

**A QUALITATIVE STUDY OF RESILIENCE AMONG
YOUNG AFGHAN REFUGEES IN INDONESIA**

THESIS

**Submitted to the Faculty of Psychology
in Partial Fulfilment of the Requirements
for the Degree in
Master of Community Psychology**



By:

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**MASTER OF PSYCHOLOGY STUDY PROGRAM
FACULTY OF PSYCHOLOGY
UNIVERSITAS AIRLANGGA
SURABAYA**

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STATEMENT SHEET

I hereby declare that the thesis that I have written is true and is the result of my own writing. I have written all quotations from the work of others by citing the source, in accordance with the rules of scientific research.

If in the future it is found that there is plagiarism in my thesis, then I am willing to accept the sanction of revocation of the academic degree that I hold, along with the consequences, in accordance with the applicable laws and regulations.

Surabaya, 1 December, 2022

Agreed



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This thesis has been approved by
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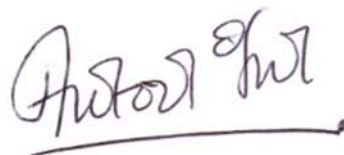
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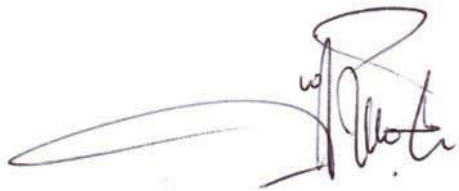


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Dedication

To all the brave souls seeking for shelter in a world of borders. You have so much to teach.

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TABLE OF CONTENTS

STATEMENT SHEET.....	ii
APPROVAL SHEET	iii
DEDICATION.....	v
ACKNOWLEDGEMENT.....	vi
TABLE OF CONTENTS	viii
LIST OF TABELS	x
LIST OF FIGURES	x
LIST OF APPENDICES	x
ABSTRAK BAHASA INDONESIA.....	xi
ABSTRACT ENGLISH.....	xii
CHAPTER I INTRODUCTION	1
1.1 Introduction	1
1.2 Problem Formulation	3
1.3 Purpose of Study.....	5
1.4 Research Questions.....	5
1.5 Significance of Study	5
CHAPTER II LITERATURE REVIEW	7
2.1 Background and History of Afghan Forced Migration	7
2.2 Refugee and Asylum seeker	9
2.2.1 Psychosocial Issues in Refugees/Asylum Seekers	10
2.2.2 Afghan Refugees/Asylum Seekers in Indonesia	11
2.3 <i>Resilience</i>	12
2.3.1 Definition of <i>Resilience</i>	12
2.3.2 Dynamics and Factors of <i>Resilience</i> Across the Fields	16
2.3.3 Resilience of Refugees and (Afghan Refugees in Indonesia)	19
2.4 Conceptual Framework	22
CHAPTER III RESEARCH METHOD.....	24
3.1 Methodology and Procedure.....	24
3.2 Research Participants	24
3.3 Data Collection	26
3.4 Data Analysis.....	27
3.4.1 Thematic Analysis	27

3.4.2	Steps of Thematic Analysis	28
3.5	Techniques for Consolidating Research Ethics	29
CHAPTER IV RESEARCH FINDINGS AND DISCUSSION		31
4.1	Experiences of Afghans as Refugees/Asylum Seekers in Indonesia	32
4.1.1	Living with Unpredictability	33
4.1.2	Family-Related Issues	34
4.1.3	Communication Difficulties	35
4.1.4	Cultural Differences	36
4.2	Overcoming Adversities	36
4.2.1	Personal Resources	37
4.2.2	Family	38
4.2.3	Faith and Religion	39
4.2.4	Community Resources	40
4.2.5	Hopefulness and Aspirations for the Future	41
4.3	Afghan Refugees/Asylum Seekers Resilience	42
4.3.1	Identifying the Stages of Resilience	44
4.4	Discussion	48
CHAPTER V CONCLUSIONS AND RECOMMENDATIONS		54
5.1	Conclusions	54
5.2	Research Limitations	55
5.3	Recommendations	55
REFERENCES		58
APPENDIX		67

LIST OF TABLES

Tabel 3.1 Participant Descriptions	25
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LIST OF FIGURES

Figure 2.1. Concept of Resilience According to Rutter.....	23
Figure 4.1 The Domain of Possibilities in Response to Adversity.....	45

LIST OF APPENDICES

Letter of Information and Consent.....	66
Informed Verbal Consent.....	68
Interview Guide.....	69

ABSTRAK

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Xi + 66 Halaman, 5 Lampiran

Penelitian ini bertujuan untuk memahami pengalaman dan ketahanan pemuda Afghanistan sebagai pengungsi/pencari suaka yang tinggal di Indonesia, bagaimana mereka menunjukkan ketahanan dalam menghadapi kesulitan yang mereka hadapi. Penelitian ini menggunakan metode kualitatif dengan pendekatan studi kasus intrinsik. Pengumpulan data dilakukan dengan wawancara mendalam dengan tiga partisipan, analisis data dilakukan dengan analisis tematik.

Hasil menunjukkan terlepas dari semua kesulitan yang dihadapi pengungsi Afghanistan yaitu: hidup dengan ketidakpastian, masalah terkait keluarga, kesulitan komunikasi dan perbedaan budaya, mereka menunjukkan ketahanan. Pengungsi/pencari suaka Afghanistan menghadapi tantangan dan kesulitan mereka dengan sumber daya utama berikut: sumber daya pribadi, keluarga, nasib dan agama, sumber daya komunitas, serta harapan dan aspirasi untuk masa depan. Selain itu, menurut model Carver, dua peserta berada pada tahap berkembang (orang yang mengalami kesulitan mungkin tidak hanya kembali ke tingkat fungsi sebelumnya tetapi mungkin melampauinya dalam beberapa cara). Selebihnya, peserta ketiga sedang dalam tahap resiliensi (pemulihan).

Belum ada studi yang signifikan tentang ketahanan pengungsi Afghanistan khususnya di Indonesia, meskipun pengungsi Afghanistan merupakan jumlah tertinggi di antara total pengungsi. Dengan demikian, penelitian ini berkontribusi pada bagian literatur yang kurang berkembang. Juga memberikan pengetahuan yang mendalam untuk pemetaan intervensi bagi pengungsi.

Kata kunci: *Adversity; coping; Afghan Refugees/asylum seekers; Indonesia; resilience*

Referensi 63 (1990-2022)

ABSTRACT

Zala Shinwari, 112014253001, A Qualitative Study of Resilience Among Young Afghan Refugees in Indonesia, Thesis, Faculty of Psychology Universitas Airlangga, Surabaya, Indonesia, 2022.

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This study aims to understand the experiences and resilience of young Afghans as refugees/asylum seekers living in Indonesia, how they showed resilience on the face of adversities that they faced. This study used a qualitative method with an intrinsic case study approach. Data was collected by in-depth interview with three participants, data analysis was performed using thematic analysis.

Results showed despite all the adversities that Afghan refugees faced namely: living with unpredictability, family-related issues, communication difficulties and cultural differences, they showed resilience. Afghan refugees/asylum seekers faced their challenges and adversities with the following main resources: personal resources, family, fate and religion, community resources, and hopefulness and aspirations for the future. Additionally, according to the model of Carver two of the participants were at the thriving stage (the person who experienced adversity may not merely return to the previous level of functioning but may surpass it in some manner). Moreover, third participant was in the stage of resilience (recovery).

There does not exist significant study on resilience of Afghan refugees particularly in Indonesia, even though Afghan refugees make the highest number among the total refugees. Thus, this study contributes to the underdeveloped body of literature. Also provides profound knowledge for intervention mappings for refugees.

Keywords: *Adversity; coping; Afghan Refugees/asylum seekers; Indonesia; resilience*
References 63 (1990-2022)