

Enhancing Teenage Mothers' Resilience in Lombok Through Strength Bombardment Technique Intervention

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Keywords:	Abstract:
Resilience, Mother-teen, Strength Bombardment	The lack of resilience in teenage mothers can lead to vulnerabilities in their cognitive, emotional, and behavioral functioning. Resilience is essential for managing the dual roles of wife and mother. This study aimed to assess the effectiveness of the Strength Bombardment Technique in enhancing resilience among teenage mothers. A pre-experimental, one-group pre-test post-test design was utilized. Twenty-one teenage mothers were selected through purposive sampling. Resilience levels were measured using an instrument based on Stoltz's theory, both before and after the intervention. Paired Sample T-Test analysis showed a significant increase in resilience (sig. 2-tailed = 0.000 < 0.05), confirming the effectiveness of the Strength Bombardment Technique. These findings suggest that the Strength Bombardment Technique is a promising method for empowering teenage mothers by enhancing their resilience.

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INTRODUCTION

The integrity of a marriage is inherently tied to the active participation of both parties in maintaining its goals and expectations. These goals are explicitly outlined in Law Number 16 of 2019, which emphasizes the achievement of a unified, enduring, and happy family. Realizing these aspirations requires collective effort from both spouses as they fulfill their respective duties and roles as husband and wife. This can be achieved through healthy interactions (Ahmadi, 2007), maintaining balance (Qaimi, 2002), fostering positive relationships between partners (Shochib, 2000), understanding each other's roles and functions, and fulfilling mutual rights and responsibilities (Awi et al., 2016). These elements collectively contribute to family strength (Defrain & Stinnett, 2003).

Harmonious family dynamics are more commonly observed among couples who marry at a mature age. However, achieving such harmony is far more challenging for those who marry during childhood or adolescence. Early marriage often leads to adverse outcomes, including psychological pressure, trust issues, and limited socialization (Bayisenge, 2012; Mubasyaroh, 2016). It also poses risks to mental and physical health (Manuaba, 2001; Surbakti, 2009), economic stability, and readiness to adapt to new roles.

Preliminary research conducted by the author revealed that issues in child marriages in Lombok predominantly affect women, especially after they become mothers, referred to in this

context as teenage mothers. Sylven et al. (2017) assert that motherhood entails new and predominantly affective responsibilities. Several studies highlight that these role changes negatively impact the readiness of teenage mothers. Negative outcomes include postpartum blues, low economic status, and high stress levels (Fatmawati & Gartika, 2019), as well as depression, discontinued education, and child abuse (Hanum, 2015). Moreover, high levels of exhaustion, the transition to maternal roles, and the responsibilities of parenthood significantly increase the pressure faced by teenage mothers, resulting in substantial life adjustments and challenges.

The lack of readiness among teenage mothers to adapt to changes in their roles, status, and responsibilities creates significant vulnerabilities in their thoughts, emotions, and behaviors (Davison, Neale, & Kring, 2018; Handayani et al., 2015). This lack of readiness often impacts the stability of their marriages, with divorce being a common outcome. According to data from the NTB Provincial BKKBN, the divorce rate in NTB was at 58% below the national average until 2018 but reached the national average by 2020. East Lombok Regency and Central Lombok Regency rank highest in divorce cases in the province. In East Lombok, divorce filings reached 1,310 cases in 2021, up from 1,214 cases in 2020 (Selong Religious Court Data, 2022). Similarly, Central Lombok recorded 1,434 divorce filings in 2021, an increase from 2020 (Praya Religious Court Data, 2021). Notably, over 90% of these filings were initiated by wives, indicating that women face greater pressures in marriages compared to men.

Further observations by the researcher, using survey instruments to assess the resilience of teenage mothers in the two regencies, revealed a high level of vulnerability. Among 15 initial respondents, 13 demonstrated low resilience, and 2 were classified at a moderate level. None exhibited high resilience. Additionally, 10 of the respondents reported experiencing fatigue, boredom, and frustration, while the remaining 5 resigned themselves to their circumstances. These findings underscore the significantly low resilience among teenage mothers, who appear to prefer their adolescent lifestyles over their current roles as mothers and wives. Their pre-marriage lives and experiences are often used as a subjective benchmark, resulting in dissatisfaction with their present realities.

From a psychological perspective, teenage mothers' lack of readiness to face life's realities and their changing roles can be seen as a failure to exhibit resilience, the strength and effort required to confront their roles as mothers. The ideal condition for teenage mothers in marriage involves the ability to navigate experiences as wives and mothers, overcome negative influences and life risks (Fergus & Zimmerman, 2005), endure stress and adversity (Hadiati et al., 2017), and exhibit strength in adapting to life changes (Siebert, 2005). Ultimately, they are expected to develop a climber's spirit and resilience (Stoltz, 2000), enabling them to adjust to their roles and responsibilities effectively.

Recognizing these challenges, this research focuses on teenage mothers in their roles as wives and mothers. Field observations confirm that their resilience levels are low, requiring heightened readiness and capability to fulfill these roles. This issue forms the foundation of the researcher's intervention-based study, aimed at building resilience through the strength bombardment approach. This approach seeks to improve mood, self-perception, and self-image (Erford, 2017), fostering the development of resilience and empowerment among teenage mothers in Lombok.

The strength bombardment technique operates within the cognitive-behavioral paradigm. Its theoretical foundation emphasizes self-perception, mood, and self-image, aiming to trigger positive growth through clients' acceptance of strength-based external communication. The intervention seeks to internalize the communicated strengths into the clients' internal dialogues, facilitating transformative changes in their resilience and overall mindset.

The aspects of resilience, as a variable in this study, are based on Stoltz's framework, which identifies four dimensions: control, origin and ownership, reach, and endurance. The control



dimension relates to the extent to which an individual perceives themselves as capable of managing the challenges they face, and the degree to which they believe their sense of control influences events that lead to difficulties. A higher sense of control increases the likelihood of enduring adversity, remaining steadfast in purpose, and demonstrating persistence in seeking solutions.

The endurance dimension pertains to an individual's perception of how long challenges will persist. This endurance shapes their assessment of whether a situation is favorable or unfavorable. Individuals with high endurance tend to have hope and optimism when dealing with difficulties or challenges. The reach dimension concerns the extent to which challenges permeate other areas of an individual's life. This dimension reflects the ability to compartmentalize issues, viewing them as specific and isolated rather than allowing them to affect all aspects of life. A greater ability to limit the reach of a problem enhances an individual's capacity to manage stress effectively. The final dimension, origin and ownership, refers to the degree to which an individual takes responsibility for finding alternative solutions to problems, regardless of whether those problems originate from their own actions or from others.

The hypotheses proposed in this study are as follows:

- H0 : Strength bombardment is not effective in enhancing the resilience of adolescent mothers.
- Ha : Strength bombardment is effective in enhancing the resilience of adolescent mothers.

METHODS

This study employs a pre-experimental design utilizing a One-Group Pre-Test Post-Test design. The research design is illustrated as follows: 01 X 02, where 01 represents the pre-test measurement, X denotes the strength bombardment intervention, and 02 refers to the post-test measurement. The dependent variable in this study is resilience, while the independent variable is the strength bombardment technique. The respondents consist of 21 adolescent mothers selected through purposive sampling, based on the criteria of adolescents who entered early marriage and are now mothers. Data collection involved measuring the resilience of the respondents during both the pre-test and post-test using an instrument developed based on the resilience dimensions proposed by Stoltz (2000), which include control, origin and ownership, reach, and endurance. A detailed explanation of these dimensions is provided in Table 1. The instrument underwent reliability and validity testing, yielding a reliability score of 0.933, which falls within the high-reliability category.

Table 1. *Grid for a Tenacity Measurement Instrument*

Aspects	Indicator	Quantity
Control	Behavior (tending towards internalized giving up and despair), decision-making, self-control	10
Reach	Evaluation of workload, ability to respond to difficulties, effectiveness in enduring or sorting difficulties	10
Edurance	Motivation, ability to adapt to changes, speed and accuracy in facing situations	12
Origin & Ownership	Perception of difficulties and mistakes, productivity in finding solutions, creativity towards solutions	10
Total		42

Following the initial measurement of the respondents' resilience, the strength bombardment intervention was conducted over six sessions. This intervention is guided by a module developed based on Steele's framework (as cited in Erford, 2017). Table 2 outlines the objectives and targets of each session within the intervention, with each session lasting 60 minutes. Data analysis was

performed using a paired sample t-test, which is part of the comparative hypothesis testing framework employing parametric statistical analysis. The paired sample t-test is used for paired samples, meaning the same subjects are measured twice. Decision-making in this test is based on the significance value (probability), with the following criterion: if Sig. (2-tailed) < 0.05, then the alternative hypothesis (H_a) is accepted, and the null hypothesis (H_0) is rejected.

Table 2. *Session-by-Session Breakdown*

No.	Session	Objectives	Target Outcome
1	Build rapport and set goals	Establish a good relationship and communication with the adolescent mother	Establish mutual respect and sincerity
2	Explore positive aspects	Help the adolescent mother identify her positive aspects	Shape the adolescent mother's positive feelings and perceptions
3	Search for potential	Identify and strengthen the dimensions of control, endurance, reach, and ownership in the adolescent mother that emerge in relation to the positive things she has done before.	Develop a positive self-image in the adolescent mother
4	Explore and recognize feelings	The adolescent mother can recognize the feelings that arise when facing difficult situations The adolescent mother is able to manage the feelings that arise when facing difficulties.	Make the adolescent mother aware of her potential
5	Plan goals and targets	The counselor strengthens the existing dimension of control in the adolescent mother related to problems she has faced, strengthens the endurance of the adolescent mother's ability to get out of difficulties or find a way out of a problem, reaches the extent to which the problem affects the adolescent mother's behavior, origin and ownership related to why and how the problem arose	Build hope and an optimistic attitude in overcoming difficulties or challenges being faced
6	Evaluation and termination	Conduct an evaluation related to the implementation of the intervention Give positive appreciation to adolescent mothers who are able to attend the session until the end Clarify the picture of solutions and reality related to the dimensions of fighting spirit.	The adolescent mother has a positive self-image, has an optimistic attitude in facing difficulties and challenges and is aware of the strengths or potential that exist in her.

Result

The descriptive analysis of this study reveals a significant difference between the minimum scores of adolescent mothers' initial (pretest) and final (posttest) resilience. There is an evident improvement in the final resilience scores, with the minimum score increasing from 75 during the pretest to 108 in the posttest. Similarly, the maximum score rose from 125 to 139. These findings



indicate that the strength bombardment intervention influenced the improvement in adolescent mothers' resilience scores. Table 3 provides the descriptive statistics of the respondents, while Table 4 illustrates the score improvements for each respondent and the hypothetical categorization of resilience levels. In this categorization, prior to the intervention, three respondents were classified as having low resilience levels. Post-intervention, all respondents moved to the moderate resilience category.

Table 3. *Descriptive Analysis of Adolescent Mothers' Scores*

	N	Minimum	Maximum	Sum	Mean	Std. Deviation
Initial Ability of Adolescent Mothers	21	75	125	2290	109,05	12,282
Final Ability of Adolescent Mothers	21	108	139	2624	124,95	9,362
Valid N (listwise)	21					

Table 4. *Improvement in scores and categorization before and after the intervention for adolescent mothers.*

Respondent	Before		After		Notes
	Score	Category	Score	Category	
1	107	Medium	118	Medium	Increased
2	123	Medium	123	Medium	Remained
3	110	Medium	134	Medium	Increased
4	111	Medium	135	Medium	Increased
5	120	Medium	139	Medium	Increased
6	118	Medium	127	Medium	Increased
7	105	Medium	110	Medium	Increased
8	99	Medium	119	Medium	Increased
9	117	Medium	120	Medium	Increased
10	98	Medium	126	Medium	Increased
11	100	Medium	136	Medium	Increased
12	75	Low	121	Medium	Increased
13	95	Low	110	Medium	Increased
14	115	Medium	133	Medium	Increased
15	111	Medium	129	Medium	Increased
16	112	Medium	131	Medium	Increased
17	120	Medium	108	Medium	Increased
18	122	Medium	126	Medium	Increased
19	114	Medium	117	Medium	Increased
20	125	Medium	123	Medium	Increased
21	93	Low	139	Medium	Increased
Total Score	2290	2624		Increased	

Following the descriptive analysis, a hypothesis test was conducted. Before this, a normality test was performed to determine whether the data were normally distributed. Table 5 presents the results of the normality test conducted prior to hypothesis testing. The results indicated that the data followed a normal distribution, allowing the use of a paired sample t-test for hypothesis testing. Statistical analyses were performed using SPSS version 25 for Windows. The paired sample t-test results, displayed in Table 6, follow the decision-making criteria where a significance

value (Sig.) of 2-tailed < 0.05 indicates that the alternative hypothesis (H_a) is accepted, and the null hypothesis (H_0) is rejected.

Table 5. Results of Normality Test

	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Initial Ability of Teenage Mothers - Final Ability of Teenage Mothers	,150	21	,200*	,922	21	,095
	,091	21	,200*	,958	21	,486

Table 6. Post-test Results

Pair	Initial Ability of Teenage Mothers - Final Ability of Teenage Mothers	Paired Differences				t	df	Sig. (2-tailed)	
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower				Upper
1		-15,905	15,093	3,294	-22,775	-9,035	-4,829	20	,000

Based on the SPSS output, the Sig. 2-tailed value is 0.000, which is less than 0.05, leading to the acceptance of H_a and the rejection of H_0 . This confirms that the strength bombardment intervention effectively enhances resilience among adolescent mothers. The mean paired difference was -15.905 (109.05 – 124.95), with the difference ranging between -22.775 and -9.035, as indicated by the 95% confidence interval of the difference.

Another method for hypothesis testing involves comparing the calculated t-value (t-calculated) with the critical t-value from the t-table (t-critical). The decision criteria are as follows: if t-calculated > t-critical, H_a is accepted, and H_0 is rejected; conversely, if t-calculated < t-critical, H_a is rejected, and H_0 is accepted. From the SPSS output, the t-calculated value is -4.829. The negative value results from the pretest scores being lower than the posttest scores, and it can be interpreted as a positive value (4.829).

Next, the t-critical value was determined based on the degrees of freedom (df), calculated using the formula $df = N - 1$. With $N = 21$, df equals 20. At a significance level of 0.05 and $df = 20$, the t-critical value is 1.725. Since t-calculated (4.829) is greater than t-critical (1.725), and based on the decision criteria, it is concluded that H_a is accepted and H_0 is rejected. Therefore, the strength bombardment intervention is confirmed to be effective in enhancing resilience among adolescent mothers.

Discussion

Based on the data analysis results, the Strength Bombardment Technique has proven effective in fostering resilience among teenage mothers. This is evident from the increase in scores before and after the intervention, as well as the results of hypothesis testing conducted using the Paired Sample T-test. The effectiveness of this technique lies in its emphasis on clients' self-affirmation by reshaping their self-perception and self-image through strength-based communication, which draws on dimensions of resilience such as control, endurance, origin and

ownership, and reach. The technique enhances resilience by altering emotional states, self-perception, and self-image through strength-based communication from others, which is subsequently internalized into the inner dialogue of teenage mothers (Steele in Erford, 2017). These findings are supported by Hikmawan and Pratikno (2021), whose research demonstrated that the Strength Bombardment Technique is effective in fostering a sense of life meaning in subjects. After undergoing the intervention, participants reported feeling more aware of their potential and capable of overcoming past challenges.

In implementing the Strength Bombardment Technique, self-affirmation is carried out by identifying positive attributes and potential within teenage mothers. This involves recalling significant events from their past that they successfully navigated. During this process, it is crucial for counselors to cultivate a positive self-perception, even in minor achievements. For example, counselors might explore why these mothers chose early marriage and at what age, enabling them to reflect on the primary reasons behind their decisions to take on marital responsibilities at a young age.

From this groundwork, counselors can gather sufficient data to proceed with subsequent intervention sessions. The decision to marry and their current role as mothers serve as a foundation for re-establishing their identities as wives and mothers. Counselors address negative perceptions that arise in teenage mothers, aiming to foster positive self-perception and self-image. This process is reinforced through communication emphasizing positive aspects and potential, aligned with resilience dimensions such as control, reach, endurance, origin, and ownership, which are internalized by the teenage mothers.

This approach aligns with Ajzen and Fishbein's social psychology theory, particularly the Reasoned Action Theory, later revised into the Planned Behavior Theory. According to this theory, behavior results from conscious consideration of multiple factors. Ajzen asserts that attitude (individuals' positive or negative evaluations of specific behaviors) is not the sole predictor of behavior; social environments also significantly influence behavioral formation (Rahman, 2014). For teenage mothers, social expectations from significant individuals impact their perceptions of what should or should not be done in certain situations. Ajzen refers to this as subjective norms, defined as individual perceptions of social expectations regarding appropriate or inappropriate behavior in a given context.

Another factor influencing teenage mothers' behavior is their perceived behavioral control, which reflects their perception of their ability to regulate behavior. Ajzen notes that in many situations, individuals lack control over their actions, leading them to exhibit behaviors inconsistent with their attitudes and subjective norms. This is often observed in teenage mothers who, as young wives, struggle with behavioral control due to their circumstances. Santrock (2007) refers to this as the realm of social cognition, describing how individuals conceptualize and reason about their social worlds, including their interactions, relationships, group affiliations, and self-conceptions.

CONCLUSION

The implementation of the Strength Bombardment Technique as an intervention to enhance the resilience of teenage mothers in this study has been proven effective. This is supported by the results of the t-test using the Paired Sample T-test, which showed a significance value (Sig. 2-tailed) of 0.000, less than 0.05 ($0.000 < 0.05$). This indicates that the alternative hypothesis (H_a) is accepted, while the null hypothesis (H_0) is rejected. Thus, the research confirms that the Strength Bombardment Technique is effective in fostering resilience among teenage mothers

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