

Resilience in Disasters: A Survey to The University Students in Lampung Province

Simon Sumanjoyo Hutagalung^{1,*}

¹ Departemen of Public Administration
Universitas Lampung
Bandar Lampung, Indonesia

Email: simon.sumanjoyo@fisip.unila.ac.id

Ita Prihantika²

² Departemen of Public Administration,
Universitas Lampung
Bandar Lampung, Indonesia

Email: ita.prihantika@fisip.unila.ac.id

Abstract. Pandemics create various impacts in all sectors of life and groups. Youth who include student groups in University are vulnerable, even though they have good socio-economic categorization. The resilience of this group is facing the pandemic will have a positive social, political and economic impact on disaster recovery efforts. This study aimed to determine the degree of student groups resilience in Lampung Province in the covid-19 pandemic. The research method uses a quantitative approach with a questionnaire instrument distributed in a google form format and distributed to a sample group. Students who are active at state universities in Lampung Province. The findings of this research answer the anxiety of several parties regarding the resilience of student groups in dealing with various impacts of the pandemic.

Keywords: Resilience, Pandemic, Disaster Management, Higher Education.

1. Introduction

The Covid-19 pandemic that hit in 2020 had various impacts on many parties, including student groups. Their position as a group of young people studying at a university with various demands and varied workloads [1]. During the pandemic, habits that had previously been carried out were forced to adapt but still carry out their role as students. Resilience capacity then becomes an important thing to study considering these conditions [2]. Resilience is the concept of an individual's ability to overcome, go through, and return to its original condition after experiencing difficulties [3]. Increasing resilience is important because it can provide experience for individuals in dealing with problems and difficulties in their lives

[4]. Resilience consists of seven aspects that support each other [5]; the identification of these aspects and indicators can be seen in the following table:

Table 1. Aspects of Resilience and its Indicators

No	Aspects of	Indicators	Sub Indicators
1	Emotion Regulation	Able to remain calm when under pressure	1. Not anxious or stressed in dealing with problems
			2. Not easily angry or sad
			3. Stay focused on what is being done
		Easy to socialize	1. Easy to get along with other people
			2. Have lots of friends
			3. Fun for other people
2	Impulse Control	Not aggressive	1. Not blaming others
			2. Not being violent to others
			3. Not imposing your will on others
		Able to control yourself	1. Not overreacting to something
			2. Able to hold your anger
			3. No easily influenced by the surrounding environment
3	Optimism (Optimism)	Believing in one's abilities	1. Dare to express opinions to others
			2. Understanding one's strengths and admitting

No	Aspects of	Indicators	Sub Indicators
		Having high spirits	weaknesses in oneself
			1. Not easily discouraged
			2. Trying to be happy even though they have serious problems
4	Ability to Analyze Problems (Causal Analysis)	Identify problems encountered	3. Try harder if they fail
			1. Able to understand the causes of problems encountered
			2. Able to find solutions to problems they have
		Able to think with common sense	3. Not rash in making decisions
			1. Realize that humans have limitations
			2. Dislike imagining
5	Empathy	Able to grasp non-verbal language	3. Thinking by looking at the reality that exists
			1. Can understand other people's conditions
			2. Sensitive to the surrounding environment
		Also, feel what other people feel	3. Willing to listen to other people's complaints
			1. Do not have certain judgments on everyone
			2. Able to position thyself on the side of others
6	Self-Efficacy	Having a strong belief	3. Have a tolerant attitude
			1. Confidence in being able to solve the problems encountered
			2. Convinced to be able to change for the better
			3. Having a good attitude in dealing with problems
			1. Dare to admit misunderstanding

No	Aspects of	Indicators	Sub Indicators
		Bearing everything about oneself	2. Completing tasks completely
			3. Ready to bear the consequences of his actions
			1. Believing there will be wisdom in every problem
7	Achievement (Reaching Out)	Reawakening the spirit possessed from adversity	2. Easy to forgive others
			3. Trying to rise from sadness
			1. Able to accept the reality of life
		Able to be free from trauma in life	2. Not carried away by the past
			3. Focus on designing the future

Student and student groups are a reasonably large segment where the total population in Lampung Province in 2019 is 9,302,935 people; their number ratio covers 14.90% [6]. Based on the description and urgency of resilience capacity, there are several issues in this article: first, how is the resilience capacity of student groups during the pandemic? Secondly, what are the implications that stakeholders and decision-makers need to follow up?

II. Research Methods

This research was conducted with a quantitative approach and used a survey method. The population in this study were all active students in Lampung Province, while the sampling used was accidental sampling. According to [7], Accidental Sampling is a sampling technique based on chance; that is, any patient who coincidentally meets a researcher can be used as a sample if it is deemed that the person who happened to be met is suitable as a data source [8]. This sampling frame is related to the questionnaire instrument, made in a google form and distributed online to student groups in Lampung Province in the April-June 2020 period. The questionnaire consists of 7 aspects and 17 questions arranged on a Likert scale. After this period, it was known that 240 respondents answered the questionnaire, but then it was found that two respondents did not fill in the full answer so that the total respondents' answers were 238. The distribution of the sample includes several universities in Lampung Province, as follows:

Table 2. Number of samples in the study

No	Region	Sample
1	Lampung University	103
2	UIN Radin Intan	72
3	Polinela	56
4	Itera and others	7
	Total	238

Following the type of research, quantitative data were analyzed using descriptive statistics using MS. Excel and SPSS. The use of MS. Excel in determining the scale and range of scales is for measuring the category of resilience assessment, while SPSS is used to analyze the questionnaire data obtained. The technique for determining the scale and scale range can be observed in the section below:

Determination of the Scale Range (RS) is carried out with the help of the following formula:

$$\text{Formula: } nx(N-1)/N$$

$$RS = 238 * (5-1)/5$$

$$RS = 190$$

Then the scale limit is determined as follows:

$$\text{MIN} = 1 \times n \quad 238$$

$$\text{MAX} = 5 \times n \quad 1190$$

The next step is to determine the scale using the scale range and the scale limit, while the scale used is in the Very Good to Very Bad range so that a range of scale values is produced as follows:

Table 3. Scale and Range Scale Formula

Scale	Formula Range Scale		Value Scale
Very Good	MIN + 4RS + 1	MIN + 5RS	999 - 1188
Good	MIN + 3RS + 1	MIN + 4RS	809 - 998
Simply Good	MIN + 2RS + 1	MIN + 3RS	619 - 808
Not Good	MIN + 1RS + 1	MIN + 2RS	429 - 618
Very Not Good	MIN	MIN+RS	238 - 428

This value range will be used to analyze the resilience of student groups based on the previously filled out questionnaire. Data analysis is carried out on each indicator and includes data analysis of all indicators.

III. Results and Discussion

Based on distribution of answers obtained from the questionnaire, a score value and categorization coverage of each indicator and sub-indicator are

generated, which are spread into seven aspects of resilience in the face of the Covid-19 pandemic disaster. Most of the values of these sub-indicators and indicators indicate the mental condition of students who can maintain good conditions, although if observed in detail, it will be found that several sub-indicators have values below the excellent category. In more detail, the distribution can be observed from the table below:

Table 4. Distribution of Values and Categorization of Student Group Resilience

No	Aspect	Indicator	Sub Indicator	SI	Ind	Kat	Asp	Kat
1	Emotion Regulation	Able to remain calm when under pressure	Not anxious or stressed	924	877	B	905	B
			Not easily angry or sad	848				
			Stay focused in activities	859				
		Easy to socialize	1. Easy to get along with other people	976	943	B		
			2. Have lots of friends	1007				
			3. Pleasing to others	854				
2	Impulse Control	Not aggressive	1. Not blaming others	874	930	B	914	B
			2. Not using violence	931				
			3. Not forcing one's will	984				
		Able to control oneself	1. Not overreacting	968	894	B		
			2. Able to hold anger	860				
			3. Not easily influenced	854				
3	Optimism	Believing in one's abilities	1. Dare to express opinions	812	664	CB	819	B
			2. Understanding one's strengths and weaknesses	515				
		Having high spirits	1. Not easily discouraged	876	897	B		
			2. Trying to be happy even though he gets press questions	805				
			3. Try harder	1011				

No	Aspect	Indicator	Sub Indicator	SI	Ind	Kat	Asp	Kat
4	Ability to analyze problems (Causal Analysis)	Identify the problems encountered	1. Understand the causes of problems	805	820	B	969	B
			2. Able to find solutions to problems	800				
			3. Not rash in decisions	855				
		Able to think with common sense	1. Aware of having limitations	990	985	B		
			2. Does not like to fantasize	962				
			3. Thinking with reality	1003				
5	Empathy	Able to grasp non-verbal language	1. Can understand other people's conditions	923	929	B	968	B
			2. Sensitive to the environment	921				
			3. Willing to listen to complaints	944				
		Also, feel what other people feel	1. Do not have certain judgments on people	886	985	B		
			2. Able to position oneself	1067				
			3. Have an attitude of tolerance	1003				
6	Self-Efficacy	Have strong beliefs	1. Confident in being able to solve problems	921	959	B	989	B
			2. Confidence in being able to change for the better	997				
			3. Having a good attitude in dealing with problems	992				
		Bearing everything about oneself	1. Having ani admits not correct information	076	990	B		
			2. Complete the task completely	940				
			3. Ready to bear the consequences	953				
7	Achievement (Reaching Out)	Re-spirit possessed from adversity	1. Believing there will be wisdom	1005	955	B	972.5	B
			2 Easy to forgive others	802				
			3. Trying to get up from sadness	1058				
		Able to be free from trauma in life	1. Accept the reality of life	1076	990	B		
			2. Do not get carried away in the past	940				
			3. Focus on designing the future	953				

The table above shows that almost all sub-indicators have value in the scale range categorized B (Good). It appears that only one sub-indicator is in the CB category (good enough), namely believing in one's own ability in the aspect of optimism. It shows that the student group already had good resilience in the early pandemic, although they felt vulnerable with the

optimism aspect. In addition, several other sub-indicators are also of particular note in this research. This particular note will later correlate with the implications that decision-making groups must make. The identification of these sub-indicators is presented in the following table:

Table 5. Identification of Sub-Indicators With Special Notes

No	Sub-Indicators	Score	Aspect
1	Trying to be happy even if they get a problem	805	Optimism
2	Understanding the causes of problems	805	Ability to analyze problems
3	Able to find solutions to problems	800	Ability to analyze problems
4	Easily forgive others	802	Achievements The

The table above shows several aspects and sub-indicators that can be a gap for student resilience vulnerabilities in the face of the Covid-19 pandemic. The sub-indicator of the ability to entertain themselves in the aspect of optimism shows a condition where students feel they have lost the opportunity to socialize and entertain each other with their friends [9]. The sub-indicator of understanding the causes of problems and the ability to find solutions to problems in the aspect

of problem analysis skills shows that they experience conditions that are vulnerable to exposure to misinformation, mainly when it refers to the freedom to use social media, which is very commonly accessed by them [3]. Furthermore, the sub-indicator of forgiving others in the achievement aspect shows that students harbour emotions towards those who cause socio-economic problems during this pandemic [10]. Some sub-indicators indicate that students'

vulnerability still covers aspects of their internal capacity, not aggressive towards other parties. However, this condition has several implications that stakeholders must follow up. The identification can be observed from the following table:

Table 6. Identification of Issues and Implications in Student Group Resilience

No	Identification of Issues	Implications
1	Vulnerability of optimism in student groups, especially in terms of the ability to entertain themselves	The need for educational therapy interventions and management of public information that is entertaining and self-motivated
2	Vulnerability of student groups to experience information bias, especially in receiving information related to the causes of socio-economic problems caused by the pandemic.	The need for intervention in the management of public information, specifically related to Hoax and Disinformation.
3	vulnerability of student groups to disinformation, especially regarding solutions to problems generated during the pandemic.	The need for campaigns and dissemination of correct and valid information on public information channels.
4	Vulnerability of student groups to experience emotional conditions, especially those considered to have caused various problems during the pandemic.	The need for mutual support and trauma healing movements through public information channels or social media.

Some of the implications in the table above indicate the need for several interventions or movements to overcome various issues around the resilience of student groups during the pandemic. Some interventions are educative, structured, neutralizing and trauma healing through various information channels, both formal and non-formal [11]. The resilience of a community group requires support from many parties or other groups that become the environment of the student group [12]. The capacity

building is parallel with all parties and requires policy and institutional initiatives to maintain coordination.

IV. Conclusion

The resilience capacity of student groups in Lampung Province in dealing with the Covid-19 pandemic is in a Good category, where almost all indicators and sub-indicators are in the Good scale range. However, there are several sub-indicators of particular note. The category of the scale range on the sub-indicator is below the average value of the other sub-indicators. The sub-indicators that become special notes become the background for several implications that need to be followed up or intervened by stakeholders or policymakers. In the future, it is necessary to conduct a more detailed study of the factors that can maintain optimal resilience capacity.

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