

A CASE STUDY ON ORPHAN'S GRIT

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ABSTRACT

Orphans need support in living this life, and need grit in their lives, including in their education. This study aims to analyze the picture of an orphan's grit, and the factors that influence grit. The research method is qualitative research in case study. Data were collected through interviews, observations and psychological tests. Research respondent one orphan living in an orphanage "X". The results showed that orphans have good grit, and the factors that influence grit, namely individual factors and social support factors, such as from peers and the surrounding environment. The findings in this study are expected to be a contribution, especially for orphans, to be optimistic and do their best in achieving the future.

Keywords: Grit, grit factors, orphans.

INTRODUCTION

The number of orphans in Indonesia is recorded at 4 million [1], with the number and existence of orphans requiring comprehensive attention, including material sufficiency and physical and mental well-being. An orphan is a child who no longer has a father, while an orphan is a child who no longer has a father and mother [2], even though the father is the figure needed by the child and plays an important role in the care of the child [3], likewise, the presence of the mother is also important in the formation of children's character. The separation of children from their parents due to death, who are in a developmental period, feels heavy when they have to face various problems of living in their own social environment, tend to be vulnerable to mental health problems, [4], among others; feeling depressed [5], post traumatic stress disorder/PTSD [6], teenagers living in orphanages are also emotionally unstable [7].

Orphans are categorized as children who have lost family support [8], Therefore, the involvement of all parties, including the government, is very important to overcome the problems of orphans, as well as community participation in the form of moral, material and care support. In order for orphans to have long-term goals for success in life including in education, one of the things needed is grit, grit means an individual's ability to persevere and persevere to achieve their long-term goals [9]. Grit is an interesting topic in psychological approaches, especially positive psychology, and is one of the important personality factors to achieve success. [10].

Grit is very important in education, especially in the psychological aspects that affect educational success, because people who have high grit will strive continuously to achieve maximum results [11] and individuals who have high grit are diligent and persistent [9]. Grit also affects academic achievement [12]. If an orphan loses a father or mother but has high grit, it helps the orphan to always have a fighting spirit, persevere in achieving life goals and socialize with others in their environment. Grit has two aspects [9], namely, first; passion is consistent in trying to achieve goals, and second; perseverance, namely consistency in interests, where individuals are able to persist in efforts that have become choices, or consistent in interests over a long period of time, meaning how long and hard individuals try.

In pursuing education, it is important for orphans to need grit, otherwise known as academic grit, because individuals who have academic grit, will be persistent in determination, have resilience, and focus on pursuing excellence in academics [13]. The results showed that academic grit was significantly correlated with academic achievement [13], [14] satisfaction at school and in life [15]. Orphans need grit, because grit is perseverance and a great desire to achieve long-term goals over a long period of time [9]. Given the importance of grit in the lives of orphans, this research aims to analyze the picture of grit in orphans living in orphanages and the factors that influence grit in orphans.

RESEARCH METHOD

This research is qualitative research, with a case study approach, which involved one respondent in a depth interview. The research respondent was selected by purposive sampling, with the category of a 12-year-old orphan who was fostered by other people (not their families). Data were collected through observation, interviews, and graphic tests, which were analyzed by qualitative analysis.

RESEARCH RESULTS

Overview of Grit in orphans

The research respondent is an orphan, who is 12 years old, and has lost his father and mother. The respondent is a quiet and introverted child, but has a respectful attitude towards others, especially with others who are older. Respondents seem afraid and inferior to meet other people, where respondents when invited to talk always lower their faces and do not dare to meet face to face with the interlocutor.

An overview of respondents' grit based on graphical tests, observations and interviews, as follows: First; the respondent has enough desire or passion and is consistent in his efforts to achieve success, especially during school, where in his daily life the subject has time discipline for his life's needs including study and worship, including diligently praying the obligatory five times a day. In addition to diligently studying at school, the subject also diligently attended additional religious lessons from the orphanage. Respondents were happy at the home because they could continue their schooling, and their time at school was well utilized for learning and playing. The respondent never gave up learning in order to get academic achievement at school, his school achievements were also quite good even though he did not get first rank but never stayed in class. Respondents were also able to adjust to living in an orphanage, being with their friends with the rules of the orphanage, and being disciplined in carrying out cleaning duties in the orphanage environment. The respondent's attitude shows that he is consistent in his life despite his limitations. This was reinforced by an interview with the respondent's friend, who stated that the respondent was an obedient friend and easy to motivate, although sometimes lacking a strong stance.

Second; The respondent was quite persistent, despite feeling insecure in socializing, as the respondent admitted, that when associating with people of higher status, such as children of rich people, the subject felt insecure and lacked confidence, because the subject felt that he was only an orphan, even this attitude was also shown at school, towards his teacher, where when the respondent had difficulty learning mathematics, he did not dare to ask the teacher because he was afraid and felt unsafe if he asked. In addition, the results of psychological tests show that the subject has problems with social relationships, the subject is more silent. Based on the results of interviews with caregivers, it shows that the respondent is less open, including a quiet and obedient child and closed, and rarely tells the problems being faced.

The results of the research above show that the respondents have sufficient grit, although the respondents seem to be resigned to what is there, but the respondents have passiveness in learning which is quite good, discipline and get pretty good academic achievement at school.

Factors that influence orphan grit

Grit in orphans is influenced by several factors, the following are the results of observations and interviews: First; Individual internal factors. Respondents feel insecure when hanging out with friends who are not in the same fate, because respondents do not live with biological parents, and feel a burden on others, especially for the economy and education.

Second; external factors, namely support from peers and the surrounding environment. The conclusion from the interviews with the respondent's friends is that the respondent likes to make friends and feels comfortable living with many friends who support each other in carrying out daily life. The support from friends encouraged the respondent to live her life and to share her life experiences with other friends. Even when the respondent is less independent and does not dare to make decisions, the respondent can rely on her friends, especially with one of the older siblings who is considered her biological brother. Respondents were able to effectively adjust to the environment, had sensitivity to the environment, although they were sometimes dependent on the people around them. Therefore, the support of friends and caregivers is very important.

DISCUSSION

Based on the results of the study, it shows that respondents have sufficient grit, however, it needs to be improved, because grit is needed in an orphan environment, and high grit is needed because it affects life satisfaction [16]. Children who lose their father or mother due to death, create deep sorrow in children, especially having to live in an orphanage, therefore psychological support will also be meaningful so that orphans rise up and are able to struggle to remain enthusiastic and persistent in living their future lives so that children prosper, this is in line with the results of the study [17] that orphans have good well-being in the dimensions of acceptance and purpose in life.

Therefore, grit is needed for strong psychological fighting power, so that individuals are able to fight and reduce the loneliness of losing parents, this also requires the ability of orphans to disclose themselves, as the results of the study there is a positive and significant correlation between self-compassion and self-disclosure, [18], and resilience in adolescents in orphanages [19], and the health quality of life of adolescents in orphanages [20].

The community can help reduce the image of “pity” for orphans by providing full support from all parties, so that orphans feel happy, and are also given the opportunity to go to school. All parties are responsible for the lives of orphans, so cooperation is needed from all parties. Orphans are trained to be objective, and to persevere in order to be able to achieve education until higher education later.

CLOSING

Orphans need strong support, so that they will have high grit. Support from the orphan's environment is very important. The tendency for orphans to have less grit is due to the labeling of orphans with pity. Efforts need to be made to improve the grit of orphans. The role of the community is highly expected. For example, through welfare promotion. In addition, the most important thing is that love and psychological support for children are needed. In further research, it is hoped that researchers who are interested in conducting similar research will increase the number of respondents and the age of respondents, and conduct more in-depth research.

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