

Resilience, Gender, Self-efficacy, and Emotion Maturity among Gen Z: Correlation Model and Mapping

Rio Candra Pratama^{1*}

¹Faculty of Science and Engineering, Universitas Bojonegoro, Indonesia

*Email: riocandra53@gmail.com

Abstract. Resilience, the capacity to adapt and recover from adversity, is increasingly relevant for understanding Generation Z, often described as the “strawberry generation” for their perceived fragility. Empirical evidence on the determinants of resilience in this cohort, however, remains limited. This study examined the influence of gender, self-efficacy, and emotional maturity on resilience among Indonesian Gen Z. A cross-sectional survey was conducted with purposive sampling of 580 respondents from Java Island. Correlation analysis revealed significant associations between resilience and gender, self-efficacy, and emotional maturity. Further regression analysis indicated that only self-efficacy and emotional maturity significantly predicted resilience, while gender did not. Geospatial mapping showed regional variation, with East Java reporting the highest resilience scores and Central Java the lowest. The findings underscore the importance of self-efficacy and emotional maturity in fostering resilience, whereas gender differences appear negligible. The study is limited by its reliance on standardized group categorization of resilience. Future research should refine measurement approaches and investigate regional variations in self-efficacy and emotional maturity to provide a more nuanced understanding of Gen Z’s adaptive capacity.

Keywords: emotional maturity, gender, Gen Z, resilience, self-efficacy

Introduction

Stress is linked to the higher occurrence of physical and mental health issues and could cause a reduction in overall well-being (Pratama, 2023). Some reported that over-stress condition could increase risk in depression (LeMoult et al., 2020). Recent study showed that people that experienced chronic stress that could lead to depression (Galatzer-Levy et al., 2018; Swasti, 2024). However, it is remarkably that not everyone exposed to stress will experiences this problem (Malhi et al., 2019). This mental condition can generally referred as “resilience”. One of the life phases that quite susceptible to stress is adolescence (Vella & Pai, 2019). Resilience is linked with both neurobiological and psychosocial underpinnings, that is highly related to emotional, cognitive, behavioral, social and psychological domains of functioning (Masten, 2015).

Resilience, in psychological terms, is commonly defined as the dynamic process of adapting positively in the face of adversity, trauma, or stress (Masten, 2015; Herrman et al., 2011). It is not merely a fixed trait, but a multidimensional construct encompassing emotional, cognitive, and behavioral capacities that enable recovery and growth. Within Indonesian discourse, Generation Z is often described as the “strawberry generation,” a metaphor suggesting they appear strong outwardly yet are easily damaged under pressure (Schroth, 2019). While the label has been widely used in media and industry, empirical research on whether this stereotype accurately reflects their resilience remains scarce.

Generation Z (Gen Z) refers to individuals that born approximately between late 1990s and early 2010s, who currently experienced developmental stage of late adolescence to emerging adulthood. From a developmental psychology perspective, this period is marked by rapid identity formation, increased sensitivity to social comparison, and transition toward independence in education, career, and relationship. These characteristic make Gen Z particularly vulnerable to stressors, while also providing opportunities for resilience development. Globally, Gen Z accounts for 32% of the population globally (Sakdiyakorn et al., 2021), and Indonesia represent 27.94% or approximately 74.93 milion of people (ID Research Institute, 2022). Their constant and intense engagement with digital environment could influences their mental health orientation, including resilience (Belcher et al., 2021). They may face numerous challenges and risk came from real, social, and digital life (Hendriani & Mulawarman, 2020). In recent years, resilience has emerged as a crucial concept in understanding how individuals navigate the complexities of contemporary life (Herrman et al., 2011). Defined as the ability to adapt positively in the face of adversity, resilience is increasingly recognized as a vital trait for mental and emotional well-being (Wald et al., 2006). This is particularly relevant for Gen Z, the cohort born between the late-1990s and early 2010s, who have grown up in a rapidly changing world characterized by technological advancements, economic uncertainties, and global challenges (Moore et al., 2017).

Gen Z, often referred to as digital natives, has been uniquely shaped by the pervasive influence of the internet, social media, and an unprecedented flow of information (Hernandez-de-Menendez et al., 2020). While these factors have provided opportunities for connectivity and learning, they have also introduced new stressors, such

as cyberbullying, social comparison, and the pressure to curate an idealized online persona (Hinduan et al., 2020). Additionally, Gen Z has come of age during significant societal shifts, including heightened awareness of climate change, social justice movements, and the ongoing impacts of the COVID-19 pandemic (Garagiola et al., 2022).

These distinctive experiences raise important questions about how resilience is manifested among Gen Z. Unfortunately, this generation is frequently underestimated by the industry with the “strawberry generation” label (Schroth, 2019). Previous generations, who may have relied on traditional forms of social support, Gen Z's resilience is likely influenced by a combination of digital interactions, peer networks, and evolving cultural norms (Moore et al., 2017). Research on resilience of Gen Z is quite sparse. A recent study explored how Gen Z perceives the concept of ‘resilience,’ with undergraduate students identifying the key components as the ability to persevere through challenges, the capacity to seek support from significant others, and the ability to learn from those who navigate difficult situations (Ong et al., 2009) another study about Resilience shown that understanding the factors that contribute to or hinder resilience in this generation is critical for developing effective interventions and support systems that promote their mental health and well-being (Malhi et al., 2019).

Gender has also been examined in resilience research, though findings remain inconsistent. Some studies report that women demonstrate higher emotional coping strategies, whereas men may rely more on problem-focused coping, leading to potential differences in resilience outcomes (Sagone et al., 2020). Other studies, however, have found no significant gender differences (Bano & Pervaiz, 2020). Given these mixed results, examining gender in relation to resilience among Indonesian Gen Z is warranted, particularly to test whether resilience is more strongly shaped by psychological factors than by demographic characteristics.

Self-efficacy, the belief in one's ability to succeed in specific situations or accomplish tasks, plays a fundamental role in how individuals approach challenges and persevere through difficulties (Zyberaj, 2022). For Gen Z, a strong sense of self-efficacy can empower them to take control of their circumstances, make informed decisions, and bounce back from setbacks. On the other hand, emotional maturity, which involves the ability to manage emotions, cope with stress, and maintain healthy interpersonal relationships, is

essential for maintaining mental health condition aswell, especially for adolencence. Emotional maturity allows individuals to process their emotions effectively, maintain composure during crises, and foster positive relationships that provide support and encouragement (Joy & Mathew, 2018).

Despite the growing attention to Gen Z's mental health, empirical studies integrating self-efficacy, emotional maturity, and gender as predictors of resilience remain limited, particularly in the Indonesian context. Moreover, little is known about how resilience may vary across regions, even though Indonesia's cultural and socioeconomic diversity could shape adaptive capacities. This study addresses to examining the relationships among self-efficacy, emotional maturity, gender, and resilience in Gen Z.

In addition, regional disparities within Indonesia suggest that resilience may not be evenly distributed across provinces. To address this, the present study incorporates Geographic Information System (GIS) analysis to map resilience across Java. GIS allows not only the visualization of spatial variations but also the identification of regional clustering and potential contextual factors influencing resilience (e.g., sociocultural environment, educational access, and lifestyle differences). By integrating GIS into psychological research, this study aims to extend beyond individual-level predictors and provide a spatial perspective on how resilience manifests among Gen Z in different regions of Java.

Method

Design and Participants of the Study

Cross-sectional quantitative design was used in this study. This study was conducted on March to July 2024. This study was included 580 participants. the participant in this study was early and middle Gen Z. The sample of this study were selected using non-probability sampling. This study was determining the sample criteria and population that meet those criteria will be selected as sample by using purposive sampling technique. The criteria in this study were early Gen Z (born in 1998-2003), and live in Java Island.

Instruments

Resilience

Resilience was measured by using The Resilience Scale (RS-14) by Wagnild & Young (1987) that using five resilience factor such as meaningfulness, perseverance, self-reliance, existential loneliness, and equanimity (Fernandes et al., 2018). This scale is a Likert scale consisting of 14 sequentially arranged statement items. The lowest and highest scores on this scale are 14 and 98 respectively. Level of resilience in this study was divided into 5 categories such as very low; low; medium; high; very high with value ranged by 20 for each category. The Resilience Scale has through a translation process to Indonesian to adapt to the sample in this study.

Self-efficacy

Self-efficacy was measured by using Generalized Indonesian-translated-self-efficacy scale (GSE) by Schwarzer & Jerusalem (1995) that measured emotion, optimism, work satisfaction as the factors. Negative coefficients were found for depression, stress, health complaints, burnout, and anxiety. This Likert model of scale has 10 items of statement. The minimum score in this scale is 10 and have 70 score in maximum.

Emotional-Maturity

Emotional-maturity scale in this study measured by modifying emotional maturity scale (EMS) by Pratama (2016) that using emotional-maturity factors reported by Hurlock such as emotional identification, intimacy, realistic interest, love, emotional stability, and emotional regulation. This likert model of scale consisting of 15 items of statement. Minimum and maximum score in this scale was 15 and 105 respectively.

All of the instrument used in this study are likert scale of 1-7 (strongly disagree-strongly agree) and adapted into Indonesian. Furthermore, we also adjusted the answer in all the scale uniformly with "strongly disagree-strongly agree" to make it easier for partisipants. The result of thereliability test showed that all of the instrument (RS-14, GSE, and EMS) provide a good and suitable for use in this study with .91, .85, and .668 respectively. The corrected item-total correlation value was ranged from .225 - .775; .274 - .716; and .212 - .477 for RS-14, GSE, and EMS respectively.

Procedures

The instrument used in this study was a translated version into Indonesian. This translation was conducted to facilitate respondents in completing each distributed scale. A pilot test of the scale was carried out prior to the wide distribution to the research sample.

In this study, a hybrid instrument was utilized, comprising two types of instruments: an online form (Google Forms) and a paper-based questionnaire. The instruments were then distributed to the sample that met the research criteria.

Orientation and instructions were provided to the respondents, explaining the research objectives and how to complete the questionnaire. Data collection for all three questionnaires was conducted simultaneously for efficiency.

The completed questionnaires were then reviewed and sorted. After sorting, statistical analysis was conducted using the Statistical Package for Social Science (SPSS-20). A Kolmogorov-Smirnov test was performed to assess data normality, followed by ANOVA and t-tests for further analysis in this study. Since one of the purposes of this study was to describe resilience among adolescents (with gender, self-efficacy and emotional maturity as independent variable), ANOVA was used as an analysis technique.

A further analysis in this study involves geospatial image mapping the resilience of Gen Z in Java. This mapping is conducted using GIS software to obtain a spatial distribution of Gen Z across the island of Java.

Compliance with ethical standards

Since this study involves human subjects, approval from the ethics committee is required. This research has undergone an ethical review process and has been declared to meet the ethical standards of research, as evidenced by document number 00001/EA/2024/0224243522. We also maintained informed consent by making this research objective clear to the participants. At the beginning of the scale section distributed to participants, information about the study, including the number of items and the estimated time required to complete each scale, will be provided. At the end of the section, prospective participants will be asked to fill out a consent form indicating their willingness to participate in the research. To maintain professionalism and data accuracy, prospective participants who do not consent to participate will be excluded from the study. This

process is particularly important for questionnaires distributed online due to the researchers' more limited control.

Result

Respondent involved in this study were Gen Z that live in Java. This study was conducted with Gen Z that aged range from 14 to 26 years old. The female respondents were higher in number compared to male (324 and 256 respectively) (Table 1).

Table 1.
Description of Sample Study

Criteria	Frequency (%) (N=580)
Age	
14-17	146 (25.17)
17-20	183 (31.55)
20-23	168 (28.96)
23-26	83 (14.31)
Gender	
Male	256 (44.13)
Female	324 (55.86)
Recent Education/Activitiy	
Junior High School	9
High School	105
College	344
Work	122
Domilisi (Province)	
East Java	249
Central Java	188
West Java	43
Yogyakarta	84
Banten	3
Jakarta	13

Among 580 total participants, the largest group age was 17-20 year old, followed by 20–23-year-old age group, 14-17 year old, and 23–26-year-old (183, 168, 146, and 83 respondents respectively). By the educational background, the majority were University Students prior to employed, high school students, and junior high school students (344, 122, 105 and 9 respectively). The majority of the study's respondents were from East Java, encompassing various regions within the province (data not shown). In contrast, the smallest distribution of respondents came from Banten with 3 participants (Table 1).

The result of this study shown a significant relation between dependent variable (resilience) with independent variable (sex, self-efficacy, and emotional maturity). These indicate that sex, self-efficacy, and emotional maturity simultaneously are correlated with resilience ($p < .05$) (Table 2). An interesting finding emerged from the partial analysis that sex was not correlated with resilience ($p = .347$) (Table 3).

Table 2.
Significance Correlation between Variables Using ANOVA Test

Model	Sum Square	df	Mean Square	F	Sig.
Regression	43612.930	3	14537.643	92.353	.000
Residual	90670.261	576	157.414		
Total	134283.191	579			

Table 3.
Significance of Partial Correlation Using t-test

Model		Unstandardized Coefficients		Standardized Coefficient	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	13.130	4.081		3.217	.001
	Sex	-.989	1.052	-.032	-.941	.347
	SE	.637	.069	.381	9.225	.000
	EM	.348	.055	.262	6.347	.000

The result of geospatial imaging of resilience level of all respondents then depicted on a map image showing the distribution of respondent and their resilience level (Figure 1).

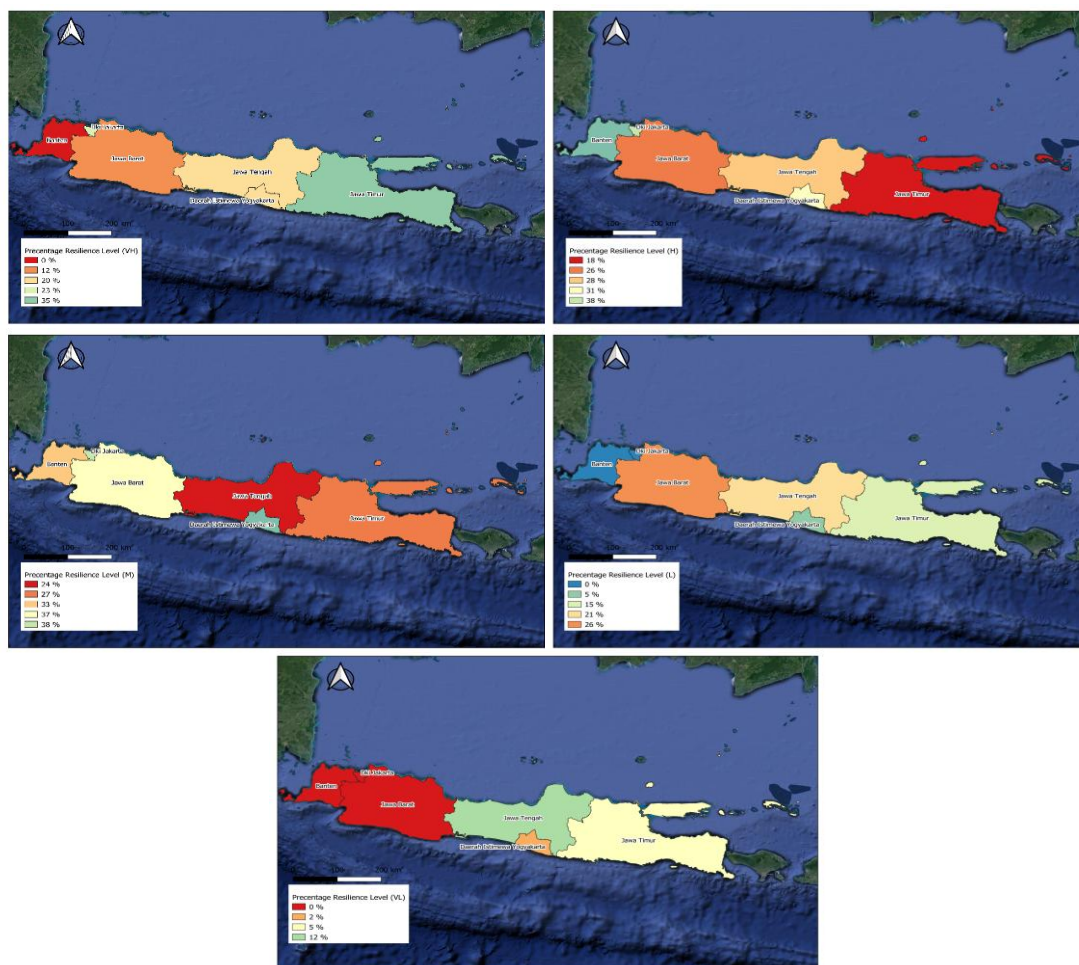


Figure 1. Geospatial imagery of distribution resilience level among respondents on island of Java. A. very high level of resilience; B. High level of resilience; C. moderate level of resilience; D. low level of resilience; E. very low level of resilience (N=580).

In Figure 1 we can observe that in very high level of resilience, East Java have the highest percentage. Followed by Jakarta, Central Java and Yogyakarta, West Java, and the last was Banten (35%, 23%, 20%, 20%, 12%, 0% respectively). In high resilience level, Banten have the highest percentage, followed by Jakarta, Yogyakarta, Central Java, West Java, and East Java with the less percentage (67%, 38%, 31%, 28%, 26%, 18% respectively). At moderate level of resilience, the percentage was quite level at 42%, 38%, 37%, 33%, 27% and 24% with Yogyakarta and Central Java as the highest and lowest percentage respectively. At low level of resilience, the highest percentage was West Java, followed by Central Java, East Java, Yogyakarta, and the last were Banten and Jakarta with 26%, 21%, 15%, 5%, 0% and 0% respectively. The last category was very low level of resilience was Central Java, East Java, and Yogyakarta with 6%, 5%, and 2% of percentage, and 0% for West Java, Banten, and Jakarta.

Discussion

The present study examined the relationship between resilience and three predictors: gender, self-efficacy, and emotional maturity. The regression model including all three predictors was statistically significant ($p < .001$), indicating that the model as a whole explained a meaningful portion of variance in resilience. Together, gender, self-efficacy, and emotional maturity accounted for a substantial effect (Table 2). However, when examined individually, only self-efficacy ($p < .001$) and emotional maturity ($p < .001$) emerged as significant predictors, while gender was not related ($p = .347$) (Table 3). These findings suggest that resilience among Gen Z is primarily shaped by psychological resources rather than demographic factors such as gender.

The present study examined the relationship between resilience, sex, self-efficacy and emotional maturity in large sample covering six provinces on the island of Java. We found that self-efficacy was significantly correlated with resilience. Previous study on self-efficacy and resilience among university students in Iran demonstrated a strong connection between these two variables (Abdolrezaipoor et al., 2023). A study of 459 nurses in Peru also showed similar results, where self-efficacy was closely related to resilience. Self-efficacy seems to be a key factor in achieving resilience in individuals in various domains, such as academic (Supervía et al., 2022), business (Santoro et al., 2020), workplace settings (Wang & Pan, 2023), and general resilience (Sagone et al., 2020). Individuals with higher self-efficacy might interpret stressors as challenges to be mastered rather than as threats, thereby mobilizing greater effort and perseverance. This cognitive appraisal process could explain why self-efficacy emerged as the strongest predictor of resilience in this study.

The variable of emotional maturity also shows a significant relationship with resilience. Research specifically examining the relationship between emotional maturity and resilience is still limited; however, some studies, such as those investigating resilience among medical students in relation to emotional intelligence, have also demonstrated a significant relationship (Bano & Pervaiz, 2020). However, emotional intelligence and emotional maturity are different things despite having interconnected constructs. The things that distinguish two of them where emotional intelligence represents the latest evolution in understanding the relationship between thought and emotion. In the other hand,

Emotional maturity is the result of emotional growth, make individuals could control their emotional expression and endure their needs without experiencing regret or suffering (Arasteh & Seyedoshohadaei, 2018). The variable of sex, according to the statistical analysis results, showed no significant correlation, indicating that resilience is not associated with gender, means all genders could be have same potential to achieve resilience and not exclusively for specific gender.

The distribution of resilience levels among all respondents indicates that those residing in the East Java region have the highest levels of resilience, while those in the Central Java was the lowest. Regional differences, as revealed through GIS mapping, suggest that resilience is not evenly distributed across Java. While lifestyle and work pace may partly explain these patterns, other contextual factors are also relevant (Bottolfs et al., 2020). Thus, East Java's higher resilience levels may be influenced by stronger community ties and cultural values emphasizing collective coping, while Central Java's lower levels may reflect socioeconomic disparities or differences in educational resources. Prior studies have shown that community cohesion and access to supportive networks enhance resilience at the population level (Herrman et al., 2011). Thus, the spatial disparities observed here highlight the importance of considering not only individual predictors but also ecological and cultural contexts. In addition to lifestyle, work pace may also play a role in influencing resilience levels.

These findings reinforce resilience theory, which views resilience as a dynamic interaction between individual capacities and environmental contexts (Masten, 2015). Self-efficacy represents a cognitive-behavioral mechanism that enhances coping strategies, while emotional maturity represents an affective-regulatory mechanism supporting adaptive responses. The lack of significant gender differences aligns with perspectives that resilience is not inherently tied to demographic categories, but rather to psychological and contextual resources. Finally, the regional disparities identified underscore the ecological perspective on resilience, where social, cultural, and structural factors contribute to adaptive capacity. This multi-level integration provides a more comprehensive understanding of how resilience develops in Gen Z, bridging individual psychology with broader contextual influences.

Conclusion

Resilience is a condition achieved through various supporting factors, such as self-efficacy and emotional maturity. The results of the study suggest that self-efficacy and emotional maturity are significantly associated with the resilience of Gen Z. In contrast, resilience is not correlated to gender, indicating that resilience is not a privilege of any particular gender. Every gender has an equal potential to achieve resilience. Furthermore, the findings of this study show that Gen Z respondent residing in the province of East Java tend to exhibit higher levels of resilience compared to other Gen Z individuals on the island of Java. This study has limitations, including the categorization of resilience levels based on group standards. It is suggested for future study to validate the categorization of resilience levels for greater accuracy and to map the levels of self-efficacy and emotional maturity among Gen Z. Additionally, further research is needed to conduct a more detailed analysis of resilience levels among Gen Z in each province as well.

Suggestion

This study has limitations, including the categorization of resilience levels based on group standards. It is suggested for future study to validate the categorization of resilience levels for greater accuracy and to map the levels of self-efficacy and emotional maturity among Gen Z. Additionally, further research is needed to conduct a more detailed analysis of resilience levels among Gen Z in each province as well.

References

- Abdolrezapour, P., Ganjeh, S. J., & Ghanbari, N. (2023). Self-efficacy and resilience as predictors of students' academic motivation in online education. *PLoS ONE*, 18(5), 1–12. <https://doi.org/10.1371/journal.pone.0285984>
- Arasteh, M., & Seyedoshohadaei, S. A. (2018). The Relationship between Emotional Intelligence and Emotional Maturity among Students of Kurdistan University of Medical Sciences. *Journal of Ecophysiology and Occupational Health*, 18(1 & 2), 31–37. <https://doi.org/10.18311/jeoh/2018/21377>
- Bano, Z., & Pervaiz, S. (2020). Emotional Intelligence And Their Influence Pak Armed Forces Med. *Pak Armed Forces Med J*, 70(2), 390–394.
- Belcher, B. R., Zink, J., Azad, A., Campbell, C. E., Chakravartti, S. P., & Herting, M. M. (2021). The Roles of Physical Activity, Exercise, and Fitness in Promoting Resilience During Adolescence: Effects on Mental Well-Being and Brain Development. *Biological Psychiatry: Cognitive Neuroscience and Neuroimaging*, 6(2), 225–237. <https://doi.org/10.1016/j.bpsc.2020.08.005>
- Bottolfs, M., Støa, E. M., Reinboth, M. S., Svendsen, M. V., Schmidt, S. K., Oellingrath, I. M.,

- & Bratland-Sanda, S. (2020). Resilience and lifestyle-related factors as predictors for health-related quality of life among early adolescents: a cross-sectional study. *Journal of International Medical Research*, 48(2). <https://doi.org/10.1177/0300060520903656>
- Fernandes, G., Amaral, A., & Varajão, J. (2018). Wagnild and Youngs's resilience scale validation for IS students. *Procedia Computer Science*, 138, 815–822. <https://doi.org/10.1016/j.procs.2018.10.106>
- Galatzer-Levy, I. R., Huang, S. H., & Bonanno, G. A. (2018). Trajectories of resilience and dysfunction following potential trauma: A review and statistical evaluation. *Clinical Psychology Review*, 63, 41–55. <https://doi.org/10.1016/j.cpr.2018.05.008>
- Garagiola, E. R., Lam, Q., Wachsmuth, L. S., Tan, T. Y., Ghali, S., Asafo, S., & Swarna, M. (2022). Adolescent Resilience during the COVID-19 Pandemic: A Review of the Impact of the Pandemic on Developmental Milestones. *Behavioral Sciences*, 12(7), 1–24. <https://doi.org/10.3390/bs12070220>
- Hendriani, W., & Mulawarman, M. (2020). The alignment of solution-focused brief counseling in helping to achieve resilience: a comparative analysis. *Islamic Guidance and Counseling Journal*, 3(2), 100–107. <https://doi.org/10.25217/igcj.v3i2.860>
- Hernandez-de-Menendez, M., Escobar Díaz, C. A., & Morales-Menendez, R. (2020). Educational experiences with Generation Z. *International Journal on Interactive Design and Manufacturing*, 14(3), 847–859. <https://doi.org/DOI:http://doi.org/>
- Herrman, H., Stewart, D. E., Diaz-Granados, N., Berger Dphil, E. L., Jackson, B., & Yuen, T. (2011). What Is Resilience? *Can J Psychiatry*, 56(5), 258–265.
- Hinduan, Z. R., Anggraeni, A., & Agia, M. I. (2020). Generation Z in Indonesia: The Self-Driven Digital. In *The New Generation Z in Asia: Dynamics, Differences, Digitalization* (Vol. 1, pp. 121–134). Emerald Group Publishing Ltd. <https://doi.org/10.1108/978-1-80043-220-820201012>
- ID Research Institute. (2022). Family Life Education and Career Formal Education and Demographic Bonus.
- Joy, M., & Mathew, A. (2018). Emotional Maturity and General Well-Being of Adolescents. *IOSR Journal Of Pharmacy*, 8(5), 2250–3013. www.iosrphr.org
- LeMoult, J., Humphreys, K. L., Tracy, A., Hoffmeister, J. A., Ip, E., & Gotlib, I. H. (2020). Meta-analysis: Exposure to Early Life Stress and Risk for Depression in Childhood and Adolescence. *Journal of the American Academy of Child and Adolescent Psychiatry*, 59(7), 842–855. <https://doi.org/10.1016/j.jaac.2019.10.011>
- Malhi, G. S., Das, P., Bell, E., Mattingly, G., & Mannie, Z. (2019). Modelling resilience in adolescence and adversity: a novel framework to inform research and practice. *Translational Psychiatry*, 9(1), 1–16. <https://doi.org/10.1038/s41398-019-0651-y>
- Masten, A. S. (2015). Pathways to Integrated Resilience Science. *Psychological Inquiry*, 26(2), 187–196. <http://www.jstor.org/stable/43865726>
- Moore, K., Jones, C., & Frazier, R. S. (2017). Engineering Education For Generation Z. *American Journal of Engineering Education*, 8(2), 111–126.
- Ong, A. D., Bergeman, C. S., & Boker, S. M. (2009). Resilience comes of age: Defining features in later adulthood. *Journal of Personality*, 77(6), 1777–1804. <https://doi.org/10.1111/j.1467-6494.2009.00600.x>
- Pratama, R. C. (2016). Hubungan antara kontrol diri dan kematangan emosi dengan perilaku seksual pranikah siswa laki-laki kelas X dan XI SMK Pancasila Dander Bojonegoro. Universitas Sebelas Maret Surakarta.

- Pratama, R. C. (2023). Peran Pelatihan Regulasi Emosi pada Stress Kerja: Studi Eksperimen Pada PT X. Kartasura. *Jurnal Janaloka*, 1(2), 44–52. <https://doi.org/10.54883/janaloka.v1i2.554>
- Sagone, E., De Caroli, M. E., Falanga, R., & Indiana, M. L. (2020). Resilience and perceived self-efficacy in life skills from early to late adolescence. *International Journal of Adolescence and Youth*, 25(1), 882–890. <https://doi.org/10.1080/02673843.2020.1771599>
- Sakdiyakorn, M., Golubovskaya, M., & Solnet, D. (2021). Understanding Generation Z through collective consciousness: Impacts for hospitality work and employment. *International Journal of Hospitality Management*, 94(102822), 1–13. <https://doi.org/10.1016/j.ijhm.2020.102822>
- Santoro, G., Ferraris, A., Del Giudice, M., & Schiavone, F. (2020). Self-efficacy and Success of Disadvantaged Entrepreneurs: The Moderating Role of Resilience. *European Management Review*, 17(3), 719–732. <https://doi.org/10.1111/emre.12394>
- Schroth, H. (2019). Are you ready for gen Z in the workplace? *California Management Review*, 61(3), 5–18. <https://doi.org/10.1177/0008125619841006>
- Schwarzer, R., & Jerusalem, M. (1995). Generalized Self-Efficacy scale. In J. Weinman, S. Wright, & M. Johnston (Eds.), *Measures in health psychology: A user's portfolio* (pp. 33–37). NFER-NELSON.
- Supervía, U. P., Bordás, S. C., & Robres, Q. A. (2022). The mediating role of self-efficacy in the relationship between resilience and academic performance in adolescence. *Learning and Motivation*, 78(2022), 1–8. <https://doi.org/10.1016/j.lmot.2022.101814>
- Swasti, I. K. (2024). Narrative Therapy to Treat a College Student's Depression: A Case Report. *INSAN Jurnal Psikologi Dan Kesehatan Mental*, 9(1), 1–34. <https://doi.org/10.20473/jpkm.v9i12024.1-34>
- Vella, S.-L., & Pai, N. (2019). A theoretical review of psychological resilience: Defining resilience and resilience research over the decades. *Archives of Medicine and Health Sciences*, 7(2), 233–239. https://doi.org/10.4103/amhs.amhs_119_19
- Wald, J., Taylor, S., Asmundson, G. J. G., Jang, K. L., & Stapleton, J. (2006). Literature Review of Concepts: Psychological Resiliency. Defence R&D Canada. <https://www.researchgate.net/publication/235202900>
- Wang, Y., & Pan, Z. (2023). Modeling the Effect of Chinese EFL Teachers' Self-efficacy and Resilience on Their Work Engagement: A Structural Equation Modeling Analysis. *SAGE Open*, 13(4). <https://doi.org/10.1177/21582440231214329>
- Zyberaj, J. (2022). Investigating the relationship between emotion regulation strategies and self-efficacy beliefs among adolescents: Implications for academic achievement. *Psychology in the Schools*, 59(8), 1556–1569. <https://doi.org/https://doi.org/10.1002/pits.22701>