

The Correlation Between Self-Concept and Resilience in Adolescents with Single Parent

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Abstract

This study aims to examine the relationship between self-concept and resilience in adolescents with single parents through a literature review approach. The method used is a systematic review of seventeen scholarly articles published between 2014 and 2024. The findings indicate that a positive self-concept—such as self-efficacy, independence, and healthy self-esteem—is correlated with a high level of resilience. Conversely, a negative self-concept may hinder adolescents' ability to cope with psychosocial pressures resulting from non-intact family dynamics. Although not all adolescents from single-parent families exhibit low resilience, their psychological strength is influenced by the quality of self-perception and the social support available in their environment. The conclusion of this review highlights that strengthening self-concept is a key strategy in fostering resilience among adolescents raised by single parents. The practical implications of this study are expected to serve as a foundation for the development of psychological and educational intervention programs for adolescents in non-intact family settings.

Keywords: Self-Concept, Resilient Personality, Resilience, Adolescents, Single Parents

INTRODUCTION

Adolescence is widely recognized as a pivotal stage in human development, characterized by rapid physical, emotional, social, and cognitive changes. During this period, individuals begin to construct their identity, develop personal values, and form perceptions about themselves and the world around them. One of the most central aspects of this identity formation is the development of self-concept, which refers to a person's overall perception, belief, and evaluation of themselves—including their abilities, attributes, and worth (Burns, 1982). A well-formed and positive self-concept is crucial for healthy psychological functioning and plays a significant role in building resilience, or the capacity to adapt well in the face of adversity, trauma, or significant stress

In recent years, growing attention has been directed toward understanding how self-concept contributes to resilience, particularly among adolescents from single-parent families. Adolescents in these family structures often face greater challenges compared to peers from two-parent households. These challenges include increased economic hardship, emotional strain, limited parental involvement, and reduced access to social and educational support (Amato, 2000). According to research by (Hetherington, E. M., & Stanley-Hagan, 1999) children from single-parent households are at a higher risk for emotional problems, lower academic achievement, and difficulty in social adjustment. However, despite these risks, many adolescents from single-parent families display strong coping skills and psychological well-being—indicating the presence of protective factors such as a strong self-concept, effective coping strategies, and positive social support (Luthar, S.S., Cicchetti, D., & Becker, 2000).

Numerous studies have demonstrated that a positive self-concept acts as a buffer against psychological stress and is strongly associated with higher levels of resilience. Harter (Harter, 1999) emphasized that adolescents with a high level of self-concept are more likely to show emotional regulation, problem-solving skills, and lower levels of anxiety or depression. Similarly, a study by (Zimmerman, 2013) revealed that self-concept significantly predicted

resilience in adolescents from socioeconomically disadvantaged backgrounds. These findings suggest that cultivating a positive self-concept can be a key factor in helping adolescents overcome environmental and emotional challenges.

In the context of single-parent households, the formation of self-concept can be more complex. The absence of one parent—whether due to divorce, death, separation, or migration—can affect how adolescents perceive their own identity and value. Research by (Patterson, 1982) found that family processes such as effective communication, emotional support, and parental responsiveness were more predictive of adolescent well-being than family structure itself. This suggests that even in single-parent homes, adolescents can develop strong self-concepts if their emotional needs are met and if they experience supportive relationships.

Furthermore, the role of social support systems, such as extended family, peers, teachers, and community networks, is also crucial in fostering resilience. (Werner, E. E., & Smith, 1982) noted that resilient adolescents often have at least one stable and supportive relationship, which can mitigate the negative impact of familial stressors. For adolescents from single-parent families, these external sources of support may provide the validation and encouragement necessary to develop a positive self-image and confidence in their ability to overcome obstacles.

In Indonesia and many other developing countries, the number of single-parent households is increasing due to economic migration, divorce, or early parental death. This phenomenon calls for a deeper understanding of the psychological well-being of adolescents growing up in such family environments. Research in the Indonesian context, such as that by (Suryani, N., & Agustiani, 2015), found that adolescents from single-parent families who had high levels of self-concept also demonstrated greater emotional resilience and lower levels of behavioral problems.

Given this background, it becomes imperative to explore the relationship between self-concept and resilience, particularly in adolescents facing the unique challenges of single-parenthood. By reviewing relevant literature, this study aims to identify key patterns, correlations, and gaps in current research to inform effective psychological and educational interventions. Such understanding is critical for psychologists, counselors, educators, and policymakers working to support the development of adolescents in vulnerable family situations.

This literature review is therefore not only academically relevant but also socially significant. It is intended to contribute theoretical insight into the developmental interplay between self-concept and resilience and to offer practical implications for programs that aim to foster mental health and well-being among adolescents from single-parent families.

RESEARCH METHODS

This study applied a Systematic Literature Review (SLR) method combined with a Narrative Literature Review (NLR) approach to explore the relationship between self-concept and resilience in adolescents from single-parent families. This method was chosen because it allows the researcher to review and synthesize previous findings in a structured yet flexible way, focusing on recurring themes and concepts within the psychological and developmental context of adolescence (Snyder, 2019).

The literature search was conducted using the Google Scholar database with keywords in Bahasa Indonesia, such as “*konsep diri*”, “*resiliensi*”, “*kepribadian tangguh*”, “*remaja*”, and “*orang tua tunggal*”. Boolean operators like AND and OR were used to combine keywords and produce relevant search results. To maintain relevance and quality, the search was limited to articles published between 2014 and 2024, written in Bahasa Indonesia, and focused on adolescents aged 12 to 21 years from single-parent households. The following table presents the

details of each PICOS component along with the inclusion and exclusion criteria used in this study.

Table 1.

No	Component	Description	Inclusion Criteria	Exclusion Criteria
1	<i>Population (P)</i>	Adolescents aged 12–21 years from single-parent families	Studies on adolescents with single parents	Studies on children (<12 years) or adults (>21 years)
2	<i>Intervention (I)</i>	Psychological factor in the form of self-concept	Studies that discuss or measure self-concept	Articles that do not mention or focus on self-concept
3	<i>Comparators (C)</i>	Variations in contextual factors or psychosocial conditions of adolescents	Studies comparing adolescents' internal/external conditions (e.g., social support, coping strategies, childhood experiences)	Studies that do not explain contextual factors or only describe a single variable without any comparison
4	<i>Outcomes (O)</i>	Resilient personality or psychological resilience	Studies that measure or describe resilient personality	Studies that do not mention the outcome
5	<i>Study Design (S)</i>	Quantitative, qualitative, or mixed-method research	Empirical, peer-reviewed studies published in scientific journals	Opinion pieces, popular articles, undergraduate theses, or non-peer-reviewed articles
6	<i>Time (T)</i>	Year of publication	Articles published between 2014 and 2024	Articles published before 2014
7	<i>Language (L)</i>	Language used in the publication	Articles written in Bahasa Indonesia	Articles written in other languages

From the search results, a total of 17 articles met the inclusion criteria and were selected for review. These articles were then analyzed narratively by identifying key findings and grouping them into common themes. The themes included (1) factors influencing self-concept in adolescents from single-parent families, (2) the development of resilience in non-intact family contexts, (3) the relationship between self-concept and resilience, and (4) the role of social and environmental support. The information from each article—such as author, year, research method, subject, and main findings—was summarized and synthesized to draw conclusions aligned with the study's objectives.

RESULT AND DISCUSSION

The results of this systematic literature review revealed a consistent relationship between self-concept and resilience in adolescents from single-parent families, based on the analysis of 17 peer-reviewed journal articles published between 2014 and 2024. The findings demonstrated that adolescents with a positive self-concept tend to show higher levels of resilience, enabling them to adapt, cope, and even thrive in the face of emotional, social, and environmental challenges caused by parental absence (Rambe & Alfita, 2024).

A central finding across the reviewed articles is that a positive self-concept correlates significantly with resilient behavior. Adolescents who believe in their own abilities, possess a sense of purpose, and maintain self-respect are more emotionally stable and more capable of facing difficulties. This supports the theoretical understanding that self-concept plays a foundational role in psychological development and identity formation (Burns, 1982). Studies such as those by (Putri, 2017) confirmed that adolescents who are confident in themselves show stronger coping strategies, emotional regulation, and independence.

In contrast, adolescents with low self-concept—often shaped by negative parenting styles, lack of validation, or unresolved emotional trauma—were more prone to experience anxiety, withdrawal, and low motivation, all of which reduce their resilience. The research by (Dini, N.A., Kusumastuti, W., Hapsari, 2002) found that although adolescents raised by single parents had relatively well-developed emotional maturity, some still had difficulty expressing emotions and managing internal conflict, which is indicative of a fragile self-concept.

Interestingly, the literature also indicates that not all adolescents from single-parent families have low resilience. Several studies, including (Ilmi, 2022), reported that individual traits, social relationships, and active coping strategies contributed significantly to resilience development—sometimes even outweighing the influence of family structure itself. This emphasizes that resilience is a dynamic construct, shaped by an interaction of internal attributes (such as self-concept) and external support (such as social networks).

Furthermore, social and parenting support was frequently mentioned as a significant factor that strengthens both self-concept and resilience. Adolescents who received positive reinforcement, affection, and open communication from their single parent were better able to maintain emotional stability. For instance, (Christine, A., Dewi, F.I., Anggraini, 2024) found that adolescents raised with democratic parenting exhibited higher levels of control, commitment, and motivation when facing life challenges.

Table 2. In addition, the reviewed articles identified four major themes that frequently emerged:

No	Theme	Authors	Number of Articles
1	Factors Influencing Self-Concept Formation	Putri (2017), Rusdayanti et al. (2024), Manusakerti (2019)	3
2	Dynamics of Resilience Development	Budiarto dan Setiowati (2021), Faizah dan Zaini (2021), Suprihatin (2018), Christine et al. (2024), Dini et al. (2022), Ilmi (2022), Budi (2019), Rusdayanti et al. (2024), Hadianti et al. (2017), Winanti (2022), Putri dan Khoirunnisa (2022), Purwanti dan Aulia (2017), Hamdiyah dan Rahmasari (2023), Andani dan Wahyuni (2020), Oktaviana dan Kristinawati (2022)	15

3	The Relationship Between Self-Concept and Resilience	Rusdayanti et al. (2024), Manusakerti (2019)	2
4	The Role of Social and Environmental Support	Budiarto dan Setiowati (2021), Faizah dan Zaini (2021), Suprihatin (2018), Putri (2017), Christine et al. (2024), Ilmi (2022), Hadianti et al. (2017), Winanti (2022), Putri dan Khoirunnisa (2022), Purwanti dan Aulia (2017), Hamdiyah dan Rahmasari (2023), Andani dan Wahyuni (2020), Oktaviana dan Kristinawati (2022)	13

Several articles also offered practical intervention strategies. For example, (Putri, 2017) proved that positive thinking training significantly improved the self-concept of adolescents in orphanages, and (Rusdayanti, I.A.D., Suarni, N.K., Dharsana, I.K., Dantes, N., Dharmayanti, 2024) developed a counseling guide using Rational Emotive Behavioral Therapy (REBT) that was effective in enhancing both self-concept and resilience.

Overall, this synthesis illustrates that while adolescents with single parents may face added emotional and social risks, those with strong self-concept and adequate support systems are fully capable of becoming resilient individuals. These insights support the need for targeted psychological programs in schools and communities to develop adolescents' internal strengths and adaptive skills. To obtain a systematic and structured understanding, each article was reviewed based on its research objectives, methods, subject characteristics, and key findings. The synthesis results from this literature review are presented in the following table.

Table 3.

Authors	Year	Research Focus	Method	Subjects	Key Findings
Budiarto & Setiowati	2021	Social support & resilience on achievement motivation	Quantitative	118 students	Social support & resilience positively influence achievement motivation.
Faizah & Zaini	2021	Parenting style by single mothers	Qualitative	3 single mothers & 3 adolescents	Democratic parenting led to confident teens; authoritarian/permissive led to low confidence.
Suprihatin	2018	Parenting impact on behavior	Case Study	13-year-old male	Permissive style led to emotional issues and low motivation.
Putri	2017	Positive thinking & self-concept	Quasi-experimental	30 orphans	Positive thinking improved self-concept significantly.
Christine et al.	2024	Hardiness in adolescents from single parents	IPA (Qualitative)	5 adolescents	All showed hardiness due to support, experience, and parenting style.
Dini et al.	2022	Emotional maturity in single-parent adolescents	Qualitative Case Study	3 adolescents	Emotional maturity was adequate but they struggled to express emotions.

Ilmi	2022	Resilience in divorced single-parent teens	Qualitative	10 adolescents	Good resilience shown; supported by emotional regulation & support systems.
Budi	2019	Resilience profiles	Qualitative Case Study	3 junior high students	Varying emotional regulation, impulse control, and self-efficacy.
Rusdayanti et al.	2024	Counseling guide to improve self-concept & resilience	R&D (4D model)	35 students	Guidebook valid, practical, and effective in improving resilience and self-concept.
Manusakerti	2019	Self-concept in adolescents of divorced parents	Qualitative	Adolescents from divorced families	Some showed positive self-concept; others felt confused or low self-esteem.
Hadiani et al.	2017	Resilience in high-achieving teens of divorced parents	Literature Review	Students with divorced parents	Resilience built from external support, inner strength, and competence.
Winanti	2022	Comparing resilience between family types	Case Study	2 children	No major resilience difference between intact & broken homes.
Putri & Khoirunnisa	2022	Resilience in divorced teens	Case Study	2 teens	Resilience differed by level of family support.
Purwanti & Aulia	2017	Resilience comparison: intact, single, orphaned families	Quantitative	60 adolescents	No significant resilience differences; multiple support factors matter.
Hamdiyah & Rahmasari	2023	Resilience in maternal orphans	Case Study	3 orphans	High resilience due to social support & self-regulation.
Andani & Wahyuni	2020	Attachment & independence	Quantitative	45 teens	Positive correlation between attachment and independence.
Oktaviana & Kristinawati	2022	Self-disclosure and resilience	Quantitative	50 teens	No significant relationship; most had low self-disclosure & resilience.

CONCLUSION

Based on the results of a Systematic Literature Review (SLR) conducted through a Narrative Literature Review (NLR) approach, 17 relevant articles were selected and analyzed from an initial pool of 235 publications obtained via Google Scholar. The analysis, guided by the PICOS criteria, demonstrates that the development of self-concept and psychological resilience in adolescents from single-parent families is shaped by the dynamic interplay between internal and external factors. Internal factors include self-perception, emotional regulation, and self-efficacy, while external factors encompass parenting styles, quality of attachment, and social support systems. The majority of studies reviewed indicate a strong positive relationship between a well-formed self-concept and higher resilience levels. Additionally, social support emerges as a significant protective factor that enhances adolescents' capacity to cope with challenges. These findings underscore the need for contextually appropriate psychosocial and educational interventions aimed at fostering resilience and positive self-concept among adolescents in single-parent households.

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