

## Self resilience in terms of regional origin among students

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### Abstract

Students who come from various regions with their own culture need self-resilience to be able to adjust to the conditions in their new environment. Self-resilience is the ability of individuals to face difficulties or obstacles become natural to live. Every Guidance and Counseling student has self-resilience different; this can be seen from the way students deal with and react to problems in a new environment, one of which is shock culture. This study por to determine the self-resilience of guidance and counseling students in terms of their area of origin. This research uses a quantitative approach with comparative research types. The data collection instrument used was a questionnaire. with a random sampling technique that is taking a random sample from the existing population. Data analysis techniques using descriptive statistics and analysis test chi-square. The focus in this study is to determine the differences in self resilience in terms of regional origin. Based on the results of the data analysis test, it was found that 91% of self-resilience was distinguished by regional origin. Based on these results it can be concluded that there are differences in self-resilience in terms of regional origin in the guidance and counseling students of FKIP ULM.

**Keywords:** Self-resilience, guidance and counseling, regional origin

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## Introduction

The origin of the area is where a person lives and is recorded in the population. A person who moves from his place of origin (moves from the place where he is registered in the population of the area) is with immigrants and the process of moving is called migration. In an area consisting of people, in social life there are languages, customs, and cultures that have become the rules of life and norms in the community. The origin of the area determines the habits in social life. Community life, one of which consists of the lives of small and local communities that involve activities in society and other institutions. Society is a large group of people, who have lived and worked together for a long time, so that psychological adaptation occurs between its members, so that they organize themselves as a social unit with certain limits (Abidin & Saebani, 2014). The origin of a person's area will determine the culture in him, because each region has a society that forms patterns of behavior in the community itself. Certain areas will have different customs with other areas. This is what forms a culture in every society in a certain area. Likewise, the Banjarmasin region has cultural differences with other regions.

Society formed a certain culture. All cultures are structured in social institutions which are customs in common life that have sanctions that are systematized and shaped by the authority of the community. The formation of social status in society can be based on race which brings sociocultural differences, psychological differences, and intellectuals (Abidin & Saebani, 2014). Students who come from other areas and enter the Banjarmasin area, will receive new cultures. The differences they experience such as language, behavior, and customs. This difference makes Guidance and Counseling students from outside Banjarmasin experience some difficulties that they must face. The first difficulty experienced by Guidance and Counseling students from outside Banjarmasin was being away from their parents. Students who come from outside Banjarmasin, will live alone in Banjarmasin. They experience some difficulties such as having to live independently where usually some of the work is still assisted by their parents, they have to be

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responsible for themselves, and they feel sad when they are away from family and friends. In addition, the condition of the community around the boarding house is different from their area of origin which is difficult for them to accept.

Another difficulty expressed by guidance and counseling students was the support from people around them, because many friends from Banjarmasin did not provide social support. They feel that their friends in Banjarmasin place limits on socializing in the classroom, such as those from Banjarmasin only hanging out with their fellow students who come from Banjarmasin. Research conducted at the University of Tribhuwana Tungadewi Malang, new students who are in the first year of college experience culture shock (Mitasari & Istikomayanti, 2017). Each student has a different time to adapt. The impact of culture shock experienced by students outside Java, namely feeling tense when entering an area different from the culture of origin, feeling foreign and alone in a new environment, feeling unappreciated by people in a new environment, being more offended when someone offends the culture of origin, always sad/crying because you are away from your family, really want to go home and meet family and friends at home (homesickness), feel not accepted by local people in a new culture, feel missing the people you have known before, feel the original culture is better than the new culture, feels lost in identity while in a new environment, is afraid of self-security due to differences in cultural background, feels depressed after moving to Malang, and feels sad to be in an unfamiliar environment.

The influence of regional origin that creates cultural differences also affects each Guidance and Counseling student, making them experience difficulties in a new environment. They can overcome this difficulty, if they are able to adapt to their environment. Good adaptation to the environment will reduce the conflict between himself and the environment. This is called adjusting to a new environment. According to Schneiders, self-adjustment is a process that includes mental and behavioral responses, which is an individual's effort to successfully overcome the needs, tensions, conflicts and frustrations experienced within him (Agustiani, 2009). The individual effort aims to obtain harmony and harmony between the demands within oneself and what is expected of the environment. Schneiders also said that people who can adapt well are people with limitations that exist in themselves, learn to react to themselves and the environment in a mature, useful, efficient, and satisfying way, and can resolve conflicts, frustrations and difficulties.

The difficulties experienced by Guidance and Counseling Students will be overcome if they overcome the stress of their new environment. Guidance and Counseling students need good self-resilience in facing difficulties in their new environment. Self-resilience is needed so that they make these difficulties a natural thing to go through and make them rise from adversity from cultural differences so that they can adjust to a new culture. Resilience is the ability or human capacity of a person, group or society that allows him to face, prevent, minimize, and even eliminate the adverse effects of unpleasant conditions, or even change miserable living conditions into a natural thing. to overcome (Desmita, 2014).

Based on the opinion above, it can be concluded that resilience is an ability to face difficulties or obstacles to be a natural thing to live. So as a new student, obstacles in the new environment. Like cultural differences, behavioral differences must be minimized by adapting. Adaptation to the environment can be done by adjusting to and accepting the culture and following the applicable rules.

A society recognizes that culture plays a major role in shaping behavior (Matsumoto, 2014). A society can view a culture that they believe is the most correct. One culture may disagree on conformity to norms or adherence to another culture. Preliminary studies that have been carried out by researchers after conducting interviews with several students assume that students have different regional backgrounds. These regional differences will form differences of thought as well. Cultural differences in the environment of origin and the campus area make students have to be able to adapt to their environment. Each student will have different adjustments. Even in a new environment, students will be faced with pressures and problems in their lives. Students also have their own way of dealing with pressures in making adjustments to the environment.

From the results of interviews conducted by researchers with several students of the Guidance and Counseling Study Program of FKIP ULM who came from outside the city of Banjarmasin, it was revealed that it was difficult for them to accept the environmental conditions of the city of Banjarmasin which were much different from the state of their village. Banjarmasin is known as a big city, where the association is freer and there are no restrictions. Those who are far from their parents feel culture shock. The number of friends from the Banjarmasin area who have not been able to provide social support makes it difficult for them to adapt. One student from Tanah Gerogot found it difficult to adapt, due to differences in language and customs. Differences in thinking, behavior and habits make guidance and counseling study program

students who come from outside the city of Banjarmasin choose to make friends with friends from the same area or from outside the city of Banjarmasin as well. In addition to having a lot of college assignments, they sometimes experience stress because the learning system in college and high school is very different.

The researcher also conducted an interview with one of the students from the city of Banjarmasin. According to him, at first it was difficult for him to accept new friends who came from outside the city. Differences in thought and language make it difficult for him to accept the existence of friends from other cities so he chooses to make friends with others from the city of Banjarmasin. However, there are also some friends from out of town who can become good friends because they have the same thoughts.

Students of the Guidance and Counseling Study Program at Lambung Mangkurat University, who come from outside the Banjarmasin area, must have high self-resilience. High self-resilience can give individuals resilience in dealing with problems that occur in a new environment. Students who are able to face their new environment will easily adapt. A good adaptation can help him to be more confident and be able to actualize himself in the campus environment. With good adaptation, students can cope with environmental stress and deal with problems well. Not all new students are able to accept their environment. Each individual has a different adjustment period. The perspective of a particular culture will be different for each individual. Cultural differences and values in each individual will be brought by the individual when he is in a new environment. How individuals can adapt their culture and values to the culture and values in Banjarmasin in particular, therefore through this research it will be seen the differences in adaptation of students outside Banjarmasin when they are in the city of Banjarmasin.

## Method

Before you begin to format your paper, first write and save the content as a separate text file. Keep your text and graphic files separate until after the text has been formatted and styled. Do not use hard tabs, and limit use of hard returns to only one return at the end of a paragraph. Do not add any kind of pagination anywhere in the paper. Do not number text heads-the template will do that for you.

The purpose of this study was to analyze the effect of self-resilience in terms of regional origin on students of the Guidance and Counseling Study Program FKIP University of Lambung Mangkurat. Types of data in this study using primary data and secondary data. Primary data was obtained through interviews while secondary data was obtained through observation. The sample of this study amounted to 95 people with purposive random sampling technique. The formula for calculating the sample size from a known population is as follows (Hikmawati, 2017):

$$s = \frac{\lambda^2 \cdot N \cdot P \cdot Q}{d^2(N - 1) + \lambda^2 \cdot P \cdot Q}$$

- s : Total Samples  
 N : Total Population  
 $\lambda^2$  : chi kuadrat with dk = 1, ordinary error level 1%, 5%, 10%  
 d : 0.05  
 P = Q = 0.5

The type of instrument used in this study was a questionnaire with a Likert scale about the self-resilience variable and regional origin. The data obtained will be analyzed using descriptive statistics to analyze graphs and images. To test the effect of the variables studied using the Chi-Square test.

## Results and Discussion

To determine the effect of self-resilience in terms of regional origin on students of the Guidance and Counseling Study Program, FKIP ULM, it can be known through the calculation of the Chi-Square test in the Table 1:

Tabel 1 &lt;Uji Chi-Square&gt;

Asal Daerah	N	(Oij-Eij)^2/ Eij total
Banjarmasin	15	290431,1378
Kabupaten/Kota In the south KALSEL	45	855970,485
KALTENG/KALTIM /Outside the south KALSEL region	35	681782,2525
Jumlah	95	1828183,875

In the table above, it can be seen that the results of the chi-square test are 1828183.875. So it can be concluded that  $1828183,875 > 220,991$  has a greater value than the table, so it is rejected and accepted, so there are differences in self-resilience in terms of regional origin. To determine the magnitude of the difference in the variables to Y can be seen in the following results:

$$x^2 = 1828183,875$$

$$C = \sqrt{\frac{x^2}{x^2 + N}}$$

$$C = \sqrt{\frac{1828183,875}{1828183,875 + 95}}$$

$$C = \sqrt{\frac{1828183,875}{1828278,875}}$$

$$C = \sqrt{0,999948}$$

$$C = 0,999973 = 0,91$$

The results of the above calculations explain, the amount of data that experienced a difference was 91%. Therefore, it can be explained that 91% of the self-resilience variables are distinguished by regional origin. The things that distinguish students from the BK FKIP ULM study program are the difficulties and challenges faced by guidance and counseling study program students from outside Banjarmasin where students from outside Banjarmasin will face difficulties adapting to the environment, culture and new people, problems with themselves and others. college assignments. Meanwhile, students from Banjarmasin already recognize the environment and the behavior of the people around them, so that they can accept the socio-cultural conditions in their new environment. 9% of self-resilience in guidance and counseling students of FKIP ULM is distinguished by other factors.

Other factors that distinguish self-resilience include how they think positively towards others and the environment, unyielding attitude, empathy, the way they make decisions, responsibility, dare to take risks, ways of expressing opinions, independence, self-assessment, and ways of expressing themselves. them to solve problems. The conclusion from the explanation above is that  $H_0$  is rejected and  $H_a$  is accepted, so that there is a difference in self-resilience in terms of regional origin in the Guidance and Counseling Study Program students of FKIP ULM.

Students who come from outside Banjarmasin have difficulty adjusting to the differences in society and customs that exist in Banjarmasin with their area of origin. The results of the descriptive analysis of regional origin variables on indicators of the condition of the local community, a person's place of residence, and getting used to existing customs show a low score. The indicator of the condition of the local community shows that students have difficulty accepting the habits of the local community, differences in community behavior with their area of origin and feel that they are not given a positive response by the local community.

In the indicator of a person's place of residence, students who do not live in a boarding house or rent a house in Banjarmasin are likely to join their relatives' houses because they do not live with their parents. They prefer to live with their relatives who share the same culture and customs with them. Cross-cultural research has shown that people from different cultures view relationships differently (Matsumoto, 2014). For example, ask participants in Hong Kong and Australia about 27 social episodes related to student life. They asked participants to group episodes into categories based on perceived similarity, label their groupings, and to identify the subgroups of episodes that were most similar within the group.

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The research above explains that a group will choose someone who has similarities with its culture. Basically, culture forms a behavior because culture contains values that regulate life in humans. For BK FKIP ULM students who come from outside Banjarmasin, entering the culture of the city of Banjarmasin which has different customs makes them have to get used to the customs in their new area of residence. The demands of the culture in which humans live, require them to be able to develop their behavior to conform to acceptable patterns in their respective cultures (Giyono, 2016). Individuals to achieve their unique humanity because of the influence of values, aspirations, ideas, hopes and desires shown to them through institutions that are deliberately developed, and all of that is in the treasures of human culture.

In general, students of the Guidance and Counseling Study Program of FKIP ULM should be able to adapt to their new environment. Adapt to the campus environment and their friends who come from various regions. During the adaptation period, students have a difficult time adjusting to regional differences. The results obtained from the instrument given to respondents at random, that guidance and counseling study program students from Banjarmasin and outside Banjarmasin have the same thing in dealing with the difficulties and obstacles they have. Both from the Banjarmasin area and the area outside Banjarmasin both struggle to make difficult things in the campus environment a natural thing to deal with. The demands of the heavy task, as well as the social environment and new environment for them do make them sometimes feel difficult (Taormina, 2015). Therefore they try to face and get through it by trying to accept the situation and adjust to them. This positive adaptation they show shows a good picture of self-resilience in themselves (Magnano dkk, 2015).

Resilience refers to a class of phenomena characterized by a positive pattern of adaptation in the context of significant adversity or risk (Synder & Lopez, 2002). Resilience refers to their ability to overcome difficulties and achieve good developmental outcomes (Trull, 2005). The BK study program students from Banjarmasin need to accept friends from outside the region so that they can socialize well. So with harmonious social interaction, they can face these difficulties.

As explained in previous research on the impact of culture shock experienced by students outside Java at Tribuwana Tungadewi University, Malang, namely feeling tense when entering an area different from the original culture, feeling foreign to the people around, feeling that the original culture is better than the new culture, and feel that they have lost their identity while in a new environment (Mitasari & Istikomayanti, 2017). Research conducted on the adjustment of immigrants in a new environment, showed that in general the four subjects changed themselves to suit their environment, by participating in every activity and establishing good relations with the surrounding community (Mubarok, 2012).

## Conclusion

The conclusion from the explanation above is that students from the Guidance and Counseling Study Program of FKIP ULM, both from Banjarmasin and from outside Banjarmasin have differences. The difference is that students from outside Banjarmasin face cultural differences, face difficult assignments, make new friends, are far from their parents and have to take responsibility for themselves. Students from Banjarmasin only have difficulty with college assignments and new friends from outside the region. Students of the BK FKIP ULM study program face different difficulties and have different resilience, so that there is a difference in self resilience in terms of regional origin in the guidance and counseling study program students of FKIP ULM. It is expected that guidance and counseling students have good self-resiliency, so that individuals can adjust well in a new environment. Good adaptation to a new culture can reduce stress when in a new environment.

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