

Bibliometric Analysis: Research on Resilience in Indonesia 2014 – 2024

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Abstrak. Penelitian ini bertujuan untuk melihat bibliometrik penelitian mengenai ketahanan di Indonesia pada tahun 2014-2024. Tema-tema yang muncul menawarkan diskusi kritis untuk pengembangan teori dan penelitian masa depan. Untuk mencapai tujuan tersebut, 900 tulisan tentang ketahanan di Indonesia dianalisis menggunakan bibliometrik. Data untuk penelitian ini diperoleh dari database Google Scholar. Temuan penelitian menunjukkan bahwa penelitian mengenai resiliensi mengalami peningkatan sejak tahun 2018. Penelitian ini juga menunjukkan bahwa penelitian resiliensi terkait stresor pada anak berkebutuhan khusus masih sedikit dilakukan.

Abstract. This study aims to take a bibliometric look at research on resilience in Indonesia from 2014-2024. Emerging themes offer critical discussions for theory development and future research. To achieve this goal, 900 writings on resilience in Indonesia were analysed using bibliometrics. The data for this study was obtained from the Google Scholar database. The research findings show that research on resilience has increased since 2018. This study also shows that resilience research related to the stressors of children with special needs is still little done.

Key word: "Resilience in Indonesia; Research; Bibliometric Analysis"

INTRODUCTION

The development of an increasingly complex and dynamic era has brought significant life challenges for individuals. These challenges often lead to various mental health problems, such as anxiety, hopelessness, and resilience (Fegert et al., 2020; Gambaro et al., 2020; Petzold et al., 2020) . Resilience, which is seen as an individual's ability to survive and recover from adversity, is becoming an increasingly discussed topic. This phenomenon suggests that resilience has an important contribution in individual psychological development, helping individuals to not only survive but also thrive in the midst of adversity (Denckla et al., 2020; Shepherd et al., 2020) .

The importance of resilience is not only recognised in the field of psychology, but has also penetrated into education (Denckla et al., 2020; Masten, 2018; McLeod & Dulskey, 2021; Shah et al., 2020) . Individuals with high levels of resilience tend to have better academic and career success in the future (Bonanno, 2021; Haenggli & Hirschi, 2020; Salisu et al., 2020; Trigueros et al., 2020) . This is understandable because resilience is not merely an innate factor, but also the result of a long process of learning and training (Feldman, 2020; Huey & Palaganas, 2020) . Therefore, moulding individuals who are resilient in facing life's challenges is one of the important goals in education and personal development.

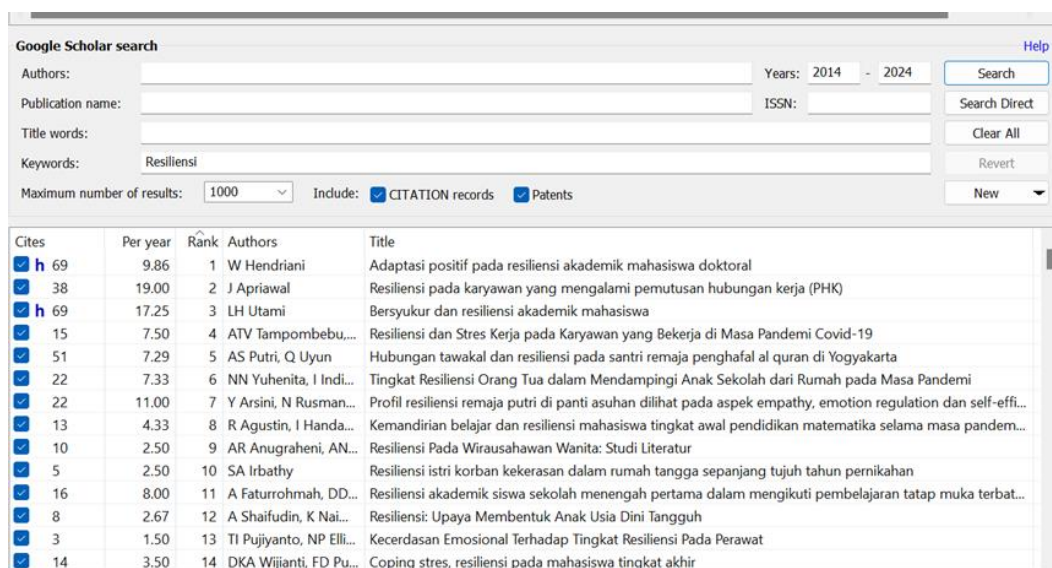
Counsellors, as professional helpers, have an important role in helping individuals develop resilience (Houben et al., 2015; Lakioti et al., 2020; Litam et al., 2021) . Using various approaches such as behaviouristic, humanistic, cognitive-behaviouristic, and mindfulness, counsellors can help individuals improve individual resilience (Hayes & Hofmann, 2021; Kazanjian, 2022; Richardson, 2024) . These approaches, supported by data and research, have been shown to be effective in addressing issues related to mental health and resilience. Given the importance of resilience, research in this area is growing. Research on resilience not only provides a deeper understanding of the factors that influence individual resilience, but also provides insights into effective ways to enhance resilience through appropriate counselling. These studies are crucial in designing programmes and strategies by counsellors that can be utilised to help individuals become more resilient and adaptive.

This paper aims to formulate a resilience research map from 2014 to 2024. This research map is expected to show the development of the latest trends and findings in resilience research, as well as identify opportunities for innovative research in the future. By understanding this research map, it is expected to find areas that are still under-explored and can be further developed to improve the quality of life of individuals through increased resilience.

METHODS

This study uses journal data in google scholar search through the Publish or Perish application. The range of articles analysed is publications from 2014 to 2024 by entering the keyword resilience and stored in CSV form. The analysis used is assisted by VosViewer.

RESULT AND DISCUSSION



Cites	Per year	Rank	Authors	Title
69	9.86	1	W Hendriani	Adaptasi positif pada resiliensi akademik mahasiswa doktoral
38	19.00	2	J Apriawal	Resiliensi pada karyawan yang mengalami pemutusan hubungan kerja (PHK)
69	17.25	3	LH Utami	Bersyukur dan resiliensi akademik mahasiswa
15	7.50	4	ATV Tampombebu...	Resiliensi dan Stres Kerja pada Karyawan yang Bekerja di Masa Pandemi Covid-19
51	7.29	5	AS Putri, Q Uyun	Hubungan tawakal dan resiliensi pada santri remaja penghafal al quran di Yogyakarta
22	7.33	6	NN Yuhanita, I Indi...	Tingkat Resiliensi Orang Tua dalam Mendampingi Anak Sekolah dari Rumah pada Masa Pandemi
22	11.00	7	Y Arsini, N Rusman...	Profil resiliensi remaja putri di panti asuhan dilihat pada aspek empathy, emotion regulation dan self-effi...
13	4.33	8	R Agustin, I Handa...	Kemandirian belajar dan resiliensi mahasiswa tingkat awal pendidikan matematika selama masa pandem...
10	2.50	9	AR Anugraheni, AN...	Resiliensi Pada Wirausahawan Wanita: Studi Literatur
5	2.50	10	SA Irbathy	Resiliensi istri korban kekerasan dalam rumah tangga sepanjang tujuh tahun pernikahan
16	8.00	11	A Faturrohman, DD...	Resiliensi akademik siswa sekolah menengah pertama dalam mengikuti pembelajaran tatap muka terbat...
8	2.67	12	A Shaifudin, K Nai...	Resiliensi: Upaya Membentuk Anak Usia Dini Tangguh
3	1.50	13	TI Pujiyanto, NP Eli...	Kecerdasan Emosional Terhadap Tingkat Resiliensi Pada Perawat
14	3.50	14	DKA Wijianti, FD Pu...	Coping stres, resiliensi pada mahasiswa tingkat akhir

Figure 1 Data Collection Process

Research on resilience in Indonesia shows a diversity of interesting and relevant topics. Some studies focus on the academic resilience of doctoral students, examining how these high-level students cope with academic pressures and research challenges. In addition, there is research on resilience in employees, exploring how workers can remain productive and mentally healthy amidst high job demands. The relationship between

resilience and gratitude is also a frequently discussed topic, given that gratitude can be one of the factors that strengthen individual resilience in the face of various difficult situations.

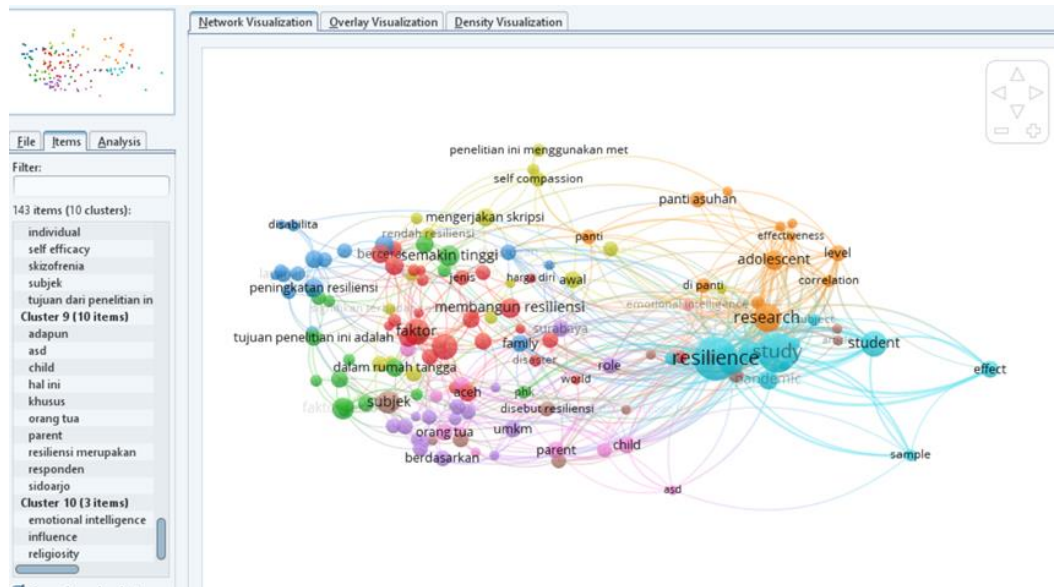


Figure 2. Results of bibliometric analysis by research topic

The distribution of data shows that resilience research often uses students as research objects. These studies are usually conducted in school settings or other educational institutions to understand how students can develop and maintain their resilience amidst academic and social pressures. In addition, orphanages are also often the site of resilience research. Children in orphanages face unique challenges, such as loss of parents and an uncertain future. However, there is still a lack of research linking resilience to autistic social disorder (ASD) stressors. The data shows that the distance between the topic of resilience and ASD is considerable, signalling that research in this area is still sparse. This is in contrast to other topics that are more frequently researched. This lack of research indicates the need for further exploration of how individuals with ASD can develop resilience to overcome the unique challenges they face. In addition, the categorisation based on major topics can be seen as follows:

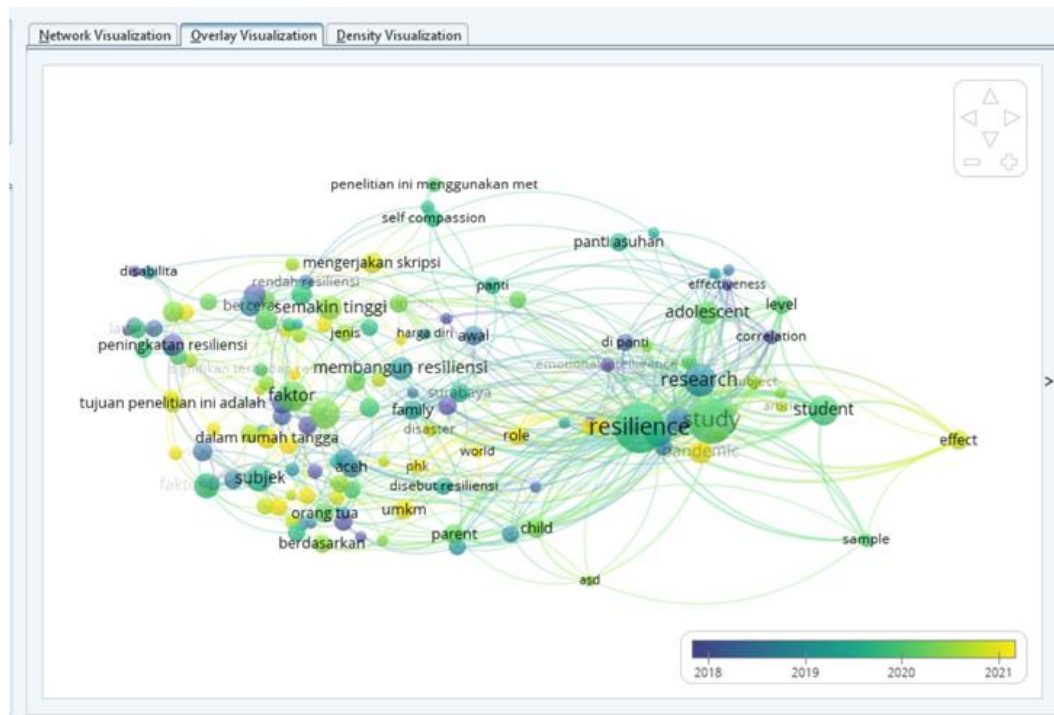


Figure 3. Search results by year of research

Seeing the importance of resilience, research in this field is growing. Since 2018, the trend of resilience research in Indonesia has shown a significant increase. There are at least 10 research clusters that discuss various aspects of resilience. Some of these research clusters link resilience with self-esteem, schizophrenia, parents, emotional intelligence, and religiosity.

Each cluster provides unique insights into how resilience can be influenced and enhanced through various contextual and personal factors. For example, research linking resilience to self-esteem suggests that individuals with high self-esteem tend to be better able to face life's challenges and bounce back from failure. Research on resilience and schizophrenia highlights the importance of social support and effective coping strategies in helping individuals with schizophrenia manage their symptoms and improve quality of life.

The cluster of research exploring the relationship between resilience and the role of parents emphasises the importance of family support in developing resilience in children. Research linking resilience with emotional intelligence suggests that individuals who are able to manage their emotions well tend to be more resilient in the

face of stress and life pressures. Meanwhile, research on resilience and religiosity highlights that religious beliefs and practices can be a source of strength and calm in the face of life's challenges.

CONCLUSION

The results of this study show that research related to resilience in Indonesia continues to grow and still opens wide opportunities for further research. The study identified an increasing trend of resilience research since 2018 with at least 10 research clusters addressing various aspects of resilience, including its relationship with self-esteem, schizophrenia, parental roles, emotional intelligence, and religiosity. The spread of research shows a considerable focus on students and children in foster care, while the topic of resilience related to autistic social disorder (ASD) stressors remains under-researched. However, this study has some limitations. The data sources used were mainly from Google Scholar, which may not cover all relevant literature.

Therefore, future research is recommended to use more diverse data sources and access journals of international repute to obtain a more comprehensive research coverage. In addition, there is a need for a review of this study to analyse the results in more depth and ensure the validity and reliability of the findings. Thus, research in the field of resilience in Indonesia has great potential to be further developed, especially in filling the existing research gaps and expanding the understanding of the factors that influence resilience in various life contexts. This is important for designing interventions that are effective in improving individual resilience and, ultimately, improving the quality of life of Indonesians..

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