OPTIMISM AS PSYCHOLOGICAL PREDICTOR AMONG WOMEN

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ABSTRACT

This research was conducted to investigate the correlation between optimism and self-esteem, career decision-making self-efficacy (CDSE), hardiness, and resilience among women. This is a quantitative research with correlational design with sample of women described by midwifery college students in the area of Jakarta, Banten, West Sumatera and West Java. Overall, 571 women participated in this research by filling out the questionnaire consisting of Life Orientation Test-Revised (LOT-R) constructed by Scheier, Carver and Bridges (1994), Rosenberg's Self-esteem Scale constructed by Rosenberg (1965), CDSE-SF (Career Decision Self Efficacy – Short Form) constructed by Taylor and Betz (1983), Dispositional Resilience Scale 15 Revised (DRS 15-R) constructed by Paul T. Bartone (2007) and was adapted by Lukman in Indonesia (2008) and Connor-Davidson Resilience Scale (CD-RISC) constructed by Connor and Davidson (2003) and was adapted by Campbell-Sills and Stein (2007). The result showed that four variables had a positive correlation with optimism, meaning that the higher the score of four variables of self-esteem, CDSE, hardiness, and resilience, the higher the score of optimism on women. Besides that, score variablity of four variables could be predicted by their correlation with optimism.

Field of Research: *Optimism, self-esteem, cdse, hardiness, resilience.*

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1. Introduction

Optimism is one of psychological construct that can affect individual's life. According to Scheier, Carver and Bridges (1994) optimism is defined as individual's tendency on expectations or positive expectation of the future (Scheier, Carver, & Bridges, 1994). Optimistic people tend to be associated with high academic achievement in college and higher productivity (Schulman, 1995 in Gillham, Shatte, Reivich, & Seligman, 2001). They also have the confidence about the future that makes them continue their efforts towards the expected goals despite some obstacles that might come in achieving the goals (Carver et al., 2010; Slutske et al., 2005 (in Hanssen et al., 2015). Seeing the positive effect of optimism in life, it is important for an individual to have it. One group of individuals perceived need to have optimism and are highlighted in this study is women described by midwifery student.

Midwifery students, as prospective midwives, will have crucial role and position in the future, such as in reducing Maternal Mortality Rate (MMR) and Infant Mortality and Morbidity Score (IMR) (Decree of the Minister of Health of the Republic of Indonesia (MoH), 2007). Midwives also have an important role in providing services of Family Planning (KB) (51.9%) (Basic Health Research (Riskesdas), 2010). United Nations Children's Fund (UNICEF) survey results also indicated that

midwives play an important role in providing health care and assisted delivery in pregnant women, for 62 percent of women in Indonesia gave birth with a midwife (Arisandhi, 2015). In addition to their important roles and positions, midwives also face barriers and obtacles including barriers in becoming a good midwife and obstacles occurred while studying and after becoming a midwife. These constraints include intense job competition, low number of midwifery with for Strata 1, 2, and 3 educations, the slow process of STR issueance to trauma by the possibility of failure in providing help (Circular of the Directorate General of Higher Education No. 1643, 2011; Pramudiarja, February 2, 2012; majalahbidan.com, 2012 February 20; Gurdi, 2011).

The existing barriers encourage a belief of the poor outcome in midwifery students and dampen their expectations to become midwife in the future. Therefore, optimism as a psychological construct that has a positive influence on the lives of individuals is essential for midwifery students to overcome barriers in obstetrics area. Therefore, it is essential to conduct a research to find out optimism role in influencing other aspects of midwifery students which also contributes to help them overcome the existing problems in the midwifery profession. In this research, the researcher ascertains the relationship between optimism and self-esteem, career decision self-efficacy (CDSE), hardiness, and resilience on population of Midwifery Diploma III program students. The questions attempted to be answered through this research is "Is there a relationship between optimism and self-esteem, career decision self-efficacy (CDSE), hardiness, and resilience of women?"

2. Self-esteem

Aspinwall and Taylor (1992) suggested that self-esteem can improve motivation and is overall related to the degree of persistence or perseverance that leads to a goal. Some studies also mentioned that optimism and self-esteem were significantly positively correlated between 0:48 to 0.67 at the end year students and new students (Scheier & Carver, 1985 in Heinonen, Raikkonen, and Keltikangas-Jarvinen, 2005; Scheier, Carver, & Bridges , 1994). Seligman (1991 in Gillham, Shatte, Reivich, & Seligman, 2001) also explained that the emergence of optimism in an individual relies on the *explanatory* style or the way an individual explains events in their lives. Seligman (2006) argued that explanatory style affecting the emergence of optimism is created by an individual's perspective about worthiness or self appropriateness as an individual, or known as self-esteem (Rosenberg, 1965, in the Mruk, 2013). From this perspective, optimism is allegedly correlated positively and significantly with self-esteem.

3. Career Decision Self-Efficacy (CDSE)

A person's belief in his/her ability (self-efficacy) is causal cause directly affecting the goals and actions in career selection including career decisions, also called as self-efficacy career decision making (CDSE) (Lent, Brown and Hackett, 1994). Scheier and Carver (1992) stated that positive expectations of results to be achieved, are expected to go hand in hand with the belief in continuous efforts to maintain and sustain its positive expectations. The strong relationship of these two factors is proven in Creed, Patto, and Bartrum (2002) research, indicating that students with higher level of optimism, have higher planning and career exploration, and are more capable in determining career decisions and goals.

4. Hardiness

Optimism and resilience (hardiness) are necessary in every individual in facing pressures of life. According to Bissonnette (1998), optimism and *Hardiness* are variables that reinforce positive qualities and withstand negative traits as the effects of a stressor as well as coping situation in a good way. Both have similarities in which people with high optimism and hardiness scores tend to use *problem-focused coping strategies* (Bissonnette, 1998). Furthermore, based on a research conducted by Stasiowski (2008), people with higher level of optimism and hardiness indicated lower level of psychological distress. Hardiness and optimism is identified to promote *General Health*

factor, which allows individuals to remain both psychologically and physically healthy although facing negative life events (Maddi & Kobasa 1984, Madi et al., 2006).

5. Resilience

The abundance pressures on individual that causing stress, makes resilience important for each individual, especially in Midwifery Diploma program students as they are prepared to become prospective midwives. Resilience is defined as the individual's ability to cope with stress and adversity as the normal state before without any negative feelings perceived by the individual (Masten 2009). Resilience is also important for it is useful to deal with, cope with, and reinforce with an individual in overcoming difficulties that occur in life in order to remain able to run personal and social functions effectively (Grotberg, 2001). One way to minimize the impact of stress felt by an individual, especially students of Diploma III in Midwifery Program is to have optimism and resilience. Optimism and resilience can help individuals to face a difficult situation and have positive expectations for the future. Furthermore, in his research, Sabouripour (2015) mentioned positive relationship between optimism and resilience, thus becoming optimistic is important in improving resilience.
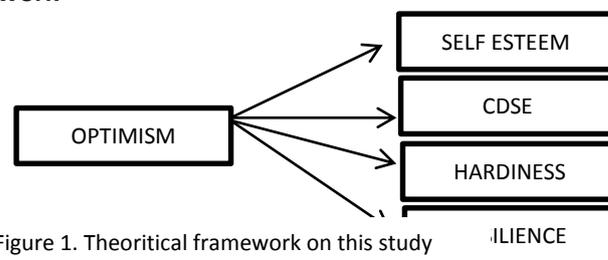
6. Theoretical Framework

Figure 1. Theoritical framework on this study

Based on the objective of this study that is to examine the correlation between optimism and self esteem, career decision self-efficacy (cdse), hardiness, and resilience on women, theoritical framework was developed (Figure.1). As a large construct, optimism defined as a concept or psychological construct that focuses on one's expectations or hopes in the future. So, optimism has a great influence on many aspects of the individual. Heinonen, Raikkonen, and Keltikangas-Jarvien (2005) report that reported that self-esteem is associated with optimism-pessimism. Creed, Patto, and Bartrum (2002), found that students who have a level of optimism, has a planning and career exploration are high, more capable in determining career decisions and have more career goals, as opposed to students who have a level of pessimism high-reported awareness and a low knowledge mengenani career choice, more hesitant, and had a poor performance in academics. Hystad et.al. (2011) found that individual who have a high level of hardiness tend to see the new experiences that challange as an opportunity for personal growth and will actively seek and pursue these opportunities. Both of hardiness and optimism are predictors of an individual in response to stress (Eshleman, Bowling, & Alarcon, 2010). Sabouripour (2015) also added that the resilience can predict whether or not a student is able to focus on education in the face of challenges to be around them and also added that the importance of being optimistic in enhancing resilience. Findings from the studies above as the foundation made this theoretical framework.

7. Methodology
7.1 Sample and data collection method

This is a quantitative and correlational research. The characteristic of the study participants was semester four and six students of midwifery on Diploma III program in the province of Jakarta, West Java, Banten and West Sumatra, with active student status in the time of research data collection. The ground of the four provinces selection was UNICEF survey result (2012) indicating mortality rate

in the region tend to be higher than other regions in Indonesia. Method of sample selection (sampling) was the non-probability or non-random sampling or convenience sampling. First targeted quetionaire are 400 quetionaires from all four regions. The researcher first spread 617 quetionaires, but there was 46 incomple questionaires. After sorting the data, there were left 571 data completely filled and can be processed. The collected data then processed quantitatively by using Statistical Package for Social Science (SPSS) program with descriptive statistical techniques and Pearson correlation to see the significance of the linear relationship between the variables. The hypothesis proposed in this study were (Ha) There is a significant correlation between optimism and four predictors (self-esteem, CDSE, hardiness, and resilience) in Midwifery students and (Ho) There is no significant relationship between optimism and four predictors (self -esteem, CdSe, hardiness, and resilience) in Midwifery students.

7.2 Instrumentation

Optimism The measuring tool of optimism was LOT-R measuring tool developed by Scheier, Carver and Bridges (1994) and has been adapted in Indonesia by Isma (2013). Tests of legibility (n = 12), reliability and validity test (n = 153; α = 0:51; validity> 0.2) were then carried out by the researcher.

Self-esteem The measuring instrument of self-esteem was *Rosenberg's Self-esteem Scale* (RSE) developed by Rosenberg (1965) and has been adapted in Indonesia by Hutahaean (2012). Tests of legibility (n = 12), reliability and validity (n = 153; α = 0.682; validity> 0.2) were then carried out by the reasearchers.

CDSE The measuring instrument used was CdSe-SF (*Career Decision Self-Efficacy - Short Form*) developed by Betz, Klein, & Taylor (1996) and has been adapted in Indonesia by Sawitri (2008) and used in Atikah (2015) research. Tests of legibility (n = 12), reliability and validity (n = 153; α = 0815; validity> 0.2) were then carried out by the researchers.

Hardiness The measuring instrument used was *Dispositional Resilience Scale 15-Revised* developed by Paul T. Bartone Ph. D (2007) and has been adapted in Indonesia by Lukman (2008). Tests of legibility (n = 12), reliability test and vaidity (n = 153; α = 0.61; validity> 0.2) were then carried out by the researchers.

Resilience The measuring instruments used was *Connor-Davidson Resilience Scale* (CD-RISC) developed by Connor and Davidson (2003) and has been adapted by Campbell-Sills and Stein (2007), and has been translated into Indonesian from the Crisis Center of Psychology Faculty of University of Indonesia. Tests of legibility (n = 12), reliability and vaidity (n = 153; α = α = 0.807; validity> 0.2) were also then carried out by the researcher.

8. Finding & Discussion
8.1 Descriptive statistics & analysis
The researchers obtained the data from 571 students of Midwifery Diploma III program. These are the description of participants' distribution based on some demographic data compiled by the researchers in the questionnaires used.

Table 1. General description of the participants (N=571)

Characteristic	F	P
Age (in years old)		
18	18	3.2
19	223	39.1
20	231	40.5
21	71	12.4
22	21	3.7
23	6	1.1
25	1	0.2
Provinces		
Banten	71	12.4%
DKI Jakarta	180	31.5%
West Java	37	6.5%
West Sumatera	283	29.6%

Most participants aged 17 to 20 years old with 472 number of participants. The province with the highest number of participants (283) was West Sumatra.

Table 2. General Description of Optimisme

Score Category	Score range	F	P
Low	8-14	102	18%
Moderate	15-20	375	66%
High	21-24	94	16%

The mean value of participants' optimism was 17.52 with standard deviation (SD) of 2.96. Based on the distribution of optimism total score, the distribution of participants' optimism scores was also obtained and divided into three category of low, moderate, and high. Most of the participants (375 participants or 66%) indicated moderate level of optimism (somewhat optimistic).

Table 3. General description of Self-esteem

Score Category	Score range	F	P
Low	15 – 25	74	13%
Moderate	26 – 33	436	76.3%
High	34 – 37	61	10.7%

The participants' self-esteem mean value was 37 with a SD of 3.4. Distribution of self-esteem score indicated that 436 people (76.3%) participants' level of self-esteem was moderate

Table 4. General Description of CDSE

Score Category	Score range	F	P
Low	40-107	76	13.3%
Moderate	108-131	410	72.2%
High	132-150	85	15.3%

The value of participants' career decision-making self-efficacy (CDSE) mean score was 119.38 with standard deviation (SD) of 12.458. Data on table 3 indicated that most of the participants (410 participants or 72.2%) had moderate level of career decision-making self-efficacy (have enough faith in career decision-making).

Table 5. General Description of Hardiness

Score Category	Score range	F	P
Low	16-27	99	17.34%
Moderate	28-34	344	60.25%
High	35-42	128	22.42%

The result indicated that the average of hardiness value (mean) was 31.39 with SD of 4. Table 4 shows that most of the participants (344 participants or 62.5%) possess moderate level of hardiness.

Table 6. General Description of Resilience

Score Category	Score range	F	P
Low	19-34	73	13.2%
Moderate	35-44	405	71%
High	45-50	93	16.4%

Based on the calculations above, most of the participants (405 participants or 71%) had moderate level of resilience. 93 people (16.4%) had high level of resilience and 73 people (13.2%) had a low level of resilience.

9. Conclusion and Future Recommendation

The main results of this study evidenced that there is a positive and significant relationship between the variables of optimism and four other variables, namely self-esteem, CDSE, hardiness, and resilience in midwifery students. The existence of the significant correlation makes the null hypothesis (H_0) is rejected and the alternative hypothesis (Ha) is accepted, with interpretation that there is positive and significant relationship, which is linear between optimism and all four predictor variables. Therefore, the higher the score of self-esteem, CDSE, hardiness, and resilience of midwifery students, the higher the optimism score of midwifery students and vice-versa.

Table 7. Result of Correlation Test on Optimism and Four Predictor Variables

Score Category	r	Sig (p)	r^2
Optmismm & Self-Esteem	0.376	.000**	0.14
Optimismm & CDSE	0.203	.000**	0.0412
Optimismm & Hardiness	0.380	.000**	0.144
Optimism & Resillience	0.235	.000**	0.05

**Significant on L.o.S .01 (*two tailed*)

Based on the calculation of correlation, r^2 value from the four predictor variables was obtained. r^2 value in Table 7 indicated that 14% of *self-esteem* variance score can be predicted by the score of optimism, 4.12% CDSE variance score can be predicted by the score of optimism, 14.4% hardiness variance score can be predicted by the score of optimism, and 5% resilience variance score can be predicted by a score of optimism.

The results of this research shows that optimism has positive relationship or correlation with all four variables. It can be interpreted that there is a positive and significant relationship which is linear between optimism with all four predictor variables. The higher the score of four variables of self-esteem, career decision self-efficacy, hardiness, and resilience, the higher the score of optimism on midwifery students and vise-verca. Therefore, it can be concluded that optimism can predict score variability or levels of self-esteem, career decision self-efficacy, hardiness, and resilience in midwifery students. The calculation result also indicated that of the four variables, hardiness is the variable with the highest correlation variance score (14.4%). It can be concluded that hardiness variable can be predicted by 14.4% based on its relationship with optimism. This result is in accordance with the theory that optimism and hardiness are two variables that influence the way people interact with the environment, particularly in stressful situations (Maddi & Hightower, 1999). Hence, even when facing a difficult situation, optimistic people still believe that they can solve it and will eventually get something good (Snyder & Lopez, 2002).

This result showed that there is a correlation between variabels that women optimism can predicts their self-esteem, career decision self-efficacy, hardiness, and resilience. Related with career decision self-efficacy, this result prove that optimism can predict career decision self-efficacy significantly on women as opposed with research result from Creed, Patton, & Bartrum (2004) which show that optimism and pessimism can predict career belief in man but not in women using senior high school student as a sample. Therefore, it is important for everyone have optimism because optimisme is underlying individual motivation to do something and make a decision is to influence the degree of confidence that the individual self (Kabbat-Zinn, 1990 in Kennedy, 2012).

After finding the relationship among variables in present study, the researchers proposed some advice to be considered by institutions or individuals to handle the existing problems and problems possibly occur in the future. Viewed from the perspective of psychology, the researchers feel the need of conducting seminar, training or intervention programs to help students of Midwifery Diploma program in improving optimism or the four other variables. The program needs to be realized, given the influence or the positive impact generated by optimism and four other variables on the life and performance of an individual.

In addition, issues related to a future career of Diploma III Midwifery graduates which is narrow the field work; the researchers suggest that students need to be given an insight into some of the career options available in addition to being a midwife. Another important thing is to intensify expert guidance by utilizing a school psychologist or counselor in serving the students in a variety of lectures and future career problems in the form of an insight into the profession of midwifery.

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