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## **INDIVIDUAL RESILIENCE IN THE PANDEMIC OF COVID-19: CONSERVATION OF RESOURCES THEORY AS A BASIS OF DETERMINANTS**

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### **Abstract**

This study aims to analyze the influence of spiritual resources, personal resources, and social resources on individual resilience. This study uses the Conservation of Resources Theory as the basis for determining the determinants of individual resilience. The sampling method used was purposive sampling technique. The data was collected by distributing questionnaires online. The collected data were then processed using SEM-PLS. The results showed that only personal resources consisting of perceptions of stress and coping styles have a direct effect on individual resilience. Meanwhile, spirituality and social resources are factors that have an indirect effect on individual resilience.

**Keywords:** Resilience, Spirituality Resources, Personal Resources, Social Resources.

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