

The Effect of Resilience and Gratitude on Psychological Well-Being of male Afghanistan refugees in Medan

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Abstract— Over the years Afghan refugees have been persecuted for reasons of ethnicity, religion, nationality, armed conflict and different political views. They left their country to get freedom and live in peace. They been waiting for resettlement almost for years. Afghan refugees in Medan, namely limitations in access to education, employment, health facilities, mobility and the process of transferring to a recipient country (resettlement) which is indefinite. This condition raises psychological problems such as anxiety, stress, hopelessness, depression and loss of life purpose. Meanwhile, availability of basic needs had a significant impact on the psychological well-being of refugees. The ability of refugees to adapt with stressful conditions is related to resilience. Resilience is seen as a level of success of the refugee's ability to bounce back from the traumatic experiences and able to coping with stress on the problems they had while waiting in the shelter such as isolation, losing hope for the future, waiting without certainty regarding resettlement. The purpose of this study is to get empirical data the effect of resilience and gratitude on the psychological well-being of male Afghanistan Refugee in Medan. This research used quantitative methods. A sample of 126 male Afghan Refugee was studied. Measuring instrument being used was Resilience scale made by Connor & Davidson (CDRISC-25), Gratitude scale made by McCullough M, E (GQ-6) and Ryff's Scales of psychological well-being 42 Item version formatted. Result of this study show that resilience and gratitude had a correlation value (R) .469 on psychological well-being, with F value 17.302 and Sig .000. This mean resilience and gratitude had significant effect on psychological well-being of male Afghanistan refugees in Medan.

Keywords— resilience, gratitude, psychological well being, male Afghanistan refugees,

I. INTRODUCTION

More than 554,000 people in Afghanistan have become refugees due to conflict and natural disasters. Over the years Afghan refugees have been persecuted for reasons of ethnicity, religion, nationality, armed conflict and different political views (Jabeen, 2017). They were forced to leave their country for several reasons, including violence, natural disasters, kidnappings, air strikes, land ownership disputes, development projects, targeted assassinations, intimidation, landlessness, night attacks, illegal checkpoints, forced military recruitment, tribal disputes and lack of fulfillment of basic needs. They left their country to get freedom and live in peace. They hope a man from their family can become a way out for them to bring other family members lived in a peaceful country so that they can avoid conflicts, wars and threats to life's safety. For Afghanistan male refugees, failure is not an option, they must succeed in getting an education, a job, getting married and bringing their family out of their country to settled down (Donini, 2016).

However, the current condition of hundreds Afghan refugees is transiting in Indonesia (Medan). They been waiting for resettlement almost for years. The Afghan refugees in Medan come with various tribes such as Pashtuns, Hazara, Tajiks and other minorities. Afghan refugees in Medan, namely limitations in access to education, employment, health facilities, mobility and the

process of transferring to a recipient country (resettlement) which is indefinite. This condition raises psychological problems such as anxiety, stress, hopelessness, depression and loss of life purpose. In addition, they have sacrificed their childhood, their education, and their hopes in their productive age. This condition causes several things such as increased conflict between them, sexual violence, restrictions on movement accompanied by a lack of fulfillment of basic needs (Jabeen, 2017). Meanwhile, availability of basic needs had a significant impact on the psychological well-being of refugees (Ryan, 2008).

Even though, many of the refugees had high resilient and strong coping in dealing with their problems to maintain mental health. Some of the problems for refugees in Medan are the limited use of language to communicate with local residents, do not have activities in their daily lives, lack of finance, feel constrained by regulations that not allowed to work, limited mobility to leave the region and uncertainty in waiting for the process of transferring to an asylum recipient country. Some of them have the power to bounce back so that they are able to overcome their problems through their religious beliefs in order to start a new life. Coping of the problems faced by focusing on solutions such as religious beliefs (Pahud, 2009).

The ability of refugees to adapt with stressful conditions is related to resilience. Resilience can be defined as the ability to bounce back or recover from stress and able to adapt with stressful situations or difficulties (Smith, 2008). Resilience is seen as a level of success of the refugee's ability to bounce back from the traumatic experiences and able to coping with stress on the problems they had while waiting in the shelter such as isolation, losing hope for the future, waiting without certainty regarding resettlement. Those condition certainly had a significant impact on their psychological well-being (Connor, 2003).

On the other hand, the conditions for refugees in Medan who lived in certain accommodations are certainly much better than those in tents, living with uncertain conditions. They are more susceptible to experiencing difficulties in their lives, lack of basic necessities, malnutrition, lack of access to education, employment and health, fear of deportation and abuse, which is less likely to be experienced by the refugees lived in accommodation housing (Posselt, 2019). Refugees are expected to be more grateful towards the local community and feel indebted for the things that have been given to them, like safety and education (Healey, 2014). When someone considers that events in his life are the result of interference from other parties around him, it means that person has gratitude. Froh (2014) views gratitude as a personality trait and life orientation that can be learned, trained and developed. Many studies have result that there is strong evidence that gratitude is a predictor of SWB and PWB in the general population (Green, 2017).

Resilience and gratitude of refugees affect the lives of refugees while in the shelter. This has an impact on the psychological well-being of refugees in Medan, especially male Afghan refugees. Sour (2011) found that resilience is a predictor of psychological well-being and optimism. In addition, other research also states that resilience can effectively increase a psychological well-being (Fredrickson, 2001). Picardi (2012) found that PWB appears to be positively associated with resilience.

II. METHOD

The purpose of this study is to get empirical data the effect of resilience and gratitude on the psychological well-being of male Afghanistan Refugee in Medan. This research used quantitative methods with data analyzed using multiple regression. The population in this study is unknown. 126 Afghanistan refugees were sampled. The 126 Afghanistan refugees were given Resilience scale made by Connor & Davidson (CDRISC-25), Gratitude scale made by McCullough M, E (GQ-6) and Ryff's Scales of psychological well-being 42 Item version formatted.

III. RESULTS

Hypothetically this study suggests that resilience and gratitude have a significant effect on the psychological well-being of male Afghan refugees in Medan. Result of this study show that resilience and gratitude had a correlation value (R) .469 on psychological well-being, with F value 17.302 and Sig .000. This mean resilience and gratitude had significant effect on psychological well-being of male Afghanistan refugees in Medan.

The value of the determinant coefficient (R) Square is .220. This means that there is an effect of resilience and gratitude on psychological well-being of male Afghanistan refugee in Medan, amounting to 22%, while the remaining 78% is influenced by other factors not examined in this study. This result also explains that resilience and gratitude has a positive effect on psychological well-being, so the hypothesis is accepted.

Additional results also showed that the psychological well-being of male Afghanistan refugee in a high level of psychological well-being of 42 people (33.33%), 80 people uncategorized psychological well-being (63.49%), and 4 people had a low level of psychological well-being (3.17%) (Ryff, 1989).

Thus, for level resiliency showed that 24 people had high level of resilience (19.05%), 82 people in moderate level of resilience (65.085), and 20 people had low level of resilience (15.87%) (Connor, 2003). Description for gratitude score show that 49 people had high level of gratitude (38.89%), 64 people in moderate level of gratitude (50.79%), and 13 orang in low level of gratitude (10.32%) (McCullough, 2002).

IV. DISCUSSION

The effect of resilience and gratitude is positive by 22% on psychological well-being male Afghan refugees in Medan. The resilience and gratitude of male Afghan refugees are considered to reduce the negative impact that occurs on individuals. Individuals with high gratitude are able to reduce feelings of depression and envy. They are able to accept themselves shown by individuals who can positively evaluate themselves now and in the past. Those who have deep gratitude will realize and always take positive things so they are able to perceive themselves as achieving psychological well-being (Prabowo, 2017). Meanwhile, individuals who have high resilience are able to develop social competence and expertise in dealing with problems that involve traits such as self-esteem, self-efficacy, autonomy and optimism in order to achieve richer experiences in increasing individual psychological well-being (Doron, 2005).

The results of this study are consistent with research conducted by Arnout (2020) on psychological counselors who saw the relationship between the variables of gratitude, resilience, psychological well-being and creativity. The results of his research indicate that gratitude and resilience significantly influence psychological well-being to increase creativity. It is stated that the counselor has personal competence, intuition and spiritual influence that affects psychological well-being. In addition, the aspect of gratitude can also protect a person when facing stress and depression, and has an important role in relationships with other people who play a role in someone psychological well-being.

Apart from resilience and gratitude, of course there are several other factors that play a role in a psychological well-being such as gender (Ryff, 1989), personality (Wood, 2008), having positive relationships with others (Green, 2017), life satisfaction, internal locus of control, adaptive coping strategies (Sagone, 2014) especially for male Afghan refugees in Medan.

V. CONCLUSION

Based on the results it can be concluded that resilience and gratitude together have a positive and significant effect on the improvement of the psychological well-being of male Afghan refugees in Medan. This means the higher resilience and gratitude that arises in Afghanistan refugees, higher the psychological well-being of male Afghanistan refugees in Medan. The contribution of the resilience and gratitude variables together to psychological well-being of male Afghanistan refugees in Medan was 22%.

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