The Resilience of Migrant Worker's Adolescence and Strengthening Their Social Support System: A Social Work Perspective

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Abstract

This paper contains social work on the resilience of young migrant workers by strengthening social support from family, friends, and the community. It is expected that young migrant workers can improve their ability to adapt better. Individual resilience is the ability to adapt to the changes that occur in young migrant workers to overcome problems in life. Facts in various countries show various fields related to resilience. A professional social worker has the expertise to work with groups or with communities or communities other than with individuals. Preparing that young migrant workers to have resilience, it is not enough just to rely on the social support of family, friends, and the community. But there is another thing that is needed, which is proper parenting to strengthen the resilience of young migrant workers.

Keywords: Intervention, Social Work, Resilience Adolescence.

A.   INTRODUCTION

The impact of the absence of parents can provide both positive and negative consequences. The departure of parents, especially mothers as migrant workers, is leaving their families and children separated by time and distance (Nation, 2015). The absence of parents can result in reduced social support for children/adolescents, and children/adolescents become less protected which results in increased vulnerability for children/adolescents. So that it can also result in unfavorable development and opportunities for the lives of children/adolescents in the future. The term 'resilience' has been widely adopted that shows the capacity to overcome, learn, and develop in the face of change, challenges, or difficulties. Some describe it as the ability to 'bounce back' (Compton, Galaway, & Cournoyer, 2005), recover or recover from adversity, or as a dynamic process (Johnson, Wood, Gooding, Taylor, & Tarrier, 2011). The most important capital competency in millennial is resilience (Olson & Defrain, 2003).

Resilience in adolescent is related to social support (Johnson et al., 2011). However, there is one factor that can strengthen or weaken adolescent resilience, namely parenting (Chiew, 2011). Support of family, friends, and community and effective parenting can affect the resilience and well-being of adolescent. This social support contributes to the development of resilience (Masten, Morison, Pellegrini, & Tellegen, 1990), because resilience is not only about personal qualities but about the quality of ways of interacting with external factors in the family and wider environment (Newman & Barnardo's, 2004); (Zolkoski & Bullock, 2012). The consequence of individual or adolescent interaction is when adolescent with family, friends, and the community as external factors will affect many individuals, in this case, are adolescent or entire groups, communities, and even society as a whole. This is one area that can be handled by social workers. The social work profession is committed to people by applying one of its basic principles as social welfare (Fahrudin, 2012).

B.   ADOLESCENCE RESILIENCE AND SOCIAL WORK

Social work is a profession that encourages social change, solving problems related to social relations, and empowerment so that it can improve social welfare by intervening in people's interactions with their environment(Dubois & Milley, 1992). The use of the term social welfare here uses a narrower term, namely social services related to health, education, and community

development (Midgley, 1995). The milestone of social work began before the era of industrialization in Britain with jargon based on charity in the late nineteenth century, then during industrialization in Europe and North America which focused on poverty and health. The twentieth century in modern times is characterized by social problems that differ from previous times and social work in dealing with problems is far more significant and varied.

Resilience has shown towards more dynamic changes. Nearly fifty years ago resilience research began in the field of psychopathological development. According to pioneering scholar individual resilience such as (Garmezy, 1991), (Werner, 1992), (Rutter, 1990), (Masten, 2018), (Ungar, 2005), (Amstrong, Lefcovich, & Ungar, 2005), dan (Luthar, Cicchetti, & Becker, 2007), there are children or adolescents successfully growing well and vice versa in circumstances which is very alarming. As time goes by the meaning of resilience develops more with a systemic review, so that three levels of resilience arise, namely individual, community, and national resilience

Individual resilience is difficult to understand because of the variety of ways in which individuals respond and react to environmental stressors. Now, to understand the meaning of resilience has changed from understanding as a personality trait, to be considered a dynamic process. The assumed nature of the individual referred to as "resilience", is inseparable from the environment (Ajdukovic, Kimhi, & Lahad, 2015). So that the goal of resilience is not merely to secure but to improve the welfare of people in the face of present and / or future risks front (Keck & Sakdapolrak, 2013). This shows the social work profession is closely related to improving welfare by utilizing the environment that comes from the surrounding environment such as friends, family, and community.

Social work interventions related to the resilience of young migrant workers are to reinforce adolescents and the environment so that they can better adapt to the environment because the environment can have a very large influence on these young people. So that a teenager can be resilient or vice versa, the possibility can come from the surrounding system that is related either directly or indirectly(Zastrow, 2004). In this case, the social worker must look at the needs needed by adolescents. Social workers can identify the strengths that are owned by family, friends, and the community.

The role of other social workers related to adolescent resilience is better understood as an effort to improve the welfare of adolescents themselves. It is hoped that in the end, it can improve the

standard of living of the community. The welfare level of an individual, group, community, or community can be achieved, it also requires the routine implementation of a program implemented by a child service institution (Midgley, 1995). This policy can accelerate behavior change by implementing regulations and is expected to become a habit that is carried out in everyday life and can quickly reach out to all levels of society.

The community where adolescent migrant workers live can be used as one of the benchmarks of resilience of these adolescent. It can be seen if the individual concerned can adapt to changing circumstances that occur in the community (K. M. Connor & Davidson, 2003). Teenage resilience can be realized because of social support from family, friends, and community (Holaday & McPhearson, 1997) in the form of emotions, interpersonal, material and satisfaction (Bernal, Scharrón del Río, & Maldonado-Molina, 2003). But there are other factors as moderating resilience, namely parenting, there are authoritarian, permissive, and authoritative parenting (Chiew, 2011). This shows that social support is a form of mechanism for protection that can affect the resilience of migrant adolescent reinforced by effective parenting (Steinberg, 1993).

Some of the roles of resilience social work as explained above are related to improving social welfare. In various parts of the world, researches have been conducted on health, education, and psychology. Research shows that "migration culture" is often done so that it becomes a habit for people to migrate. This has been done as a tool throughout the Caribbean to look for opportunities in the field of economy and better education(Caribbean & Bakker, 2009) (Cacioppo, Reis, & Zautra, 2011). Another picture that occurred in the Philippines, Ecuador, and Pakistan served as a long-term capital for large investments in education (Glind, 2010).

A study in China found that remittances sent aside to fulfill consumption were also used for human resources to increase human capital in the form of education for children to continue schooling (Hu, 2013). Research in Southeast Asia and Latin America shows that the children of international migrant workers have resilience in living life even though children are separated from their parents (Jordan & Graham, 2012). In Indonesia in addition to success in the aspect of education, children whose parents work as international migrant workers, also become more independent (Riyanti, 2013).

Other researchers looking at the relationship of resilience to psychological health show that someone who can use positive emotions can deal with stressful conditions and situations.

Resilience has an impact on the health conditions of African-Americans with chronic illness(Tugade & Fredicson, 2004); (Luthar et al., 2007). It can also be illustrated that a person can develop in the face of adversity and live life for example in overcoming difficulty/stress (K. Connor & Davidson, 2003). Research results show that adolescents affected by burns have self-confidence and will recover faster. This shows that people who get sick if they get social support from the environment around individuals, they have resilience(Holaday & McPhearson, 1997). Other research shows resilience has an impact on the health conditions of African-Americans with chronic illness (Luthar et al., 2007). Meanwhile, in Nigeria there is poor psychological well-being of children (Mazzucato et al., 2015), and different things occur in the Caribbean, groups of adolescents aged between 14 and 18 years, sometimes forced to act as "parents" or become heads of families (Caribbean & Bakker, 2009). This can have very bad consequences because it can threaten the long-term welfare and development of adolescents even into adulthood.

The level of resilience of a person is a major problem in protecting the negative psychological consequences of potentially traumatic events (Ajdukovic et al., 2015). When a child reaches adolescence, (Masten, 2018) measure the quality of care (warmth, hope, and structure) and psychological well-being of adolescents (self-esteem, psychological distress, positive and negative emotional traits, and mood states). Adolescence has begun to be widespread in socializing, however when a child reaches adolescence still needs quality care in the form of warmth, hope and structure, and psychological psychological well-being. Basic human adaptation systems include attachment and nurture, motivation, self-regulation systems for emotions, formal education systems, belief systems, culture, religion and spirituality, and family (Masten, 2018).

Family social support for child resilience in the Philippines shows that adolescents abandoned by their mothers working abroad indicate vulnerability to anger, feelings of abandonment, or unloving, confusion, and worry. There is a care crisis and a future family crisis in the sending country (Lu, Huang, & Rios, 2017; Jordan & Graham, 2012). Associated with friends' social support for resilience is in the country of India. The research focuses on assessing perceived / stressed feelings; Perceived Social Support (PSS); understand in terms of gender differences in the level of PSS and resilience among adolescents who are studying at Mangalore in India. Protective factors are factors that interact with risk factors and support the effects of stress, helping the development of healthy teenagers. Protective factors contribute to the development of resilience, which in turn ensures mental health so that it is free from the difficulties experienced. This research is likely for the development of an appropriate resilience development module for teenage girls and boys who

are studying in Mangalore. The measurement of gender differences in competencies shows the need to develop gender-specific interventions (Prabhu Shenkar in Sippel, Pietrzak, Charney, Mayes, & Southwick, 2015). Facts on the ground provide longitudinal evidence that high social support can increase self-confidence, reduce the likelihood of engaging in risky behavior, foster effective strategies in overcoming problem-solving (Sippel et al., 2015).

The main principle applied in adolescent resilience based on social support of family, friends and the community is to apply several principles that serve as guidelines for achieving social welfare goals. The principle applied is the application of the principle to obtain the right to be free from problems to achieve maximum happiness. The next principle is that a social worker provides resources, knowledge, and skills to adolescents, community families, and people, in general, to determine themselves in the future and participate in community service in influencing community life. Self-confidence enables adolescent and their peers and family and community to use and utilize their resources. For that, knowledge and skills are needed which are important things that need to be owned by every individual, in this case, are young people, along with friends, family, and community as a whole. So that the benefits of providing community services can be enjoyed to build social welfare (Ife & Tesoriero, 2006).

C.   STRENGTHENING ADOLESCENCE RESILIENCE BASED ON SOCIAL SUPPORT: PROTECTION OF ADOLESCENTS IN THE RURAL COMMUNITY IN INDONESIA

Previously, the role of social work with adolescent resilience has been conveyed, namely the fulfillment of services in education, health, and psychology. Social workers can do other things by providing protection aimed at migrant adolescent, using family, friends, and the community as a source of social support in strengthening adolescent resilience. So that teens can adapt better.

Research in Cianjur, one of the regions in Indonesia, shows that when mothers work abroad, childcare is usually with fathers and grandparents, and some other care of children is handed over to aunts, grandmothers, and grandfathers from the mother's family. Based on the fact from the field, the departure of the mother as an international migrant worker care is usually left to the nearest family. As a result of the care provided by aunty, it turns out that her worries are quite high so the child becomes quiet, less sociable with friends in the surrounding environment. While the hope of the couple and the children is to want the mother/wife to quickly return home and gather with the family. (Sundayani, Fahrudin & Nurwati, 2018). Based on observations in Indramayu, it has

been noted that childcare of migrant workers has been with fathers or grandmothers or grandfathers on both the father and mother sides. This shows that a close family is one of the main sources of social support. Another thing is that parenting is mostly left to close relatives, so the extended family function is forced because of a situation.

Empirically in Indonesia, adolescents left by their mothers who work as international migrant workers are located in Indramayu. The challenge when discussing resilience of migrant adolescents is often that one teenager might be resilient to environmental stressors, while the other does not. This situation can be achieved by touching community services for adolescents, with various services based on support from the family environment, friends, or the community. As Lewis, 2010, stated that community service emphasizes an environmental approach to direct and indirect service (Lewis, Lewis, Daniels, & D'Andrea, 2010).

Community services on adolescent resilience directly through: i Prevention education program for the community at large, namely by forming which provide knowledge or skills deemed important by adolescents and the community in general, especially in the fields of education, career/work planning, skills development; ii Training programs and skills development for the family in the form of effective parenting; iii Community services in adolescent resilience are indirectly related to government policies or child service institutions: perhaps matters relating to the creation of adolescent resilience modules or preparation of employment opportunities; iv Identifying social aspects that affect adolescent resilience: peers and community.

Theories that explain social ecology are from Bronfenbrenner (Bronfenbrenner, 2013). There are five levels of the social environment, namely microsystems, meso-systems, ecosystems, macro-systems, and chrono-systems. The microsystem is the smallest environment that allows a teenager to interact, for example with family. Meso-system is the link between family and community, community, or friends. The aspect of ecosystem setting when adolescents cannot play an active role thus influencing their experiences. Macro-systems are the largest or broader environment regarding the culture in which adolescents live. Chrono-systems are socio-historic of development for adolescents. That individual perceptions about the environment can affect the development of the learning process compared to objectivity to reality and perceptions outside of themselves (Hendriani, 2019). It is important to emphasize that resilience is not just about personal qualities, but about the way they interact with external factors in the family and the wider environment (Newman, 2014; Zolkoski & Bullock, 2012) (Armstrong, Birnie-Lefcovitch, & Ungar, 2005).

Based on the explanation of social ecology, it is expected that community service in adolescent resilience will try to strike a balance between systems in the family, friends, and community. So that adolescents can adapt to the environment because the environment is an influential source of resilience. It is hoped that migrant adolescents will be able to have a balance in living their lives so that adolescents are expected to have the ability to adapt better. This can be done with the social support of family, friends, and the community. Social support is a source of resilience and is a form of protection for adolescents in the community who provide support both informally, semi-formal, and formal (Gardner, 2003).

The assistance that comes from outside the adolescent to improve social welfare for migrant adolescent in particular and the environment around the community at large can be done by providing direct community services or indirectly. A social worker in community service sees an ecological perspective where adolescents live. The role of social workers in social services must have the ability to facilitate people to be actively involved in process activities in the community. A social worker must have the ability in community development activities that often the community does not have confidence until the community can actualize their abilities. Another thing a social worker must be able to build consensus so that satisfaction can grow for all members of the community. Social workers must have the ability to facilitate the community so that it maximally provides the widest opportunity for community involvement in community service so that it can carry out its role optimally. Social workers are also required to have the ability to play a role as a mediator/negotiator builder because in community services in adolescent resilience there may be conflicts of interest (Ife & Tesoriero, 2006).

Another role related to community service in adolescent resilience is that they must have the ability to play a role in raising public awareness in the context of building personal interests with structural interests. Community services provided by a social worker have the consequence that social workers must have sufficient knowledge and skills to be able to provide useful information for the achievement of the objectives to be achieved. A social worker can also play a role as a trainer by the capacity of social workers or can also show access to someone skilled in their respective fields. While community service in adolescent resilience is indirectly related to policy, namely as a defender for disadvantaged people, by utilizing the source system and can use the mass media as a supporter by building networks for parties involved in the implementation of community services. An equally important role is as a manager who is responsible for the sustainability of a program. In social work, community development will determine the success or

vice versa. Community services need to be continued to improve the welfare of adolescents in particular as well as the community as a whole. There are many things and roles that need to be performed by social workers in community service in adolescent resilience. A social worker in community service is required to have a view of ecological resilience. The view that sees social support can be used as a source that can be used to increase adolescent resilience because of getting support from people around him outside himself and the surrounding environment.

C.   CONCLUSION

Individual resilience in adolescents is difficult to understand because of the possibility of varying ways in which individuals respond and react to one particular field. This paper examines the resilience of adolescents who are influenced by social support from family, friends, and the community which implies several roles that can be performed by social workers. Community services need to be continued to improve the welfare of adolescents in particular as well as the community as a whole. There are many things and roles that need to be performed by social workers in community service in adolescent resilience. A social worker in community service is required to have a view of ecological resilience. The view that sees social support can be used as a source that can be used to increase adolescent resilience because it gets support from people and the environment around them. So that in the end there is a change in response to adolescent behavior by adapting to a better direction. With community services carried out directly or indirectly. Presumably, to get an explanation of overall resilience, further research is needed. Its' because research with the theme of community resilience and national resilience with more complex components.

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