The Role of Social Support and Self-Efficacy on Resilience of Late Adolescence with Divorced Parents

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Abstract: Resilience is a crucial ability for late adolescents with divorced parents to face daily life post-parental issues. In this context, social support and self-efficacy have a relationship and role with resilience. Therefore, this research aimed to show the simultaneous relationship between social support and self-efficacy with resilience using a quantitative method. Data collection tools used were The Connor-Davidson Resilience Scale (CD-RISC), The Multidimensional Scale of Perceived Social Support (MSPSS), and the General Self-Efficacy Scale (GSES). The subjects were 105 late adolescents with divorced parents in Indonesia. Furthermore, Pearson correlation analysis and multiple linear regression were adopted. The results showed that social support and self-efficacy had a significant positive influence on resilience. The higher the role of social support and self-efficacy, the greater resilience of late adolescents with divorced parents. The results had implications for managing social support with self-efficacy to increase resilience in late adolescents with divorced parents.

Keywords: social support, self-efficacy, resilience

Peran Dukungan Sosial dan Efikasi Diri terhadap Resiliensi Remaja Akhir dengan Orang Tua Bercerai

Abstrak: Resiliensi adalah kemampuan yang penting bagi remaja akhir dengan orang tua bercerai agar remaja dapat bangkit menjalani kehidupan sehari-hari pasca perceraian orang tua. Dukungan sosial dan efikasi diri memiliki hubungan dan peran dengan resiliensi. Hipotesis utama riset ini adalah terdapat dukungan sosial dan efikasi diri secara simultan berhubungan dengan resiliensi. Penelitian ini menggunakan metode kuantitatif. Alat pengumpulan data menggunakan The Connor-Davidson Resilience Scale (CD-RISC), The Multidimensional Scale of Perceived Social Support (MSPSS), dan General Self-Efficacy Scale (GSES). Subjek dalam penelitian ini berjumlah 105 remaja akhir dengan orang tua bercerai di Indonesia. Teknik analisis menggunakan analisis korelasi *pearson* dan regresi linear berganda. Hasil penelitian ini membuktikan bahwa dukungan sosial dan efikasi diri memiliki hubungan positif signifikan dan secara simultan berpengaruh positif dengan resiliensi. Berdasarkan hasil tersebut dapat disimpulkan bahwa semakin tinggi peran dukungan sosial dan efikasi diri maka dapat meningkatkan kemampuan resiliensi remaja akhir dengan orang tua bercerai. Temuan penelitian ini berimplikasi pada pengelolaan dukungan sosial bersama-sama dengan efikasi diri untuk meningkatkan resiliensi pada remaja akhir dengan orang tua bercerai.

Kata Kunci: dukungan sosial, efikasi diri, resiliensi

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In Indonesia, the number of divorce cases is experiencing an annual increase. According to Latif et al. (2019), divorce described the condition of a couple who terminated marriage. Based on data from BPS-Statistics Indonesia (2024), there were 291,677, 447,743, and 408,347 divorce cases in 2020, 2021, and 2023, respectively. These data explain that divorce rate has increased quite high between 2020 and 2021.

Divorce has a psychological impact on family members. Putri and Khoirunnisa (2022) stated that divorce had an impact on husband, wife, and children. The condition increases the difficulty for adolescents to regulate emotions, control impulses, grow optimism, and cultivate empathy (Kartika, 2017). According to Sukmawati and Oktora (2021), parental divorce caused emotional disorders, such as adolescents experiencing difficulty moving forward into the future. Damairia (2018) stated that adolescents with divorced parents chose to avoid and hide feelings of sadness, hence negative emotions continued to exist.

Several research show that the general condition is not evident in late adolescence. Zeratsion et al. (2013) reported that divorced parents did not cause a significant increase in mental health problems when compared to early Norwegian adolescents. Specifically, resilience of late adolescents with divorced parents is higher than those with intact families (Saraswati & Suleeman, 2018). In this context, resilience is better compared to early or late

adolescents with intact families. This is because adolescents can control emotions, dare to live life, have goals, and develop clear self-awareness about the objectives to be achieved (Suryana et al., 2022).

The ability of high resilience in late adolescents with divorced parents is very necessary in solving problems after divorce. In this context, resilience is described as the ability to adjust and adapt when faced with change, disappointment, demands (Willda et al., 2016), and undesirable situations, as well as the process of finding and understanding the positive from a depressed situation (Fonny et al., 2006). This can affect the ability of an individual when faced with an undesirable situation (Putri & Khoirunnisa, 2022). Therefore, the role of high resilience in adolescents is very important, as stated by Aryadelina and Laksmiwati (2019).

Resilience arises from the internal and external strengths of individuals. In the context of internal strength, Hendriani (2022) stated that the condition reflected the strength and resilience of an individual when rising from negative emotional experiences and facing difficult situations. This shows the internal side of the individual. Meanwhile, from the external strength, Hendriani reported that resilience is a dynamic process, including the role of the individual and the environment. This was specifically stated by Missasi and Izzati (2019), where social support and self-efficacy were two factors influencing resilience. According to Sari (2017), the two factors simultaneously

have a significant positive relationship with resilience. This is in line with Maharani (2021) that the relationship between social support and self-efficacy simultaneously on resilience is positive. Therefore, resilience increases with high social support and self-efficacy. This is because social support gives individuals the strength to do anything and solve problems (Morgan, 2002). According to Zimet et al. (1988), the concept of social support has three aspects, namely family support, friends, and significant others. Wimanda and Herdiana (2022) stated that social support increased resilience in adolescents with a background of divorced parents.

Based on the description above, several factors have been reported to explain the relationship between social support and resilience. The availability of social support from the family, specifically parents, will create physical and psychological comfort in adolescents (Maslihah, 2011). Emotional support is a feeling of comfort, love, and empathy from the interaction between adolescents and parents (Sarafino & Smith, 2017). Furthermore, parents who maintain supportive relationships after divorce can shape the personality of adolescents to be resilient (Karela & Petrogiannis, 2020). Adolescents given logical and positive arguments regarding problems from parents will give rise to positive meanings towards themselves and the situation (Endrawan, 2019).

The physical environment plays a role in influencing the formation of the dynamic process of individual resilience abilities (Hendriani, 2022; Vugrin & Camphouse, 2011). A high level of social support enhances the ability to adjust, enabling adolescents to solve problems effectively (Muthmainah, 2022). Social support also enhances a healthy personality and cultivates a positive outlook (Kumalasari & Ahyani, 2012). According to Azmy and Hartini (2021), the lives of adolescents with a background of divorced parents are meaningful when encouragement and enthusiasm are received from the surroundings.

Maharani (2021) stated that individuals who received social support from family, friends, and the surrounding environment would have the ability to solve problems. Furthermore, social support is received in the form of appreciation, words of encouragement, attention, help, and affection to create positive beliefs (Barbarosa et al., 2021).

Based on the description above, a strained relationship between parents and adolescents will contribute to low resilience. Elfira (2019) found that out of 134 adolescent respondents with a background of divorced parents, 64 parents had strained relationships and 28 had severed ties. After divorce, many parents still have strained relationships with adolescents.

Nurjanah (2018) found that there was a significant positive relationship between social support and adolescent resilience. This shows that the greater social support received, the better resilience of adolescents. However,

support from the external environment is considered insufficient. Adolescents need to increase the strength of internal abilities to increase resilience. Khotimah (2018) stated that there were internal factors in the form of self-efficacy affecting resilience. Self-efficacy is a belief in the personal ability to solve problems (Bandura, 1997). Amalia and Nuqul (2020) stated that self-efficacy was a belief in carrying out responsibilities and the concept had a significant relationship with resilience (Nabilah & Khoirunnisa, 2023). Maharani (2021) stated that self-efficacy had a significant positive relationship with resilience. Conversely, adolescents with low levels of self-efficacy will have reduced resilience. Schwarzer and Jerusalem (2012) explained that self-efficacy had one aspect, namely self-efficacy itself.

Self-efficacy positively influences cognition and positive emotions to increase resilience in adolescents with a background of divorced parents. This ability influences adolescents not to give up easily and view failure as a lack of effort (Ni'mah et al., 2014). Putri and Suprapti (2014) stated that self-efficacy increased confidence in solving problems and helped to eliminate anxiety, fear, and stress. The variable promotes confidence and helps individuals control thoughts, thereby giving rise to positive emotions. This makes adolescents keep trying and persist in solving existing problems (Maharani, 2021).

Adolescents with self-efficacy develop the perception of achieving, reaching goals, and solving problems (Erickson & Noonan, 2021) to actualize the potential to rise from adversity (Ahmad, 2024). These individuals can rise from problems that cause distress.

Hanapi and Agung (2018) explained that peer social support had a strong relationship with self-efficacy. This is consistent with Ni'mah et al. (2014) that social support has a positive relationship with self-efficacy. Additionally, Putri et al. (2023) and Sari (2017) reported that self-efficacy and social support could simultaneously create resilience.

Research on self-efficacy and social support with resilience specifically focusing on the subject of late adolescents with a background of divorced parents are still lacking. The subjects used are vocational high school (Maharani, 2021) and college students (Hermawan & Hirmaningsih, 2023; Putri et al., 2023; Sari, 2017), as well as chronic kidney failure patients (Pradnyaswari & Rustika, 2020) and nurses (Tejaratri, 2024). This shows the authenticity of the research on the role of self-efficacy and social support on resilience.

Late adolescents with divorced parents are assumed to have a different and specific situation. This is because the individuals are faced with greater pressure compared to college and vocational high school students used in previous research (Maharani, 2021; Sari, 2017). In this context, late adolescents

experience deeper challenges in accepting life changes.

Based on previous results, this research aims to empirically test the role of social support and self-efficacy in bringing out resilience, to analyze the relationship between social support and resilience in late adolescents with a background of divorced parents and the relationship between self-efficacy and resilience in late adolescents with a background of divorced parents. Therefore, the hypotheses proposed include: 1. Social support and self-efficacy are simultaneously related to resilience; 2. Social support is related to resilience; and 3. Self-efficacy is related to resilience.

Method

This research aims to empirically test the role of social support and self-efficacy in bringing out resilience and to analyze the relationship between social support and resilience, as well as the relationship between self-efficacy and resilience in late adolescents with a background of divorced parents. This research uses a quantitative correlational method to obtain data and information measured through operationalized instruments (Barella et al., 2024). The aim is to obtain data and generalize results from various perspectives. This requires the collection, analysis, and interpretation of measurable data to prove the hypothesis generated (Ghanad, 2023). In this context, a correlational research is a non-experimental quantitative method where two variables are measured to understand and assess the statistical relationship (Mekonnen, 2020).

Subjects

The samples are obtained using the convenience sampling method (Sugiyono, 2019). The inclusion criteria include late adolescence in the age range of 18-21 years (Santrock, 2018), having a background of divorced parents, male, and female, and adhering to a registered religion such as Islam, Christianity, Catholicism, Hinduism, Buddhism, and Confucianism, having an Indonesian ID card, and living in Indonesia.

Table 1

Description of Subjects by Age

Age	*n*	%
18	6	5.7
19	13	12.4
20	29	27.6
21	57	54.3

Note. N = 105

The number of subjects is 105 with the lowest percentage being in the 18-year age group (5.7%). Meanwhile, the highest is in the 21-year age group (55.7%) with 27 males (25.7%) and 78 females (74.3%).

Table 2

Description of Data on Social Support,

Self-Efficacy, and Resilience Variables

Variables	M	SD
Resilience	97.9	12
Social Support	33.6	7.53
Self Efficacy	36.6	7.17

Note. N = 105

Data collection

The data are collected using a survey method with Google Form media and a measuring instrument in the form of a psychological scale is adopted. This research uses the scale to measure resilience, social support, and self-efficacy.

Resilience used Hermansyah (2019) which adapted the Connor and Davidson (2003). This scale is called The Connor-Davidson Resilience Scale (CD-RISC) with a *Cronbach's Alpha* score of .877. The CD-RISC consists of 25 items (24 favorable, 1 unfavorable) and covers aspects such as personal competence, strength in dealing with pressure, positive acceptance, self-control, and spirituality. This scale has 5 answer choices including Very Unsuitable (VU), Unsuitable (U), Neutral (N), Suitable (S), and Very Suitable (VS). The scoring of the instrument is 1, 2, 3, 4, and 5 for VU, U, N, S, and VS answers, respectively. The scoring is reversed in the unfavorable item due to the positive relationship between the score obtained and the level of resilience.

Social support uses the Hastari (2018) scale adapted from Zimet et al. (1988), namely The Multidimensional Scale of Perceived Social Support (MSPSS). This scale has a *Cronbach's*

Alpha score of .909 and consists of 3 dimensions, namely significant others, friends, and family. MSPSS comprises 12 favorable items with 4 answer choices, namely Strongly Disagree (SD), Disagree (D), Agree (A), and Strongly Agree (SA). The scoring of the instrument is 1, 2, 3, and 4 for SD, D, A, and SA answers, respectively. The score obtained is directly proportional to social support and the scale trial has a Cronbach's Alpha of .867. Examples of items on this scale include "*There is someone special with whom I can share joy and sorrow... My family always tries to help me...*".

Self-efficacy is the General Self-Efficacy Scale (GSES) by Schwarzer and Jerusalem (2012) adapted by Novrianto et al. (2019). This scale consists of 10 favorable items and is unidimensional, namely only measuring the construct of self-efficacy in various situations (Novrianto et al., 2019). GSES consists of 10 favorable items arranged based on aspects reported by Bandura (1997), namely magnitude, strength, and generality. This scale consists of five answer choices, including Very Unsuitable (VU), Unsuitable (U), Neutral (N), Suitable (S), and Very Suitable (VS). The scoring of the instrument is 1, 2, 3, 4, and 5 for VU, U, N, S, and VS answers,

respectively. The score obtained is directly related to self-efficacy and the results of the scale trial show a Cronbach's Alpha of .917. Examples of items include "*I can stay calm when facing difficulty because I can rely on my ability to overcome it ... When faced with a problem, I have many ideas to overcome it*".

Data analysis

The data analysis method used is correlational and multiple linear regression. The correlation method is used to determine the relationship between each independent (social support and self-efficacy) and dependent variable (resilience). Subsequently, multiple linear regression analysis is carried out to find the adjusted R square as well as obtain the level of social support and self-efficacy required to simultaneously create resilience. A correlation test and multiple linear analysis are conducted using the Jamovi for Windows application. The analysis is preceded by an assumption consisting of normality, linearity, heteroscedasticity, multicollinearity, and autocollinearity tests. After meeting the assumption test, an analysis is conducted to test a hypothesis consisting of a Pearson correlation and multiple linear regression.

Results

Data description

Table 3

Description of Subjects Based on Length of Time After Parents Divorce

Length of Time After Parents Divorce	n	%
≤ 5 Years	50	47.62
6-10 Years	25	23.81
11-15 Years	16	15.24
16-20 Years	14	13.33

Note. N = 105

Based on the description of the subjects in Table 3, the highest length of time after parents divorce is less than or equal to 5 years with the number and percentage of subjects being 50 and 47.6%, respectively. The lowest is in the range of 16-20 years with the number and percentage of subjects being 14 and 13.33%, respectively.

Table 4

Categorization of the MSPSS, GSES, and CD-RISC Indonesian versions

Categorization	Social Support		Self Efficacy		Resilience	
	F	%	F	%	F	%
Very Low	8	8	9	9	12	11
Low	24	23	16	15	27	26
Medium	43	41	42	40	41	39
High	23	22	31	30	22	21
Very High	7	7	7	7	3	3

Based on the results of the norm categorization, the majority of subjects are in the medium category. A total of 43 (41%), 42 (40%), and 41 (39%) subjects are in the medium category in social support, self-efficacy, and resilience variables, respectively.

Assumption test

There are several assumption tests carried out, namely normality, linearity, multicollinearity, heteroscedasticity, and autocorrelation.

Table 5

Normality Test Results

Variable	Kolmogorov Smirnov	p	Category
Social Support	.0733	.625	Normal
Self Efficacy	.159	.190	Normal
Resilience	.0734	.624	Normal

The normality test used the Kolmogorov-Smirnov test and obtained a significance value of <.05, hence the data is normally distributed.

Table 6

Linearity Test Results

Variable	F	p	Category
Social Support and Self-Efficacy for Resilience	96.48	<.001	Linear
Social Support for Resilience	7.49	.007	Linear
Self-Efficacy for Resilience	184	<.001	Linear

The results of the linearity test of social support and self-efficacy variables, social support variable, and self-efficacy variable on resilience have a p-value of <.001 (p <.05), .007 (p <.05), and <.001 (p <.05), respectively. All relationships have a p-value smaller than .05 since the linearity test is fulfilled.

Table 7

Multicollinearity Test Results

Variable	VIF	Tolerance
Social Support	1.03	.966
Self Efficacy	1.03	.966

Based on the results of the multicollinearity test, the VIF and tolerance values of each social support and self-efficacy variable are 1.03 and .966, respectively. The VIF and tolerance values for both independent variables are less than 10 and greater than .01, respectively. These results show that there is no multicollinearity in the regression model.

Table 8

Heteroscedasticity Test Results

Variable	Statistic	p
Social Support and Self-Efficacy on Resilience	.304	.859

Based on the heteroscedasticity test using the Breusch-Pagan test, the p-value is .859 ($p >.05$). The significance level of the p-value is greater than .05 since there are no symptoms of heteroscedasticity in the model.

Table 9

Autocorrelation Test Results

Autocorellation	DW Statistic	p
.0919	1.78	.270

Based on the results of the autocorrelation test, DW is 1.78. The two independent variables are tested on 105 subjects since the dU value is 1.7209. Meanwhile, testing the formula dU < DW < 4-dU obtained a value of 1.7209 < 1.78 < 2.2791. The DW value is greater than dU and smaller than 4-dU since there is no autocorrelation in the regression model.

Hypothesis test

The multiple linear regression analysis and the Pearson correlation method can be carried out for hypothesis testing.

Multiple linear regression analysis test

Table 10

Multiple Linear Regression Analysis Test Results

Variable	B	β	SE	t	VIF	R	Adj. R²
Social Support	.187	.118	.094	1.99	1.03	.809	.647
Self Efficacy	1.300	.779	.098	13.15	1.03		

Note. B: Unstandardized beta, β: Standardized beta, SE: Std. Error.

The significance of the effect between social support and resilience variables is relatively low (β = .118). According to Cohen (1988) and Fey et al. (2023), a standardized beta between .1 to .29 has a low effect. On self-efficacy variable with resilience, the significance of the effect is relatively high (β = .779). According to Cohen (1988) and Fey et al. (2023), a standardized beta of more than .5 has a high effect. A correlation coefficient of .809 is obtained even though social support with resilience has a low significance effect. The correlation coefficient between .7 to .1 shows a high relationship due to the high role of social support and efficacy in generating resilience. The results of the Adjusted R Square analysis were .647, hence social support and self-efficacy simultaneously

reported resilience variable of 64.7%. The remaining 35.3% was influenced by other variables outside this regression equation. Based on the results, social support and self-efficacy simultaneously play the role in giving rise to resilience since the hypothesis is accepted.

Correlation test

Table 11

Hypothesis Test Results (Pearson)

Variable	r	Category	p
Social Support and Resilience	.260	Low	.004*
Self-Efficacy and Resilience	.801	High	<.001*

Note. *Positively Correlated

The results of the correlation test of social support and resilience show a coefficient value of .260 and p = .004 (p <.05). According to Wibisono (2013), a correlation coefficient between .2 to .4 shows a low relationship. The results of the correlation test of self-efficacy and resilience show a correlation coefficient value of .801 and p <.001 (p <.05). Meanwhile, a correlation coefficient between 0.7 to 1 reports a high relationship. The results of the correlation coefficient and p values explain that social support and self-efficacy have a significant positive correlation with resilience since the hypothesis is accepted.

Additional analysis

The first additional analysis is the difference test between male and female groups. This analysis aims to determine the differences between the groups on the variables of social support, self-efficacy, and resilience.

Table 12

Results of the Analysis of the Difference Test between Male and Female Groups on Each Variable

Variables	M		p
	Male	Female	
Social Support	37.4	36.4	.639
Self Efficacy	33.0	33.8	.520
Resilience	99.4	97.4	.487

There is no difference in social support, self-efficacy, and resilience variables between the male and female groups since the p-value = .639 (p <.05), .520 (p> .05), and .487 (p> .05), respectively. The additional analysis is the difference test based on the length of time after parents divorced with the subject category under and over 5 years. This analysis aims to determine the differences between the subject categories under and over 5 years, as reported in Table 7.

Table 13

Results of the Analysis of the Difference in

Time After Parents' Divorce on Each Variable

Variables	M		p
	0-5 Years	>5 Years	
Social Support	34.9	32.3	.072
Self Efficacy	38.1	35.3	.049
Resilience	100.1	95.9	.070

In social support variable, there is no difference in scores between subjects with parents who have been divorced for more than 5 years as reported from the p-value = .072 ($p>$ .05). In self-efficacy variable, there is a difference in the category of subjects whose parents have been divorced for 0-5 years and more than 5 years, as seen from the p-value = .049 ($p<$.05). Subjects whose parents have been divorced for 0-5 years and more than 5 years have a mean value of 38.1 and 35.3, respectively. Therefore, self-efficacy of subjects whose parents have been divorced for 0-5 years is higher than those for more than 5 years. In resilience variable, there is no difference in scores between subjects as reported from the value p = .070 (p >.05).

Discussion

The first hypothesis is accepted since there is the role of social support and self-efficacy simultaneously as independent variables on resilience. The results of the multiple linear regression test show an *Adjusted R Square* value of .647, hence social support and self-efficacy simultaneously have the role of 64.7% in bringing out resilience abilities.

Tejaratri (2024) stated that social support and self-efficacy simultaneously affected resilience abilities in nurses caring for COVID-19 patients. Hermawan and Hirmaningsih (2023) stated that social support and self-efficacy simultaneously improved resilience abilities. This can happen because individuals can handle difficult times in lives and become resilient (Pradnyaswari & Rustika, 2020).

A hypothesis test was conducted to test the correlation between social support variables and resilience. The results show that there is a significant positive relationship between a low level of social support and resilience in late adolescence.

The results of this research are in line with Agustin et al. (2022) and Pratama et al. (2023) who investigated students participating in the MBKM program and school dropouts in Makassar City, respectively. These research stated that there was a significant positive relationship between social support and resilience. Social support contributes to the high and low resilience of late adolescents. Social environment that provides a sense of comfort, security, and emotional support will make late

adolescents have the desire to rise from adversity. According to Muliawiharto and Masykur (2020), a caring environment is attentive and strives to provide optimal support in increasing the desire to continue moving forward into the future. The inability to provide support can affect resilience in late adolescence.

Isnaini and Muhid (2022) showed that social support from family, friends, and *significant others* led to resilience in adolescents. Based on Pesik et al. (2021) and Iga and Kristinawati (2022), family support has a significant positive correlation with resilience. The presence of friends around adolescents who provide attention, affection, and empathy provides the motivation to rise through many problems in life (Muhammad et al, 2018). The presence of *significant others* who provide help and appreciation can increase the desire to rise from adversity (Isnaini & Muhid, 2022).

A third hypothesis test was conducted to determine the relationship between self-efficacy and resilience in late adolescents with divorced parents. Self-efficacy variable with resilience showed a significant positive relationship. This is in line with Fany et al. (2023) where the variable has a relationship with resilience in individuals with a background of divorced parents.

Social support and self-efficacy in late adolescents with a background of divorced parents were significantly positively correlated with resilience. A previous investigation conducted by Nabila and Ashshiddiqi (2023) on

students working on a thesis was in line with the results. Therefore, self-efficacy and resilience have a positive and significant relationship. Amalia and Nuqul (2020) suggested that self-efficacy was a variable useful for understanding and predicting resilience abilities.

Self-efficacy provides confidence in the ability to handle all life challenges (Hadiyah, 2021). Individuals with high confidence will develop various kinds of resilient behaviors in facing challenges, namely not giving up easily, being persistent, and being resilient in facing obstacles. Meanwhile, individuals who are lazy, pessimistic, and do not have high efforts possess low self-efficacy (Mahesti & Rustika, 2020). Resilience efforts form confidence in the ability to solve all problems, tasks, and challenges in life (Mahesti & Rustika, 2020).

The relationship between self-efficacy and resilience is stronger than social support and resilience. Hermawan and Hirmaningsih (2023) reported a similar result that self-efficacy had a stronger relationship than social support to resilience. Linggi et al. (2021) stated that self-efficacy could bring resilience abilities more effectively than social support. According to Hermawan and Hirmaningsih (2023), this difference in relationship occurs because efficacy as an internal factor has a more significant influence than social support as an external factor. Therefore, self-efficacy plays a stronger role in increasing resilience when compared to social support.

Based on the description above, the research found no difference in the level of resilience by gender. The numbers of male and female subjects were 27 and 78, respectively. A p-value of .457 (p <.05) was found in line with Hermansyah (2019), where there was no difference in the level of resilience of late adolescents with divorced parents between male and female individuals.

The test conducted on the category of subjects with a post-parent divorce period of 1-5 years and more than 5 years showed that differences were found in self-efficacy variable. The results explain that subjects with a category of parents divorced for 1-5 years have a higher level of efficacy than more than 5 years. This happens because subjects in the category of parents divorced for 1-5 years experience parental divorce situations in the late and middle adolescent age categories. Meanwhile, subjects with a duration of parental divorce of more than 5 years generally experience the concept in early adolescence. Late and middle adolescents have more mature emotions than those in the early category (Rizkyta & Fardana, 2017). Individuals with emotional intelligence also adapt to stressful situations and handle problems to complete responsibilities (Yunalia & Etika, 2020). Dewi and Yusri (2023) stated that adolescents with emotional intelligence could control feelings, generate optimism, and not vent emotions excessively. Furthermore, Hanifah et al. (2023) expressed that adolescents with good emotional control generated self-

confidence in the ability to solve problems. This research included 105 late adolescent subjects aged 18-21 who lived in Indonesia with divorced parents. Based on the scale categorization results, the subjects were in the moderate category for each of the three variables. For social support, self-efficacy, and resilience variables, there were 43 (41%), 42 (40%), and 41 (39%) subjects, respectively.

The results provide implications for efforts to improve resilience of late adolescents with divorced parents. Programs and interventions should also be optimized by combining efforts to improve self-efficacy with efforts to enhance social support. In conditions where social support is challenging to obtain, interventions must be focused on enhancing self-efficacy.

The limitations of this research include the criteria for the subjects, where most subjects live in Yogyakarta. Therefore, there is a lack of representation from various provinces, and the distribution of data is uneven between males and females. Another limitation lies in the measuring instrument showing similarities since the concept of resilience overlaps with self-efficacy.

Conclusions

This research aimed to show the simultaneous relationship between social support and self-efficacy with resilience using a quantitative method. In conclusion, this research presented empirical evidence for the

relationship between social support and resilience, self-efficacy and resilience, and the role of social support and self-efficacy simultaneously on resilience. Based on the *adjusted R Square* value, social support and self-efficacy simultaneously had a role in generating resilience in late adolescence.

The results of the correlation test showed that social support had a significant positive relationship with resilience. Additionally, self-efficacy had a significant positive relationship with resilience than social support. Late adolescents who desire to rise from within had more relationship contributions than those desiring to rise from the surrounding environment. Therefore, self-efficacy as an internal factor had a stronger relationship with resilience than social support as an external factor.

Suggestion

Suggestions for further research include considering data variation by increasing the distribution of the subjects. This research also needs to pay attention to the representation of female and male subjects since there is no imbalance in the number of subjects based on gender. Resilience scale that does not overlap with the concept of self-efficacy should be considered to better explain the relationship.

Future research must focus on developing an investigation to determine the role of self-efficacy and social support in increasing resilience in other contexts or the form of interactions between different variables. For educational institutions, the results can add insight into the importance of developing self-efficacy and fulfilling social support in the school environment.

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