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## Resilience as a Preventive Factor in Early Childhood Psychosis

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### ABSTRACT

Resilience is a person's ability to survive, rise, and adapt to difficult conditions. Individuals who have resilience are able to quickly return to their pre-psychic trauma, appear immune from negative life events, and are able to adapt to extreme stress and suffering. A child with disabilities, from an early age, the parents have to "prepare the child" from various aspects, such as physical, mental and social in facing the life that will be faced. So that children are better prepared to face challenges and do not suffer from a serious mental disorder even genetically they have the potential for psychiatric disorders, but with preparation and training in resilience from an early age and develop positive potentials of children and generate mature coping mechanisms, children will be better prepared to face life (Psychological Readiness) towards welfare and prosperity (Wellbeing) in society. This literature review aims to discuss resilience as a protective factor in early childhood psychosis.

### 1. Introduction

Resilience can be developed from an early age through good parenting. According to Reivich & Shatte (2002) includes; emotional regulation (the individual's ability to regulate emotions so that they remain calm even when under pressure), impulse control (the ability to control the desires, urges, preferences, and pressures that arise from within a person). Children with low impulse control often experience rapid emotional changes that tend to be unable to control their behavior and thoughts. Such children often lose patience, become irritable, impulsive, and act aggressively in small situations that are not really important, so that the social environment around them feels uncomfortable which results in problems in social relationships.

Resilience can be trained with optimism. Optimism means that children have the belief that things will get better. Children have hope and control over their lives. Resilient children are children who are optimistic.

They have hope for the future and believe that they can control the direction of their lives. Children who are optimistic will be healthier physically, rarely experience depression, will be more receptive and productive. Optimism implies that the individual believes that he will be able to handle problems that arise in the future.<sup>1-3</sup>

It also requires the ability to analyze problems and empathy in developing resilience. The ability to analyze problems in children is adjusted to the level of mental emotional development. Meanwhile, empathy is the child's ability to be able to read and feel how other people feel and emotions. Empathy represents that children are able to read psychological and emotional signs from other people and from the environment. Someone who has the ability to empathize tends to have positive social relationships in his life.

Children also need to be trained in self-efficacy or self-confidence. Self-efficacy represents the child's

belief that children are able to overcome all problems with confidence in the strength they have to overcome these problems according to the level of development and not avoid problems. Cultivate children's self-confidence to be confident and not give up easily.<sup>4-5</sup>

### **Good resilience in children**

The description of a child with good resilience will produce abilities that can be seen as the end result is optimal flexibility and adaptation to the achievement of academic assignments, overcoming problems in the school environment, friends and the child's social environment such as: playing a good role in learning and behavior, emotional control is stable even under stress, and recovers quickly from trauma.<sup>1-4</sup>

The two poles of the sufferer's mental endurance are between resilience and reintegration, where both are inseparable relationships in mental function. Patients with good resilience are goals in mental health prevention so that they are able to carry out social life well.

### **Efforts to increase resilience**

Resilience as Psychological Readiness includes the ability to manage failure and success, organize life's disappointments, frustrations and losses, accommodate life's discomfort, the ability to control feelings, control autonomic functions of the body, rational problem solving according to development, the application of aspects of morality, and a sense of humor. the good one. Bring the game to life for realistic experience, planning and experimentation. Foster a sense of competition, recreation, skills and build knowledge in accordance with cultural development and develop skills, build knowledge according to development and culture, dare to compete, sportsmanship and creativity.<sup>5-7</sup>

### **Children's interpersonal skills**

Interpersonal skills are skills that can be learned or innate in a person. This interpersonal relationship needs to be developed from an early age, including verbal skills, emotional closeness, independent

thinking, and optimism in relationships with other people in the environment.

Training in social skills or individual assertiveness (Interpersonal) which includes aspects of honesty, openness and feelings in order to adapt to the environment with the aim that actions are suitable and effective in facing real life, not based on internal conflicts, which are unrealistic behavior and thoughts. Usually very useful for sufferers who find it difficult to express anger or feelings that are offended, have difficulty rejecting or saying no, do not have the courage to decide to just follow other people, and have difficulty expressing affections and other positive responses, and feel they have no rights. express his thoughts, beliefs and feelings.<sup>8-11</sup>

In the training, the patient tries to change his behavior to adjust himself, both invisible and in real action and in accordance with his own situation, thoughts and affection for new situations and conditions (usually done repeatedly/roleplay).<sup>12</sup>

Effective communication interventions can be studied with Eric Berne's transactional analysis technique, which is a contemporary model of therapy that tends towards cognitive and behavioral aspects. This counseling model is designed to assist people in evaluating the decisions they have made according to their current feasibility. Everyone is considered to have the ability to choose. What was previously defined, can be redefined. Although people can fall victim to early decisions and life scenarios, the self-defeating aspects can be changed with awareness. Personality consists of the Parent Ego (OT), Adult Ego (OD), and Child Ego (EK). Clients are taught to realize which ego plays a role in the transactions being executed. Games, deception, early judgment, life scenarios, and internalization of the commandments are key concepts. The goal is to help clients to be free from error scenarios, free from games and to become an autonomous person who is able to choose what they want to be (to be one self). In addition, it also helps clients to test the errors of early decisions and make new decisions based on awareness.

## 2. Conclusion

Resilience is an important preventive factor to prevent early psychosis in children.

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