

# GRATITUDE CAN INCREASE RESILIENCE IN ADOLESCENTS WHO LIVE IN ORPHANAGES

**Bernadetha Putri Puspita<sup>1</sup>**

**Yulia Ayriza<sup>2</sup>**

<sup>1,2</sup>Master Program of Psychology, Faculty of Education, Yogyakarta State University

e-mail: bernadethaputri.2020@student.uny.ac.id<sup>1</sup>, yulia\_ayriza@uny.ac.id<sup>2</sup>

\*Correspondence: bernadethaputri.2020@student.uny.ac.id

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**Abstract.** Resilience is the ability to endure and face and resolve problems or pressures. This is what adolescents who live in orphanages must have. Adolescents who live in orphanages are included in the children at risk group, where these adolescents tend to have a greater chance of experiencing shocks in terms of emotions, intellectuals, social and behavior. In increasing resilience, one of them is by having gratitude. This literature review aims to show that the important role of gratitude can increase resilience in adolescents who live in orphanages. There are several situations that can make the orphanage youth depressed, for example the lack of attachment between the foster child and the caregiver, the regulations in the orphanage that are not in accordance with the condition of the adolescents, limited facilities and other situations. This is what makes adolescents in orphanages need to have good resilience in order to have the ability to survive and face and solve problems or pressures. This paper is expected to help increase the role of gratitude so that adolescents who live in orphanages have good resilience.

**Keywords:** gratitude; resilience; adolescents who live in orphanages.

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## INTRODUCTION

Adolescence is a period of transition from children to adults. This period begins around the age of 12 years and ends at the age of 18 to 21 years. (Adolescence is a time of rebirth and storms and stress, while turbulent times are also marked by conflict and mood swings ([Shane & Heckhausen, 2019](#)). This makes teenagers tend to find it difficult to manage stress or problems, which causes anxiety, social problems or mental problems that are more serious or more extreme ([Mukolo, Heflinger, & Wallston, 2010](#)). Based on information from Basic Health Research data that the prevalence of emotional mental disorders with symptoms of depression and anxiety in adolescents aged more than 15 years is 9.8%, where this number has increased compared to 2013 which was 6.1% ([Bethell, Gombojav, Solloway, & Wissow, 2016](#)).

Adolescents need the support of parents or families who love them, provide perfection, consistency, and genuine and empathetic correspondence ([Berger, Hasking, & Martin, 2013](#)); ([Jones, 2015](#)). This is also supported by other research which states that when the teenager has a stable and supportive family, the teenager has a better reaction to stress ([Sumter, Bokhorst, Miers, Van Pelt, & Westenberg, 2010](#)); ([Corr et al., 2021](#)).

In fact, not all teenagers can live and stay with their parents or family, for example, teenagers who live in orphanages. Adolescents who live in orphanages are generally included in the children at risk group ([Bender, Yang, Ferguson, & Thompson, 2015](#)), where these adolescents tend to have a greater chance of

experiencing shocks in terms of emotions, intellectuals, social and behavior ([Hari, Henriksson, Malinen, & Parkkonen, 2015](#)). This is because in addition to the lack of attachment between caregivers and foster children, what is visible is that they must be able to survive in an orphanage environment with all applicable guidelines or regulations, limited activities and facilities.

The RI Ministry of Social Affairs and UNICEF research explains that orphanages in Indonesia are less centered on care, but only focus on providing services and access to education for their foster children ([Font Berger, Cancian, & Noyes, 2018](#)). This condition is considered a stressful event and causes stress in adolescents ([Mannarino & Cohen, 2011](#)).

Teenagers living in orphanages need the ability to survive, and to be strong in the face of obstacles and problems. This ability is known as resilience. Adolescents who have high resilience have criteria, namely having the ability to face problems and adapt to unpleasant conditions, have the ability to adapt to themselves in dealing with stressful life experiences and have the ability to deal with conditions that have caused mental stress ([Updegraff & Taylor, 2021](#)). In addition, other studies have shown that adolescents living in difficult conditions can successfully determine their path to sustainable health and improve well-being within themselves, both in orphanages and in their communities ([Yendork & Somhlaba, 2014](#)).

([Waaktaar & Torgersen, 2010](#)) explained that there are five aspects of resilience, namely: a). personal competence, high standards, and persistence; b). self-

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confidence, openness to negative affect and strong in the face of pressure; c). positive acceptance of change and good relationships with others; d). self-control and e). spiritual influence. This shows that many aspects can play a role in the resilience level of adolescents living in orphanages.

Spiritual aspects related to gratitude have an important role in orphanage youth. This can be shown from several research results which state that resilience in adolescents can be influenced by the gratitude they have (Listiyandini, 2016). In addition, other studies have shown that gratitude has a contribution to the formation of academic resilience in ([Utami, Shalihah, Adhiningtyas, Rahmah, & Ningrum](#), 2020).

Based on the explanation above and previous studies, it appears that gratitude has an important role in increasing resilience in adolescents. Gratitude is described by Lambert, Graham and ([Nwozichi](#), 2019) as a factor that can overcome the effects of stress, especially helping to re-appreciate a situation full of problems to feel lighter ([Banicki](#), 2014).

State that gratitude can make individuals think more positively and have a broad perspective on life which is a gift. In other words, when individuals have high gratitude, they will realize their potential and foster a sense of optimism that can trigger individuals to survive and try to develop even in difficult situations or what is commonly referred to as resilience.

In this study, the orphanage can be used as a place of significant life transition for adolescents who live and grow up in orphanages with the demands of the ability

to overcome pressure or obstacles as well as the ability to adapt. Teenagers who live in orphanages often do not experience pleasant experiences but difficulties and fears of having to face challenges and pressures that arise.

Teenagers in orphanages need to have good resilience so that they can survive in difficult conditions, be able to adjust and bounce from adversity. The orphanage is also expected to pay attention to psychological factors, not only physical factors in adolescents who live in orphanages. That way, one of them can increase the role of gratitude to increase resilience in adolescents who live in the orphanage.

Through a literature review published in international journals in the field of Positive Psychology on the Scopus database in the last 10 years, this scientific work aims to conclude whether and how gratitude can increase resilience in adolescents living in orphanages.

## METHODS

The method used in this research is literature review, which contains relevant theories or related to research problems. The problem in this study is to conclude whether and how gratitude can increase resilience in adolescents who live in orphanages. In this section, an assessment of the concepts and theories used is carried out based on the available literature, especially from articles published in various scientific journals related to gratitude, resilience and adolescents living in orphanages. Literature review serves to build concepts or theories that form the

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basis of study in research. Literature review or literature study is an activity that is required in research, especially academic research whose main goal is to develop theoretical aspects as well as aspects of practical benefits. So that by using this research method the author can easily solve the problem to be studied.

## RESULTS AND DISCUSSION

### Youth Resilience

Resilience is an individual's ability to act in a healthy and productive manner when faced with obstacles or pressure. According ([Everly Jr, Strouse, & McCormack, 2015](#))resilience is a tenacious and tough attitude that individuals have when faced with difficult conditions. Meanwhile, according to ([Van Kessel, 2013](#)) resilience is a personal quality that enables a person to struggle with adversity.

Based on some of the definitions above, it can be concluded that resilience is the ability of individual adolescents to face and overcome obstacles and problems in life so that the individual becomes stronger.

According to ([Tuṭu & Constantin, 2012](#)) in their research there are five aspects of resilience, namely: (a). Personal competence, high standards, and persistence; (b). Self-confidence, openness to negative affect and strong in the face of pressure; (c). Positive acceptance of change and good relationships with others; (d). Self-control and (e). Spiritual influence.

### Characteristics of Resilience Individuals

According to ([Banicki, 2014](#))it is divided into seven characteristics, which are further explained as follows, namely having good thinking skills in terms of individuals who

are creative and productive, have humor and morality, and have initiative, and build relationships. good social relations with the environment.

### Gratitude

Gratitude is a feeling of gratefulness and happiness as a reaction to a gift, whether the gift is a real benefit from a particular individual or during a peaceful situation derived from natural beauty state that gratitude is a moral affect because it comes from encouraging behavior that is driven by concern for the welfare of others. Moral affect here is something emotional and not something direct because the recipient can see the gift as something that can increase his welfare even though it is not necessarily something that benefits others.

Based on the definition before, the notion of gratitude is a feeling of appreciation, joy, and appreciation for the things that are obtained during life, regardless of whether it comes from God, humans, other creatures, and the universe, which then encourages someone to do the same thing as previously stated. the individual gets.

### Characteristics of Adolescents in Orphanages

Based on the Decree of the Minister of Social Affairs of the Republic of Indonesia No.HUK 3-3-8/239 of 1974 about orphanages, which states that orphanages are social foundations that have a role and function as a place to provide welfare guarantees for orphans, orphans. , orphans and orphans, fractured and underprivileged families including financing, coaching in

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the education of their foster children. Thus the orphanage has full responsibility for meeting the needs of the children living in the orphanage.

Adolescents who live in orphanages have characteristics, namely boys and girls who have an age range of 12 to 21 years. Teenagers who live in orphanages have different backgrounds, there are those who have lived in orphanages since birth but there are also those who live in orphanages for certain reasons, for example parents who have economic limitations so they feel unable to pay for their children, no longer have parents but other families are not willing to support and finance and several other reasons.

### **The Gratitude Role of Resilience Adolescents who live in Orphanages**

Gratitude is a feeling of appreciation, joy, and appreciation for the things that are obtained during the life of a teenager. In this case, these feelings can improve the welfare of adolescents through the attitude of adolescents who take action to others as previously accepted by the individual. This action or attitude may not necessarily be something that is beneficial to others but is related to moral affect, which is something emotional and not something direct.

Individuals who have gratitude will accept all things in their life, including the problems or obstacles they are facing. This will be the capital for individuals to make peace with the situation. Adolescents will accept and solve problems and obstacles that are being faced. This allows adolescents to survive with stressful conditions without stress but to take action or ways to solve and get out of existing

problems.

Teenagers living in orphanages need the ability to survive, and to be strong in the face of obstacles and obstacles as described earlier. This ability is known as resilience or resilience. Adolescents who have high resilience have criteria, namely having the ability to face problems and adapt to unpleasant conditions, have the ability to adapt to themselves in dealing with stressful life experiences and have the ability to deal with conditions that have caused mental stress.

Some examples that can be taken are the conditions that make the orphanage teenagers depressed, namely the lack of attachment between foster children and caregivers because of the disparity between the number of caregivers and foster children. In addition, the conditions of the orphanage are limited, such as playing and learning facilities, as well as regulations in the orphanage which are considered less suitable for the conditions of the youth living in the orphanage. This shows that the orphanage only focuses on physical factors such as food, housing and access to education, not with psychological factors such as parenting patterns, building attachment by establishing better interpersonal communication.

Some studies related to resilience show individual characteristics, such as in research conducted on research subjects, namely children from an orphanage in Sidoarjo whose results with individuals in the high resilience category have the characteristics of not giving up, trying to face problems, being confident, and having the confidence to become successful people. Meanwhile, individuals who have

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moderate levels of resilience tend to be unstable in their attitudes and have ups and downs in spirit. Individuals with low resilience show that they easily give up, avoid problems, do not have the enthusiasm to get up and do not try to become better as teenagers.

Resilience appears in line with changes in life so that research related to resilience has recently developed rapidly. Some research on resilience, namely the research of Connor & Davidson which explains that there are five aspects of resilience, namely: a). personal competence, high standards, and persistence; b). self-confidence, openness to negative affect and strong in the face of pressure; c). positive acceptance of change and good relationships with others; d). self-control and e). spiritual influence. Other research shows that resilience can be influenced by the presence of internal protective factors within the individual, namely emotional regulation, self-control, cognitive flexibility, self-efficacy, empathy, and the desire to seek new challenges

Spiritual influence has a role in resilience, namely belief in God or fate, related to religion, faith, which involves transcendental values. Individuals who have good spirituality will have feelings of appreciation, joy, and appreciation for the things that are obtained during life, regardless of whether it is from God, humans, other creatures, and the universe. This shows that individuals who have resilience will have good gratitude as well.

Adolescents who have positive feelings of appreciation in their lives will feel more comfortable in living their lives and have a tendency to appreciate simple pleasures. In

addition, individuals who feel enough will have positive feelings in themselves, namely being satisfied with the life they live and what they have. Adolescents will also have good will towards someone or something, as well as a tendency to act based on the appreciation and good will they have.

Adolescents with good gratitude have strong beliefs about the higher purpose and meaning of the universe and know their position in a larger design and these beliefs shape their actions and become a source of peace for the individual.

When individuals experience problems and challenges and can face life's difficulties, seek social support from others, interpret experiences from different perspectives, have a plan to solve problems, it shows that the individual has high gratitude. Gratitude has an important role in helping individuals to be able to improve their abilities in dealing with problems and finding the best solution for their problems.

According to ([Thompson Coon et al., 2011](#)) a professor and research expert on gratitude from the University of California, Davis; Gratitude that is done regularly is scientifically proven to provide the following benefits physically, including having a stronger immune system, being able to withstand pain more, lowering blood pressure, exercising more and taking care of their health more often, sleeping longer and staying healthy. feel more refreshed after all. While the psychological benefits, namely being more alert in dealing with problems and being more enthusiastic, more joyful and joyful, and happier, and finally the social benefits are

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more helpful, kinder and more compassionate, easier to forgive, more friendly and easy going. socialize, feel less lonely and isolated.

Research shows that resilience in adolescents can be influenced by the gratitude they have (Listiyandini, 2016). Positive feelings such as gratitude, positive thinking, receiving, and giving a sense of happiness, are forms of gratitude and if owned by someone will affect their perspective to be more confident (McCullough, Emmons, & Tsang, 2002). Other research shows that gratitude has a contribution to the formation of academic resilience in students. The existence of a significant positive correlation between gratitude and resilience is also explained that the average level of gratitude and resilience increases with age.

Based on the explanation above and previous studies, it can be seen that gratitude is one of the important predictors in increasing resilience in adolescents. Research on resilience recommends building resilience such as building relationships with others, strengthening adaptive skills and self-regulation, and applying belief systems and traditions that exist in culture and religion. One of the traditions in religion is to be grateful for what you have and are faced with. Individuals who have the ability to deal with stress accompanied by gratitude can increase life satisfaction, decrease desire for material things, and become reinforcement in social relationships.

Gratitude is described by Lambert, Graham and Fincham as a factor that can overcome the effects of stress, especially helping to re-appreciate a situation full of

problems to feel lighter. Cannon in his research also shows that gratitude is one of the differences between individuals who have resilience and gratitude for victims who are able to survive. Peterson and Seligman (2004) define gratitude in a narrower sense, namely a response of gratitude after receiving something of value both in the form of material and moments because of the beauty of nature. Emmons and McCullough define gratitude as a concept of emotions, attitudes, moral views, habits, personality, and responses to situations.

In Watkins' research (2004) found that gratitude is one of the characteristics with a sense of purpose such as integrity and optimism. A sense of purpose is one of the supporting factors of resilience, so it can be said that gratitude is related to resilience. In short, it can be said that it is gratitude that helps individuals to face difficulties and that is the ability of resilience. Cannon in his research found that gratitude is related to resilience.

The explanation above shows that the role of gratitude is indeed very important in the resilience of adolescents who live in orphanages. The orphanage is expected to realize that psychological factors are also important to pay attention to in addition to physical factors, so that teenagers who live in wear and tear can have the ability to take responsibility for themselves in dealing with and solving problems or pressures they are facing. How to Increase Resilience Through the Importance of Gratitude

Based on the description above, it is shown that gratitude has an important role in increasing the resilience of adolescents living in orphanages. The resilience of

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adolescents living in orphanages can be said to be good if it is supported by increasing gratitude. Several events can be carried out so that gratitude can be held in a good category, for example by doing gratitude exercises. Interventions or methods that can be carried out individually or in groups are among others by conducting a Gratitude Journal, Gratitude Visit or Gratitude Visit, Behavioral Cognitive Approach by Miller, Raise Therapy, Gratitude Bottle, and Gratitude Amble or leisurely walks.

A gratitude journal is a method or intervention that can be done by writing and delivering a thank you letter as well as keeping a gratitude journal. In this case, what is meant by a gratitude journal is to write in a youth journal about three things that you are grateful for yesterday. This intervention assumes that there are still many individuals who focus on negative things rather than positive things in life. Focusing on things for which you are grateful helps people to experience greater life satisfaction and more positive emotions, while building on human strengths, such as gratitude and optimism.

A Gratitude Visit is a strategy based on writing and delivering a letter of gratitude and is thought to increase feelings of gratitude in individuals. In this intervention, the individual is asked to think of someone whom the individual has never given thanks or a special favor. Next, write the letter of gratitude to the person to express gratitude and appreciation for the benefits received. Finally, the individual is asked to send a letter of gratitude (directly) to the intended recipient. This exercise assumes that although individuals may express

gratitude frequently but often fail to express the depth of that individual's gratitude to others. This intervention aims to encourage individuals to show gratitude for the goods or things received.

Behavioral Cognitive Approach by Miller, which allows individuals to learn to be grateful through completing four simple steps, namely: (a). identify ungrateful thoughts, b). create thoughts that support gratitude; (c) replacing ungrateful feelings with supportive feelings of gratitude; (d) turning inner feelings into action.

In this Japanese meditation technique, one learns how to meditate on questions related to gratitude, 'What do I receive?, What do I give?', what problems and difficulties do I cause others?. Gratitude meditation is designed to help individuals bring more gratitude into their daily lives and motivate them to reciprocate.

This intervention is very possible to be carried out every day or in a week as much as two or three times. After some of the interventions described above, there are still many interventions that can be done alone, in groups or by counselors or therapists in realizing gratitude that plays a role in the resilience of adolescents living in rural areas. orphanage.

The grateful bottle is a simple exercise that has a profound effect on individual well-being and outlook. It only requires a few materials, namely a jar or bottle, ribbon, stickers to decorate the bottle or jar as well as paper and writing utensils to write gratitude notes. The step taken is to decorate the jar or bottle as attractively as possible, then fill in a note from a small paper that has written down three things that you are grateful for that day. This is

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done every day. Over time, the individual will find that the individual has a jar full of many reasons to be grateful for what he or she has.

If at any time an individual experiences sadness or disappointment, he can open a small collection of papers in the bottle or jar about reminding himself of who and what is good in that individual's life.

Gratitude Amble or a leisurely walk is to take a leisurely walk accompanied by clearing the mind with gratitude. This has health benefits such as increased endorphins that reduce stress, improve heart health and circulation in the body, reduce lethargy, and decrease blood pressure.

The purpose of this gratitude journey is to observe the things around that can be seen while walking. By paying attention and observing the natural surroundings, such as the fresh air, the sound of birds, people who are doing activities including feeling the skin can feel the wind blowing, feet can step on the ground, and so on. This exercise will be more fun if done with a partner or friend so that it can show appreciation for being able to spend time walking together.

## CONCLUSIONS

Gratitude has an important role in the resilience of adolescents who live in orphanages. Teenagers who live in orphanages need the ability to survive, and be strong in the face of obstacles and obstacles as previously described. This ability is known as resilience.

In resilience there are five aspects that influence it, namely: a). personal competence, high standards, and

perseverance; B). self-confidence, openness to negative influences and strong in the face of pressure; C). positive acceptance of change and good relations with others; D). self-control and e). spiritual influence.

In this case, adolescents who live in orphanages must be able to accept all the circumstances and conditions of their way of life that has been given by God. In other words, they must have the ability to be grateful. Gratitude is a feeling of appreciation, joy, and appreciation for the things that are obtained during life, be it from God, humans, other creatures, or the universe. Gratitude in adolescents or individuals is a tradition that is in a belief and religion. This is what explains implicitly that gratitude is a form of spiritual influence in which spiritual influence is an aspect of resilience.

Gratitude on the basis of religiosity makes individuals or teenagers aware and feel unworthy of the gift that God has given them. This can be shown by carrying out worship according to their respective beliefs well and having confidence that the life that exists today belongs to God, while humans only need to live and be grateful for the pleasures that He has given. This is also supported by research. This is also explained by Banerjee & Pyles, namely that one of the protective factors that make resilience is spiritual belief through faith.

Other studies have shown that gratitude has a contribution to the formation of resilience in adolescents. There is a significant positive correlation between gratitude and resilience, the relationship between the two will continue to increase as the individual ages.

Gratitude in orphanage youth can be

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increased in several ways, including through conducting a Gratitude Journal, Gratitude Visit or Gratitude Visit, Behavioral Cognitive Approach by Miller, Raise Therapy, Gratitude Bottle, and Gratitude Amble or leisurely walks exercises.

Gratitude for orphanages also requires support from various parties so that their resilience can be increased. Among them: first, the orphanage itself must provide scheduled attention and gratitude training to the youth of the orphanage. Second, the counselor who also cares about the psychological development of adolescents who live in orphanages by providing counseling individually or in groups. Third, the social service or government, which also fulfills the psychological needs of adolescents living in orphanages, does not only fulfill physical needs. From the results of this literature review, it is hoped that it can contribute to further research with other aspects that have an important role in increasing the resilience of adolescents living in anti-care dip.

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