Level of Resilient Among International Students in Public Higher Education Institutions in Malaysia

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Abstract

This research aims to know the definite level of resilience among International students in public higher education institutions in Malaysia. Resilient is the ability of an individual able to adapt in faced the trouble, so it can be calm and rise of trouble faced and rediscover the spirit, strength and the reality purpose. The study was carried in the form of survey. This study used a questionnaire is demographic information and brief resilient scale. Cronbach alpha values brief resilience scale this score of 0.80. The sample of international students in public higher education institutions in Malaysia and the sample of the student are 120 students randomly selected as respondents in this study. The data were analysed using t-test, Pearson correlation and One Way ANOVA. The results of this study showed that was not significant difference level of resilient based on gender and program of study. In addition, the factor of marital status shows significant difference between levels of resilient among international student based on marital status. While, there is significant correlation between level of resilient with age. The important of study was conduct to identify the extent level of resilient among international students to get excellent academic result. The study found that the level of resilient among international students in public higher education institution in Malaysia have level of resilient is medium. As result, Master and PhD students are categorized with medium level and Bachelor students are categorized with low level resilient.

Keywords: Level of Resilient, International Students, Public Higher Education Institutions

1. Introduction

In general, many students choose to study abroad because they want to gain more experience, learning the system and new culture. In addition, the students indicated that the selected country can provide quality of education and better than country of origin. International students also want to learn something new, for example in terms of language and culture to build new communication network [1].

As an international student is not an easy thing to live in a foreign country. Various changes and adjustments need to be made to ensure that the environment in accordance with individual needs. Many individuals involved because of various factors, language, finance, weather, food, culture and family that may be contributing to the resilience of the individual. Malaysian quotes says "masuk kandang kambing mengembek, masuk kandang lembu menguak ". It will be ups and downs for international students who are willing to leave wives, husbands, children, parents and friends who are far away from his hometown for a degree. Thus, the presence of these things make the strength and confidence to support themselves and their friends around is required in order to meet these challenges [2].

Research on resilience has done more than 50 years ago. Resilient has become one of the psychological concept that emerged in the 21st century in social studies. Although there are many variations in the definition and characteristics of resilient, resilient appear to be two main domain in the flow of human thought which later became principal of this concept, namely as a response to stress, resilient focus on the recovery of the ability to come back from stress conditions, or a capacity to regain balance quickly, and be able to return to its original personality condition. This concept is match with the concept of resilience as the ability to sustain the current stress which is suffering serves to eliminate stress [3].

An international student needs good resilient that will motivate him to study in the country regions. However, the success of their life in a foreign country is also affected by other factors such as language, financial, socio-cultural, economic, and comfort and image, personality and Resilient [4]. Referring to these factors, the researchers argue, Resilient is an important element that should be given attention and should be studied to see the resilient level of Indonesian international students in a Malaysian institution because it affects academic achievement in university.

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2.   Literature Review

2.1 Resilient

The term of resilience introduced by [8] was used to give a positive picture of individual differences in response stress of someone's and disadvantage situation other 'adversity'. Resilient as a dynamic process of individual in developing ability to face, overcome, strengthen and transform the experiences suffered in a difficult situation towards the achievement of a positive adjustment [5].

The concept of resilience is the ability of individuals to eliminate stress that can adapt to the problems encountered in our daily lives. Problems that occur in individuals appear to come from yourself, from outside and our own environment. This proves that the resilient owned by an individual, either from the environment effect individual schools or learning environment and daily lives. Individuals who have a resilient will have an effect on an individual's health both physically and mentally, and to determine an individual's success in relation and interact with the environment. Where all the things are basic factors that reach a life of happiness and success [3].

"Malaysian says that, there is no ivory that is not cracked," the aphorism, means that every problem certainly has reason to look for problem solving. Moreover, individuals have a problem solving environment problems is an individual must have a high resilient. Of course, every human being has the different body resistance. The man is no longer perfect sometimes have great endurance up and down to daily lives. Since the 1960s, the concept of resilience has been more critical in the academic field. Now Resilient have a major paradigm in disciplines such as ecology, but also displace established as the main objectives and development. Especially in the domain where the issues of surprises, weakness, critical risks (such as disaster risk reduction), the environment becomes less good individual adjustment to the new environment or social, environmental influences being individual cannot survive with its surroundings.

The concept of growing resilient and very stands out in this present life. Not only academics who makes referrals, but practitioners and non-governmental organizations like NGO growth is increasingly exploring methods of implementation in the field. At the level of international students, many students face problems in daily lives. As the issues that make students uncomfortable among nations, disaster risk management, adaptation to the new environment and the new climate. Individuals who are able to adapt to the environment called resilient [6].

Meanwhile, in the psychological literature resilient concept generally refers to positive adaptation. Resilient is a broad concept that emphasizes the widespread phenomenon, including system capacity to hold and overcome life's challenges are significant.

2.2 Factors Effecting Resilient

Factors effecting resilient there are two factors outlined as follows[3]:

2.2.1 Internal Factors

a. Control Emotion

Controlling emotion is an individual's ability to cope with life resilience new environment. Many students who remain calm face the pressures of daily life called emotional control. Emotional control to improve the resilience of individual factors in daily life. Such as when there are financial problems, the individual is able to control his emotions to make a good financials living. However, when individual features in trouble in daily life problems often express their emotions in a way satisfying emotionally to others then the individual is not strong in resisting a problem with use the emotions well[7].

Thus, when individuals know how to control his emotions then have a resilient individuals are able to use a good set of skills are well developing to help control emotions, attention, and behaviour.

b. Control of motivation

Relevance of control motivation lies on the system of self-confidence in individuals to achieve the desired result. In the event of an individual's ability to increase the motivation of the individual will receive no encouragement in his belief about a situation as something right and will act according to the encouragement. But, its does not have control motivation the individual often act rashly, less calculation in a mature and easy to despair and self-control is not stable. Many students when self-control weakened that often easy passionate unguided resulting in durability students heaving. Handling motivation individual's ability to regulate and control the impulses that arise in him. Include the ability to postpone a desire. Motivation control is associated with emotional control. individual who has a good ability to control themselves more likely to have good ability in control emotions[3].

c. Optimistic

Optimism is a belief that you can change for the better, and the future outlook for the future is relatively bright. Resilient individuals believe that tomorrow and is confident he can afford to be a better way of life. Optimistic implies that the individual believes he has the ability to overcome the inevitable resistance in the future. Therefore, individuals who are optimistic about their future looks relatively bright. Healthy optimism is optimistic that positive and optimistic that reality because reality cannot bring individuals into action underestimate the real threats that need to be anticipated and addressed [8].

d. Self-concept

Having self-esteem can help an individual in facing adversity. There are two data of a broader investigation conducted by [3] which showed that there was a slight decrease in self-esteem in individuals even though they face the loss of a significant person in their life. Then, when they suffered a very meaningful loss in their life, then there will be no longer self-spirit, motivation, self-esteem, and so on [9].

In the past researchers have found several factors that affect the main influence resilient outcomes [7], namely:
1. Individual characteristics such as individual self-esteem and purpose in life
2. Family characteristics such as love, mother and family environment and
3. Wider social environment, especially who have adult role models who provide additional support.

e. Self-Efficacy
Self-efficacy is the belief and an assessment of its ability to organize and implement actions to achieve the level of performance certain expected. Individuals with high self-efficacy tend to focus their attention and efforts on the task demands and seeks to minimize the difficulty of daily life [3].

2.2.2   External Factors

a. Surroundings
There are many environmental factors to face when someone's live abroad. Many new students who cannot adapt themselves to the environment, such as: culture, weather, food, language, and so on. This is all that will make low-resilient individuals having low academic achievement [8].

Environmental factors also contribute to the resilience, quality of parenting and family openness (Braddley, Tellegen, Pellegrini, Larkin, & Larsen, Rutter). Everyday tasks and spiritual robustness Gordon Clark (1994), Raising Resilient possibility in the context of challenging conditions [10].

b. Economic Factors
Economic factors over the financial factors that indicate the individual will be the person that destroys other individuals. Sometimes financial can make family become broken and financial also can make friendship become broken. This proves that financial factors play an important role in the lives of individuals, especially in the current global overseas students. Many individuals involved in the lives of other people in the country because of insufficient financial factors caused the number of production. Financial factors that may be contributing to the resilience of individuals in everyday life [2].

c. Language
When students study abroad certainly they will use the international language, national and vernacular languages in daily life. Some studies indicate that many students who do not survive in a foreign country is due to factors such as language: difficult to communicate with the local people, it was hard to adjust the language with the local people [2].

d. Social Support
Social support has always been associated with resilient. In other research in accordance with the statement that indicates that social support resilient and produce a higher quality of life and meaning. From the findings of previous studies have studied in individuals who have grown up in New York, who asked to be participants who experienced positive HIV disease, this suggests that a unique network of social support contribute to resilient. The findings also do research on the five groups have informal social support link consisting of many individuals suffering from HIV positive. Namely in the form of social support community support, personal support, the support of family and culture and community where the individual lives [11].

Despite the efforts to obtain resilient and social support decreased because of fear and stigma that occurred, but they were able to relocate the resources and get support through the resource of HIV positive in their community. The participants shows that the loss is due to the death of a member of the group provides an opportunity for members to strengthen the bonds of support.

e. Spiritual or Religiosity
Spiritual and religiosity factors affects individual resilient to face stress and suffering. Spiritual requires a search in the universe, a world view that is wider than yourself. Spiritual also means adherence to a specific religious doctrine of perseverance, religious and spiritual quality that also show that assist individuals in overcoming stress conditions performance life and provide protection to the individual in the face of depression and stress [9].

The positive aspects of the spiritual will also assist in restoring the sense of individual self-control when sick, and help the development of adaptation when chronic pain and unbalanced. As a result of the investigation, spiritual relationship with the resilient survivors of cancer; although these individuals had more risk of developing depression and anxiety but their spiritual and personal level grow better after recovery.

The common factor among all these studies can be explained that situational factors and individual circumstances that may affect the individual's desire to achieve resilient in itself. Resilient also marked by a characteristic trait that reflects strength, can be distinguished by good personality with integrity, and properties that demonstrate the power and reciprocal interpersonal relationships with others. Strengths that arise from internal and external can be the prove that the role of parents, husband / wife, children, new environment, community, self-esteem, self-efficacy. Relationship safe, positive thinking about the future, security, self-esteem, and optimism. Those are all factors that contribute to resilience.

Therefore, the factors affecting resilient are both internal and external factors. Resilient is the ability of individuals both in internal factors or external factors to be adaptable in a predicament, so they can be calm and rise from difficulty

and rediscover their passion, power, and purpose of reality in carrying out daily life. Many factors affect resilient within an individual then having the researcher to investigate resilient in international students in Malaysia.

3. Research Methodology

3.1 Design review

Design research is an important lighting aspect in execution of a study. [12] The research design is the procedure for processing data obtained by the special design of concept formation and systematic linkages between the variables involved in a study. This study was to obtain information in order to achieve all the objectives that have been established. Method using a questionnaire survey was conducted to collect data on student resilient resilient international level among international students in a public higher education institutions in Malaysia.

A study conducted by researchers is shaped survey to assess the level of resilient level among international students in a public higher education institutions in Malaysia. Studies using questionnaires. Implementation of this questionnaire conducted by the researchers with a way to meet with the respondent in the locations involved.

Surveys can be used for descriptive purposes and vote. The survey is among the best methods to social science researchers who are interested in collecting primary data to explain or describe directly related to the population studied. Survey method involves gathering information on the current status of the variable focus with particular collectively and report key findings involving quantitative data [13].

3.2 Samples Review

This study focused on the level resilient in students between Indonesia in a public higher education institutions in Malaysia. Accordingly, the samples that have been identified are international students who come from Indonesia in a public higher education institutions SMEs in Malaysia. The sample was selected in this research using purposive sampling *(purposive sampling).* This purposive sampling method is acceptable for certain situations either qualitative or quantitative research for (12).

Purposive sampling method is one of *non-probability* sampling approach commonly used in quantitative research. Purposive sampling is a method of selecting samples for a specific purpose, such as choosing the sample has a thorough knowledge of a study focused on the run [12]. Purposive sampling method is the method used to select a specific respondent for specific information that cannot be obtained from all individuals [13].

3.3 Research Instruments

In this study, researchers used a set of survey questionnaires distributed to the subjects to be answered is the fact that are closed. There is one main questionnaire

was used and Demographic Information Questionnaire Resilient. This section is used to collect personal information about the subject. Among the items contained in this form are gender, education programs, race, CGPA, age, and marital status. Information is taken to enable the researcher to make a general background on the subject and tried associated with aspects of data resilient. The aim of this study the level of resilience and its relationship with the dependent variables are related (gender, Program of Study, Age and marital status). In this study, researchers used an instrument called a brief Resilience Scale (BRS). This section consists of a brief test equipment Resilience Scale. This measurement instruments built by Smith, 2008. Source tool this study was obtained from Psychological Assessment, 1993, Vol 5 (2), pp 164-172 2008 p 15: 194-200. This scale is used to view the overall resilience of life in countries or global regions. This questionnaire contains six items of a five-point Likert scale. Each item in this instrument aims to look at individual concerns when interacting with others. These items are composed of positive and negative items item. How are the scores of (BRS) can be seen by Table.

4. Findings

This section discusses the research findings based on research questions that have been raised. The findings of the study participants began with a demographic we see a total of 120 respondents of gender that of male students and female students 76 respondents 44 respondents. In addition we see from the bachelor program of study that students of 53 respondents, 49 master students and PhD students of the respondents 18 respondents. In addition we can see in terms of the age factor that respondents who take on from age 18 years to 45 years of age. In addition, we can see in terms of marital status factor that students who are single by 95 respondents and students who have been married 24 respondents.

To answer the research questions listed above, will elaborate on the explanation below:

4.1 level of Resilient among international students in public higher education institutions in Malaysia

Descriptive analyses were conducted for the involvement of the mean and standard deviation for determining the level of resilience among international students in public higher education institutions in Malaysia. Descriptive analysis was carried out as in Table 1 below. Based on Table 1 above is found that the minimum score on 9 and maximum score on 23. In addition, the mean level of resilience among international students in public higher education institutions in Malaysia show the score (M=17.43, SD=4.458) and at its simplest interpretation. It can be concluded that the level of resilient among international students subjects in this study were in the moderate category.

Table 1
Level of Resilient among international students in public higher education institutions in Malaysia

score	N	Standard Deviation	Mean	Min	Max	Interpretation
Resilient	120	17.43	4.458	9	23	Low
Total	120	17.43	4.458	9	23	Low

increase only. Even so resilient boys score level with a score resilient girls there were no differences.

4.2 Are there difference level of resilience among international students in public higher education institutions in Malaysia based on gender

H_o^1 : There was no significant difference in the level of resilience among international students in public higher education institutions in Malaysia based on gender.

To answer the above hypothesis *Independent t test* analysis carried out to identify the different levels of resilience among international students in public higher education institutions in Malaysia based on gender. *Independent t* test analysis results of *the test* shown in Table 2 below.

Based on Table 2 above was found that there were no difference significant level of resilience among international students in public higher education institutions in Malaysia based on gender (t = 1.537, p> 0.05). This shows that Hypothesis failed to be rejected. So it appears that level of resilient male students was higher (M = 17.91, SD = 4.416) compared with the level of resilient female students (M = 16.61, SD = 4.463) but showed only a slight

4.3 Are there difference level of resilience among international students in public higher education institutions in Malaysia based on the program of study

Ho2: There was no significant difference level of resilience among international students in public higher education institutions in Malaysia based on program of study.

To further answer the hypothesis above, one way ANOVA was conducted to identify the level of resilience among international students in public higher education institutions in Malaysia based on program of study. This study was conducted using SPSS to get the result. One-way ANOVA results such as table 3 below.

Table 8 shows that the value of F (df = (2.117) p>0,05) =189.5 is significant, therefore the null hypothesis is rejected. This shows that there are significant difference level of resilient international students in public higher education institutions in Malaysia based on program of study. Due to the significant findings of the analysis post hoc Scheffe is need to do.

Table 2
Independent t test difference level of resilience among international students in public higher education institutions in Malaysia based on gender

Gender	N	Mean	Standard Deviation	T	Df	Sig.
Male	76	17.91	4,416	1,537	89.	0128
Female	44	16.61	4,463			

Table 3
Mean and standard deviation of the difference level of resilience among international students in public higher education institutions in Malaysia based on program of study

Program of Study	N	Mean	Standard Deviation
Bachelor	53	13:11	2665
Master	49	20:41	1,881
PhD	18	22:06	1,056
Total	120	17:43	4,458

Table 4
The one-way ANOVA difference level of resilience among international students in public higher education institutions in Malaysia based on program of study

Program of Study	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	1807.37	2	2665	189.5	0000
Within Groups	558.10	117	1,881		
Total	2365.47	119	4,458		

Table 5
Test OSC resilient hoc difference level of resilience among international students in public higher education institutions in Malaysia based on program of study

(I) Programs	(J) Programs	Mean Difference (I-J)	Sig.
Bachelor	Master	-7.29	0000
	PhD	-8.94	0000
Master	Bachelor	7:29	0000
	PhD	-1.65	0007
PhD	Bachelor	8.94	0000
	Master	1.65	0007

Based on Table 5 shows that the difference Post Hoc test results showed a significant difference between mean scores of precious bachelor program and scores min Master and PhD. The negative sign indicates that the mean difference in mean score bachelor program is smaller than the mean score for Master and PhD.

Based on Table 6 shows that the Post Hoc test results there were significant difference between educators bachelor program with Master and PhD programs. Table 9 clearly shows that the mean score for the bachelor program score (13.11) is much smaller than mean Master program score (20.41) and the mean PhD program score (22.06).

therefore, no significant difference level of resilient among international students in public higher education institutions in Malaysia based on program of study.

4.4 Are there different levels of resilience among international students in public higher education institutions in Malaysia based on marital status

H_o^3: There was no significant difference level of resilience among international students in public higher education institutions in Malaysia based on marital status.

To answer the above hypothesis tests *Independent t test* carried out to identify the difference level of resilience among international students in public higher education institutions in Malaysia based on marital status.

Independent t test analysis results of *the test* shown in Table 7 below.

Based on the table above 7 found that there were significant difference level of resilience among international students in public higher education institutions in Malaysia based on marital status (t=-12.9, p>0.05). This shows that Hypothesis is rejected. So it appears that the level of higher resilient married students (M=22.28, SD=1.1) compared with the single stage resilient students (M=16.16, SD=4119) nevertheless score level of resilient international students based on marital status married to single there is difference. Therefore, significant difference level of resilience among international students in public higher education institutions in Malaysia.

4.5 Is there correlation between resilient with age among international students in public higher education institutions in Malaysia

H_o^4= There is no significant correlation between resilient with age among international students in public higher education institutions in Malaysia.

To answer hypotheses were used *Pearson* correlation test. Pearson correlation test was carried out to identify the relationship between resilient with age among international students in public higher education institutions in Malaysia. Pearson correlation analysis results shown in Table 8 below.

Table 6
Homogeneous subsets difference level of resilience among international students in public higher education institutions in Malaysia based on program of study

Program	N	Subset For alpha = 0.05		
		1	2	3
Bachelor	53	13.11		
Master	49		20.41	
PhD	18			22.06
Sig.		1,000	1,000	1,000

Table 7
Independent t test difference level of resilience among international students in a public higher education institutions in Malaysia based on marital status

Status Marriage	N	Mean	Standard Deviation	T	df	Sig.
Single	95	16:16	4119	-12.9	177.9	0000
Marriage	25	22:28	1.1			

Table 8
Correlation between resilient with age among international students in a public higher education
institutions in Malaysia

	Age	
	R	Sig.
Resilient	0788	0000

Based on Table 8 above shows that there is significant positive correlation between resilient with age among international students in public higher education institutions in Malaysia (0.788, p<0.01). the strength of this relationship is weak positive [12]. This indicates that the nol hypothesis is rejected, which mean that there is significant relationship between resilient with age among international students in public higher education institutions in Malaysia. Therefore In this study show significant correlation between resilient with age among international students in public higher education institutions in Malaysia.

5. Discussion

Factors that affect resilient within individuals are gender, age, race, education or program of study, the level of trauma, income, social support, frequency of chronic diseases, the pressures of life past and present [9].

In this study the researchers found that there was a degree of resilience among international students have moderate level of resilient as it was found that the minimum score is 9 and maximum score is 23. In addition, mean level of resilience among international students in public higher education institutions in Malaysia show the score (M=17:43, SD=4.458) and level of interpretation simplified. It can be concluded that the level of resilient among international students subjects in this study were in the moderate level.

In a study [14] level of resilient among international students in public higher education institutions in Malaysia has level of resilient is low as less adapt to new environments and always love sick with the new environment. And according [15] also says that resilience is the ability to overcome difficulties, frustration, stress, depression, and all the problems in the individual. Resilient individuals have to rise from the pressure, stress, depression, and attempted to resolve it. According to the experts, in accordance with the results of research that nice individual adapts to the new environment will have a resilient eat high [16].

In addition, level of resilience based on gender found no significant difference level of resilience among international students in public higher education institutions in Malaysia based on gender (t=1.537, p>0.05). This shows that Hypothesis failed to be rejected. So it appears that the level of resilient male students was higher (M=17.91, SD=4.416) compared with level of resilient female students (M=16.61, SD=4.463) but showed only slight increase. Even so score level of resilient on man with woman show in this study no difference.

However, the findings of previous studies [9] found that there were significant difference between male and female. This study shows that male are more resilient than the resilient female. In the same investigation was also conducted [8] The study of Resilient as seen in Padang City based based on gender. The investigation found that there were difference show resilient based on gender between male and female. This study also shows that the higher resilient based on gender is level of resilient in male compared with female.

Furthermore, level of resilience based on program of study it was found that there was no significant difference level of resilient based on program of study that showed that PhD and master students are seen to have a higher modulus than bachelor students. In terms of the relationship between resilient with age was also found that there was significant relationship between resilient with age. Also according to the research done by slightly [8], it was found that there was a relationship resilient students with study participants age.

Apart from that, it can be discussed about the relationship resilient with age, studies show that there is a significant positive correlation between the resilient with age among international students in public higher education institutions in Malaysia (0.788, p<0.01). the strength of this relationship is positive ground (Chua 2008). This indicates that the nol hypothesis is rejected, which means that there is significant relationship between resilient with age among international students in public higher education institutions in Malaysia. Therefore In this study show significant correlation between resilient with age among international students in public higher education institutions in Malaysia.

Furthermore, one can talk about difference level of resilient challenged based on marital status was found that there were significant difference level of resilience among international students in public higher education institutions in Malaysia based on marital status (t = -12,850, p>0.05). This shows that Hypothesis is rejected. So it appears that level of higher resilient married students (M=22.28, SD=1.1) compared with single stage resilient students (M=16.16, SD=4119) nevertheless score level of resilient among international students who are married to score resilient students who are single there difference.

6. Conclusions

Overall it can be deduced that the results of this research show that the study has been successful in identifying the level of resilience among international students in public higher education institutions in Malaysia which has a low modulus. As additional data analysis can

be concluded that the results of the study showed that the level of resilient international students in public higher education institutions in Malaysia have low level of resilience. While the views of the difference can be seen that there are different level of resilience based on gender and study programs have differences with difference level of resilience based on marital status among international students is single. In addition, it can be concluded that the views of the relationship between resilient with age, which found significant positive correlation between level of resilient with age among international students in public higher education institutions in Malaysia. It is hoped that this study would contribute to finding information in order to process continuous improvement will be proposed and carried out from time to time.

7. Implications

The findings can be used as a guide to counselor and administrators for students in higher education institutions more exposed adjustment to the new environment that will show the student resilient low. Besides, the counselor can help students who have problems with durability resilient or new environment. When the students leave the problem then it will lead to academic, social and so on. In addition to program officials can do to improve the level of resilient students who would like to implement camp students increase confidence high levels and gives confidence to his own self to solve the problem by yourself.

Supported by the results of previous research [9] that the counseling had a significant influence on the resilient students performed before and after counseling to students. This proves that the counselor has an important role to help students who have problems that will cause low resilient in student. In addition, the counselor can also enhance students' motivation and confidence in everyday life. This opinion is in keeping with the results of other research [14] that the individual has a high confidence, able to take decisions, as had been given training in that the material is resilient self-efficacy and optimism material that makes individuals increasingly confident and motivated by his own ability and able to adjust Her self-premises environment so that it can help develop resilient students.

8. Suggestion for Further Study

Further studies need to be careful to make the interpretation because it involves SMEs only. Based on the studied sample that the sample is not too much and give recommendations for further researchers added that the study sample. In addition, for researchers to study further other factors affecting resilient which has not been studied in this research in order to obtain a more complete image of resilient such as personality, personal formidable (hardiness), competence, self-efficacy and more as one of the variables with further research. So the results obtained can be used as data to develop the capacity of individuals and used by various stakeholders to assist individuals to anticipate and overcome the various problems they face.

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