

## The Hardy Picture of a Wife (Case Study on the Wife what are the Background of the Family)

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### Abstract

*Hardiness is a series of personalities in every human being acquired through genetic inheritance and accumulation of life experience. A person will have hardiness if he has good self-commitment, self-control, and self-challenge. In addition to genetic inheritance, hardiness formation can also occur through situations and conditions encountered, which creates a convenience toward the situation being experienced, experienced and done. One of the vital functions of a person, especially a wife who acts as the backbone of the family, is creating self-defence so that she feels stronger and more convenient in dealing with any problem in life. This research employs a qualitative method using a case study approach where the researcher observes all family activities. In this research, the researcher is taking a role as the main instrument of data collection and identification by exposing and describing the data toward the research object. For validity, field data revision, and source triangulation. This research suggests seven problems associated with a wife who acts as the backbone of a family. These include a. self-time management, b. self-hesitant and doubt, c. self-enforcement to work, d. lack of social support from their family and surrounding, e. lack of tolerance or empathy, f. ignorance and Negligence from their family and surrounding, g. they are becoming the object of talk (bullying). Formation of hardiness on a wife acting as the backbone of a family occurred through four phases: a. existence of self-obsession and commitment, b. existence of spirit and belief to archive the obsession, d. change of traits and attitudes. Furthermore, eight factors contribute to the formation of a hardy personality. These include a. having hope within oneself, b. act independently, c. self-confidence, d. self-disclosure, e. social support, f. being modest, g. religiosity, h. thankful*

### Keywords

hardiness; working wife; family



## I. Introduction

Family life is bound by the existence of relationships between family members (Djamarah in Hendra, Y. et al. 2019). The family is the smallest institution in society that functions as a vehicle for creating a peaceful, safe, peaceful, and prosperous life in an atmosphere of love and affection among its members. The family is also the smallest unit in the structure of society that is built on marriage or marriage consisting of a father or husband, mother or wife, and children (Mufidah, 2012:33-34).

From the results of interviews with the subject's neighbours on September 16-17, 2016, and interviews with the subject on September 23-24, 2016, in the first stage, it was found that the subject of SR had started to work since he was not married, SR never sat idle and only relied on the salary of her husband's work, but SR has her job with the aim of helping her husband in providing for his family and improving the quality of his family

life. This is not much different from what was experienced by the subject of LU. From the results of interviews with the subject's neighbours on October 14-15, 2016, and interviews with the subject on October 21-22, 2016, it is known that since the first time LU decided to marry himself stairs, the subject does not think about what kind of job her husband has, the subject works by helping her husband and believes in God's help who comes to help her so that LU and her husband have not had a permanent job or odd jobs since the beginning (Interview, 2001, 16:16-September 16-26). 22 October).

For women who decide to work, there are at least three reasons, namely: (a) As self-actualization, (b) As time filler and an effort to get out of the routine of taking care of the household, (c) As an effort to earn a living. A woman decides to work for two or three seasons at once. The first two reasons can be done when women have been able to fulfil their daily needs, either on their own business or with the support of others, while women who work for the third reason relatively have no other choice. If they do not work, it will be increasingly difficult to meet their daily needs.

Women who work for household economic limitations often have to be trapped in marginal jobs that do not allow them to have a good position in the workplace. Because they generally have low education, the type of work they can get is generally a type of work that relies on labour and is ready to be replaced by other workers. In this case, women experience injustice. On the one hand, women are still considered family administrators responsible for domestic tasks. However, on the other hand, they also have to work to make ends meet without being recognized as the main breadwinner (Tukiran, 2007: 233).

The subjects in this study were categorized as working as a way to increase self-actualization and as a way to provide for their family's needs. This can be seen in interviews, where the subject of SR expressed his desire to improve the quality of life for himself and the subject's family by (a) participating in PKK activities for residents and becoming treasurers, (b) attending recitations and gatherings for NU Muslim women, (c) want to have a private and suitable house to live in, (d) be able to send their children to graduate school, and (e) work odd jobs (labour) to meet the needs of daily life, because her husband does not work (Interview, 24 September 2016- 12 November 2016).

The statement presented by the subject LU is also not much different from what is explained by the subject SR, where LU works as a way to increase self-actualization and as a way to provide for the needs of his family. This can be seen in the interview, where the subject of LU expressed his desire to improve the quality of life for himself and the subject's family by (a) attending recitations and gatherings for NU Muslim women, (c) becoming an administrator of NU Muslimat in Waru Village, (d) having activities in addition to daily routines at home such as (holding recitations at home if none of the recitation members is willing to facilitate these routine recitations and become Koran teachers), (e) participating in PKK activities, (f) wanting to have a private and suitable house to live in, ( g) can send their children to graduate school, and (h) work by receiving cake orders to meet their daily needs, because her husband does not have a fixed income (Interview, 22 October 2016-17 December 2016).

The subject's life, especially in economic problems, can be said to be simple. This can be seen when building a good rapport and conducting phase I observations on the subject of SR and LU. It can be seen that the subject's house, household items, the subject's family lifestyle, education of his children, and part of the work owned by the subject's family. However, all of these circumstances, both in SR and LU, did not prevent them from actualizing themselves with their environment and continuing to strive to realize the

wishes of their families as much as possible (Observation, 2001, 16: 16 September-22 October).

Kobasa (1979) suggests that resilience is a personal characteristic that includes commitment, control, and challenge. Hardiness (Kobasa, Maddi, and Kahn, 1982) argue that commitment is a tendency to involve oneself in life activities, whether work, family, self, or hobbies. Control is defined as the tendency to feel and act as if it were influenza (response) only, not passive helplessness when faced with various contingencies in one's life. Challenge is defined as the belief that change rather than stability is normal in life, and anticipation of change is an incentive for growth rather than a threat to security (Judkins et al., 2005).

Referring to some of the data and theories that have been described above, as well as the meaning of a family, especially for women or wives who are the backbone of the family, this research is focused on taking the title "Description of the Hardiness of a Wife (Case Study on the Wife Who Becomes the Backbone Family)". This is very interesting to be studied and discussed more deeply because there is a difference between the situation that should exist and be carried out. Families with cultural backgrounds in East Java and people with patriarchal cultures determine that the responsibility for finding and providing for the family is the father. At the same time, mothers are more focused on the role of reproduction in the domestic sphere and how the process of hardiness is formed in the subject. This research aims to describe the problems faced by the wife. She is the backbone of the family, to describe the process of forming the *hardiness*, which is the backbone of the family, to describe what factors shape the *hardiness*, which is the backbone of the family and the benefits.

## II. Research Method

According to (Denzyme et al., 2011:03), Qualitative Research is an activity that places the researcher in the world. Qualitative research consists of material interpretation practices that make the world visible. These practices transform the world. They transform the world into a series of representations, including field notes, interviews, conversations, photographs, recordings, and personal notes. The type of research used is qualitative research with a case study method. In this case, qualitative research involves a naturalistic interpretive approach to the world. This means that qualitative researchers study objects in their natural environment, trying to use or interpret phenomena in terms of society's meanings (Creswell, 2014: 58).

This research uses qualitative research with a case study method because, with this research method, researchers can reveal more deeply about the personality characteristics of a wife's hardiness, who is the backbone of the family in the research subject.

### 2.1 Data and Data Sources

Data is obtained through data collection methods that will be processed and analyzed with certain methods that will then produce something that can describe or indicate something. There are several commonly used data collection methods in qualitative research, including interviews, observation, documentation studies, and focus group discussions (FGD) (Herdiansyah, 2012:116).

Qualitative research data collection is carried out in natural settings (natural conditions), primary data sources and data collection techniques are more on participating observation (participant observation), in-depth interviews (in-depth interviews), and documentation (Sugiyono, 2014:225).

Collecting qualitative research data must begin in stages, each stage of which is interrelated with one another. There are five stages of the qualitative data collection process, namely: (a) Identifying research subjects or participants and the research location (site), (b) Finding and gaining access to research subjects or participants and research locations, and (c) Determining the type data to be searched or obtained, (d) Develop or determine instruments or data collection methods, (e) Perform data collection (Herdiansyah, 2012:152).

Qualitative research data can be generated through two sources: using primary data sources and secondary data sources. Primary data sources are data sources that directly provide data to data collectors. At the same time, secondary data sources are sources that do not directly provide data to data collectors, for example, through other people or documents. Furthermore, when viewed in terms of data collection methods or techniques, data collection techniques can be carried out by observation (observations), interviews (interviews), questionnaires (questionnaires), documentation, and a combination of the four.

**Table 1.** Data and Data Sources

No.	Data	Source Data
1.	The process of forming the nature of <i>hardiness</i> .	The research subject, the subject's family, the community around the subject, and documentation.
2.	Factors forming <i>hardiness</i> .	The research subject, the subject's family, the community around the subject, and documentation.

## 2.2 Data Collection Techniques

By the open and flexible nature of qualitative research, methods and types of data collection in qualitative research are very diverse and adapted to the problem, research objectives, and the nature of the object being studied. These can be mentioned as interviews, observations, focus group discussions, analysis of works (writings, films, and other works of art), document analysis, personal notes, case studies, life history studies and so on (Poerwandari, 1998:61).

Data collection techniques in this study used in-depth interviews and documentation of research subjects by the criteria determined by the researcher.

## 2.3 Data Analysis

The analysis carried out after entering the field in this study was the researcher used the data analysis model of Miles and Huberman (1986). This analysis consists of four stages, namely:

### a. Data Collection

The collection process is carried out before the study, at the time of the study and the end of the study. At the beginning of the study, the researcher conducted a pre-preliminary study to verify and provide preliminary evidence that the phenomenon under study exists (in Herdiansyah, 2012:164).

### **b. Data Reduction**

Reduction or data reduction is merging and homogenizing all forms of data obtained into one written form (script) to be analyzed. The data in the form of interviews, observations and documentation studies or the results of FGDs are converted into written form (scripts) according to their respective formats (Herdiansyah, 2012: 165).

### **c. Display Data**

This study's display of display or data presentation is processing semi-finished Data uniformly in written form. It already has a clear theme flow by the themes that have been grouped and categorized (Herdiansyah, 2012:176).

### **d. Data Verification**

Verification or conclusions are the final stages in a series of qualitative data analyses according to the Miles and Huberman (1984) model. Using the Miles and Huberman model, conclusions contain descriptions and all subcategories of themes listed in the categories listed in the categorization table and the coding provided. Completed, accompanied by a verbatim interview quote.

Each sub-categorization is described in general, accompanied by a description of the subcategories of themes and coding in the form of interview verbatim quotes which are then concluded specifically and narrowed (in Herdiansyah, 2012:179).

## **III. Results and Discussion**

### **3.1 Problems with the Wife, who is the Backbone of the Family Subject SR**

From a traditional perspective, Parson and Bales (Pleck, 1984) formulate that there appears to be a "role-differentiation" or role-differentiation in the family. In this distinction, men are responsible for family relations with the world outside the family, while women are responsible for the internal needs of the family. Thus, men do not deal with problems of domestic tasks and children. They are more related to the environment and become breadwinners (Andayani and Koentjoro, 2007: 53).

Nafkah is an expense or something issued by someone for the people who are their responsibility. This standardization is not a problem if the wife wants, decides to choose to be a housewife without anyone's pressure, and is based on arguments and considerations that provide comfort for the wife. The selection of this role is not a problem (Mufidah, 2012: 126-127). Some problems always come when the subject is carrying out a role that should not be carried out; two main problems exist within a person, namely internal problems and external problems. Among the problems that the subject experienced were:

#### **a. Internal Problems**

Among the internal problems experienced by SR, namely his independence in problem-solving problems, made him have to be good at time-management in himself between household work and work to earn a living, so that occasionally SR had to refuse Jobs offered by other people to him (SR.WI.7c), There is a feeling of shame and doubt in the subject due to the failure that the subject has experienced. Vice versa, there is a feeling of autonomy-proud because of the success that can be achieved gradually (Alwisol, 2009: 93).



## **b. External Problems**

Among the external problems experienced by the subject, namely the existence of an element of coercion from within SR (T.SI.WII.2) and LU (LU.WII.11a) to work. The SR neighbour's speech is the same as what he said (SR.II.20), the actions taken by the subject occur because of a need in him, so he internalizes his needs through actions to fulfil his needs. So that the subject does (progression) or forward motion, where the success of the conscious ego satisfies the environmental demands and unconscious needs, the energy will support progressive motion where conflicting forces are united in a harmonious are (Alwisol, 2009: 53). In addition to the lack of social support (social support) and a sense of tolerance (empathy), SR also feels an attitude of indifference and indifference in the family environment and the environment in which she lives. This is reflected when SR pours out the problems she faces to her husband (SR.WII.7 ). She did not get a solution or response from her husband (SR.WI.2), and SR's husband was indifferent to what his wife needed and experienced (T.SI.3). So SR pours out the problems he faces to people who care and want to know about his problems (SR.WI.11). SR needs family and environmental support in dealing with the problems he experiences, but not many of them want to know about the problems that SR faces (SR.II.17 Community life, making the subject always interact with one another and complicated. Another problem faced by SR was being the object of discussion (bullying) in the environment around where SR lived (SR.II.23a), and the same thing was experienced by LU (LU.WII.13). These things happened because the subject was running a role that should not be played by her but by her husband. Of course, there are groups in a society where each group has prejudice and discrimination that tends to contain very negative and inaccurate beliefs about the characteristics and attributes of the target group. Of course, the prejudice will cause detrimental consequences for the target group (Mercer et al.,2012:102).

## **3.2 The Process of Forming Hardiness**

Traits can be used as a buffer against the effects of stress which causes a person to experience low levels of strength and self-restraint in dealing with their problems. More specifically, each component of hardiness can increase self-defence resources that can be used to reduce the impact of stress on humans. Good self-control in a person now and in the future can be seen through the self-restraint resources he has (Hobfoll, 1989). Kobasa (1979) concluded that people who are high in the aspect of the challenge are very good at being explored their environment (society) and can be used as a resource to help someone when facing problems (in Eschleman et al., 2010:277–307).

Kobasa (1979) suggests that hardiness or hardiness is a personal characteristic that includes commitment, control, and challenge. Hardiness (Kobasa, Maddi, and Kahn, 1982) argues that commitment is a tendency to involve oneself in life activities, whether work, family, self, or hobbies.

Based on the findings of researchers from research subject data, there are at least four things in the process of forming the nature of hardiness in a wife who becomes the backbone of the family, including:

### **a. The Existence of a Desire (Tension) and Self-Commitment**

A person's dream to realize something is based on a sense of desire (intention) and hope (hope) as a motive that is in him (SR.II.22) so that serious attitudes and behaviours arise as motivation in a person in order to realize his or her desire (SR.WI.3). Taylor et al. (2012:599) explain that someone who commits to behaving is defined as a person's decision that cannot be changed or revoked. Commitment refers to a tendency to involve

oneself in activities in life and have a genuine interest in curiosity about these activities and other things and people (LU.WII.11a) (in Kardum et al., 2012).

Kobasa (1979) also defines that high commitment is seen in an activity (LU.WI.5), and people who are strongly committed will have a sense of purpose (tension and hope) and self-understanding that allows a person to reveal meaning in himself and value any activity he does (LU.WI.1) (in Barbara et al., 2003: Vol. 10 No. 4).

#### **b. The Existence of Self-Control**

Taylor, Letitia and David (2012:600) mean that self-control is the state of a person to think more and express more familiar, aware, and considerate of the state of behaviour in daily activities. The control dimension is defined as a person's tendency to believe and act as if they can influence life events through their efforts (Kardum et al., 2012).

Kobasa (1979) defines high control as reflecting the belief that a person can influence their environment. Like children, they feel they have the power to turn a situation into a favourable one. This is the same as experienced by LU. When he faces problems, he always solves them by himself (LU.WII.6), and when LU becomes the subject of discussion by the surrounding environment, he never ignores it. He remains calm with the situation. He lived at that time (LU.WII.13).

#### **c. The Existence of Passion and Belief in Realizing the Wishes**

Kobasa (1979) defines a challenge as an individual's way of expressing the meaning of themselves and the value of whatever activity they do. Highly challenging individuals believe that self-change is better than stability in life. This is similar to the situation experienced by SR, where he wants to change his family to be better than before, in whatever way he can to the maximum (SR.WI.5). SR is also always sure that his efforts will pay off (SR.WI.20c) and went according to what he expected (in Barbara et al., 2003: Vol. 10 No. 4).

Challenge refers to the belief that change in life is an opportunity or process for self-growth (SR.WI.20e). The same thing also exists in LU, where LU has never doubted solving the problems faced (LU.WI.13a), and LU has never felt fear and doubt when facing it all. LU always believes in her ability to solve these problems (LU.WI.8) well (Kardum et al., 2012).

LU's optimistic nature and belief in solving the problems he faces are always visible in him (LU.WI.15). LU is sure that he will get the help Allah has given him (LU.WI.10a), and he believes that help will come to him very quickly (LU.WI.20c). As stated by Bandura that every activity, skill, and self-confidence that ensures optimal use of abilities is needed so that the self can function successfully / maximally (Alwisol, 2009:297).

#### **d. Changes in Character and Attitude**

Alport defines trait as a predisposition to respond equally to groups of similar stimuli, determinants of general tendencies, can be used in more situations, and lead to more variations in response (Alwisol, 2009:222). Starting from the condition of compulsion in the subject of SR (SR.WII.10) and LU (LU.WII.12) to work in order to meet the needs of family life, as well as an indifferent attitude and lack of support from several family environments, LU (LU.WII.5) and SR (SR.WII.13), made the subject himself indirectly to try and be independent SR (SR.WI.1c) and LU (LU.WII.7) to make his wish come true. Continuous conditions like that make the subject feel pressured every day, and from this feeling of self-pressure, the subject gets used to it and makes SR and LU strong.

A habit (habit) is like (a trait). However, as a determinant of the tendency of a special habit, it is only used to respond to one situation or stimulus and the repetition of that situation or stimulus. The situation that SR and LU continuously lived in made the subject himself accustomed to the routine he was doing. So that SR and LU can accept her husband, who does not want to work and the subject is active as usual with enthusiasm (SR.II.20) and optimism (LU.WI.8) in order to realize his dream (SR.WI.3) (Alwisol, 2009: 222).

Psychological conditions and circumstances that keep repeating themselves in SR and LU make these conditions change their attitudes and habits in acting and behaving. Attitudes are more common than habits but less common than traits. Attitudes range from very specific to general, while traits are always general. Attitude is different from habit and trait in its evaluative nature. So that SR and LU also feel grateful for what they have, in that SR and LU do not feel the problems they are experiencing as a burden in their lives. So that SR and LU have strong and tough personality characteristics or hardiness (Alwisol, 2009:222).

The personality characteristics in SR and LU can be categorized as types in humans. Type is a numeric category and a much broader concept than the three above. As a category, the type will classify humans into several types of behaviour models. Type summarizes the other three concepts, describing the combination of trait-habit-attitude that can theoretically be found in a person so that SR and LU can be said to be people who have the nature of hardiness (Alwisol, 2009:223).

### **3.3 Forming Factors**

Forming hardiness in a wife who is the backbone of the family is not easily formed and becomes part of her personality characteristics. Of course, there are many factors behind forming hardiness in her so that a person has characteristics. A strong, tough, and capable personality will solve all the problems faced at that time and in the future.

Many things can shape the process of hardiness in a person. However, the research findings found several factors that play a role in building the process of forming the wife's hardiness, who is the backbone of the family. Two main factors influence a person's behaviour, namely internal and external factors. Internal factors in behaviour are due to something or triggers within the person (e.g. traits, motives, and intentions). In contrast, external factors in behaviour are due to something or triggers that exist or an assumption that most people will behave the same in a situation. these situations (Mercer et al., 2012: 24) include:

#### **a. Having Hope in Yourself**

Hope is a basic form of belief that something you want will be obtained or an event will bear fruit in the future. In general, hope is in the form of abstract and invisible, but it is believed that sometimes it is thought up and made into suggestions so that it can be realized. However, sometimes hope rests on someone or something. In practice, many people try to make their hopes come true by praying or trying (Wikipedia, accessed on 29 January 2016).

#### **b. Being Independent**

Monks et al. (in Suparmi and Sumijati, 2005) show that independent people will show exploratory behaviour, make decisions, be confident, and be creative. In addition, they are also able to act critically, not afraid to do something, have satisfaction in carrying out their activities, are confident, able to accept reality (Cronbach in Suparmi and Sumijati,



2005) and can manipulate the environment, able to interact with peers, confident, focused on goals, and being able to control themselves (Johnson and Medinnus in Suparmi and Sumijati, 2005) (in Uzlifatul, 2013, Vol.2, No.3:278-287).

### **c. Self-confidence**

Walton (1991:6) states that self-confidence is a person's belief in the abilities that exist within him. This understanding is then strengthened by Hambly (1991:3), who states that individuals possess self-confidence in handling any matter or situation.

### **d. Self-disclosure**

Research conducted by Johnson (in Gainau 2008) shows that individuals who are capable of self-disclosure will be able to express themselves appropriately, proven to be able to adapt (adaptive), more confident in themselves, more competent, reliable, more able to be positive, trust others, more objective, and open. On the other hand, individuals who are less capable of self-disclosure are unable to adjust, lack self-confidence, have fear and anxiety, and feel inferior and closed. This can be seen in SR. SR tries to adjust to the situation he is experiencing (SR.WI.1a), although sometimes there is not always support that comes to him.

Martinez (2013) also explains that self-disclosure is not brought from birth but through a human lifelong learning process.

### **e. Social Support**

(social support) according to (King, 2010) is information and feedback from others that shows that someone is loved, cared for, valued, respected, and involved in a network of communication and reciprocal obligations. . Social support is in the form of support for someone in dealing with problems such as advice, affection, attention, guidance. It can also be in goods or services provided by family or friends. The more people who provide social support, the healthier a person's life will be.

### **f. Be Modest**

Simplicity is a property, condition, or quality when anything can be considered to have. Simplicity usually relates to the burden that something puts on someone trying to explain or understand it. The life that the subjects live seems simple. They never force themselves to realize something that they consider less important and needed for themselves and their families.

### **g. Religiosity**

The definition of religiosity based on the dimensions proposed by Glock and Stark (Ancok, 2005) is how far the knowledge, how strong the belief is, how diligent the implementation of worship is, and how deep the appreciation of one's religion is. This is reflected in the subject's life when SR and LU live the life he lives (SR.WI.6) (LU.WI.18b). Glock and Stark (Robertson, 1988) also add that a person's religiosity includes various sides or dimensions. Dimensions of belief, dimensions of religious practice, dimensions of experience, dimensions of religious knowledge, dimensions of practice and consequences (in Pontoh et al., Vol.4, No.01:100-110).

Religiosity is manifested in various aspects of human life. As humans become more efficient at satisfying their basic and biological needs, they have more energy to develop cultural interests. These goals are achieved through progressive motion (forward motion) and regression motion (backward motion) (Alwisol, 2009: 53). Diversity activities do not

only occur when a person performs ritual behaviour (special worship) but also when carrying out other life activities such as optimism and belief in God's help (LU.WI.11b).

#### **h. Gratitude**

According to the term share, gratitude is an acknowledgement of the favours given by Allah SWT accompanied by submission to Him and using these favours by the will of Allah SWT (Muhammad Syafi'ie el-Bantanie, 2009). (Wood et al., 2008) say that gratitude classically describes positive personality traits by showing positive views, orientations and research in life (Andayati, 2016).

#### **3.4 Data Validity**

Based on the results of the research conducted, the researchers obtained results related to the explanation of the theory that women who decide to work, there are at least three reasons, namely: (a) For self-actualization, (b) As a filler of time and effort out of the routine of taking care of the household, (c) As an effort to earn a living. A woman decides to work for two or three seasons at once.

### **IV. Conclusion**

Based on the research results obtained, the problems with the wife, the family's backbone, are a. setting (*time-management*) within, b. feelings of shame and a little doubt in themselves, c. there is an element of coercion from within to work, d. lack of (*social support*) from the family environment and the surrounding environment, e. lack of tolerance and (*empathy*), f. there is an attitude of indifference and indifference in the family environment and the surrounding environment, and g. become the object of conversation (*bullying*).

Forming the nature *hardiness* towards the wife, who is the backbone of the family, starts from: a. existence of desire (*intention*) and self-commitment, b. the existence of self-control (*self-control*), c. the spirit and belief in realizing the desire, d. changes in the nature (*trait*) and attitude. Factors forming the *hardiness* There are at least eight have *hope* in themselves, b. be independent, c. *self-confidence*, d. self-disclosure, e. social support (*social-support*), f. be simple, g. religiosity, and h. grateful (*gratitude*).

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