

# Peran Resiliensi sebagai Mediator pada Hubungan antara Fleksibilitas Kognitif dan Penyesuaian Diri Remaja = The Role of Resilience as Mediator on Cognitive Flexibility and Adjustment among Adolescents

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## Abstrak

Remaja rentan mengalami masalah kesehatan mental karena banyak perubahan yang terjadi di fase ini, serta berkaitan erat dengan kemampuan penyesuaian diri remaja dalam menghadapi tantangan. Fleksibilitas kognitif berperan penting dalam penyesuaian diri remaja dan menarik untuk dieksplorasi karena pemikiran remaja ditemukan unik dibandingkan dengan tahapan perkembangan lainnya. Penelitian sebelumnya juga menemukan hasil yang belum konsisten antara hubungan fleksibilitas kognitif dan penyesuaian diri di konteks yang berbeda, kemungkinan karena adanya faktor lain yang memediasi kaitan di antara keduanya, yaitu resiliensi. Penelitian ini bertujuan untuk mengetahui peran resiliensi sebagai mediator pada hubungan antara fleksibilitas kognitif dan penyesuaian diri remaja. Penelitian ini adalah penelitian cross-sectional, menggunakan instrumen Brief Adjustment Scale-6 (BASE-6) untuk mengukur penyesuaian diri, Cognitive Flexibility Inventory (CFI) untuk mengukur fleksibilitas kognitif, dan Resiliency Scales for Children and Adolescents (RSCA) untuk mengukur resiliensi. Partisipan dalam penelitian ini berjumlah 377 orang partisipan berusia 12-18 tahun. Hasil analisis mediasi menunjukkan bahwa resiliensi yang dilihat melalui sense of mastery dan emotional reactivity memediasi secara penuh hubungan antara fleksibilitas kognitif dan penyesuaian diri, sedangkan sense of relatedness memediasi secara sebagian hubungan antara keduanya. Hasil penelitian ini diharapkan dapat menjadi dasar pengembangan intervensi berbasis resiliensi bagi remaja.

.....Adolescence is a critical period marked by numerous changes, making it a vulnerable phase for mental health problems. The ability of adolescents to adjust and cope with the challenges they face is crucial for their overall well-being. One cognitive aspect that has been suggested to play a significant role in their adjustment is cognitive flexibility, which intriguing to explore because adolescents' thinking is found to be unique compared to other developmental stages. However, previous research has yielded inconsistent findings regarding the direct relationship between cognitive flexibility and adjustment in various contexts. This may be due to the presence of mediating factors, such as resilience, which also plays a vital role in adolescents' adjustment. The present study aims to investigate the mediating role of resilience in the association between cognitive flexibility and adolescents' adjustment. To achieve this, a cross-sectional research design was employed, utilizing three standardized instruments: the Brief Adjustment Scale-6 (BASE-6) to assess adolescent adaptation, the Cognitive Flexibility Inventory (CFI) to measure cognitive flexibility, and the Resiliency Scales for Children and Adolescents (RSCA) to evaluate resilience. A total of 377 participants, aged between 12 and 18 years, were recruited for this study. The results of the mediation analysis revealed that resilience, as observed through its components, namely, sense of mastery and emotional reactivity, fully mediated the relationship between cognitive flexibility and adolescent adaptation. Moreover, the sense of relatedness partially mediated this relationship. The study's implications lie in the potential development of targeted interventions based on resilience to promote positive adjustment among adolescents.