

## The Relationship between Emotion Regulation and Social Support with Resilience of Mothers with Stunted Toddlers

Rizky Amellia, Suroso, Muhammad Farid

Master of Professional Psychology, University 17 August 1945 Surabaya, Indonesia

### ABSTRACT

This study aims to explore the relationship between emotional regulation, social support, and resilience among mothers of toddlers with stunting status. Mothers facing this condition often encounter high psychological pressure due to the complexities of care and concerns regarding their child's health. The research was conducted on a finite population with a sample of 40 mothers of stunted toddlers. Measurement instruments included the Resilience Questionnaire Test (RQ-TEST), the Emotion Regulation Questionnaire (ERQ), and the Social Support Scale (SSS), analyzed using Spearman's rho correlation analysis. The results indicated a significant positive relationship between emotional regulation and resilience ( $\rho = 0.350, p < 0.05$ ). Higher emotional regulation was associated with higher resilience among mothers. The study also found a significant positive relationship between social support and resilience ( $\rho = 0.517, p < 0.05$ ). Greater social support was linked to higher levels of resilience in mothers. However, the study has limitations due to the small sample size and potential response bias in data collection methods. Future research is recommended to expand the sample and use more varied data collection methods to enhance the validity of the results. The implications of this study suggest that interventions to improve emotional regulation and social support could effectively enhance the resilience of parents in facing the challenges of caring for toddlers with stunting status, potentially yielding significant positive impacts on the well-being of affected families./

**Keywords:** Resilience, Emotional Regulation and Social Support.

#### Corresponding author

**Name:** Rizky Amellia

**Email:** Rizkyamellia37@gmail.com

## INTRODUCTION

Stunting is one of the chronic nutritional problems that remains a major concern in Indonesia. According to UNICEF (2022), the prevalence of stunting in Indonesia is relatively high compared to other countries in Southeast Asia. This condition not only affects children's physical growth but also has long-term consequences for cognitive, emotional, and social development, which in turn impacts the quality of human resources in the future.

Parents, especially mothers, of children with stunting face multiple challenges, both physically and psychologically. Emotional distress often arises from anxiety, stress, and worries about their child's health. Such conditions demand resilience, defined as the ability to adapt, recover, and remain strong in the face of adversity (Reivich & Shatté, 2002). Resilience plays a crucial role in enabling parents to continue their caregiving responsibilities despite difficult circumstances.

Several factors are known to influence resilience, including emotion regulation and social support. Emotion regulation refers to an individual's ability to manage, express, and adjust emotional responses adaptively to various situations (Gross, 2015). Individuals with effective emotion regulation are generally more capable of coping with psychological pressure, which contributes to higher resilience. Previous studies have demonstrated a significant positive relationship between emotion regulation and resilience across different populations, such as students and disaster survivors (Widuri, 2012; Tugade & Fredrickson, 2007).

In addition, social support is another key factor that enhances resilience. Support from partners, families, and social networks provides a sense of security, motivation, and practical assistance in overcoming challenges (Sarafino & Smith, 2011). Several studies have shown a positive correlation between social support and resilience, for example among mothers of children with special needs and individuals facing crisis situations (Sriwahyuni & Rusli, 2023; Caesar, 2015).

Although the importance of emotion regulation and social support in fostering resilience has been widely acknowledged, research specifically focusing on these factors in parents of children with stunting remains limited. Therefore, this study aims to examine the relationship between emotion regulation, social support, and resilience among mothers of toddlers with stunting.

## **METHOD**

The population in this study consisted of mothers who have toddlers with stunting status. These mothers face various psychological and social challenges related to child care and development. The sampling technique used in this research was purposive sampling, which allows researchers to select participants based on specific characteristics relevant to the study. The total sample consisted of 40 mothers of stunted toddlers who met the inclusion criteria.

The research sample had the following characteristics: all participants were biological mothers of stunted toddlers, actively caring for their children at the time of data collection, and willing to participate voluntarily. This criterion was established to ensure the accuracy and relevance of the information collected to the objectives of the study.

The instruments used in this study were standardized psychological scales, namely the Resilience Questionnaire Test (RQ-TEST) to measure resilience, the Emotion Regulation Questionnaire (ERQ) to measure emotion regulation, and the Social Support Scale (SSS) to measure the level of social support perceived by mothers. Each instrument had been tested

for validity and reliability in previous studies, ensuring that the data obtained could accurately represent the variables being studied.

The Likert scale method was used for the instruments, where participants responded to statements with several options ranging from “strongly disagree” to “strongly agree.” Favorable and unfavorable items were included to control for response bias and to provide a more accurate measurement of participants’ psychological conditions.

Data analysis was conducted using descriptive statistics to obtain an overview of each variable, including minimum, maximum, mean, and standard deviation scores. To test the hypotheses, Spearman’s rho correlation analysis was employed, as the data did not meet the assumptions of parametric testing. This analysis was chosen to determine the strength and direction of the relationship between emotion regulation, social support, and resilience among mothers of toddlers with stunting.

Ethical principles were maintained throughout the research process. All participants were informed about the objectives of the study, provided consent, and were assured that their responses would remain confidential and be used solely for academic purposes.

## RESEARCH RESULT

The correlation analysis was conducted to test the first research hypothesis: *“There is a significant positive relationship between emotional regulation and resilience among mothers of toddlers with stunting status.”* The results of the Spearman’s rho analysis showed a correlation coefficient of 0.350 with  $p = 0.000$  ( $p < 0.05$ ). This finding indicates that there is a significant positive correlation between emotional regulation and resilience. Based on these findings, the first hypothesis is accepted.

**Table 1. Correlation Results between Emotional Regulation and Resilience**

Variable Pair	rho	p	Description
Emotional Regulation – Resilience	0.350	0.000	Significant ( $p < 0.05$ )

The correlation analysis was also conducted to test the second research hypothesis: *“There is a significant positive relationship between social support and resilience among mothers of toddlers with stunting status.”* The results showed a correlation coefficient of 0.517 with  $p = 0.000$  ( $p < 0.05$ ). This indicates a significant positive correlation between social support and resilience. Therefore, the second hypothesis is accepted.

**Table 2. Correlation Results between Social Support and Resilience**

Variable Pair	rho	p	Description
Social Support – Resilience	0.517	0.000	Significant ( $p < 0.05$ )

These results confirm that both emotional regulation and social support are significantly related to resilience. Higher emotional regulation contributes to the ability of mothers to adapt and recover from stress, while higher social support strengthens

resilience by providing emotional and practical resources to cope with caregiving challenges related to stunting.

## **DISCUSSION**

The findings of this study demonstrate that emotional regulation has a significant positive relationship with resilience among mothers of toddlers with stunting status. This result suggests that mothers who are able to manage and regulate their emotions effectively are more capable of adapting and recovering from the psychological stress associated with caring for a child with stunting. These findings are consistent with the framework proposed by Reivich and Shatté (2002), who argue that resilience is the capacity to withstand, adapt, and even grow in the face of adversity. Emotional regulation plays a central role in this process, as it enables individuals to maintain composure and constructive problem-solving even under pressure.

The study also revealed that social support has a stronger positive correlation with resilience compared to emotional regulation. This highlights the crucial role of external resources in strengthening a mother's ability to cope with caregiving challenges. Social support provides not only emotional comfort but also practical assistance, reducing feelings of isolation and enhancing confidence in managing difficulties. This finding aligns with previous research showing that social support serves as a protective factor in stressful situations, contributing significantly to psychological well-being and resilience (Cohen & Wills, 1985).

Taken together, these findings underscore the importance of both internal and external factors in fostering resilience among mothers of stunted toddlers. Emotional regulation equips mothers with the internal resources to manage their stress effectively, while social support complements these resources by offering external aid and reassurance. The interaction of these two factors creates a stronger foundation for resilience, enabling mothers to navigate the complex demands of caregiving and maintain psychological balance.

Nevertheless, this study has several limitations. The relatively small sample size and the reliance on self-report questionnaires may limit the generalizability of the findings. Future research should involve larger and more diverse populations, as well as employ mixed methods to capture a more comprehensive understanding of resilience. Exploring additional variables, such as economic conditions or educational background, could also enrich the understanding of factors contributing to parental resilience.

The practical implications of this study suggest that interventions aimed at enhancing emotional regulation skills and strengthening social support systems may significantly improve the resilience of parents caring for stunted children. Programs such as mindfulness-based training, cognitive reappraisal workshops, and community-based support groups could be particularly effective in equipping parents with both internal and external coping resources. Strengthening resilience in this population is not only essential for parental well-being but also for ensuring optimal care and developmental outcomes for children affected by stunting.

## CONCLUSION

This study concludes that both emotional regulation and social support are significantly and positively related to resilience among mothers of toddlers with stunting status. Mothers who are able to regulate their emotions more effectively demonstrate a greater ability to cope with stress, recover from adversity, and maintain psychological stability. At the same time, strong social support provides mothers with emotional comfort and practical assistance, reinforcing their capacity to remain resilient in the face of caregiving challenges. These findings highlight the complementary roles of internal and external resources in fostering resilience and emphasize the importance of addressing both aspects in interventions targeting families affected by stunting.

Based on the results, several recommendations can be made. For parents, it is important to continuously develop emotional regulation skills through participation in workshops or counseling sessions focused on techniques such as mindfulness and cognitive reappraisal. Parents are also encouraged to actively seek social support from family, friends, and community groups, as shared experiences and collective support can strengthen resilience. For policymakers and health institutions, structured programs on parental education, free or subsidized counseling services, and community campaigns on the importance of emotional and social resources are essential to enhance family resilience. Finally, future research should expand the scope of the study by including larger and more diverse samples, adopting multiple methods of data collection, and exploring additional factors such as economic and educational influences. Such efforts will provide a more comprehensive understanding of resilience and contribute to the development of more effective interventions for families facing the challenges of stunting.

## REFERENCES

- Anriyadi, A. (2020). Pengaruh Dukungan Sosial Keluarga Terhadap Perilaku Warga Binaan Pemasyarakatan Di Lapas Kelas I Makassar. *Hasanuddin Journal of Sociology*, 2(1), 78. <https://doi.org/10.31947/hjs.v2i1.10571>
- Azwar, S. (2018). Reliabilitas dan Validitas (Keempat). Pustaka Pelajar.
- Betago, M., Hadi, I. P., & Wahjudianata, M. (2019). Penerimaan Khalayak terhadap Peran Ibu dalam Iklan Asuransi Sinarmas MSIG Life "Ibu Bekerja atau Ibu Rumah Tangga, semua Ibu pasti hebat." *Jurnal E-Komunikasi*, 7(1), 1–13.
- B. Elizabeth, Hurlock. 1980. Psikologi Perkembangan. Jakarta: Erlangga(1980). Elizabeth\_Hurlock\_Psikologi\_Perkembangan.pdf (p. 447).
- Cohen, S., & Syme, S. L. (1985). Issues in the Study and Application of. In *Social Support and Health* (pp. 3–22).
- Cole, P. M., Martin, S. E., & Dennis, T. A. (2004). Emotion Regulation as a Scientific Construct : Methodological Challenges and Directions for Child Development Research. 75(2), 317–333.
- Connor, K. M., & Davidson, J. R. T. (2003). Development of a new Resilience scale: The Connor-Davidson Resilience scale (CD-RISC). *Depression and Anxiety*, 18(2), 76–82. <https://doi.org/10.1002/da.10113>

- Wardoyo, H (2023). BKKBN. Kominfo. [https://www.kominfo.go.id/content/detail/49886/bkkbn-hari-keluarga-nasional-2023-jadi-momentum-penguatan-peran-keluarga-dalam-percepatan-penurunan-stunting/0/artikel\\_gpr](https://www.kominfo.go.id/content/detail/49886/bkkbn-hari-keluarga-nasional-2023-jadi-momentum-penguatan-peran-keluarga-dalam-percepatan-penurunan-stunting/0/artikel_gpr)
- Everall, R. D., Altrows, K. J., & Paulson, B. L. (2006). Creating a Future : A Study of Resilience in Suicidal Female Adolescents. 84, 461–471.
- Fauziah, I., & Krianto, T. (2022). Pengaruh Budaya Pangan Lokal dalam Pencegahan dan Penanggulangan Stunting pada Anak Balita (6-59 Bulan): Systematic Review. *Syntax Literate: Jurnal Ilmiah Indonesia*, 7(5), 2003–2005. E-ISSN: 2548-1398. Diakses dari <http://www.aging-us.com>
- Gratz, K. L., & Roemer, L. (2004). Multidimensional Assessment of Emotion Regulation and Dysregulation : Development , Factor Structure , and Initial Validation of the Difficulties in Emotion Regulation Scale 1. 26(1), 42.
- Greenberg, M. (2023). Introduction. *Renaissance and Reformation*, 46(2), 127–134. <https://doi.org/10.33137/rr.v46i2.42291>
- Gross, J. J. (1998). Antecedent- and Response-Focused Emotion Regulation : Divergent Consequences for Experience , Expression , and Physiology. 74(1), 224–237.
- Gross, J. J., & Jazaieri, H. (2014). Emotion, emotion regulation, and psychopathology: an affective science perspective. *Clinical Psychological Science*, 2(4), 387–401. <https://doi.org/10.1177/2167702614536164>
- Grotberg, E. H. (2003). Resilience for Today: Gaining Strength from Adversity. *Resilience for Today: Gaining Strength from Adversity*, 1–281. <https://doi.org/10.5860/choice.41-5592>
- H. Iman, T. F. A., Lensi, N. T., & Baringbing, E. P. (2022). Hubungan Sanitasi Lingkungan Keluarga dengan Kejadian Stunting pada Balita (The Of Environmental Sanitation With Stunting Events Of Toddlers). *Jurnal Surya Media*, 223–226. <http://journal.umpalangkaraya.ac.id/index.php/jsm>
- Hasnayanti, A., & Puspitasari, D. N. (2023). Relationship Between Social Support and Emotional Regulation to the Resilience of Health Personnel in the COVID-19 Pandemi at Purwosari Health Centre in Pasuruan Regency. *Jurnal Sains Psikologi*, 12(1), 39–49.
- ibudanbalita. (n.d.). Waspadai Bahaya 5 Efek Stunting pada Psikologi Anak. <https://www.ibudanbalita.com/artikel/efek-psikologi-stunting-pada-anak>
- James S. House, Karl R. Landis, D. U. (1988). *House.Etal.1988.Pdf* (pp. 540–544).
- Kementerian Kesehatan RI. (2020). *Pedoman Pencegahan Dan Tatalaksana Balita Gizi Buruk Pada Masa Pandemi Covid-19*. Kementerian Kesehatan RI.
- Mariga, estin gita. (2022). Peran ibu dalam masa adaptasi kebiasaan baru di era 4.0. In *Angewandte chemie international edition*, 6(11), 951–952.
- Mauss, I., B. Cook, C. L., & Gross, J. J. (2007). Automatic emotion regulation during anger provocation. *Journal of Experimental Social Psychology*, 43(5), 698–711. <https://doi.org/10.1016/j.jesp.2006.07.003>
- Myers, D. G. (1964). *Social Psychology*. 1. In *The Journal of nutrition* (Vol. 24).

- Nur, A. putri. (2022). Hubungan Dukungan Orang Tua Dengan Resiliensi Akademik Pada Remaja Smp Negeri Di Kecamatan Ngrambe. *QUANTA: Jurnal Kajian Bimbingan Dan Konseling Dalam Pendidikan*, 6(2), 38–45. <https://doi.org/10.22460/q.v6i2p11-19.3040>
- Pandoh, I. M., Umboh, A., & Rampengan, N. (2022) Pengaruh Budaya Pangan Lokal dalam Pencegahan dan Penanggulangan Stunting pada Anak Balita (6-59 Bulan): Systematic Review, *Syntax Literate: Jurnal Ilmiah Indonesia*, 7(5). E-ISSN:2548-1398Published by:Ridwan Ins. 7, הארץ(8.5.2017), 2005–2003. [www.aging-us.com](http://www.aging-us.com)
- Puspitasari, I., & Hidayat, M. (2020). Skala Regulasi emosi. file:///C:/Users/Personal/Downloads/Skala Regulasi Emosi dalam Pengasuhan Anak Usia Dini (1).pdf
- Putri, S. A. R. R., & Laksmiwati, H. (2022). Resiliensi akademik mahasiswa jurusan Psikologi Unesa saat perkuliahan daring pada masa pandemi. *Character: Jurnal Penelitian Psikologi*, 9(7), 27–35.
- Rama Adiputra, B. (2023). Dinamika Resiliensi Pada Orang Dengan Lupus (Odapus). *Jurnal Empati*, 12, 175–190.
- Redaksi, D. (2020). Pengantar Redaksi. *Jantra.*, 15(2), i–ii. <https://doi.org/10.52829/jantra.v15i2.136>
- Resnick, B., Gwyther, L. P., & Roberto, K. A. (2011). Resilience in Aging. In Resilience in Aging. Resnick, B., Gwyther, L. P., & Roberto, K. A. file:///C:/Users/Personal/Downloads/BOOK REFERENSI/resiliensi resnick2011.pdf
- Saichu, A. C., & Listiyandini, R. A. (2018). Pengaruh Dukungan Keluarga dan Pasangan terhadap Resiliensi Ibu yang Memiliki Anak dengan Spektrum Autisme ( The Influence of Family and Partner Support towards Resilience of Mothers with Autism Spectrum Child ). 17(1), 1–9.
- Sarafino, E.P., Smith, T. W. (2011). No 主観的健康感を中心とした在宅高齢者における健康関連指標に関する共分散構造分析Title. In *Jurnal Sains dan Seni ITS* (Vol. 6, Issue 1). <http://repositorio.unan.edu.ni/2986/1/5624.pdf><http://fiskal.kemenkeu.go.id/ejournal%0Ahttp://dx.doi.org/10.1016/j.cirp.2016.06.001%0Ahttp://dx.doi.or>