

The Relationship Between Self-Acceptance and Social Support with Resilience in Gen Z

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ABSTRACT: This study aims to determine the relationship between self-acceptance and social support with resilience in Gen Z. Self-acceptance is an individual who feels satisfied and positive in living his life and the individual can acknowledge his shortcomings and strengths. Social support is help received from others in the form of advice, information and real help for the care or appreciation of others. Resilience is a positive response from an individual, namely being able to get back up and not give up in facing difficult situations. This study uses a quantitative correlational method. The subjects in this study were Gen Z with a total of 134 people. The results of the first hypothesis test showed a value of $f = 27.259$ and $p = <0.001$ ($p < 0.05$) meaning that there is a significant relationship between self-acceptance and social support with resilience in Gen Z. The results of the second hypothesis showed a significant positive relationship between self-acceptance and resilience with a Pearson correlation value = 6.022 and $p = <0.001$ ($p < 0.05$) meaning that the higher the self-acceptance, the higher the resilience of Gen Z. The third hypothesis is that there is a positive relationship between social support and resilience. The results of the hypothesis test obtained a Pearson correlation value = 2.595 and $p = 0.011$ ($p < 0.05$) meaning that the higher the social support, the higher the resilience of Gen Z. Self-acceptance and social support provide an effective contribution to resilience of 29.4%.

KEYWORDS: Self-Acceptance, Social Supports, Resilience

INTRODUCTION

Every human being experiences crises at every stage of their development, from childhood through adolescence, and even adulthood. These crises involve challenges that must be successfully overcome to progress to the next stage. Adults, typically between the ages of 20 and 30, often experience feelings of confusion, uncertainty, and stress related to various aspects of life, such as careers, relationships, and life goals (Robinson, 2016). Hurlock (2009) states that the developmental tasks of early adulthood include finding and maintaining employment, developing heterosexual relationships, planning and starting a family, and establishing roles and social roles. This phase becomes a crisis when individuals feel trapped by uncertainty and dissatisfaction with personal and professional achievements, leading to a decline in mental health and psychological wellbeing (Forrest & Elman, 2023).

In 2020, BPS conducted a population census which showed that the population in Indonesia reached 270.2 million people with details of 1.87% being the Pre-Boomer generation, 11.56% being the Baby Boomer generation, 21.88% being Generation X, 25.87% being the Millennial generation, 27.94% being Generation Z and 10.88% being Post Gen Z. According to BPS census data in 2020, it was concluded that currently Indonesia is dominated by Generation Z with a total of 71.5 million people. Bencsik, Horváth & Juhász (2016) Generation Z (Gen Z) refers to people born in 1995-2010. According to Barhate & Dirani (2021) Gen Z is born from 1995-2012. Arum (2023) Gen Z has a birth year of 1997 to 2012. Based on this birth data, it can be concluded that most of Gen Z are currently in college or entering the world of work, in this study Gen Z refers to the birth years 1995-2010.

Edwar (2022) Gen Z is also known as the strawberry generation, stating that the reason behind the name strawberry generation is because of the image of the strawberry fruit itself, which has a charming (exotic) appearance but is easily fragile when stepped on or hit. The characteristics of the strawberry generation according to Rahutami & Suwarno (2018) are a generation that is less accustomed to the process so that it likes instant things besides that because it is reinforced by the Gen Z factor which is more focused on results, so most Gen Z will complain a lot when doing heavy tasks. Nurlaila (2024) Gen Z also has the nickname i-generation or internet generation because the year of birth of Gen Z is when the internet and technology are also developing rapidly. This makes Gen Z very close to the internet. Gen Z, which is very easy to access information on the internet, fosters a more open mind (Arum, 2023), likes freedom, is innovative, likes instant things (Adhim, 2024). The internet exposure that occurs is also a challenge for Gen Z, the pressure of social media and high expectations are one of the stressors (Dini, Raditantri & Sanjaya, 2024). Scott (2016) the use of technology during the development period in Gen Z gives rise to many negative sides such as poor social

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skills, excessive anxiety, ADHD and even depression. Romadhona (2023) The impact of technological/internet advances makes Gen Z more easily anxious and has high levels of stress, complains easily, and often feels fear of missing out (FOMO) which means fear of being left behind in the context of trends.

A survey conducted by the American Psychological Association (2018) stated that Gen Z admitted to feeling more stressed than adults from previous generations, as many as 27% admitted to having impaired mental health and 81% of Gen Z aged 18 to 21 years old considered money as a significant source of stress. Khalish (2024) in Indonesia refers to a survey in 2022 conducted by the Indonesia National Adolescent Mental Health Survey showing that in the last 12 months around 5.5% of adolescents aged 10 to 17 years were diagnosed with mental disorders. Referring to data from the Ministry of Home Affairs (Kemendagri), the population in Indonesia is 277.5 million with the majority being adolescents. Referring to this data, the number of ODGJ in the adolescent age category is 2.54 million. According to an article published by the Criminal Information Center (Puskinas) of the Indonesian National Police Criminal Investigation Agency Based on a survey conducted on Gen Z with a total of 283 people, 33% reported being less able to manage negative emotions (Pratama & Jannah, 2024). Sharma (2024) stated that Gen Z is less able to manage and deal with difficult situations and changes when compared to generation X (born 1965-1976). Romadhona

(2023) stated that one of the characteristics of Gen Z is FOMO, the greater the feeling of FOMO in a person, the lower their self-control will be (Putri, 2024). Fikra (2024) someone who likes instant things is associated with people who have low selfcontrol. Self-control is one aspect of resilience, one of the benefits of good self-control is that a person can bring out the ability to adapt so that it has an impact on resilience (Agustiningsih, Diwanti & Husnaini, 2024). Pebryawan & Luwiyanto (2018) Gen Z is considered less capable in making decisions.

Good self-acceptance can affect mental health. This is because with good self-acceptance, a person can interpret their emotions, thus affecting their mental health (Carson & Langer, 2006). Germer (2009) defines self-acceptance as a person's ability to assess themselves positively and appropriately, something that must be developed by that person. Wijaya (2023) revealed that Gen Z is less firm in its stance and lacks self-confidence, which is one aspect of self-acceptance. Conversely, according to Arista & Priyana (2023), as many as 75% of 300 Gen Z members were said to be able to accept themselves, which is described as a sense of pride in their skills, academic and non-academic achievements, as well as clothing style and body shape. Iftiza (2024) in his study with 400 Gen Z subjects indicated that 15.35% of them had low self-love. According to Husna & Sa'adah (2023), self-love will impact self-confidence. Selfconfidence is a reflection of self-acceptance.

Tolstikova, et al. (2020) stated that Gen Z is a generation that is still childlike, their lives are very dependent on the internet, prefer to be alone (individualist) and have poor social skills. Achmad (2024) survey conducted on 30 Gen Z people showed that more than half of the participants admitted to not receiving social support in their environment. Gen Z who use social media has a positive effect, namely Gen Z receives social support in the form of emotional support (consisting of comments and like symbols) and information support (Suryani, 2017). Hayyu & Mulyana (2015) as the result of the social support received will make Gen Z feel more loved by those around them.

Wieland (2019) most Gen Z parents use helicopter parenting which describes that parents greatly influence their children's lives (in the sense of over-supervising or intervening in school) and children are not even allowed to make decisions independently. Research by Ang et al. (2022) as a result of the helicopter parenting style used by parents in their research found that Gen Z students were considered to have less resilience due to the lack of these students facing difficult conditions. Laili & Linsiya (2024) said that Gen Z easily feels hopeless in doing something or when facing failure, in the study concluded that Gen Z has relatively low resilience. Revich and Shatte (2002) resilience is a person's ability to respond to a traumatic situation in a positive and productive way, so this capacity is very useful for being able to control oneself under the pressures of everyday life. Resilience is important because it will make someone react to a situation they face (Nashori & Saputro, 2020). Liu, Jiang & Yang (2021) resilience is useful to help someone adapt to stressful situations so that they can continue to carry out their psychological functions well.

Self-acceptance can influence one's resilience. This is because when someone cannot accept themselves, it will easily make someone develop feelings of inferiority (Huang et al., 2020).

Dumaris & Rahayu (2019) stated that selfacceptance means someone can understand their strengths and weaknesses so they can overcome the pressures that exist in life. Safitri, Meiyuntariningsih & Aristawati (2024) said that someone who is able to accept themselves is more able to accept the existing reality so as not to exacerbate the problems they are facing. Smith et al., (2008) stated that self-acceptance in someone indicates that someone has the ability to survive and is easier to adapt.

Rifati, et al (2018) stated that the benefits of social support include protecting someone from the negative impacts of stress and is considered effective in overcoming difficult times. Betty (2022) stated that social support will create close relationships with those around them and a person will also feel more capable of overcoming the difficult times they are facing, thus fostering resilience. Findings from Raisa & Ediaty's (2016) research indicate that social support can increase resilience because a person can find positive ways to solve a problem and feel appreciated and loved, making a person more confident in living their life. Findings from Kerebunu & Santi's (2021) research state that social support will make a person feel appreciated, resulting in a sense of comfort that impacts their ability to adapt to the problems they face.

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Referring to the problem of this phenomenon, it is hoped that this study can provide an overview of how self-acceptance and social support affect Gen Z resilience. Researchers will test the relationship between self-acceptance and social support with resilience in Gen Z. Selfacceptance is defined as a simple concept of recognizing the characteristics that appear in oneself without any conditions (Bernard, 2013). According to Bernard (2013) there are two aspects of self-acceptance, namely self-awareness and unconditional acceptance. Sarafino (2002) social support focuses on pleasure, appreciation for consideration or help that someone receives from other people or groups. Four aspects of social support include emotional support, instrumental support, friendship support and information support (Sarafino, 2002). Resilience is a person's resilience in facing negative situations and is useful for recovering from painful situations. Resilience is a quality of a person (personal) that allows them to develop in facing difficulties in their life (Connor & Davidson, 2003). Aspects of resilience according to Connor & Davidson (2003), namely self-confidence, personal competence, self-control, being able to respond to change positively and being able to establish secure relationships with others as well as spiritual influence.

Based on the variables mentioned above, the researcher determined that the independent variables (variables X1 and X2) in this study were self-acceptance and social support. Referring to previous theories, these two variables influence the dependent variable or variable Y, namely resilience.

RESEARCH METHODS

In this study, the researcher used Google Forms as a medium to distribute questionnaires that had been prepared by the researcher, thus making it easier for the researcher to collect data. Respondents in this study were Gen Z adults who were in Java Island with birth years 1995-2010. The technique used in this study was purposive sampling, namely determining the sample using certain considerations. Based on the G*power sample size 3.1 application for mac, the number of respondents in this study was 134 people with an error rate of 5%.

RESULTS AND DISCUSSION

RESULTS

Three hypotheses proposed in this study, namely the first hypothesis, namely selfacceptance and social support simultaneously have a positive correlation with resilience in Gen Z. The results of the F test data processing obtained a number of 27.259 and a significance value of <0.001 . Referring to the F test conducted, it is stated that the first hypothesis is accepted, meaning that someone with high self-acceptance and social support will make that person have high resilience as well. The second hypothesis, namely selfacceptance with resilience in Gen Z has a positive correlation. The results of the data processing show that self-acceptance obtained a t-test of 6.022 and a significance of <0.001 . Based on the t-test conducted, it is stated that the second hypothesis is accepted, meaning that the higher a person's selfacceptance, the higher the resilience that person has. The third hypothesis, namely social support with resilience in Gen Z has a positive correlation. The results of the data processing show that positive support has a t-test of 2.595 and a

significance of 0.011. Based on the t-test conducted, it was stated that the third hypothesis was accepted, meaning that the higher a person's social support, the higher the resilience that person will have.

Referring to the results of SPSS 29 for mac data analysis, it shows that self-acceptance and social support together make an effective contribution to resilience of 29.4% with an R square value of .0294, meaning that 70.6% is influenced by other variables.

DISCUSSION

Based on the hypothesis test conducted, it was found that the first hypothesis, namely selfacceptance and social support, were significantly correlated with resilience in Gen Z. This shows that the two independent variables, namely selfacceptance and social support, have a significant relationship with resilience. Resilience is a person's capability to bounce back from a depressed condition (Novianti, 2018). In this study, selfacceptance had a correlation of 0.508, meaning it has a moderate correlation with resilience. This is in line with research conducted by Wulandari (2023) and Anjarwati (2020), which stated that someone who is able to accept themselves well tends to be resilient. Southwick (2012) stated that one of the cognitive abilities, namely selfacceptance, can influence a person's resilience. The better a person's self-acceptance, the better their resilience will be, this is due to a person's ability to adapt to difficult situations they experience. Research by Shallcross (2013) stated that with increasing age, many people are able to accept physical and psychological limitations and have a more realistic view of themselves. Based on the age of the respondents in this study, the majority were aged 20 to 25 years, which is considered early adulthood. This is one factor that respondents in this study have not been able to accept themselves.

Watson (2021) found that a high educational background and career success are often correlated with increased social status, thus providing a sense of achievement and self-esteem. Based on the research results, the majority of respondents' educational backgrounds were at the 1st level. Referring to the data processing results, it was found that self-acceptance scores were in the low category. According to Zhang & Lee (2021), someone with a high level of education may focus more on achievement and social

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comparison than on self-acceptance. Higher education can contribute to self-acceptance, but it does not lead to complete self-acceptance.

Referring to the research results, it is known that the resilience possessed by the respondents of this study is relatively low. Women have a lower level of resilience than men (Gok & Kogar, 2021). Kelly (2013) self-acceptance in women is lower than in men. This is because women have more demands such as standards of beauty, behavior and dual roles (being a mother and working) in society than men, which has an impact on women's lower self-acceptance, especially in physical appearance and social identity. Watson (2021) Women can develop selfacceptance if they have strong social support and the ability to manage stress.

Based on the data processing results, it is known that social support has a correlation with resilience of 31.4%, which is lower than the correlation between self-acceptance and resilience. Social support functions as a buffering impact, meaning that the impact of social support will only be seen when someone is under high-intensity pressure (Sarafino & Smith, 2002). Low social support can make it more difficult for someone to accept themselves (Ulfa, 2023). According to the results of the data processing conducted in this study, it is known that respondents with low social support and low self-acceptance also have an impact on low levels of resilience.

CONCLUSION AND SUGGESTION CONCLUSION

Referring to the research results, it can be concluded that self-acceptance has a greater influence on resilience than social support. The results of this study indicate a positive correlation between the three variables: self-acceptance, social support, and resilience. This means that low selfacceptance will impact low social support and also low resilience. The results of this study confirm that self-acceptance has a more dominant influence on resilience than social support. Self-acceptance is far more important because by being able to accept oneself, it is concluded that the individual understands their strengths and weaknesses. Thus, this attitude helps someone become more resilient compared to someone who cannot accept themselves or only has social support.

SUGGESTION

The researcher offers several suggestions to:

1. Respondents

To increase self-acceptance, respondents should better understand their strengths and weaknesses by trying new things. One way to increase social support is by joining a community they enjoy.

2. For HR in the workplace

HR can provide useful training so that employees (i.e., the respondents in this study) can develop their skills. Furthermore, they can pay closer attention to employee conditions, for example by adjusting work abilities to working hours.

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