collection technique used in this research was a survey. Sugiono (2015), believes that surveys are a form of research that aims to collect data from a population or sample which is carried out by asking respondents the certain questions. The survey method

can be a research instrument in the form of a questionnaire or interview which is designed to obtain certain information from research subjects. In this research, google form was used to collect the data.

RESULTS AND DISCUSSION

Research Result



Figure 1. Categorization diagram of overthinking in adolescents.

Based on figure 1, it was found that 1 respondent (0.46%) was indicated to have a very high level of overthinking, 11 respondents (5.05%) were indicated to have high level of overthinking, 105 respondents (48.17%) were indicated to have moderate level of overthinking, 89 respondents (40.83%) were indicated to have a low level of overthinking, and 12 respondents (5.50%) were indicated to have very low level of overthinking.

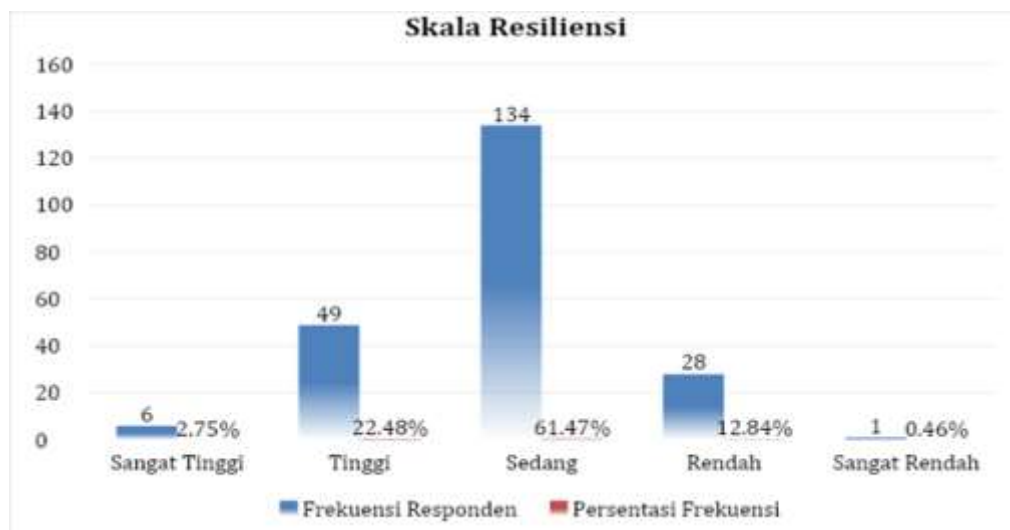


Figure 2 Categorization diagram of resilience in adolescents.

Based on figure 2, it can be seen that 6 respondents (2.75%) have a very high level of resilience, 49 respondents (22.48%) are indicated to have a high level of resilience, 134 respondents (61.47%) have a moderate level of resilience, 28 respondents (12.84%) are indicated to have a low level of resilience, and 12 respondents (0.46%) are indicated to have a very low level of resilience.

Based on the results of the correlation test above, it can be understood that the variable "Resilience" has a strong statistical significance relationship with the variable "Overthinking". The basis for this statement is the p-value of Pearson's r and Spearman's ρ , namely $<.001$. Then r on Pearson's r is -0.688 and r at Spearman's ρ of -0.675 . This data is declared valid and has a negative correlation because p-value is < 0.05 . This means that when the level of "overthinking" increases, then the level of "resilience" tends to decrease, and vice versa.

Research Discussion

Based on the research data collected, the data indicated normal by showing a high level of significance in the two variables studied. Furthermore, the researchers used Pearson's value in calculating the correlation in the application JASP. Therefore, the hypothesis that there is a relationship between resilience and overthinking in adolescents is proven true. This hypothesis is also supported by the results of the correlation test which shows that there is a relationship with a high level of significance due to value Pearson's r -0.688 and $p < .001$. Therefore, it can be proven that the relationship between the dependent and independent variables is a negative relationship. This correlation test provides an understanding that the higher the level of resilience possessed by adolescents, the lower the level of overthinking owned, and vice versa.

Resilience is an ability that exists and is possessed by individuals to be able to survive and adapt (Grotberg in Hendriani, 2022). Resilience is the process of individual thoughts and behavior in stressful situations which aims to overcome emerging conflicts, stressors, difficulties, changes and challenges that are influenced by protective factors (Richardson 2002). Therefore, the high level of resilience possessed by an individual provides benefits or has a positive influence. Wright & Masten, (2005) explain several points related to the benefits of resilience. One of them is that the high level of resilience that individuals have is able to overcome the stress and trauma they experience.

The achievement of a moderate level of resilience with a high tendency among adolescents at SMA Charitas Jakarta as a research sample is supported by several things. First, through the implementation of academic and non-academic programs, Charitas Jakarta High School adolescents are trained to develop their resilience. Wasmana and Nurihsan (2015) convey that the education process in schools not only increases knowledge but also social skills. One of the important assets in supporting factors that enable adolescents to reduce their vulnerability to stressors and make them more resilient is the educational process in schools itself (Garmezy, 1985; Mandleco & Craig, 2000; Rutter, 1987; in Purnama, 2019).

On the other hand, according to Nolen-Hoeksema, n.d. (2000), overthinking can cause mental disorders in individuals. Apart from that, the negative impact is causing difficulty in making decisions, reducing the quality of life, and affecting the performance that can influence interpersonal relationships. These things can be minimized with resilience factors. Therefore, individuals will be able to overcome their emotions, solve problems, have self-confidence, get more positive interpersonal relationships, increase the ability to learn, and have values and goals in life (Masten, 2014).

Not only that, but cognitive factors also contribute to triggering overthinking on adolescents. E. Watkins et al., (2008) argue that the intolerance of uncertainty or too much self reflection about oneself is a situation that can become a bridge for adolescents to experience overthinking. Rumination involves a cognitive process in the form of excessive thinking which is known to the public as overthinking (Lyubomirsky et al., in Yuniswara & Hartini, 2022). Furthermore, family environmental factors such as parental behavior models and unstable family conditions can influence adolescents' experiences of overthinking (Hankin & Abramson, 2002).

CONCLUSION

This research proves that there is a very significant negative relationship between resilience and overthinking variables in adolescents. The higher the level of resilience, the lower the level of overthinking on adolescents, and vice versa. The level of adolescent resilience described and perceived by Charitas Jakarta students, judging from the results of this research, is categorized as medium and tends to be high. This illustrates that adolescent students have the ability to regulate emotions, solve problems, learn, exhibit self-confidence, maintain positive interpersonal relationships and express interest in values and goals. Moreover, the situation or conditions that SMA Charitas Jakarta seeks to achieve through various academic and non-academic activities also form or increase resilience in adolescents. The level of overthinking on adolescents as perceived by the students of SMA Charitas Jakarta from the research results indicated that it was moderate with a tendency to be low. This proves that the teenage students of SMA Charitas Jakarta are in good condition.

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