Self-efficacy, Emotional Regulation, Communication Competence and Public Speaking Anxiety Towards Students

Zefanya Relita Trisnaningati[1*], Frikson Christian Sinambela[2]

[1] *Magister Psikologi Sains, UBAYA, Surabaya, Indonesia*
[2] *Magister Psikologi Sains, UBAYA, Surabaya, Indonesia*
Corresponding author. Email s154219001@student.ubaya.ac.id

ABSTRACT
Public speaking anxiety (PSA) is one of the most common forms of anxiety disorder, with about one in five individuals experiencing this level of anxiety. Students undergoing the learning process, especially before the final examination period, can experience this anxiety disorder. The factors mentioned can be related to the emergence of public speaking anxiety, namely self-efficacy, emotional regulation, and individual communication competence. Self-efficacy is an individual's belief in his ability to complete tasks. Emotional regulation is an individual's ability to regulate the emotions experienced, and communication competence is a skill that individuals have in terms of speaking. This study aims to develop insight into self-efficacy, emotional regulation, and communication competence with public speaking anxiety in final year students who complete their final project or thesis. With this research, it is expected that several approaches will be proposed that can help students develop soft-skills in complementing the skills to convey ideas in public.

Keywords: *"Public Speaking Anxiety", "Self-efficacy", "Emotional regulation", "Communication competence".*

1. INTRODUCTION

The ability to speak in public is considered one of the general competencies a student needs to have [1]. The development of speaking skills is often neglected more than the development of reading and writing skills. In practice, students are often required to communicate or present their knowledge or ideas [1].

Research on students conducted by [2] shows that early year students are prone to experiencing social anxiety at significant risk of social and emotional problems. This study indicates that students who experience social anxiety tend to stop their studies in the next semester. Students who experience anxiety tend to show a passive attitude, lack of interest in learning, poor test results, and poor performance [3]. Supported by research related to social anxiety with 211 student subjects conducted at a university in East Java, it shows a prevalence of 22.27% experiencing anxiety disorder subjects [4].

Anxiety can be one of the motivating factors for individuals to prepare for a performance on the previous days. However, anxiety that appears suddenly before or during performance can ruin the show [5]. There are two types of anxiety, consist of trait anxiety and state anxiety. Trait anxiety is described as anxiety which is the character, nature, and permanent in individuals, while state anxiety is described as anxiety which is based on a specific pattern of events and is described as a temporary and fluctuating state [6][7]. Anxiety appears related to low self-esteem, fear of failure, or worries about individual performance [8].

One of the familiar and widely encountered anxiety is public speaking anxiety or better known as public speaking anxiety (PSA). PSA is a derivative of social anxiety experienced by many people in the US, with an estimated 11% to 30% of the US population [9]. Public speaking anxiety (PSA) is one of the most common forms of anxiety disorder, with about one in five individuals experiencing this level of anxiety

[10]. Individuals with high social anxiety levels consistently think that other people give them negative impressions [10][11]. The PSA prevalence estimates range from 20% to 80% of the population [12]. A national survey conducted by Ruscio [12] in 2008 showed that PSA is a general social fear experienced by individuals for life with a rate of 21% of the sample.

Given the prevalence in society, it can be concluded that social anxiety is still an important aspect that needs attention. To reduce and avoid social anxiety's adverse effects, especially PSA, individuals need to adjust their anxiety levels to achieve success in public speaking. Students' PSA could impact short-term and long-term performance in the classroom [13]. PSA is an aspect that can be controlled and not to be cured. In this study, the PSA referred to is social anxiety that arises in specific situations, namely when individuals perform oral presentations.

Referring to several studies that have been conducted, overcoming anxiety in individuals will be different from one another, depends on the individual's assessment of their respective abilities or self-efficacy [14]. Self-efficacy is an individual's belief in his ability to behave, leading to the expected results [15]. Individuals with high self-efficacy can plan and complete tasks well [16]. Self-efficacy is also associated with motivation and behaviour change to increase the influence of regulation and psychosocial function on individuals [17]. Low self-efficacy is associated with wrong coping strategies in social situations that can increase social anxiety [17]. Wrong and excessive self-efficacy can cause dysfunction of self-efficacy, which results in individuals overestimating their ability to accomplish something. Tasks and instead leads to failure or underestimating one's abilities [18]. In the context of this study, when individuals have a high level of self-efficacy, the individual can provide good performance at the time of presentation. Self-efficacy can mediate the anxiety experienced by individuals [19]. Self-efficacy itself has been shown to improve performance, especially in academics [19].

Another aspect that assumes able to reducing PSA is emotional regulation. In terms of public speaking, emotional regulation is considered a factor in reducing an individual's PSA to excellent performance. Emotional regulation is defined as a control process that changes the character or intensity of emotional experiences [20]. Emotional regulation is generally considered a conscious effort by an individual to change the felt and automatic emotions and incidental. Emotional regulation can also be interpreted as an individual's ability to control his emotional response depending on the individual's goals that reduce, intensify, or maintain emotional responses [21]. The importance of emotional regulation as an individual control to regulate and survive on emotions in everyday life is inevitable [20]. The research results conducted [9] show fear reactions and avoid labelling their emotional experiences and making these experiences a hostile and threatening stimulus. Concerning PSA, when individuals deliberately avoid attention from social stimuli, this is assumed to be a maladaptive strategy controlled by the individual for emotional regulation, which will sustain the anxiety [22]. individuals with low emotional regulation will show avoidance as much as possible [23]. Experience and avoidant behaviour are two separate components of anxiety [23]. Avoidance based on individual experiences focuses on the individual's internal experiences, such as thoughts, emotions, and physiological sensations. In comparison, avoidance behaviour focuses on individual external experiences such as social situations, public speaking, and meetings and gatherings that involve many people [23].

When they perform on public speaking, individuals know and realize that their behaviour is being observed and evaluated. Social anxiety in individuals increases when faced with situations where others will be judged [10; 21]. Labels provided by the audience can be one of the stimuli for individuals, including emotional experience labels, characteristic labels, or labels regarding their emotions during their public speaking experience [21]. Research conducted found that labelling by the audience during public speaking can increase individual physiological responses, especially for individuals who experience anxiety related to negative labels. When speaking in public, labelling can be a stimulus for individuals regarding negative experiences with public speaking that lead individuals to experience PSA [9]. This is reinforced based on [21] research, individuals with PSA have less effective emotional regulation than individuals who do not experience PSA. Individuals with PSA have more negative cognition and less positive cognition, as well as public speaking. Also, individuals with PSA experience more stress and

negative images, which show evidence that emotional regulation impacts negative stimuli that are not associated with social rejection [21]. Based on the explanation above, it leads to the conclusion that emotional regulation affects individual PSA.

Other research shows that one of the factors that can influence PSA is communication competence. PSA occurs because individuals lack the required skills [24]. Along with the development of PSA research, the results show that PSA is learning from experience [24]. PSA occurs due to an individual's negative experiences in the past [24]. The manifestation of these negative experiences becomes a strong tendency for individuals to think negative thoughts that interfere with their ability to pay attention to speaking ability [24]. These negative thoughts impact decreasing individual competence because individuals will focus more on the feedback provided by the audience [24]. Wismer [25] said that a speaker must be competent in delivering content. Speakers need to understand their audience and be well prepared. Besides, the speaker's verbal and non-verbal communication competence is a factor in public speaking performance's success or failure.

Public speaking competencies consist of knowledge, motivation, and abilities [26]. Knowledge includes individual mastery of stage situations (procedural knowledge) and knowledge related to understanding the presented (content knowledge). Knowledge in communication directs individuals to convey what will be conveyed and what is done and its procedures. Content knowledge is an individual's understanding of topics, sentences, the meaning of what will be conveyed. Procedural knowledge directs individuals to be able to arrange, plan to convey content knowledge in certain situations. Individual motivation consists of positive motivation and negative motivation. On negative motivation, individuals will experience anxiety, thoughts of the potential not to appreciate others, and previously unimaginable situations [26].

In contrast, individual positive motivation is the individual's perception of benefiting from the communication process. This is what encourages individuals to get satisfactory results in doing public speaking. One of the essential keys in communication is finding self-motivation to communicate better than what has been done so far. In communication, the individual will determine two things, namely, approach or avoidance. Usually, individuals will approach certain situations and tend to avoid other situations. Individual motivation to avoid certain situations is based on anxiety or fear of something that has been anticipated. In line with what was conveyed, that individuals tend to avoid situations related to self-presentation as a form of their self-defence [10][23].

Overall, individual performance in doing public speaking depends on the motivation and knowledge of each individual. However, the main thing is individuals' behaviour and abilities, which are usually interpreted as competent or incompetent [26].

Based on the description above, this study to develop insight into self-efficacy, emotional regulation, and communication competence to PSA towards final year students. This study's urgency refers to the prevalence of anxiety, especially social anxiety, and, more specifically, PSA, which is an activity that is close to student life but is still a common problem experienced by students. With this research, it is hoped that it can provide a new reference for reducing PSA levels in individuals, especially students.
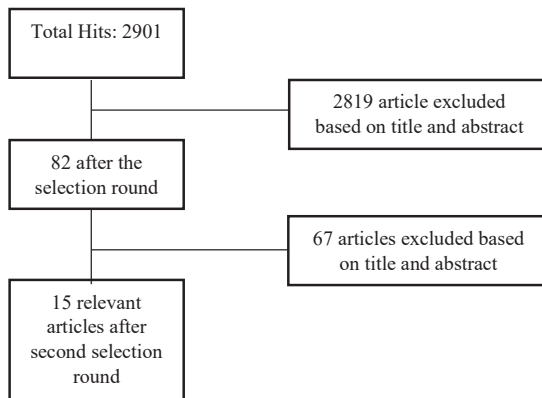
2. METHOD

A literature study was conducted to collect data that met the research requirements. The research was conducted using several journal data sources such as "Google Scholar," "Science-Direct," "Emerald Insight," "Routledge Publisher," "Frontiers in Psychology," "Plos One," "International Journal of Science and Research (IJSR)." Researchers examined research journals involving related variable self-efficacy, emotional regulation, communication competence, anxiety, social anxiety, public speaking anxiety, speech anxiety. The keywords used are "Public Speaking Anxiety," "Speech Anxiety," "Self-efficacy and anxiety," "emotional regulation and anxiety," "competence and public speaking anxiety." Keywords are used independently or in combination to maximize the range of literature searches.

The following steps carry out research journal screening: (1) evaluating the research title, whether it contains research variables or not, (2) examining the research abstract. Literature with appropriate abstracts was collected for further screening according to inclusion and exclusion criteria.

2.1. Inclusion and Exclusion

The literature obtained was then selected based on inclusion criteria. Studies that qualify are studies that (1) have gone through a peer-review process, (2) published during the last ten years 2010-2020, and core theory (3) written in English (4) there are coefficients between related variables, self-efficacy, emotional regulation, communication competence, anxiety, social anxiety, and public speaking anxiety. Instead, to make sense of the reviewed evidence, the findings were arranged in a table that also illustrated the studies—findings from the reviews that we are concerned about self-efficacy, emotional regulation, communication competence, and public speaking anxiety.

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3. RESULT

The current study involved 15 studies consist of self-efficacy, emotional regulation, communication competence, and public speaking anxiety.

3.1. Public Speaking Anxiety

Various studies have been carried out relating to several external and internal factors that can affect individual PSA. Several studies with internal factors include research conducted [27] with the research results of individual traits (depression, neuroticism, sensitivity to punishment, and harm avoidance) play an essential role in responding to fearful situations for individuals.

Several other studies with external factors affecting PSA. The results of research conducted show that when individuals have positive perceptions, it has a positive impact on the dimensions of individual public speaking skills [1].

Audience situations and settings can also play a role as an external factor that affects individual PSA [28].

3.2. Self-Efficacy and Public Speaking Anxiety

There are three studies related to self-efficacy and public speaking anxiety with descriptive statistical measurement methods using Motivated Strategies for Learning Questionnaires (MSLQ), Anxiety of National Examination, and Morgan-Jinks Student Efficacy Scales (MJSES), Foreign Language Classroom Anxiety Scales (FLCAS). Based on this quantitative study results, the results of the negative correlation between self-efficacy and public speaking anxiety were obtained. The higher the individual self-efficacy, the lower the public speaking anxiety. Conversely, the lower the individual self-efficacy, the higher the public speaking anxiety [19; 29; 30].

3.3. Emotional Regulation and Public Speaking Anxiety

There are two studies related to emotional regulation and public speaking anxiety with experimental methods. The Personal Report of Public Speaking Anxiety, Mindfulness-Based Stress Reduction (MBSR), and fMRI as measurement tools. Based on the results of this study, it was found that individuals' verbal labelling affects the emotional condition of the individual at the same time [29]. Individuals with low emotional regulation on an incident have depressive symptoms when doing public speaking [21].

3.4. Communication Competence and Public Speaking Anxiety

There are three studies related to communication competence and public speaking anxiety that use experimental and quantitative descriptive methods. Measuring instruments used include the Foreign Language Classroom Anxiety Scales (FLCAS), the Speaking Anxiety Scale, the Social Phobia Scale (SPS), the Social Interaction Anxiety Scale (SIAS), the Liebowitz Anxiety Scale Self Report version (LSAS-SR), and the Self Talk Scale (STS). Based on the study results, it was found that individuals with social anxiety have worse performance than individuals in the neutral group [31]. Individuals who prepare themselves before doing public speaking have a lower level of anxiety than those who do not prepare [32].

3.5. Public Speaking Anxiety and Students

Self-efficacy is one factor that affects student anxiety when facing exams [29]. The results show that self-efficacy plays an essential role in reducing student anxiety when facing national exams [29].

3.6. Discussion

They are related to this study's aim to develop insight into self-efficacy, emotional regulation, and communication competence to PSA to help students overcome soft skill issues to convey general ideas. According to the literature review, PSA able to be influenced by internal factors. Internal factors include research conducted, such as individual traits (depression, neuroticism, sensitivity to punishment, and harm avoidance) that play an essential role in responding to fearful situations for individuals [27]. The results of research conducted [1] show that when individuals have positive perceptions, it has a positive impact on the dimensions of individual public speaking skills.

Several variables study related to PSA, such as self-efficacy, emotional regulation, and communication competence. The research result between self-efficacy and PSA shows there is a negative correlation between self-efficacy and PSA were obtained. The higher the individual self-efficacy, the lower PSA. Conversely, the lower the individual self-efficacy, the higher the public speaking anxiety [19; 29; 30]. Based on the results of this study, it was found that individuals' verbal labelling affects the emotional condition of the individual at the same time [20]. Individuals with low emotional regulation on an incident have depressive symptoms when doing public speaking [21]. Finally, in several studies related to competence and public speaking anxiety, it was found that individuals with social anxiety have worse performance than individuals in the neutral group [31]. Individuals who prepare themselves before doing public speaking have a lower level of anxiety than those who do not prepare [32].

Self-efficacy is one factor that affects student anxiety when facing exams. The results show that self-efficacy plays an essential role in reducing student anxiety when facing national exams [29].

3.7. Conclusion and limitation

According to several previous studies, it is known that self-efficacy plays an essential role in reducing individual anxiety levels. Based on other literature reviews, another internal factor that can reduce anxiety levels is the individual's ability to regulate emotions regarding experiences related to specific situations. Concerning the objectives of this study, students need to have self-efficacy and emotional regulation to make presentations. Apart from self-efficacy and emotional regulation, communication competence is something that students need to develop to support their presentations. From the literature review, communication competence plays a role in reducing the level of public speaking anxiety.

This review has several limitations. Considering the small number of studies included and the methodological issues described, the findings should be treated with caution. This applies especially to the results on self-efficacy, emotional regulation, and communication competence toward PSA. Therefore, all comments made about this are preliminary and warrant further investigation in future research.

This review suggests that future research into the effects is needed. The number of studies on this topic is too small when considering the urgent and evident need. The number of prevalence might change and research updates related to social anxiety. More empirical research using reliable and valid instruments into social anxiety and PSA is required. Furthermore, explore possibility influencing factors to PSA need for observational and research on this topic.

AUTHORS' CONTRIBUTIONS

The development of this research, ZRT create the idea of the study, drafted, edited the manuscript and interpreted the results; analysed the data, compiled data resources; FCS oversaw the study, created the idea for the study, guided the writing of the manuscript. All authors have read and approved of the manuscript.

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Faculty of Psychology, Universitas Diponegoro Semarang, Indonesia

Dewi Widiastuti S.Psi

Faculty of Psychology, Universitas Diponegoro Semarang, Indonesia

Ishma Najya Zafira Purnama

Faculty of Psychology, Universitas Diponegoro Semarang, Indonesia

Purwanti Harini S.Th

Faculty of Psychology, Universitas Diponegoro Semarang, Indonesia

Zulfah Purwina, S.Psi

Faculty of Psychology, Universitas Diponegoro Semarang, Indonesia

Ayu Kurnia S, S.Psi

Faculty of Psychology, Universitas Diponegoro Semarang, Indonesia

Nisfa Fauzia Khairani S.Psi

Faculty of Psychology, Universitas Diponegoro Semarang, Indonesia

Norhendra Ardhanaputra, S.Psi

Faculty of Psychology, Universitas Diponegoro Semarang, Indonesia

Febriani Eka Putri

Faculty of Psychology, Universitas Diponegoro Semarang, Indonesia

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The Effect Size of Forgiveness in Hope and Life Satisfaction Among Adolescents Living with Imperfect Family Structure: Taking Anxiety Levels and Sex into Consideration

Amalia Rahmandani, Yohanis Franz La Kahija, Lusi Nur Ardhiani

This study aimed to describe the differences in correlation of forgiveness and hope as well as life satisfaction according to anxiety levels and sex among adolescents living with the imperfect family structure. A total of 171 Indonesian teenagers

involved were students of a state vocational school in...

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The Relationship Between Self-Harm Behavior, Personality, and Parental Separation: A Systematic Literature Review

Janice Valencia, Frikson Christian Sinambela

Children who are separate from one or both of their parents (parental separation) have a higher tendency to experience stress, mental health problems, and self-harm behavior. Self-harm behavior is the practice of deliberately injuring body tissue generally carried out by oneself without the intention...

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An Initial Development of Smile: A Self-Regulation Based Mobile Mental Health's Application for Adolescents

Dian Veronika Sakti Kaloeti, Annastasia Ediati, W Syafei, J Ariati, A Prasetijo, A Kurnia, V Tahamata

Adolescents have shown significantly higher rates of mental health problems than the general public. Research has found the self-regulation is vital in preventing psychopathology. Further, the involvement of digital technology as one health support form is recognized as a promising alternative, especially...

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Blood Pressure Control and Heart Rate: Effectiveness Brief Hypnotic Induction Methods on Adults

S Ayu Kurnia, Dian Veronika Sakti Kaloeti, Kwartarini Wahyu Yuniarti, Nanda Erfani Saputri

Hypertension is a major public health problem and the key risk factor for cardiovascular diseases in adults. This study aims to determine the effect of brief hypnotic induction methods on lowering hypertension in adults. The intervention method utilized in this study involved brief hypnotic induction....

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Online Cognitive-Behavioral Group Therapy to Enhance Self-Esteem in Romantic Relationship for Emerging Adult Women

Diajeng Tri Padya, Lathifah Hanum

Emerging adulthood is often linked with the development task to explore an intimate relationship with people around them, including establishing romantic relationships. However, individuals sometimes are hesitant to start a romantic relationship because of various reasons, and one of them is low self-esteem....

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The Effectiveness of Online Group Cognitive and Behavioral Therapy on Self-Esteem and Forgiveness in Young Adult Women after Romantic Relationship Break Up

Prawestri Bayu Utari Krisnamurthi, Lathifah Hanum

The end of a romantic relationship may impact an individual, one of which is low self-esteem that causes the individual to feel difficult, hesitant, and reluctant to start another relationship with a new partner. It also can affect the psychological well-being of the individual. Self-esteem is one crucial...

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The Impact of Self -Affirmation Towards Stress and Anxiety Levels

of Pregnant Women

Runjati Runjati, Annisa Septy Nurcahyani

Stress and anxiety during pregnancy has an impact on the risk of pregnancy, baby and birth. There is a need holistic care to cope with psychological adaptation during pregnancy. Self-affirmation by love card and deep breathing sounds to be part of holistic care but none of the study. This research aims…

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Psychological Distress Among Freshmen University Students

Alvin Alfiyan, Ishma Najya Zafira Purnama, Wyke Youlanda, Dian Veronika Sakti Kaloeti, Hastaning Sakti

Psychological distress is negative mental health, which can affect a person directly or indirectly over time. The psychological distress that emerges to the new students was related to the transition period, academic, and non-academic burdens experienced. The sample of this research was 3819 first-year…

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Measuring Acculturative Stress and General Self-Rated Health of Internal Migrant Students in Indonesia: Considering Social Identity Theory

Nugraha Arif Karyanta

Ethnic identity and national identity are aspects of social identity that bring with them pros and cons in relation to acculturative stress and individual health more generally. As a multicultural country made up of various ethnic groups, Indonesia places a high importance on the concepts of ethnic identity…

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Self-efficacy, Emotional Regulation, Communication Competence and Public Speaking Anxiety Towards Students

Zefanya Relita Trisnaningati, Frikson Christian Sinambela

Public speaking anxiety (PSA) is one of the most common forms of anxiety disorder, with about one in five individuals experiencing this level of anxiety. Students undergoing the learning process, especially before the final examination period, can experience this anxiety disorder. The factors mentioned...

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Public Speaking Anxiety Reviewed from Self-Efficacy and Audience Response on Students: Systematic Review

Bawinda Sri Lestari, Joniarto Parung, Frikson C. Sinambela

Students are required to be able to speak publicly. The ability to speak in public will make it easier for students to convey ideas, or suggestions and become a value-added skill for them. Based on literature studies there are several factors that influence public speaking anxiety, including self-efficacy...

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Effects of Neurofeedback Training on Anxiety Symptoms Among University Students

Jasmine Adela Mutang, Chua Bee Seok, Guan Teik Ee

Previous studies reported that university students are a population at risk of that mental health problems. The most common intervention for anxiety disorders are pharmacological and/or nonpharmacological strategies such as psychotherapies. Besides that, there is a growing interest neurofeedback training...

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Character Strengths of Student and College Student Undergoing Learning Activities During the Covid-19 Pandemic

Hetti Sari Ramadhani, Jatie K. Pudjibudojo, Lena N. Panjaitan

Youth character strengths becomes the front line for the nation's future generations to face future challenges, including during the Covid-19 pandemic. Previous research has shown character strengths in helping people and the nation cope the vicissitudes of Covid-19 pandemic. This research aims to identify...

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Models of Career Maturity in Adolescents

Novi Qonitatin, Erin Ratna Kustanti

Career maturity is individual ability to carry out career developmental tasks according to career developmental stages, in which adolescents should be able to make plans and perform career decision-making. The problems that arise, adolescents are challenged to carry out career-decision making. The aim...

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Surviving Marital Relationship During the COVID-19 Pandemic: A Systematic Review on Marital Conflict

Shinta Wisyaningrum, Ignasia Epifani, Annastasia Ediati

Pandemic COVID-19 brings tremendous impact on families, particularly on marital relationship. We reported finding on systematic review concerning how marriages survive against marital conflict during COVID-19 pandemic. Using the Google Scholar database, we searched articles using the following keywords...

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Marital Distress and Satisfaction During the COVID-19 Pandemic: A Systematic Review

Ignasia Epifani, Shinta Wisyaningrum, Annastasia Ediati

COVID-19 pandemic brings tremendous impact on families, particularly on marital relationship. This paper reported findings on systematic review concerning the stressor and psychological problem encountered by married couples. We search in the Google Scholar database using the following keywords "marital...

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Risk Factors of Domestic Violence Reported Before and During the Covid-19 Pandemic: A Systematic Review

Fawwaz Mishbah Syibulhuda, Annastasia Ediati

The presence of COVID-19 as a global pandemic has triggered the implementation of several policies such as lockdowns to limit public interactions and controlling the spread of the virus. Meanwhile, pandemic also impacts business and jobs resulted in downsizing and reduced income, leading to increased...

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Divorce Decision-Making in Javanese Women: A Review from Social, Cultural, and Gender Perspective

Devi Puspitasari, Jatie. K. Pudjibudojo, Hartanti

Divorce phenomenon all across the globe has shown significant increases, which also happens in Indonesia. Based on records from the Supreme Court, there were 480.618 divorces cases in 2019, with 25% cases filed by the husbands and 75% cases

filed by the wives. This study aims to identify divorce decision...

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Marital Satisfaction in Individuals Who Remarry After Divorce

Dewi Widiastuti

Every individual who enters married life certainly expects the presence of happiness in domestic life with the same person from beginning to end, one forever. Due to several different factors, in reality married life has its respective problems, so that family life cannot be compared with one another....

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The Implementation of Life-Review Intervention to Increase the Quality of Life on Elderly Widows

Venty Ratnasari Telaumbanua, Srisiuni Sugoto

Quality of Life is the viewpoint or perspective of individuals regarding how good their currently experienced life is. In later adulthood (old age), there are many changes, such as changes in physical and cognitive abilities, and also changes in social roles and emotional conditions, especially on elderly...

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Engaged Teachers Scale for Special Educational Needs Teachers in Indonesia: A Rasch Model Approach

Ika Febrian Kristiana, Ermida Simanjuntak

Engaged Teachers Scale (ETS) is currently the only scale measuring teacher engagement. Although it has good validity when it was developed by Klassen et al

(2013) in the UK, but there were not many have reported its validity when used in different cultural settings. Therefore, the ETS adaptation process...

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Work-family Conflict, Perceived Stress and Intention to Commit Traffic Violations: A Model Guided by The Theory of Planned Behavior

Madihah Shukri

Despite the importance of traffic violations in relation to road safety, little is known, however, about the link between stress particularly work-family conflict and violations behaviors. This study assessed the predictive effect of the theory of planned behavior (TPB) constructs and additional predictors...

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Family Support on Working Mother's Work-Family Conflict: Role of Communal Sharing Social Relations

T N E D Soeharto, M W Kuncoro, S A Prahara

This study aims to determine the effect of family support on work-family conflict in mothers who work through communal sharing social relations. The formulation of the problem in this study is whether the effect of family support on work-family conflict in mothers who work through communal sharing social...

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The Role of Psychological Capital in predicting Work-Family Conflict

Rusmalia Dewi, Joniarto Parung, Artiawati

Research on psychological capital and work-family conflict has shown mixed results. Several studies have shown a high correlation between results and a low one. In theory, psychological capital should be able to become an individual's psychological resource in reducing work-family conflicts. Research...

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The Role of Hindrance Stressor and Distress in Teachers' Work-Life Balance

Pan Lee Ching, Chua Bee Seok, Rosnah Ismail

Excessive workload is appraised as hindrance stressor because it obstructs teachers' achievement in the workplace and then to a negative response like distress, the response would harm the work-life balance. Hence, this study aims to examine the relationship between hindrance stressor and work-life balance...

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The Influence of Work-Family Interface and Emotional Exhaustion on Turnover Intention Among Doctors in Malaysian Public Hospitals: Applying Affective Commitment as the Moderator

Ifrah Harun, Rosli Mahmood

Drawing from a Job-Demand and Resource (J-DR) model and Conservation of Resources theory (COR), this study aims to examine the moderating role of affective commitment in relation to work-family interface (WFI), emotional exhaustion(EE), and turnover intention. Particularly, this study examines how the...

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Exploring Subjective Career Success

Tri Muji Ingarianti, Fendy Suhariadi, Fajrianthi

This exploratory qualitative study attempted to investigate and explore Indonesian employees' subjective career success. Twenty employees from governmental, banking and private sectors were interviewed. The findings showed that there are six themes related to subjective career success. Subjective career...

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The Role of Parents in Teaching Community Engagement to the Children: An Exploration Study Among Balinese Family

Wyke Youlanda, Dian Veronika Sakti Kaloeti, S Ayu Kurnia

Parents are required to introduce traditions to their children and effectively instill local wisdom values in the next generation according to the culture of the area where they live. The role of Balinese parents as the first promotional agent to teach Balinese culture to their children, which involves...

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Emerging Issues in Education and Family the Effect of Parental Social Support on Career Decision Making Self-Efficacy

Ferdi Sapan Alextian, Sri Muliati Abdullah

Every year senior high school students are confronted with the career decision associated with college majors. Many senior students are unsure of the selected college choices because of the lack of social support from parents. This study aims to determine the effect of parental support on career decision...

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Does Hovering Matter? The Effect of Helicopter Parenting on

Adolescents' Suicidal Ideation

Samita Karunaharan, Charles Ganaprakasam, Tinagaran Selvarajah

Since parents are the prime source of a child's mental health development, the practice of inappropriate and impertinent parenting can lead to various psychological problems. Very few studies have been conducted to investigate the relationship between parenting styles and suicidal ideation among Malaysian...

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The Influence of Personal Growth Initiative and Self-Regulated Learning on Victims of Bullying and the Differences in Terms of Parental Educational Background

Putri Saraswati

Bullying victims have greater desire to develop themselves into a better person than the bully. In psychological terms, efforts to become a better person are called Personal Growth Initiatives (PGI). Individuals with good PGI will continue to strive to develop themselves. In this context, the PGI is...

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Family and Social Environmental Factors in the Effects on Family Resilience: A Systematic Literature Review

Yosika Pramangara Admadeli, Pascalis Muritegar Embu-Worho

Families often face extremely challenging experiences or crises caused by various factors. It is important to understand how family members give each other support when problems occur in the family, how one solve the problems, and how one rebuild their lives after the transition. Therefore it is crucial...

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Unearthing the Role of Female Breadwinners in Family Resilience During a Crisis:
A Case Study in Artisanal and Small-Scale Gold Mining Community in Tewang Pajangan, Central Kalimantan, Indonesia

Safura Intan Herlusia, Tannia Paramita, Vovia Witni, Budi Susilorini

COVID-19 can negatively impact family resilience as the pandemic causes social disruptions and mental distress, whether due to financial insecurity, physical distancing or confinement. Based on previous studies, such impacts were disproportionately felt by vulnerable families, including those with female...

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Understanding the Step-sibling Relationship Through Bibliometric-visualization and Narrative Analysis

Devina Ratna Anggita, Costrie Ganes Widayanti, Kartika Sari Dewi

The study aims to reveal the dynamics of step-sibling relationship and its acceptance in families whose parents remarried after divorce. The study implemented qualitative systematic review research method to study on step-siblings from 2000 to 2020 (n =19 corpus; range of participants =11-33 years old)....

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"We Consider Him as a Menace to Our Family": Extended Family Variances in Attitudes Towards People with Schizophrenia

Ni Luh Kade Nadia Rastafary, Marselius Sampe Tondok

Schizophrenia is a psychotic mental disorder that causes psychiatric symptoms, such as confusion in thinking, emotions, perceptions, and deviant behaviour. The prevalence of schizophrenia/ psychosis in Indonesia was 6.7 per 1000 households. The highest prevalence distribution was in Bali and Yogyakarta...

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Family Relationship in the Era of Disruption: Communication Strategy of Parents-Millennial Children

Afifah Chusna Az Zahra, Jainul Mukhaimin Nurofik, Mochammad Sa'id

The relationship between parents and millennial children is an example of inter-generational interaction that can raise communication problems in-between. One of its factors is the development of technology. The relentless globalization, along with the rapid technology innovation, creates something called...

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Caregivers Feeding Styles for Children 6-20 Months of Age in Rural Areas Wonosobo District Central Java Indonesia

Hadi Ashar, Ina Kusrini, Leny Latifah, Dyah Yunitawati

Caregivers feeding style is one of the efforts in preventing malnutrition. It not only fills the nutrition needs to grow but also, psychologically, fills the affection that will support the child's growth and development. The purpose of this study is to know the feeding style to the children and the...

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The Effectiveness of Al-Quran Surah Ar-Rahman Murottal Listening Therapy for Improving Positive Emotions on Informal Caregivers of Schizophrenia

Abdi Winarni Wahid, Fuad Nashori

The objective of this study was to examine the effectiveness of the listening training on Al-Qurán Surah Ar-Rahman murottal in increasing positive emotions in informal

caregivers of schizophrenia. There were 10 participants in this study who were divided into two groups. The first group was given treatment...

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Husband's Social Support, Emotional Competence and Compassionate Love in Mother of Children with Autism Spectrum Disorder

Dinie Ratri Desiningrum, Dewi Retno Suminar, Endang Retno Surjaningrum

Parents of children with autism spectrum disorder (ASD) experience greater levels of stress, anxiety, and depression than parents of children with other developmental disorders. Mothers experience stress in caring, while loving care is needed, which in this study defined as compassionate love, to optimize...

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External and Internal Factors Affecting Subjective Well Being Parents of Children With Special Needs

Sri Asih Andayani, Jatie K. Pudjibudojo, Evy Tjahjono

Subjective well-being (SWB) is a key to a prosperous life. All married couples expect to deliver physically-normal babies. Unfortunately, some families have special need children. In general, the number SWB parents of children with special needs are lower than SWB parents with typical children. Factors...

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Relationship Between Husband Social Support and the Resilience of Mother of Children with Autism Spectrum Disorder (ASD)

Sarah Aurelia Saragih, Marisa Fransiska Moeliono

Mothers with ASD children face daily adversity that translates into a high level of stress due to the symptoms the child has. Mothers must overcome all the challenges and adversity by having resilience. Resilience held by mothers is formed from external factors, namely social support from their spouse....

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Roles of Family in Introducing Early Sexual Education to Children

Ellya Rakhmawati, Noor Rochman Hadjam, Dita Permata Aditya, Adhitya Riska Yunita

Sexual education in Indonesia is remained Taboo, so many parents and schools do not have the awareness to provide sexual education to the children. However, some families tried to educate their children about sexuality. This study answers questions raised which how parents are involved in providing sexual...

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Psychological States of Rural Area's Children During Covid-19 Pandemic

Hon Kai Yee, Ezzah Nurhazimah Husin, Norafifah Bali, Wanda Kiyah Albert George

As the coronavirus (COVID-19) pandemic sweeps across the world, it has a profound effect on human psychological and daily life. However, fewer studies are focusing on children's psychological states. The purpose of the present study aimed to examine the children's psychological state and their emotions...

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Family Resilience: Prisoner's Perspective (A Phenomenology Study in Kedungpane Correctional Institution Semarang)

Nailul Fauziah, Endang Sri Indrawati, Adi Dinardinata, Achmad Mujab Masykur

Incarceration is an experience that is torturous, severe, full of suffering, frightening, worrying and full of pressure for both the prisoner and the whole family. Good adaptability is needed to face the dynamic changes that are stressful and challenging so that they can recover quickly and can maintain...

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Maintaining Marriage Behind the Prison: A Qualitative Study Through Incarcerated Husband Perception

Kholifah Umi Sholihah, Dian Veronika Sakti Kaloeti, Adi Dinardinata, Rahmadian S Laksmi

The relationship between husband and wife is an essential thing in marriage. However, there is a special circumstances that have significant effect in marriage, such as imprisonment. The relationship will face many quandaries. This study explores the perception of prisoners toward their marriage and...

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The Effect of Resilience on the Quality of Life and Psychological Symptoms on Incarcerated Women

Talitha Lintang Pertiwi, Dian Veronika Sakti Kaloeti

It is known that incarcerated women have problems that affect their psychological condition, such as experiencing depression and anxiety. Based on previous studies, the resilience and quality of life can minimize the depression and anxiety experience of the inmates in correctional institutions. This...

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Qualitative Study of Subjective Well-being Phenomenology of the Assisted Citizens of Kedungpane Prison Semarang

Achmad Mujab Masykur, Adi Dinardinata

Being a prisoner in prison is certainly not everyone's dream. Imprisonment is an experience that is torturous, severe, full of suffering, frightening, worrying, and full of pressure for the prisoner. Good adaptability is needed to face the dynamic changes that are full of pressure and difficulties so...

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Cultural Norms and Practices in Resilience of Indonesians' Natural Disaster Survivors

Julia Suleeman

As a country located between two rings of fire, Indonesia experiences lots of natural disaster: earthquake, tsunami and eruption. It is expected that people in areas often affected have an ability to live with disasters that can happen anytime. This article reports a series of study aiming to identify...

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The Risk and Protective Factor in the Resilience Development of Indonesian Navy Soldier's Wives

Wiwik Triwidiyanti, R Yusti Probowati, Andrian Pramadi

One of the stressors for soldier's wife that potentially affect their mental health is the deployment or assignment of their husband for 3-12 months apart from his wife and children. Wives of soldiers must have resilience, the ability to survive or bounce back from the stresses of life. The aim of this...

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Leadership Style & Management System in Family Business for Z Generation Workers

Aulia Risky

In Indonesia, family businesses still dominate the industrial world, based on the results of a survey by Price Waterhouse Cooper (PwC) in 2014, more than 95% of businesses in Indonesia are family owned. Family businesses usually adopt and maintain the initial values set by the owner who acts as the founder...

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Perceptions of Communication Organizational - Family and Authentic Leadership

Paulus Eddy Suhartanto, Markus Hartono, Frikson Sinambela

Research on authentic leadership antecedents is still limited. Several studies have shown that the role of psychological capital, self-knowledge and self-consistency is not consistent as antecedents of authentic leadership. Likewise related to the role perceptions of organizational and family communication...

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Phenomenological Study Regarding the Consequences of Job Relocations

Mirwan Surya Perdhana, Dian Ratna Sawitri, Danang Edmirendy Surya Permana

The aim of this study is to investigate employee's perceptions of job relocation in Alpha Corp, a government organization with representative office located in all provinces in Indonesia. Despite the utilization of job relocation to improve employee's work quality and achieving organizational goals,...

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Work Engagement and Innovative Work Behavior: Meta-Analysis Study

Devietha Kurnia Sari, Ananta Yudiarso, Frikson Christian Sinambela

Work Engagement is referred to as the motivation employees have in involving and being enthusiastic about their work. An engaged employee will positively involve and strive to contribute to the organization through higher productivity, efficiency, and vast innovation. A motivational condition such as...

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Employee's Perception of Voicing: Does the Organization Really Provide Voice Channels?

Unika Prihatsanti, Seger Handoyo, Rahkman Ardi

This study aims to explore the employee voice in organizations based on the channel chosen. 151 employees from various companies in Indonesia who volunteered to be involved in this research (43,7% Male, 56,3% Female; 17,9% secondary-diploma, 59.6% Bachelor, 22,5% Master; Mean age=30,41, SD=7,68) answered...

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