

ADVERSITY QUOTIENT-PARENTING: A NARRATIVE STUDY OF THE EMOTIONAL SUPPORT AND PSYCHOLOGICAL STATE OF CHILDREN LEFT BEHIND BY THEIR PARENTS AS INDONESIAN MIGRANT WORKERS (TKI)

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Abstract

The phenomenon of Indonesian migrant workers (TKI) for the Indonesian people reflects an effort to improve the family's economic level. However, children without parental figures will experience complex psychological consequences. This study aims to investigate the extent of the influence of adversity quotient parenting to analyze the psychological conditions of children whose parents work as TKI. The research method used is a narrative qualitative design involving three informants of children whose parents are migrant workers. Data were collected through in-depth interviews in several sessions and analyzed using thematic analysis. The main findings show that children who are able to manage their emotions and remain resilient under pressure demonstrate active engagement in the four dimensions of AQ. *The child's ability to calm down and maintain emotional stability reflects the control dimension.* The *origin & ownership* dimension is reflected in the attitude of not blaming circumstances but rather taking responsibility for personal responses. *The reach* dimension is seen when children can limit the impact of difficulties so that they do not interfere with other aspects of their lives. Meanwhile, the *endurance* dimension is manifested in their optimism that difficult situations are temporary. Nevertheless, some children still experience psychological distress but can overcome it with the right support. This study has implications related to handling the psychology of children whose parents work as migrant workers. There is a need for family counseling services for parents, guardians, and children regarding the adversity quotient-parenting awareness as a provision and readiness before leaving them to work abroad.

Keywords: Indonesian labor, psychological condition, *adversity quotient-parenting*

Abstrak

Fenomena TKI (Tenaga Kerja Indonesia) bagi masyarakat Indonesia mencerminkan upaya peningkatan taraf perekonomian keluarga. Namun, anak-anak tanpa figur orang tua akan mengalami konsekuensi psikologis yang kompleks. Penelitian ini bertujuan menginvestigasi sejauh mana pengaruh *adversity quotient-parenting* untuk menganalisis kondisi psikologis anak-anak yang orang tuanya bekerja sebagai TKI. Metode penelitian yang digunakan adalah desain kualitatif naratif dengan melibatkan tiga informan anak-anak yang orang tuanya sebagai TKI. Data dikumpulkan melalui wawancara mendalam dalam beberapa sesi dan dianalisis menggunakan analisis tematik. Temuan utama menunjukkan bahwa anak-anak yang mampu mengelola emosi dan tetap bertahan dalam tekanan menunjukkan keterlibatan aktif dari empat dimensi AQ. *Dimensi control* terlihat

dari kemampuan anak menenangkan diri dan menjaga stabilitas emosional. Dimensi origin & ownership tercermin dari sikap tidak menyalahkan keadaan, melainkan bertanggung jawab atas respon pribadi. Dimensi reach tampak saat anak dapat membatasi dampak kesulitan agar tidak mengganggu aspek lain dalam hidup mereka. Sedangkan dimensi endurance terwujud dalam optimisme mereka bahwa situasi sulit bersifat sementara. Meski demikian, beberapa anak tetap mengalami tekanan psikologis namun dapat diatasi dengan dukungan yang tepat. Penelitian ini memiliki implikasi terkait penanganan psikologi anak-anak yang orang tuanya bekerja sebagai TKI. Perlu adanya layanan konseling keluarga bagi orang tua, wali, maupun anak mengenai kesadaran adversity quotient-parenting sebagai bekal dan kesiapan sebelum meninggalkan mereka bekerja di luar negeri.

Kata kunci: *Tenaga Kerja Indonesia, kondisi psikologis, adversity quotient-parenting*

INTRODUCTION

The phenomenon of Indonesian migrant workers (TKI) reflects an ongoing socio-economic dynamic in which individuals choose to work abroad as a strategy to improve family welfare. Data from the Central Bureau of Statistics (BPS) show that unemployment in Indonesia remains a persistent issue, prompting many to seek employment opportunities overseas. (Direktorat Statistik Kependudukan dan Ketenagakerjaan, 2024). While this solution promises economic improvement, it simultaneously creates new vulnerabilities within the family system. Parental absence inevitably alters family structures and reshapes the psychosocial development of children. (Sujadi dkk., 2023). Numerous studies have highlighted the consequences of parental migration for children left behind. Emotional insensitivity, depression, anxiety, and decreased academic performance are among the most frequently reported outcomes. (Widodo, 2020). The absence of parents also reduces children's sense of security and can lead to behavioral problems such as hyperactivity or deviant peer interactions. (Xhaho dkk., 2022). From a social perspective, children often struggle with peer adaptation due to the lack of parental affection and guidance (Abdullah dkk., 2025). Over time, these challenges may accumulate, creating long-term risks for children's mental health and social functioning. (Ningrum, 2022).

Several scholars have proposed family resilience and effective communication as important (Rosyidah dkk., 2023) buffers against these negative effects (Tang dkk., 2024). For instance, grandparents or guardians often take on caregiving roles (McCauley dkk., 2023), but research indicates that such arrangements may leave children feeling less emotionally supported (Grünwald dkk., 2024). Consequently, the challenge is not only economic but also psychological and relational. Children of migrant workers need frameworks of care that equip them with the skills to face adversity, rather than leaving them vulnerable to stress and neglect. In this regard, the concept of Adversity Quotient (AQ) becomes highly relevant. First introduced by Slotz (Slotz, 2000), AQ refers to an individual's capacity to deal with adversities and turn obstacles into opportunities. Applied in the parenting context (Saxena & Rathore, 2024), Adversity Quotient Parenting (AQ-P) emphasizes how parents and caregivers have four dimensions: control, Origin & Ownership, endurance, and Reach (Chadha, 2021). While AQ has been widely studied in

relation to education, work performance, and mental health, its application to parenting-particularly in the context of migrant worker families-remains limited.

Previous research has discussed children's psychological problems from various perspectives, such as family separation, educational outcomes. (Filayanti dkk., 2020), and resilience through gratitude (Sa'adah dkk., 2024). However, these studies tend to describe the consequences of parental absence rather than proposing a structured coping framework. To date, there is a lack of empirical studies that explicitly link the phenomenon of migrant workers' children with the application of AQ-P. This creates a gap in the literature, since AQ-P has the potential not only to explain children's resilience but also to guide the design of counseling and family education strategies tailored to long-distance parenting. Therefore, this study seeks to fill that gap by exploring the psychological dynamics of children of migrant workers through the framework of AQ-P. Specifically, it investigates how children demonstrate the four AQ dimensions in facing emotional, academic, and social challenges caused by parental absence. Beyond identifying risks, this research aims to highlight coping mechanisms and resilience pathways that can inform practical interventions.

Based on this background, the study addresses the following research questions: (1) How do children of migrant workers manifest the dimensions of Adversity Quotient (Control, Origin & Ownership, Endurance, and Reach) in their lived experiences, (2) In what ways can the AQ-P framework contribute to reducing psychological distress and fostering resilience among these children?. By focusing on AQ-P, this research makes both a theoretical contribution-expanding the application of AQ into the field of parenting studies-and a practical contribution-offering insights for counseling strategies that strengthen family resilience in the context of migration.

METHODS

This study employed a qualitative approach with a narrative design to explore in depth the psychological dynamics of children whose parents work as Indonesian Migrant Workers (TKI). The narrative method was chosen because it enables the reconstruction of participants' lived experiences through stories. (Labov, 1967), allowing researchers to capture meaning contextually (Bani, 2022). The research involved three children whose parents are migrant workers in Kerinci Regency, Jambi Province. Although the number of informants is relatively small, narrative research prioritizes the depth of personal stories rather than breadth or generalizability. Informants were selected using purposive sampling with the following criteria: (1) children who have been left by one or both parents to work abroad for more than two years; (2) willing to participate voluntarily; and (3) able to communicate their experiences openly.

Data were collected through semi-structured interviews combined with direct observation. The interviews explored emotional experiences, coping strategies, and reflections related to Adversity Quotient Parenting (AQ-P). All sessions were audio-recorded, transcribed verbatim, and supplemented with field notes from observations of the children's social context. Thematic analysis was used to identify, organize, and

interpret emerging themes (Sitasari, 2022). To ensure trustworthiness, this study applied triangulation: (1) Source triangulation, comparing the perspectives of different informants; (2) Method triangulation, combining interviews with observations; (3) theory triangulation, interpreting findings using both psychological and sociological frameworks; (4) research triangulation, involving peer debriefing with fellow researchers to minimize bias. Through this approach, the study maintains credibility, dependability, and confirmability despite its limited number of participants.

RESULT AND DISCUSSION

Based on the results of the narrative analysis of the experiences of children whose parents work as Indonesian Migrant Workers (TKI), four main themes were found that reflect their psychological dynamics in dealing with loneliness and lack of emotional support. These four themes align with the dimensions in the *Adversity Quotient (AQ)* framework, namely Control, Origin & Ownership, Endurance, and Reach. The *Control* theme reflects children's efforts in managing emotions due to parental absence. *Origin & Ownership* highlights the importance of responsibility and communication in reducing feelings of loneliness. *Endurance* shows children's resilience in the face of academic difficulties and a lack of guidance. *Reach* describes how children and parents interpret the extent to which psychological distress impacts their lives. These four themes provide a comprehensive understanding of the role of *Adversity Quotient* in assisting migrant worker children to face emotional challenges in a constructive and resilient manner. The analysis of narratives from the three informants generated four main themes corresponding to the dimensions of Adversity Quotient (AQ): Control, Origin & Ownership, Endurance, and Reach. Each theme illustrates specific psychological dynamics experienced by children of migrant workers.

1. Control: Emotional Regulation in the Absence of Parents

Children demonstrated the ability to regulate their emotions despite parental absence. Initially, feelings of jealousy and sadness emerged when comparing themselves with peers who had intact families. Over time, however, they developed acceptance and reframing strategies, recognizing their parents' sacrifices as an investment for their future. This finding aligns with Tang (2020), who emphasized the role of emotional resilience in migrant families. However, unlike Tang's study, which highlighted parental strategies, this study shows how children themselves actively build self-regulation in the absence of direct guidance.

2. Origin & Ownership: Taking Responsibility Amid Loneliness

The informant reported feelings of neglect and loneliness due to limited communication with their parents. Despite this, they avoided blaming external circumstances and instead developed personal responsibility for their responses. This finding differs from Ningrum (2022), who highlighted children's tendency toward externalizing blame when parents divorce due to migration. Here, AQ-P nurtures accountability, illustrating that communication—even if limited—can be a protective factor against depressive symptoms.

3. Endurance: Optimism in Academic Challenges

Informants admitted to experiencing academic difficulties, including decreased motivation and declining performance. Nevertheless, endurance was reflected in their efforts to seek alternative support from relatives, teachers, and peers. This resonates with Filayanti (2020), who found that children of migrant workers often struggle academically. However, while Filayanti's study emphasized lack of supervision can transform such challenges into opportunities for resilience building.

4. Reach: Managing Anxiety and Maintaining Stability

Excessive worry about parents' conditions abroad was a recurring theme. Informants described feelings of fear, insomnia, and insecurity. Yet, one informant reported using spiritual coping (praying) to manage anxiety, showing that faith and spirituality serve as extensions of AQ-P. This is consistent with (Diningtyas dkk., 2025), who argued that children with high AQ are better equipped to regulate anxiety. The finding contrasts with (Oktamarin dkk., 2022), whose study emphasized vulnerability to anxiety without highlighting coping mechanisms.

In this study, children left by parents working abroad will experience serious problems and challenges. (Abror, 2020). The various problems that arise from parents working as migrant workers greatly affect the psychological condition of children. (Dini, 2024). This study is in line with the research of Sa'dah et al., which states that there are many negative impacts on children's psychological conditions, including loneliness and lack of attention, feelings of anxiety and fear, depression, low self-esteem, and behavioral deviations. Children who are not accompanied by their parents but by grandparents will experience a significant transition in care patterns. Children who are cared for by their parents are different from children whose parents work as migrant workers. (Langi, 2021). Children also experience significant changes as a result of changing parenting patterns. Studies by Prajna et al. show that family conditions greatly affect children's mental health. Similarly, for families in long-distance relationships, the lack of ability to communicate due to the hustle and bustle of work compromises household security and children's mental health. Due to the lack of security caused by incomplete parental conditions, children experience symptoms such as stress, anxiety, and fear. (Chauhan, 2022). Sometimes, because there is no parental supervision, children tend to follow the trend of promiscuity. (Widyanti, 2022). In addition, children feel insecure because they realize that their circumstances are less complete than their peers'. In addition to crises, children may experience academic stagnation or regression due to not receiving direct support from their parents. (Nasution dkk., 2023).

The responsibility of parents who work as migrant workers should also include readiness to build healthy communication patterns before departure. In the context of the *adversity quotient*, this reflects the *origin & ownership* dimension, which is the parents' awareness and responsibility for the impact that may arise on children who are left behind (Zuhriah, 2021). Slotz (2000) adds that individuals who have the ability to deal with difficulties

(*adversity intelligence*) tend to see problems as challenges that can be solved (Slotz, 2000). By applying this dimension, feelings of loneliness and the risk of depression in children can be significantly reduced.

The interviews in this study show that children who are not accompanied by their parents often experience a decline in academic performance. For example, informant II (I, 20 years old) admitted that he tended to be too lazy to study. He would only study if someone else encouraged him. This shows that without the presence of parents, children can lose motivation to learn. This opinion is supported by Filayanti et al., who stated that children who are not accompanied by parents tend to be less motivated in learning. (Filayanti dkk., 2020). Likewise, Anjani mentioned that parents are the ones who best understand children's learning styles, so they play an important role in fostering their enthusiasm for learning. (Anjani, 2024). Therefore, before parents go to work abroad, they need to prepare their children mentally, not just physically or materially. One way that can be done is to apply the adversity quotient aspect of endurance, which teaches children to remain optimistic in the face of difficulties. This is in line with the findings of Febrina et al., who stated that children who have the intelligence to face challenges with optimism will be more focused on learning and believe that problems are only temporary. (Febrina dkk., 2024). With this provision, children can still solve their problems wisely even without direct assistance from parents.

Change often leads to discomfort. Including changes in parenting patterns. In accordance with Harahap's (2024) statement that the transition of parenting patterns from parents to grandparents will experience significant adaptation in children (Harahap dkk., 2024). The results of the interviews above indicate that the three informants experienced concerns regarding the possibility of bad situations happening to their parents while working overseas. So that the consequences that may arise from these concerns are disturbances in the psychological aspects of children. The study is in line with research by Oktamarin et al. (2022), which also identified this link. Children who experience high anxiety may experience symptoms due to gaps in attachment with parents, so as children easily surprised, insomnia, crying, and anger, and other disorders. (Oktamarin dkk., 2022). Angela Chiu (2016) also argues that children with high worry will cause bad possibilities to occur, such as symptoms of *anxiety disorder*. (Chiu dkk., 2016). Psychological support, for example, through counseling services, is needed for parents to shape their children's mentality in the future. Until finally, the aspect (*adversity quotient of reach*) can be applied by parents before leaving the child, which in this aspect emphasizes strength. As described by Diningtyas et al. (2025), with the provision of *reach*, children have the strength to deal with excessive anxiety. (Diningtyas dkk., 2025). Therefore, the contribution of the family greatly affects the child's psychological condition. This is a strategy for children and parents in measuring the extent to which difficulties affect their lives. So that it can minimize the occurrence of bad possibilities, such as *anxiety disorders*.

Discomfort is often associated with change, including in terms of parenting patterns. Harahap states that children need to adapt significantly during the transition of care from parents to grandparents (Harahap dkk., 2024). The interview results show that all three informants experienced concerns about the situation of their parents working abroad. These concerns can cause mental disorders in children. This finding is supported by research conducted by Oktamarin et al., which explains that not being too close to parents can cause children high anxiety. As a result, children experience fear, difficulty sleeping, frequent crying or anger, and other emotional disorders (Oktamarin dkk., 2022). Angela Chiu also stated that disorders such as anxiety disorder can be caused by high levels of worry. For this reason, psychological support is essential, including counseling for parents to help them prepare their child for mental life (Chiu dkk., 2016). According to Diningtyas et al., children who have strengths in the Reach aspect can handle excessive anxiety more relaxed. As a result, the role of the family is very important in maintaining children's mental health (Diningtyas dkk., 2025).

This study has several limitations that need to be observed. First, the number of informants involved is still limited, namely, only three people, so the findings cannot be generalized to the entire population of children whose parents work as migrant workers. Secondly, the variations in age, gender, and socio-economic background of the informants have not been analyzed in depth to determine the extent to which these factors affect their emotional responses and *Adversity Quotient* abilities. Third, the approach used is qualitative, with an in-depth interview method that relies heavily on the subjectivity of the informants. This has the potential to cause bias, both in terms of informants' perceptions and the influence of the situation during the interview. Finally, this study has not specifically explored the role of grandparents or guardians who replace the role of parents in the daily care process, even though this aspect can be a determinant in the emotional development and psychological resilience of children.

To illustrate these findings, the study proposes a conceptual model linking AQ-P dimensions with the psychological dynamics of children of migrant workers.

Table 1. Conceptual model AQ-P

AQ-P DIMENSION		CHILDREN'S PSYCHOLOGICAL DYNAMICS	COPING/OUTCOME
CONTRO	&	Emotional instability, jealousy, sadness	Self-regulation, acceptance, and reframing
ORIGIN OWNERSHIP		Loneliness, neglect, and reduced communication	Responsibility, accountability, and reduced depressive symptoms
ENDURENCE		Academic difficulties, loss of motivation	Optimism, persistence, and alternative support networks

REACH

Excessive anxiety, fear, insecurity	Spiritual coping, resilience, and reduced psychological distress
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This table highlights that while the challenges are diverse, each AQ dimension provides pathways for resilience. While earlier studies often emphasize the risk faced by children of migrant workers, such as emotional disorders and academic decline (Widodo, 2020), this study demonstrates that AQ-P dimensions serve as protective mechanisms. Furthermore, unlike Rosyidah (2023), who stressed family resilience at the household level, our findings suggest that resilience can also emerge individually in children, even under limited parental supervision. This contrast underscores the novelty of applying AQ-P as a framework for long distance parenting. The results show that although the children of migrant workers experience loneliness, academic decline, and anxiety, their coping is mediated by the four AQ dimensions. This confirms the potential of AQ-P as a resilience-oriented parenting model. Moreover, the findings bridge gaps in previous research by not only describing risks but also highlighting strategies that transform adversity into opportunities for psychological growth.

CONCLUSION

This study shows that the experiences of children of migrant workers can be understood more deeply through the dimensions of Adversity Quotient Parenting (AQ-P). The novelty lies in positioning AQ-P as a resilience-oriented parenting framework, shifting the discussion from mere psychological risks to structured coping strategies. Practically, the findings suggest the need for AQ-P-based family counseling, focusing on emotional regulation, accountability in communication, academic endurance, and coping with anxiety. Such strategies can be integrated into school and community counseling programs to strengthen resilience in children left behind. Despite involving only three informants, this study provides opportunities for future research with large and more diverse participants, including guardians or educators, and the use of mixed methods. These directions can sharpen the application of AQ-P into counseling models and measurable psychological outcomes.

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