

## 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.

### 1. Introduction

In January 2020, WHO declared an outbreak of a novel corona virus disease that occurred in Wuhan City, Hubei Province, China (International Labor Organization, 2020). This is an international concern to this day. Corona virus disease or called COVID-19 is an infectious disease caused by the newly discovered corona virus known as severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). The corona virus itself is a virus that is common in animals and can cause disease in animals or humans. On March 12, 2020, WHO declared COVID-19 a global pandemic. This designation remembers COVID-19 as a new contagious disease that has spread across the globe beyond borders<sup>1</sup>.

WHO added that currently 122 countries have contracted COVID-19. As of the 2<sup>nd</sup> September 2020, confirmed COVID-19 cases reached 25.334.339<sup>2</sup>. The United States is still the country with the most number of cases confirmed by COVID-19. Indonesia itself ranks 23<sup>rd</sup> with the number of confirmed cases of COVID-19 reaching 177.571 (as of 2 September 2020). Even more astonishingly, Indonesia is considered to have a positive COVID-19 ratio of 12.6%, where this ratio is much higher than the maximum limit set by WHO, which is 5% (as of 2 August 2020)<sup>3</sup>. These numbers clearly raise concerns because they still indicate the widespread spread of COVID-19. The government and various other parties still have to face big challenges in fighting this pandemic.

In mid-March 2020, after WHO declared COVID-19 as a global pandemic, the Indonesian government also took policy steps to prevent the spread of COVID-19. Among the policy options taken, the government chose to impose social distancing, which simply means

<sup>1</sup> Utami, Fajria Anindya. (March 16, 2020). What is a Pandemic ?. Accessed on 9 August 2020 at <https://www.wartaekonomi.co.id/read276620/apa-itu-pandemi>.

<sup>2</sup> GoogleNews. (n.d). Corona Virus (COVID-19). Accessed on 2 September 2020 at <https://news.google.com/covid19/map?hl=id&gl=ID&ceid=ID%3Aid>

<sup>3</sup> Lidwina, Andrea. (4 August 2020). Highest Positive Covid-19 Ratio in Indonesia. Accessed on 10 August 2020 at <https://katadata.co.id/ariayudhistira/infografik/5f28b875a8d8c/rasio-positif-covid-19-indonesia-tertinggi>

creating distance between oneself and others in order to prevent the transmission of certain diseases. The social distancing policy is implemented in several forms, including limiting access to public transportation, closing tourist attractions, to working, studying, and worshipping from home.

The call to do all activities at home, except when having to leave the house for urgent needs, was not surprising at first, but over time, these routines can lead to stress, feelings of restlessness, and anxiety that lead to suicidal thoughts, due to lifestyle changes and there is no certainty about how long the COVID-19 pandemic will last<sup>4</sup>. Prolonged self-isolation is the main cause. This condition can make a person feel confined, feel disengagement behavior and mental disengagement.

According to a Psychiatrist Mental Health Specialist, Nova Riyanti Yusuf, behavioral disengagement is characterized by the helplessness of a person or someone who tends to give up in the face of pressure/stressors. Meanwhile, mental disengagement is characterized by an attitude of escaping from problems, such as too much daydreaming. So that in the current social distancing era, both physical health and mental health need to be a concern. Because person's physical or mental health at this time can describe how much resilience a person is in the face of the COVID-19 pandemic. Apart from being driven by the current pandemic conditions, the importance of measuring self-resilience is getting stronger as evidenced by the many interests and research focuses, especially in the fields of psychology and health (Block & Kremen, 1996; Bonanno, 2004; Charney, n.d.; Richardson, 2002; Tugade & Fredrickson, 2004; B W Smith, Tooley, Christopher, & Kay, 2010).

Resilience can be defined as the ability to bounce back and recover from stress or stressful conditions (Tugade & Fredrickson, 2004; B W Smith et al., 2010), such as the current COVID-19 pandemic. To be able to understand and measure the resilience of society in these pandemic, it is important to identify the factors that can shape or increase self-resilience (Bruce W Smith et al., 2008). This is reinforced by the statements of experts who state that resilience does not happen by itself, but is formed and influenced by many factors (Bonanno, Galea, Bucciarelli, & Vlahov, 2007; Rees, Breen, Cusack, & Hegney, 2015; Wahyudi, Partini, & Dahlan, 2018; Harms, Brady, & Wood, 2018). Among the factors that have a strong influence on a person's resilience are spirituality resources, personal resources, and good interpersonal relationships (social resources) (Wahyudi et al., 2018).

First, spirituality resources are the power that comes from one's interaction with God (Bickerton, Miner, Dowson, & Griffin, 2014b). Faith in God can increase one's self-resilience. Second, personal resources are related to a person's ability to control certain situations that come from oneself, such as the ability to perceive perceived stress and coping styles. Third, social resources in the form of good relationships or interactions with family, friends or colleagues. A good relationship will have a positive impact on people who are experiencing problems, such as helping reduce anxiety and depression (Wahyudi et al., 2018).

## 2. Literature Review

### 2.1. Resilience

In various literatures, the variable resilience appears in various views (Bruce W Smith et al., 2008). This raises an understanding of the different meanings of the resilience variable (Harms et al., 2018). But specifically, resilience has two meanings. The first meaning, resilience is understood as the ability to withstand pain due to pressure or in difficult times. This emphasizes that resilience is a trait that humans must possess in order to survive. Meanwhile, the second meaning, resilience is understood as an ability to bounce back and recover from difficult conditions. In the second sense, resilience refers to how a person finds his way back after difficult times. If understood more deeply, these two meanings can overall

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<sup>4</sup> CNNIndonesia. (April 1, 2020). The Importance of Managing Stress When Facing Corona Outbreak. Accessed on 10 August 2020 at <https://www.cnnindonesia.com/gaya-hidup/20200330110138-284-488185/pentingnya-kelola-stres-saat-hface-wabah-corona>.

explain the meaning of resilience. Resilience emphasizes a person's ability to not only survive in difficult times, but also how to get back up, then find a way to progress and develop after those difficult times ended (Elder, 2016; Feeney & Collins, 2015; Jayawickreme & Blackie, 2014; Harms et al., 2018).

Resilience itself is related to the resources a person has in overcoming existing difficulties (Richardson, 2002; Werner, 1995; Harms et al., 2018). Resources that make a person have good self-resilience are influenced by individual factors and social factors (Harms et al., 2018). In this study, individual factors are divided into two, namely (1) the spirituality side (spirituality resources); and (2) the personal side (personal resources). The two things are distinguished based on the source of self-strength (Bickerton et al., 2014b). Spirituality resources are self-strength resulting from the interaction between a person and their God. Meanwhile, personal resources are personal strengths that result from one's ability to overcome a problem.

## **2.2. Spirituality Resources**

In the Conservation of Resources Theory (COR Theory) it is said that individuals will try to protect, maintain, and collect their own resources as a ways to achieve a goal (Bickerton, Miner, Dowson, & Griffin, 2014a). According to Quick and Gavin (2001); Patel and Cunningham (2012), COR Theory can be the basis that one of these resources is a resource that comes from one's religious beliefs (spirituality resources) (Bickerton et al., 2014a). Because based on previous research, spiritual belief is a protective factor for many individuals when there are times of trouble. This is related to how spiritual beliefs can improve one's coping abilities (Lee, 2007).

Spirituality resources can be defined as resources that come from the interaction between individuals and God. These resources can consist of personal beliefs, activities and experiences related to God (for example, in the routine of worship) (Bickerton et al., 2014a). Spirituality resources are related to coping and the ability to adapt to negative events in life (Pargament 1997 in Reutter & Bigatti, 2014). In addition, spiritual resources are more effective in reducing levels of anger, anxiety, and tension (Carlson, Bacaseta, & Simanton, 1988; Reutter & Bigatti, 2014), for example in the current COVID-19 pandemic. Based on this, spirituality resources can provide strength for a person to increase self-resilience.

## **2.3. Personal Resources**

According to Hobfoll (1988) in Basińska & Sołtys (2020), everything that is valuable to someone can be used as a resource. One category of resources is personal characteristics (which include personal resources) (Airila, 2015). Personal resources can make a person easier to adjust, improve coping, and minimize pain or trauma due to critical conditions in his life (Ogińska - Bulik & Zadworna-Cieślak, 2015; Basińska & Sołtys, 2020). Personal resources are the ability to control and have an impact on certain environments or conditions (Hobfoll, Johnson, Ennis, & Jackson, 2003; Xanthopoulou, Bakker, Demerouti, & Schaufeli, 2007). In this study, personal resources consisted of a perception of perceived stress and coping styles.

Perception of perceived stress can be defined as to what extent a person assesses the existing situation as a pressure (Cohen, Kamarck, & Mermelstein, 1983; By & Smejkalov, 2018). Perception of perceived stress can also be defined as a person's feelings or thoughts about how much pressure is felt in a certain time and how they cope with that pressure (Phillips, 2013 in By & Smejkalov, 2018). Meanwhile, the coping style is an effort to adapt and reduce or withstand the impact of existing pressures (Beasley, Thompson, & Davidson, 2003; Innes, 2017). Bedel, Işık, and Hamarta (2014) in ŞAHİN & HEPSÖĞÜTLÜ (2018) added that coping can be in the form of active problem solving or efforts to prevent negative attitudes that arise due to a problem. Coping style is a psychological factor that can affect a person's resilience (Levine, 2003; Wu et al., 2013; By & Smejkalov, 2018).

## **2.4. Social Resources**

Social resources can be understood as a form of support and assistance provided by others to individuals who are experiencing difficulties (Sambu, 2015). Social resources can be obtained through interpersonal relationships between family, friends, neighbors, groups, communities and others. Social resources are indicators that a person is loved, liked, valued, and respected (Cobb, 1976; Bal, Crombez, Van Oost, & Debourdeaudhuij, 2003). This leads a person to improve health, feel good, and can reduce the bad effects of difficult conditions (Eskisu, 2009 in Bilgin & Taş, 2018).

According to Seeman (2008) in Sambu (2015), the existence of social resources can help the recovery process for those who are experiencing or have experienced difficult times. This is reinforced by a meta-analysis study which states that social resources are stronger for individuals in difficult or stressful times (T. B. Smith, McCullough, & Poll, 2003; Reutter & Bigatti, 2014). Therefore, social resources are an important factor in maintaining one's physical and mental health (Ozbay et al., 2007).

## **3. Hypothesis Development**

The grand theory in this research is Conservation of Resources Theory (COR Theory). COR theory emphasizes the importance of a person to obtain, collect, maintain, protect, and build various valuable resources to improve self-welfare (Hobfoll, 2001). Another emphasis in the COR theory is that it is often linked to a person's health problems. So apart from being a motivational theory, COR theory is also called a stress theory. COR theory considers that various available resources are needed to reduce or avoid a person from being stressed. Due to the availability of these resources, it is able to make a person less stressed or experience other health problems. Based on this, the COR theory becomes the basis for the importance of various resources in shaping individual resilience in the current COVID-19 pandemic.

Among the classification of resources referred to in COR theory, researchers use two types of resources, namely based on personal characteristics (internal) and conditions (external). This is based on the opinion of Mete et al. (2016) in the Journal (2019) that a person's behavior is very dependent on individual abilities (individual factors) and environmental conditions (environmental factors). In this study, individual factors were divided into two, namely spiritual resources and personal resources (perception of perceived stress and coping styles), while environmental factors are represented by social resources. This study analyzes the effect of various resources as an antecedent of individual resilience in the face of the COVID-19 pandemic (Figure 1).

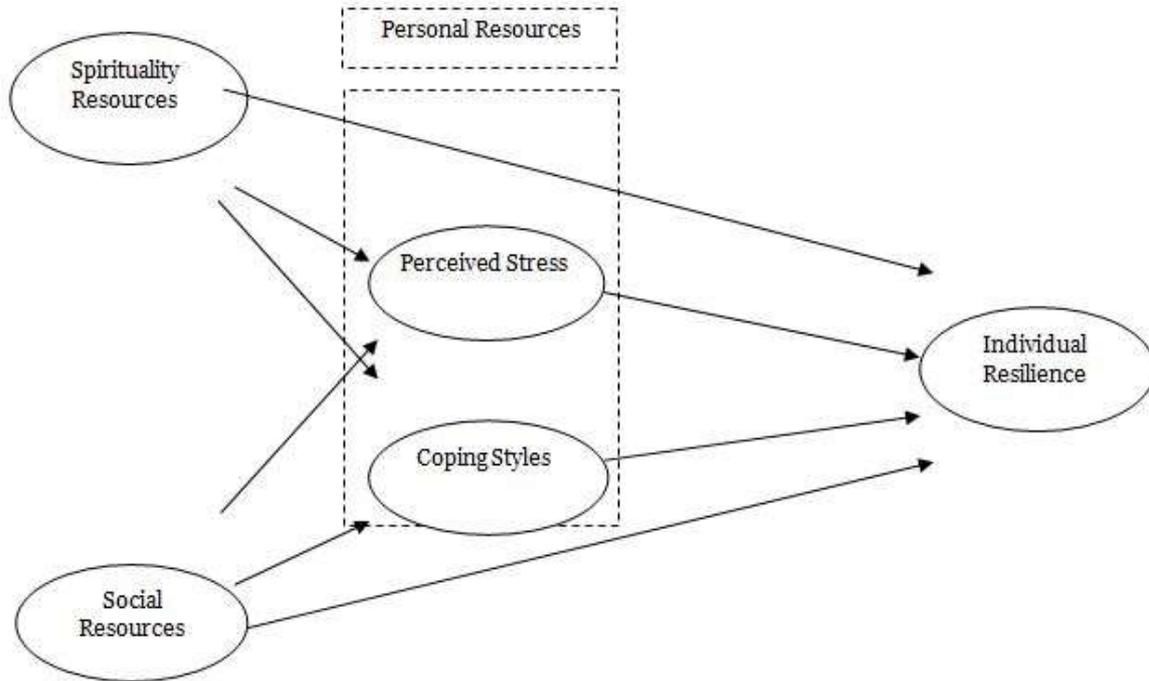


Figure 1: Conceptual Framework

#### 4. Research Methodology

The population in this study is the Indonesian people. The sample selection uses a purposive sampling technique which requires the establishment of certain criteria (Cooper & Schindler, 2011). The criteria used are Indonesians who are at least 17 years old. According to Elizabeth Sowell (neuropsychologist), the human brain, precisely in the frontal lobe, has undergone a perfect development at the age of 17 so that it can influence a person's decision making<sup>5</sup>.

The data collection method used is by distributing questionnaires online via the forms.office.com page. Questionnaire material in the form of statements regarding resilience (Bruce W Smith et al., 2008), spiritual resources (Traphagan, 2005), social resources (Sherbourne & Stewart, 1991), perceptions of perceived stress (Cohen et al., 1983), and coping styles (Bock et al., 1997) were used. Each answer point on the questionnaire items was scored using a Likert scale from 1 to 5. After the data was collected, it was analyzed using SEM-PLS.

#### 5. Result And Discussion

Online questionnaires were distributed from the beginning of May 2020 to the end of June 2020. The timing was made to see how the resilience of Indonesian society was during the social distancing period which was in effect since early March 2020, so that the level of resilience can be measured based on a time span of two to three months after the society underwent a period of social distancing. This is done to get results that can better describe the level of resilience of the Indonesian people during the long period of social distancing.

The total amount of respondents in this study were 265 people, where the respondents were dominated by women as many as 174 people (65.66%). Based on age, most respondents were less than 24 years old, namely as many as 166 people (62.64%), followed by the age range of

<sup>5</sup> Doktersehat. (6 May 2018). Why the Initial Age Limit for Adults is 17 Years ?. Accessed on August 14, 2020 at <https://doktersehat.com/mengapa-b-Batas-awal-usia-d-Mature-adalah-17-tahun/#:~:text=Pakar%20neuropsikologi%20bernama%20Elizabeth%20Sowell,benar%20mengalami%20%20to%20development%20is%20perfect.>

25 to 38 years as many as 88 people (33.21%). The majority of respondents were students as many as 153 people (57.74%). For more details, see table 1.

Table 1: Data Demographic of Respondets

<b>Gender</b>	<b>N</b>	<b>(%)</b>
Male	91	34,34
Female	174	65,66
<b>Usia</b>		
≤ 24 years old	166	62,64
25 - 38 years old	88	33,21
39 - 54 years old	10	3,77
≥ 55 years old	1	0,38
<b>Education</b>		
High School or equivalent	127	47,92
S1 or equivalent	111	41,89
S2 / S3	27	10,19
<b>Profession</b>		
College student	153	57,74
Lecturers / Teaching Staff	21	7,92
Entrepreneur	16	6,04
Civil servants	11	4,15
BUMN employee	5	1,89
Non-BUMN Employees	32	12,08
Housewife	14	5,28
Others	13	4,91

Source: Primary Data (2020)

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Based on the results of the evaluation of the measurement model (outer model), all question items for each variable in table 2 can be declared valid and reliable. For the validity test, the AVE value for the variables of spirituality resources, social resources, perceptions of pressure, coping style, and resilience was greater than 0.5. For the reliability test, the composite reliability and Cronbach's alpha values for all variables also met the criteria, namely, greater than 0.7 and greater than 0.6 (Hair, Ringle, & Sarstedt, 2011). In addition, the Godness of Fit (GOF) as an indicator of the fit model in the evaluation of the structural model has a value of 0.394 (large). That is, the model in this study can be said to have a good ability to explain empirical data.

Table 2: The Results of Validity and Reliability Testing

Variable	Loadings	AVE	Composite Reliability	Cronbach's Alpha
<i>Spirituality Resources (SPR)</i>		0,652	0,903	0,866
SPR1	0,793			
SPR2	0,779			
SPR3	0,843			
SPR9	0,817			
SPR11	0,803			
<i>Social Resources (SOCR)</i>		0,584	0,894	0,856
SOCR1	0,712			
SOCR2	0,806			
SOCR3	0,721			
SOCR4	0,788			
SOCR5	0,715			
SOCR6	0,836			
<i>Perceived Stress (PS)</i>		0,653	0,904	0,866
PS1	0,837			
PS2	0,810			
PS3	0,854			
PS9	0,796			
PS11	0,738			
<i>Coping Styles (CS)</i>		0,554	0,861	0,797
CS1	0,737			
CS2	0,746			
CS3	0,816			
CS4	0,639			
CS5	0,772			
<i>Resilience (R)</i>		0,733	0,846	0,636
R1	0,856			
R2	0,856			

Source: Primary Data (2020)

Based on the results of hypothesis testing in table 3, there are 4 hypotheses that are supported and the rest are rejected. H3, H4, H5, and H8 have p-value <0.05. This shows that only the perception of stress and coping styles as personal resources have a positive effect on individual resilience. Meanwhile, spirituality and social resources have no effect on resilience. However, spirituality and social resources have an indirect effect on a person's resilience through their influence on personal resources.

Table 3: The Result of Hypothesis Testing

Hypothesis	Path Coefficient	Conclusion
H1 (SPR → R)	-0,047	Rejected
H2 (SPR → PS)	0,101	Rejected
H3 (SPR → CS)	0,507**	Supported
H4 (PS → R)	-0,373**	Supported
H5 (CS → R)	0,399**	Supported
H6 (SOCR → R)	-0,043	Rejected
H7 (SOCR → PS)	-0,088	Rejected
H8 (SOCR → CS)	0,271**	Supported

\*\* ( $p < 0,05$ )

Source: Primary Data (2020)

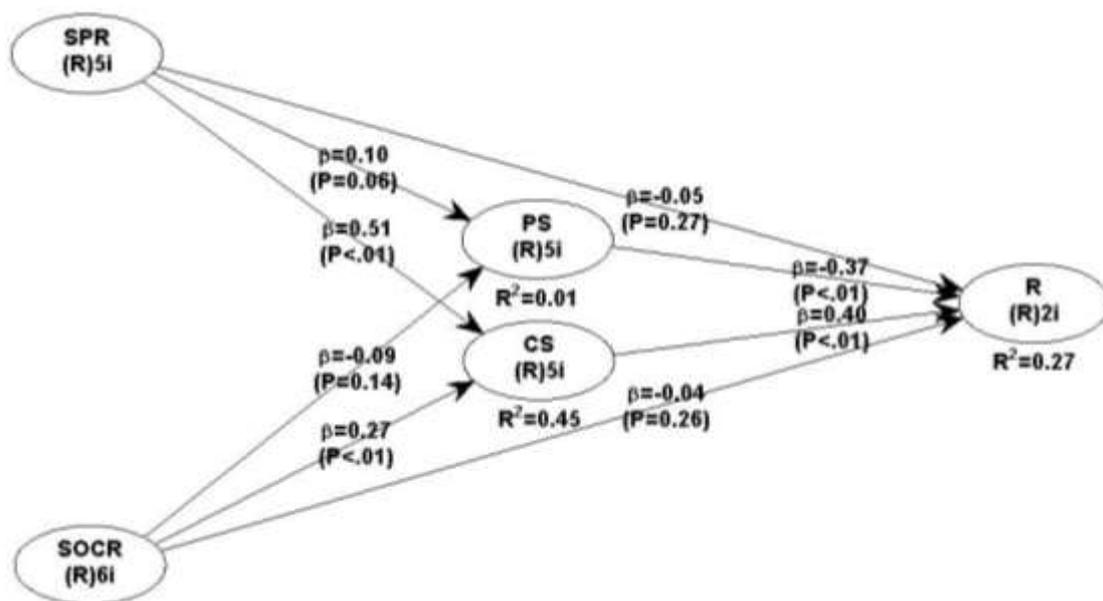


Figure 2: The Result of Hypothesis Testing

The COVID-19 pandemic, which has not ended until now, provides a strong basis for why the social distancing period is still in effect. A group of disease experts from the Harvard T.H.Chan School of Public Health stated that social distancing is still needed from time to time to reduce the burden on hospitals due to the lingering virus. Even to prevent the spread of COVID-19, the United States is estimated to still need social distancing until 2022<sup>6</sup>. Because according to the Harvard experts, the overall duration of the SARS-Cov-2 epidemic could last until 2022.

Reporting from the forbes.com page, social distancing is a public health strategy to prevent or slow the spread of the virus by keeping people physically separated from each other<sup>7</sup>. According to a psychologist from the Indonesian Psychological Practice Foundation, Adib Setiawan, this condition can cause boredom to stress. This is reinforced by data from the official website of the Indonesian Association of Mental Medicine Specialists (PDSKJI) which notes that 1522 people experience mental health problems or depression due to the COVID-19 pandemic. 63% of them experienced anxiety and 66% felt depressed. The most common symptoms of anxiety are excessive worry, irritability and irritation. Meanwhile, the most common symptoms of depression are sleep disturbance, fatigue, and loss of interest. In addition, 80% of them experience symptoms of psychological post-traumatic stress, mostly because they feel distant and disconnected from other people.

Based on these data, of course, the skills to adapt to the current situation are needed. Self-resilience needs to be established considering that this pandemic is predicted to remain until an undetermined time. In addition, the importance of building resilience is related to the psychological well-being of individuals (Shelton, Hein, & Phipps, 2019), in order to prevent or reduce mental problems such as excessive anxiety and depression. Resilience is not only related to how we survive in difficult situations, but also how we can quickly recover and rise

<sup>6</sup> Alfarizy, Moh Khory. (16 April 2020). Harvard Expert: Social Distancing to Prevent COVID-19 Needs Until 2022. Accessed on 13 August 2020 at <https://tekno.tempo.co/read/1332206/ahli-harvard-social-distancing-Prevented-covid-19-perlu-sampai-2022/full&view=ok>

<sup>7</sup> Tribune News. (March 16, 2020). Prevent Corona, Psychologists Give Advice on Implementing Social Distancing Without Stress. Accessed on 13 August 2020 at <https://www.tribunnews.com/nasional/2020/03/16/Prevent-corona-psikolog-beri-saran-terentuk-social-distancing-tanpa-stres>

after difficult times (Elder, 2016; Feeney & Collins, 2015; Jayawickreme & Blackie, 2014; Harms et al., 2018).

Indonesian society is considered to have a fairly good level of resilience. This is evidenced by the responses seen on the statement items in the questionnaire (figure 3). In the face of this pandemic, most people admit that there are difficulties, although a few do not feel any significant difficulties. The data shows that 29,3% feel difficulty because of this pandemic, while 32,3% feel the opposite. The difference in the number of perceptions that is not too far away shows that it is natural for everyone to feel differently about what is happening. But what is more important is that a large proportion of the population can quickly recover from difficult conditions during the pandemic (46,2%). People still have good optimism about what will happen in the future (49,6%) and do not easily give up on the current situation (55,3%). This shows that the difficulties you feel are not a reason to bother yourself for too long. Quickly getting up and recovering from difficult circumstances is the key to good resilience.

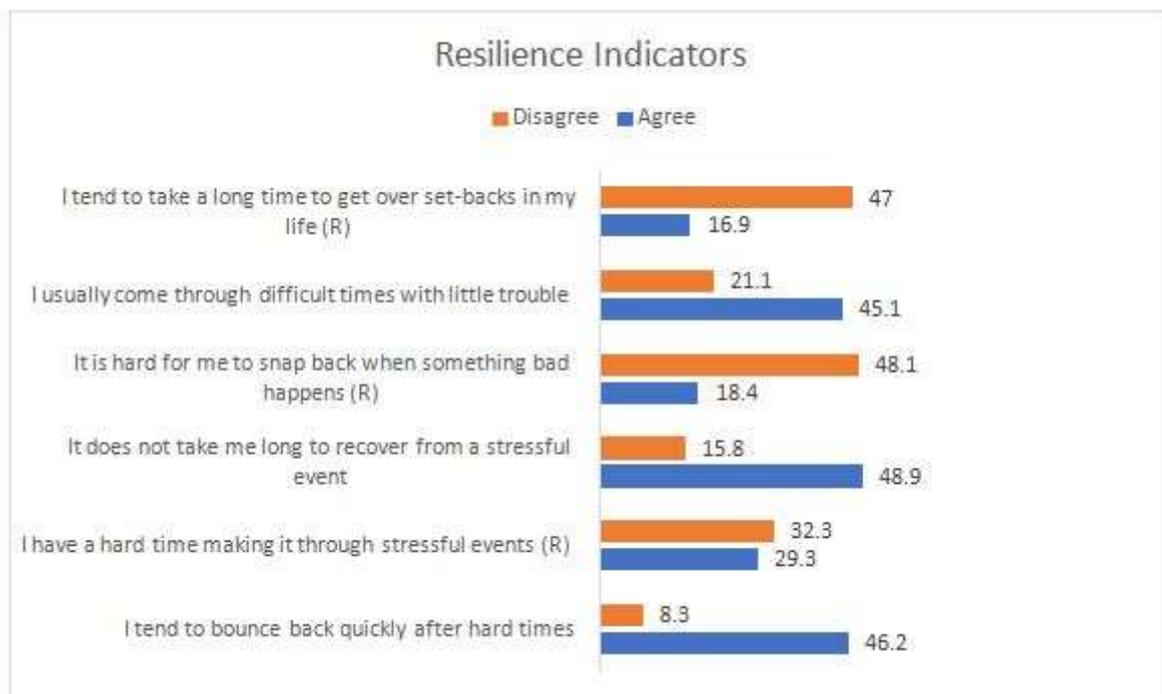


Figure 3: Resilience Indicators

Based on the results of data processing, personal resources can have a positive effect on resilience (H4 and H5). These personal resources consist of the ability to perceive stress and coping styles. Personal resources are an important element because they relate to how a person is willing and able to deal with trauma or pain due to existing stress (Ogińska-Bulik & Juczyński, 2008 in Basińska & Sołtys, 2020), thus leading to a faster recovery process. A person will be able to be more positive in seeing themselves and life in the future (Ogińska - Bulik & Zadworna-Cieślak, 2015; Basińska & Sołtys, 2020). Some people admit that they sometimes feel upset (22,9%), angry, (21,8%) and even depressed (23,7%) at the beginning of the pandemic (figure 4). But for them, a pandemic is not something that should continue to be mourned and blamed. Society is able to accept and is wiser in seeing this condition from another point of view. This leads them to the ability to learn many lessons. The data shows that 66,5% have tried to make peace and 63,5% have sought lessons from current conditions (figure 5). In addition, personal traits as part of personal resources are also an important factor in being able to deal with various pressures in difficult times (Reich, Zautra & Hall, 2010 in Baltacı & Karataş, 2015). Because a person's characteristics can lead to a condition that remains healthy and sane after this difficult time ends. This indicates that individual factors provide great strength in building one's self resilience.

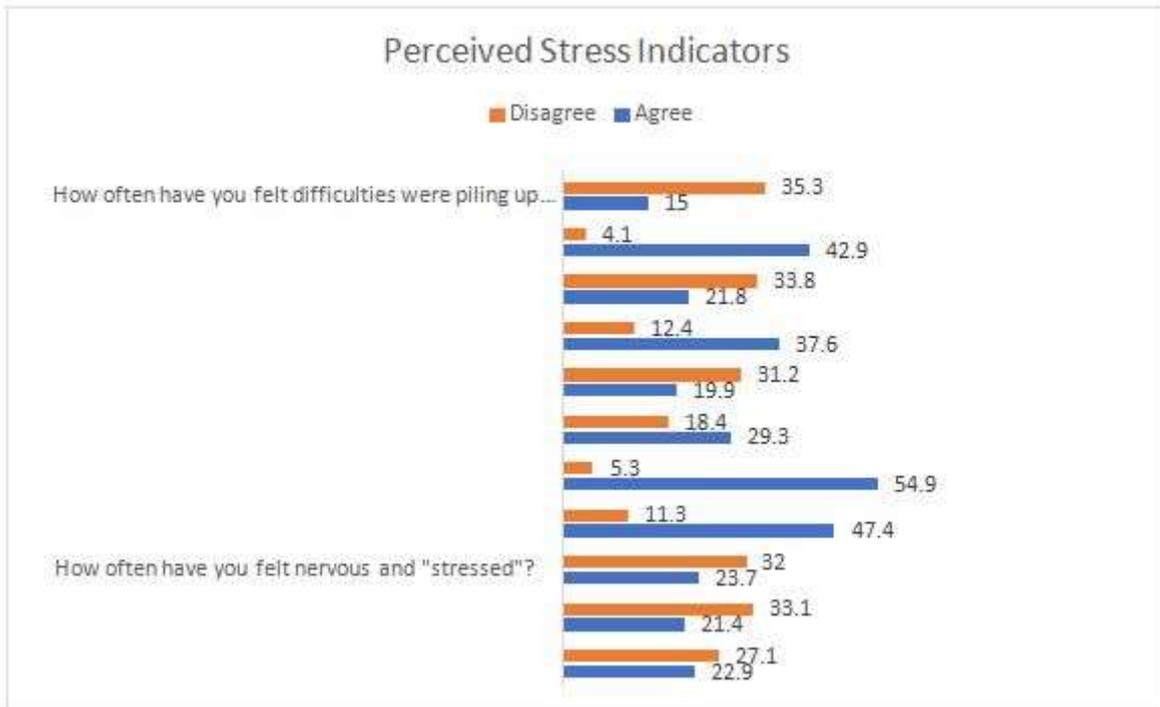


Figure 4: Perceived Stress (Personal Resource) Indicators



Figure 5: Coping Style (Personal Resource) Indicators

This study also analyzes spirituality and social resources as factors that are thought to affect individual resilience. However, based on the results of data processing, these two resources are not proven to have a direct effect on resilience (H1 and H6 are rejected). Spirituality resources are proven to be a determinant of coping style variables (H3 supported). According to Shelton et al. (2019), research is still rare that tries to explain the process of how individual characteristics (individual internal factors) and cognitive assessments of stress can shape individual resilience. This study attempts to answer this by proving that spiritual

resources contribute to the formation of a person's resilience by influencing how a person perceive the perceived stress. Most people admit to feeling a greater closeness to God during this pandemic and this has led them to find meaning in the ups and downs of life (50%), just like the current pandemic (figure 6).



Figure 6: Spirituality Resource Indicators

The results also showed that social resources also had an effect on coping styles (H8 supported). Social support is an important element that can affect how a person can behave in a healthy manner (Celikel & Erkorkmaz, 2008 in Baltacı & Karataş, 2015). Good coping styles include healthy behaviors needed to deal with difficult situations. Someone who has social support will make him feel like a valuable person. This gives them the strength to be able to have good coping in difficult situations (Callaghan & Morrissey, 1993; Baltacı & Karataş, 2015).

The right environmental conditions can drive a person's resilience in facing pressure (Bernard, 1991 in Baltacı & Karataş, 2015). In this case a good environment can be illustrated by the availability of social support for someone in difficult times. Social support can also be a protective factor for a person, because it is able to present feelings of being loved, valued, and cared for (Cobb, 1976). This provides their own strength to have the ability to solve problems well (good coping styles). Social support can increase the effectiveness of one's coping style in getting through difficult times. Because support from others helps someone more easily adapt to existing conditions (Ogińska - Bulik & Zadworna-Cieślak, 2015; Basińska & Sołtys, 2020). The social support felt by some people can be said to be high. Because they admit that there are people around them who are always present and can be helpful and encouraging when they are experiencing difficulties. The data shows that 53.8% have close people who are ready to help when there is a problem. 54.1% also feel less lonely in the pandemic which requires restrictions on activities outside the home, because there are always people to contact and talk to (figure 7).



Figure 7: Social Resource Indicators

In contrast to coping styles which can be influenced by spirituality and social resources, the perception of stress is not influenced by both (H2 and H7 are rejected). Because the perception of stress emphasizes how a person's ability to assess and respond to existing pressures, which is influenced by individual characteristics (Carver, 1998; Shelton et al., 2019). This is reinforced by the emergence of a third-wave traits theory that explains internal strength (individual factors) in influencing the cognitive assessment process (Richardson, 2002). In this study, the cognitive appraisal process refers to a person's perception of the stress.

## 6. Conclusion

Resilience is needed as a protective factor for someone in facing and living life during the current COVID-19 pandemic. Moreover, experts say that this pandemic will continue as a vaccine has yet to be discovered. Stress and depression symptoms can appear at any time and undermine self-defense so trying to stay sane during a pandemic is the only way. It is very important to pay full attention to yourself independently. Because the results of this study emphasize the importance of personal resources, such as perceptions of pressure and coping styles, they have proven to have a positive effect on one's resilience.

In addition, other resources are still needed to support and maintain one's internal strength in the present. Spirituality resources can be a support so that you can stay strong so that they affect how to deal with COVID-19. This can be done by continuing to carry out worship rituals regularly and more often to stay calm and surrender to any conditions that may occur in the future. In addition, social resources in the form of support from other people also provide strength, so that a person feels connected to other people even though they must be physically separated temporarily. Establishing good communication through various technological media and participating in various online activities can be one of the things that can be done. The increasingly massive use of technology in the digital era 4.0 is currently an effective means of staying connected with other people.

## Research Limitations and Recommendations

This study measures the resilience of Indonesian society during the social restrictions that have been in effect since March 2020. The period March to June 2020 is the duration of time that the researcher focuses on. Further research is needed to obtain results that better describe the condition of the resilience of the Indonesian people during the COVID-19 pandemic, given the possibility of a pandemic that will still occur for the next few months. Based on Kurt Lewin's change concept, there are three stages of change, namely unfreezing, change process, and refreezing. Future studies with a longer period can take advantage of Kurt Lewin's concept of change to measure the level of resilience at three different stages of change. Whether there is a change in the level of resilience can be the basis for formulating coping strategies for each stage.

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