

Urgency Of Undergraduate Student Resilience To Mental Health: A Systematic Literatur Review

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Abstract

Resilience is one of the important characteristics possessed by students, to be able to survive in difficult situations, succeed, and be happy in living life. The motivation behind this research is to see the relationship between student resilience and mental health. This study uses a systematic literature review (SLR) method taken from various international literature through Google Scholar, PubMed, publish and perish and Scindirect using the keywords "resilience, mental health, and university students". This study found that there is a positive relationship between resilience and mental health. With resilience, students will be better prepared to deal with stress and adversity, overcome learning difficulties, anxiety disorders, PTSD (post-traumatic syndrome disorder), depression, and psychological fatigue, and overcome learned helplessness. In this case, the role of resilience is very important in the context of mental health experienced by students.

Keywords: university student, resilience, mental health

Abstrak

Resiliensi merupakan salah satu karakteristik yang penting dimiliki oleh mahasiswa, untuk dapat bertahan dalam situasi yang sulit, berhasil, dan bahagia dalam menjalani kehidupan. Motivasi yang melatar belakangi penelitian ini adalah untuk melihat hubungan antara resiliensi mahasiswa dengan kesehatan mental. Penelitian ini menggunakan metode systematic literature review (SLR) yang diambil dari berbagai literatur internasional melalui Google Scholar, PubMed, publish, dan perish serta Scindirect dengan menggunakan kata kunci "resiliensi, kesehatan mental, dan mahasiswa". Penelitian ini menemukan bahwa terdapat hubungan yang positif antara resiliensi dan kesehatan mental. Dengan adanya resiliensi, mahasiswa akan lebih siap dalam menghadapi stres, dan kesulitan yang berat, mengatasi kesulitan belajar, gangguan kecemasan, PTSD (post-traumatic syndrome disorder), depresi, dan kelelahan psikologis, serta mengatasi ketidakberdayaan yang dipelajari. Dalam hal ini, peran resiliensi sangat penting dalam konteks kesehatan mental yang dialami oleh mahasiswa.

Kata kunci: mahasiswa, resiliensi, kesehatan mental

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INTRODUCTION

Globalization is an era of many developments and changes. This raises various challenges that need to be faced by individuals. Menanti *et al*, (2019) this era is marked by the speed of development of science and technology, and has an impact on one's lifestyle, in the era of globalization changes have an unpleasant impact on a person and however, one's readiness to be able to face this era of globalization needs to be a concern. Weitzel (2022) the current era of globalization has had a major impact on a person's resilience and mental health, causing significant changes in several dimensions, these changes also affect how to view the world.

The phenomenon that occurs during this globalization era is the rise of suicides among adolescents, the causes of which are economic factors, romance, relationships, family, and so on (Fitriani, 2021). These causative factors are a form of risk experienced by some students. Gustiana and Asiah, (2020) based on WHO data, self destruction is the second reason for death after mishaps among youths matured 15-29 years and results in around 4,600 deaths each year. The number of deaths from suicide on the world is moving toward 800,000 passings each year. The second leading cause of death among individuals aged 15 to 29 is suicide. and occurs in 79% of low and middle-income countries (Kemenkes, 2019).

Today's students in their development experience various difficulties in adapting to life. When students are unable to rise from stressful situations and are unable to adjust to changes, there will be many disorders that will occur in them such as psychological disorders and can have effects in academic and non-academic, such as learning adjustment, low achievement, poor social interaction, moral deviations, and mental health. The challenges experienced by individuals in every change in the globalization era should be faced well by each individual, this ability is known as resilience.

Resilience is the capacity of people to have the option to adjust to problems, survive, overcome, and thrive in adversity (Connor and Davidson, 2003). According to Ye (2020), resilience is one of the factors that can reduce stress in students. Kaudere (2021) resilience can also function in improving psychological well-being in individuals. Research by the faculty of psychology at the University of Indonesia revealed that the resilience of Indonesians tends to be low, they tend not to withstand pressure and if it is related to the current era of globalization, if this difficult situation continues to occur for a long time, the condition of low resilience can cause mental health problems. In addition, in New York, United States, as many as 40% of students experience summed up uneasiness jumble, post-awful pressure issue, and burdensome disorder (Saali, 2021). One of the things that can help overcome mental health disorders and adapt to the conditions of the globalization era in college students is resilience.

Resilience is characterized by the ability to maintain psychological stability in the face of stress (Keye and Pidgeon, 2013). Psychologists agree that resilience will explain phenomena regarding the resilience, toughness, and strength of individuals in facing difficulties in their lives. Oliver (2020) characterizes humans who have high resilience as having relaxed skills in dealing with difficulties, easily establishing social relationships, having surrounding support, having talents, believing in their abilities, being able to solve problems, and having religiosity. If students have resilience, it means that these students have the personal qualities to be able to develop in facing this globalization era with mental health.

Social psychology experts liken resilience to a rubber ball that can bounce back, in the context of social change resilience is a dynamic process that involves interactions



between students and their changing environment and resilience also shows the quality of individuals in dealing with resistant stress adaptation conditions. According to Leontopoulou (2023) In the face of dangers and difficulties, resilience is a dynamic adaptation., resilience has been learned in the framework of work that includes risks and difficulties, as well as crises and disasters, crises such as mental health which are conditions that are detrimental to individual adaptation. Resilience can also improve physical, social, and mental health well-being in children and adolescents.

According to Reivich and Shatte (2002), resilience is the ability to face and adapt to events that are difficult to feel or major problems that occur in life. Reivich and Shatté (2002) the results of research and observations about resilience that have been going on for almost fifty years show that the process of determining resilience in adults is dynamic. Complex interactions between external and internal world elements. Intrinsic causes of lack of resilience, such as thinking style, are things that cannot be changed or even eliminated. Changes in thinking style can be used by a person to prevent negative consequences that are rooted in their childhood experiences and spiral out of control (Nasution, 2011).

Observations in a study by Chi (2020) showed that resilience is the strongest protective factor for learners in overcoming mental health disorders. Many investigations have likewise affirmed the cozy connection among flexibility and emotional wellness, showing that versatility meaningfully affects psychological well-being side effects, like dejection, misery, uneasiness, and dread (Zhang, 2020). Wackerhagen (2023) argue the focus on resilience aims to investigate the factors and mechanisms that contribute to the maintenance and recovery of mental health despite stress, and resilience is an intervention preventing mental health problems before they develop. Perserikatan bangsa-bangsa (PBB) (2015) revealed building resilience is an integral part of the sustainable development agenda to transform the world by 2030. This article will strengthen the results of previous research (in the form of data) which will be narrated in the form of writing which will explain that resilience is important for students' mental health.

METHOD

The procedure used for the systematic review in this study was designed under the PRISMA statement (Protocol Review Systematic and Meta-Analysis). The use of the PRISMA statement is useful to improve the quality of review procedures and the reporting of review results to be more systematic (Liberati et al., 2009; Moher et al., 2009). The literature search was conducted without selecting a particular year of publication. Targeted articles were obtained with the help of the Harzing Publish or Perish search engine application, with search domains Google Scholar, and Research Gate. The words used in the search engine were 'Resilience and Mental health of university students'. The criteria set by the researcher were as follows: (1) the article was specifically about university students; (2) the article had been published and included a discussion of the relationship between resilience and mental health.

Furthermore, as a separator, there is an Exclusion category where articles that do not fall into the review criteria will fall into this category. Articles that are determined not to be included in the category for the review process (Exclusion) are (1) articles with research subjects other than students; (b) written works other than articles such as Books, Final Projects, Thesis, and Thesis. The first search identified 80 potentially eligible articles. After removing duplicate references, 53 references were obtained. Then the eligibility screening was carried out whether the title and abstract did not specifically



specify the research subject, conducted research not with student subjects, and the literature obtained in the form of books, theses, theses. Based on this screening, 6 articles were obtained that met the exclusion criteria.

After full-text screening, 6 literature were excluded for not meeting the inclusion criteria. Ultimately, six articles were included in this study, as shown in Table 1.

Table 1.
Six (6) Articles Remembered For The Review

Author and Year Study	Research Title	Journal Name	Research purposes	Types of research
Chi, et al, (2020)	Prevalence and Psychosocial Correlates of Mental Health Outcomes Among Chinese College	Frontiers in Psychology	To decide the commonness and hazard factors for poor psychological wellness of college understudies in China during the Corona virus pandemic.	Quantitative
Quintiliani et al, (2022)	Resilience and psychological impact on Italian university students during COVID- 19 pandemic. Distance learning and health	Psychology, health & medicine	This study is expected to distinguish mental stress, emotional changes, concentration on learning, resilience skills related to the involvement of the Corona Virus Pandemic with a sample of university students.	Quantitative
Putriana, (2021)	Narrative review: mental health and the role of resilience in university students during the Covid-19 pandemic	Prosiding Berkala Psikologi	The motivation behind this study is to decide the way that emotional well-being conditions and the job of strength in understudies during the Coronavirus pandemic.	Qualitative
Putri, (2023)	The Role of Resilience in Minimizing Conditions of Learned Helplessness in Undergraduate Students at Universitas Negeri Malang	Jurnal sa ins psikologi	The outcomes showed that there is a job of versatility to the state of learned powerlessness in unfortunate State College understudies. learnt in unfortunate State College understudies	Quantitative



Leontopoulou (2023)	Aftermath of the COVID- 19 Pandemic: Resilience and Mental Health of Emerging Adult University Students	Environme- ntal research and p ublic health	aims to map the relationship between overall pandemic impacts as well as financial, assets and mental contact with resilience, influenced by the adverse effects of psychological well-being. This research also explores the connection between the effect of Coronavirus and students' resilience post-pandemic.	Quantitative
Wu, et al (2020)	The Relationship between Resilience and Mental Healty in Chinese College Student: A longitudinal cross-lagged Analysis	Frontiers in Psychology	The current review planned to acquire understanding into the complementary relationship of more elevated levels of strength foreseeing lower levels of mental sick being, and more elevated levels of positive emotional wellness, as well as the other way around, and track changes in both flexibility, mental sick being and positive psychological well-being north of 4 years.	Quantitative

Quality assessment was conducted on 6 articles included in this study. The method used to assess the quality of the article is a method adapted from the framework developed by Surr *et al.* (2017) and scored each item from 0 to 2. Specifically, a score of 2 was given if the criteria were fully met, a score of 1 if partially met, and a score of 0 if the criteria were not met or missing. Articles were awarded with an overall quality rating of high if the score was 11-14, medium if the score was 6-10, and low if the score was ≤ 5 . Articles with a high overall rating must fulfill all criteria. Articles of medium quality must fulfill most of the criteria or at least at an adequate level. Articles with a low rating fulfill only a few quality criteria, therefore, the results of such articles although potentially interesting or relevant need to be treated with caution. The criteria for assessing article quality are detailed in table 2 below.



Table 2.
 Article Quality Assessment Criteria

Quality Criteria	Specific Statements To Consider	Rating
1. What are the exploration goals and questions/speculations expressed plainly?	Do the creators plainly state what they intend to explore?	0 = No 1 = In part 2 = Yes
2. Are issues of ethics involved?	1. Did the creators express that moral endorsement was looked for? 2. Does the creator show familiarity with the moral issues raised by the research? (e.g., informed consent, confidentiality, etc.).	0 = No 1 = In Part 2 = Yes
3. Is the methodology/research design appropriate to the research question and the reasons for selection are proven?	1. Do the authors expressly state what research system they chose? 2. Is the method chosen compatible with the research question? For instance, a subjective or quantitative or blended strategies approach? Where subjective hypothesis, interpretative phenomenological investigation, ethnography, and so on. 3. For subjective exploration, is the methodology selected in accordance with the research objectives also, questions? Is it so? completely justified?	0 = No 1 = In Part 2 = Yes
4. Are the size, selection and description of the sample appropriate?	1. Do the authors clearly state how the study test size was distinguished? 2. Does the example size show up appropriate? 3. Does the creator portray the example sufficiently (for instance, gender, age, care recipient's relationship, etc.) so that readers can determine the transferability of the findings? 4. Do the authors portray the unique circumstance from which the sample was recruited? 5. Does the creator explain the enrollment methods used? (e.g., examining methods, recruitment,	0 = No 1 = In Part 2 = Yes



	etc.)	
5. Are data collection methods appropriate, reliable and valid?	<ol style="list-style-type: none"> 1. Are the techniques utilized suitable for the members, substantial, and prone to be liberated from predisposition? 2. Does the creator legitimize why a specific information assortment approach was utilized, for instance, interviews, center gatherings? 	<p>0= No 1= In Part 2 = Yes</p>
6. Are the data analysis methods reliable and valid?	<ol style="list-style-type: none"> 1. Do the creators state what approach they utilized for information investigation? 2. Does this approach give off an impression of being appropriate to the data collected? 3. Does the methodology seem to have been executed in an organized/powerful way? 4. Are specifics about how the findings were validated provided by the authors? 	<p>0= No 1= In Part 2= Yes</p>
7. Findings and discussion are stated clearly and appropriately?	<ol style="list-style-type: none"> 1. Did the author clearly identify the main themes or issues emerging from the data? 2. Does the author present data to support the themes presented? 3. Does the author summarize the main findings? 4. Do the authors relate their findings to the research objectives? 5. Do the authors relate their findings 	<p>0= No 1= In Part 2= Yes</p>

FINDINGS AND DISCUSSIONS

Article Quality Assessment

As required by the article criteria, specifically no articles were of high quality and no articles were of low quality, all articles included scores only in the 6-7 range, thus of medium quality (see Table 3).



Table 3.
 Total Quality Score On Six (6) Articles

Artikel	Total Skor Kualitas
Chi (2020). <i>Prevalence and Psychosocial Correlates of Mental Health Outcomes Among Chinese College</i>	7
Quintiliani (2022) <i>Resilience and psychological impact on Italian university students during COVID-19 pandemic. Distance learning and health</i>	7
Putriana (2021) Narrative review: kesehatan mental dan peran resiliensi pada mahasiswa selama masa pandemi Covid-19	7
Putri (2023) <i>The Role of Resilience in Minimizing Conditions of Learned Helplessness in Undergraduate Students at Universitas Negeri Malang</i>	7
Leontopoulou (2023) <i>Aftermath of the COVID-19 Pandemic: Resilience and Mental Health of Emerging Adult University Students</i>	7
Wu (2020) <i>The Relationship between Resilience and Mental Health in Chinese College Student: A longitudinal cross-lagged</i>	7

The Relationship Between Resilience And Mental Health In Adulthood University Students

The results of research from Leontopoulou (2023) aim to map the relationship between the overall impact of the pandemic as well as impacts on finances, resources, and mental health with resilience when mental health symptoms are present. This study also explored the relationship between the impact of Corona virus and students' resilience post-pandemic. This research also illustrates that low and moderate mental health are more resilient regardless of the conditions after the pandemic. Students may be better equipped to deal with severe stress and adversity thanks to resilience skills.

The Relationship Between Resilience And Mental Health In Italian University Students

The results of a study by a Quintiliani (2022) this study aimed to identify emotional shifts and psychological stress, learning approaches, strength abilities connected with the Coronavirus pandemic experience in an example of college understudies. An example of understudies from the Bio Medico Campus of the University of Rome was studied. Respondents completed an online survey that asked about socio-demographic details, the impact of Coronavirus on feelings and college life, and views on stress and strength abilities. The review depicted 955 reactions showing an expansion in saw pressure in 89.4% of cases (66% moderate and 23.4% high stress). In addition, 54.4% of students reported decreased attention span and learning difficulties resulting in concerns over exam results (55%). Resilience skills positively impact stressful events particularly the impact of COVID-19 on studies furthermore, relational connections. Resilience skills are protective factor for overcoming learning difficulties.



The Relationship Between Resilience And Mental Health In Chinese Colleges

Findings in a study conducted by Chi (2020) showed high prevalence rates of anxiety and depressive symptoms among Chinese undergrads during Coronavirus. The concentrate likewise recognized explicit gamble factors for poor emotional wellness results during the distressing Coronavirus pandemic. From one viewpoint, understudies had horrible encounters and presented a negative influence on emotional well-being during the Coronavirus pandemic. In this study, it was found that most of the students manifested mental health issues like anxiety and post-traumatic stress disorder (PTSD) or depression symptoms that are clinically relevant, but most people proved to be effective in coping with the COVID-19 pandemic with interventions that promote resilience in students with explicit gamble factors for creating poor emotional well-being during Coronavirus or different pandemics joined by friendly disconnection

The Relationship Between Resilience And Mental Health In College Students

The results of research by Putriana (2021) aim to find out how mental health conditions and the role of resilience in understudies during the Coronavirus pandemic more broadly. The analysis process that has been carried out reveals that the mental health conditions of students in various countries have been disturbed during the Covid-19 pandemic, such as stress, anxiety, depression and fatigue due to lockdown. It was also found that students who are female, migrant students who cannot return to their home areas have the potential to experience disturbances. From this study, it was found that resilience has a role in overcoming or reducing the effects of mental health disorders experienced by students during the Corona virus pandemic.

The Relationship Between Resilience And Mental Health In Undergraduate Students At Malang State University

The results of research by Putri (2022) show a condition of learned helplessness that is vulnerable to being experienced by students. This condition is caused by environmental changes, day to day exercises, and even academic challenges. Besides, this condition can have an impact on depressive conditions and, surprisingly, self-destructive thoughts in understudies. Different endeavors are made to minimise or reduce the negative effects of conditions of learned helplessness. experienced by understudies through reinforcing interior qualities in individual, one of which is resilience. This study was directed to see the job of versatility in minimising the condition of learned vulnerability in undergraduate understudies at the State College of Malang. The absolute members engaged with this study were 85 students from 8 faculties. The results showed that there is a job of versatility in the state of learned powerlessness among college understudies of State College of Malang.

The Relationship Between Resilience And Health In Chinese College Students

The results of research from Wu (2020) aimed to look at the connection among strength and emotional wellness which was studied in three stages more than 4 years in an example of 314 undergrads in China. This study illustrates insights into the proportional connection between more elevated levels of versatility anticipating lower levels of mental disorders, also, the other way around, as well as tracking down changes in versatility, mental problems, and positive psychological well-being finished 4 years. The results showed that compared to first-year students, final-year students had lower levels of positive mental health and higher levels of negative mental health.. In addition,



The significant short- and long-term predictive value of individual mental health for resilience was fully demonstrated. These outcomes recommend that school emotional well-being instruction and psychological well-being intercessions can be tweaked in view of the primary year of school.

CONCLUSION

Based on the articles that have been discussed, there are positive results between mental health and resilience. If students have high resilience, they will also have good mental health. With resilience, students will be better prepared to face severe stress and difficulties, is a protective factor to overcome learning difficulties, anxiety disorders, PTSD (post-traumatic syndrome disorder), depression, and psychological fatigue, and overcome learned helplessness. In this case, the role of resilience is very important in the context of mental health experienced by students.

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