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Author(s): Tesselonika Sembiring, Irene , Jeans 

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Attention, Interpretation, Memory (AIM) dan Family Resilience Sebagai Determinan Flourishing pada Individu Dewasa Awal

Attention, Interpretation, Memory (AIM) and Family Resilience as Flourishing Determinants in Early Adult

Tessalonika Sembiring^{1)*}, O.Irene Prameswari Edwina²⁾, Jeans Esparanci³⁾

1), 3) Study Program of Psychology, Faculty of Psychology, Universitas Kristen Maranatha, Indonesia

2) Magister Program in Psychology, Faculty of Psychology Universitas Kristen Maranatha, Indonesia

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*Corresponding author: Email: tessalonika.sembiring@psy.maranatha.edu

Abstrak

Penelitian ini bertujuan untuk melihat apakah terdapat mekanisme peran AIM (*Attention, Interpretation, Memory*) terhadap *flourishing* dengan faktor resiliensi keluarga sebagai mediator. Responden dalam penelitian ini adalah 241 individu dewasa awal (usia 20-40 tahun). Data dikumpulkan dengan menggunakan kuesioner *family resilience* yang dimodifikasi peneliti dari *Walsh Family Resilience Questionnaire* (WFRQ). Kuesioner AIM yang terdiri dari *negative thinking* dan *positive thinking*. Kuesioner *flourishing* yang digunakan adalah *Mental Health Continuum Short Form* (MHC-SF; Keyes 2005, dalam Hone 2014). Data yang terkumpul dianalisis dengan menggunakan analisis mediasi Model 4 of SPSS PROCESS (Hayes, 2018). Hasil penelitian menunjukkan bahwa AIM (*attention, interpretation, dan memory*) baik berupa *positive thinking* maupun *negative thinking* memberikan peran langsung terhadap *flourishing* individu dewasa awal. *Positive thinking* memiliki efek langsung yang lebih besar terhadap *flourishing* dibandingkan dengan dampak *negative thinking* terhadap *flourishing*. Sedangkan, *family resilience* tidak menjadi mediator pada peran AIM (*Positive thinking* dan *negative thinking*) terhadap *family resilience*.

Kata Kunci: *Attention Interpretation Memory; Flourishing; Family Resilience*

Abstract

This study aims to see whether there is a mechanism for the role of AIM (Attention, Interpretation, Memory) on flourishing with family resilience factors as mediators. Respondents in this study were 241 early adult individuals (aged 20-40 years). Data were collected using a researcher-modified family resilience questionnaire from the Walsh Family Resilience Questionnaire (WFRQ). AIM questionnaire consisting of negative thinking and positive thinking. The flourishing questionnaire used was the Mental Health Continuum Short Form (MHC-SF; Keyes 2005, in Hone 2014). The collected data were analyzed using Model 4 of SPSS PROCESS mediation analysis (Hayes, 2018). The results showed that AIM (attention, interpretation, and memory) in the form of both positive thinking and negative thinking provides a direct role in the flourishing of early adult individuals. Positive thinking has a greater direct effect on flourishing than negative thinking on flourishing. Meanwhile, family resilience does not mediate the role of AIM (Positive thinking and negative thinking) on family resilience.

Keywords: *Attention Interpretation Memory; Flourishing; Family Resilience*

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INTRODUCTION

In early adulthood, individuals have more freedom to make choices in life than they did in adolescence. On the one hand, this makes early adult individuals feel free over their lives, but the responsibility to live independently both emotionally and financially can be difficult for some early adult individuals. This condition can cause several disorders in early adult individuals, such as alcoholism, drug abuse and depression (Papalia & Martorell, 2021). Today, more and more individuals are experiencing severe mental disorders. Early adult individuals who have high welfare (flourish), will be able to be more productive in life, and can carry out many aspects of life meaningfully and happily. Able to adapt to their lives even though there are quite a lot of challenges, they will avoid mental health disorders. Data revealed by the WHO (World Health Organization) states that in 2022, the level of mental problems in all countries is high, about 1 in 8 people in the world live with mental disorders. Globally, suicide is also the leading cause of death in young people (World Health Organization, 2022). The Directorate of Prevention and Control of Mental Health and Drug Problems - Indonesian Ministry of Health stated that in 2021 Indonesia has a prevalence of people with mental disorders of around 1 in 5 people. This means that around 20% of the total population of Indonesia has the potential to experience mental health problems (Munthe in Widyawati, 2021), The large number of people in a country who experience mental emotional disorders will have a negative impact on the individual and the country. Many costs need to be paid for conditions like this. The amount of productive human resources decreases, economic, social, political, cultural costs become large and burden the state and society. Making people mentally healthy is something that needs attention and purpose in community life.

Keyes (in Lopez, 2008) revealed that improving flourishing should be the goal, not only in the treatment and prevention of mental disorders. Flourishing is a state in which individuals have good mental health and a high level of well-being. Adults with complete or excellent mental health are those who flourish in their lives with a high level of well-being. A flourishing person is characterized by living more positive emotions than negative emotions, can develop himself, has life goals, is skilled, independent, has positive relationships with others, and can contribute to his community. Furthermore, flourishing has three aspects. First, emotional well-being is defined as a set of symptoms that indicate the presence or absence of positive emotions in an individual's life. Second, psychological well-being presents more private and personal criteria for evaluating. Criteria that have been measured reliably and validly through six dimensions, namely self-acceptance, positive relation with others, personal growth, purpose in life, environmental mastery and autonomy. Third, social well-being, mentally healthy individuals are those who perceive their social life as meaningful and understandable. They perceive the social environment as having the potential to grow, they feel ownership and belonging to their community, can accept all parts of society, and contribute to their society or community. Given the importance of individuals being able

to flourish, researchers are interested in knowing the factors that play a role in flourishing, the continuation of which can be an effort to improve flourishing ability.

Eudaimonia is related to happiness and is often translated as human flourishing (Fowers et al., 2016). Diener and Biswas (2008) revealed that AIM (Attention, Interpretation, and Memory) which is a basic component of a positive attitude has an important role in happiness. He also revealed that when someone faces a problem, it is easier to change attitudes and ways of thinking about the problem than to change life circumstances. When the individual thinks positively about the situation he faces, he will be able to see the blessings he has rather than the difficulties he experiences.

Lyubomirsky (in Diener & Biswas, 2008) revealed that unhappy individuals tend to ruminate on their failures and shortcomings. Individuals interpret the same object based on their own personal values, attention, and identity. A person who tends to interpret events around him as violent and threatening, will experience more negative emotions and distrust. Conversely, individuals who view their world as promising and full of opportunity tend to be happier. Memory also plays an important role in the process of happiness. Individuals who strive to notice and appreciate positive events in their lives will find it easier to recall these positive events. They remember their success more than they do with failure, so they will be happier.

Having a positive attitude or positive thinking is not just looking at the positive side of a situation, but focusing attention on success and blessings owned, being able to interpret an event in a positive way (interpretation) and being able to remember good things that have happened (memory). So, when individuals have a positive attitude or thinking about the situation they are experiencing, it will help them rise from adversity and remain able to survive and be psychologically healthy after going through difficulties or what is called resilience. In several studies it was revealed that cognitive conditions play a role in family resilience. Parson (2016) states that cognitive function is seen as important in the process of resilience. Likewise, Yusoff et al., (2019) revealed that there is a significant relationship between resilience and cognitive distortions. Azizah and Pudjiati (2020) suggest that cognitive assessment contributes to shaping family resilience. Viewed from the dynamic systems framework, the family is a system, where the conditions or challenges faced by family members will have an impact on the family system. Likewise, changes and the development of family members can also affect the family's capacity to deal with change and development. Positive adaptation from parents or children can change family communication, emotional support, routines, and other family roles that reflect family resilience (Masten, 2018). Based on this, it can be said that individual resilience will reflect the resilience of his family. Resilient families will be able to adapt to the problems they experience which can eventually encourage flourishing.

Bethell et al. (2019) conducted a study on children aged 6-17 years in America, showing that there is a relationship between family resilience and flourishing. Padilla-Walker et al. (2017) stated that relationships with family are the factor most consistently associated with flourishing throughout life, including in early adulthood.

Furthermore, he stated that a positive relationship between early adult individuals with parents and siblings is an indicator of flourishing in early adult individuals. In line with this, Nabi and Rizvi (2017) also revealed that resilience is positively and significantly associated with flourishing and predicts 16% of flourishing models. Barnhart et al., (2022) suggest that family resilience contributes to flourishing in children. Uddin et al., (2021) also stated that family resilience is one of the factors that can increase flourishing in children with developmental problems and adverse psychosocial exposure. Family resilience is the ability of a family that functions as a system, can survive, and recover after experiencing disruptive life stresses or obstacles (Walsh, 2016). According to Power et al. (2015), family resilience is not only related to the process that exists in the family, where each member can be a source of support for each family member, but also describes interpersonal bonds in the family that can be maintained and strengthened when the family faces pressure or difficulties. Family resilience relates to the strength of family relationships that enable members to grow and thrive despite life's great challenges.

Walsh (2016) revealed that family resilience is the capacity of the family, which functions as a system, to survive and recover from stressful life challenges, which makes the family more empowered. Individuals are incorporated in the family as a system that influences each other between family members. Each family member is involved in the family's efforts to meet life's pressing challenges. There are three main processes in family resilience, namely the family belief system, organizational patterns, and communication processes (Walsh, 2016). The family belief system has a strong influence on family members in viewing crisis, suffering, and choices. Families need challenges to be able to develop their family members. In the belief system there are three aspects, namely the meaning of adversity experienced by the family, hope or positive perspective, and transcendent and spirituality.

The family as a system carries out the organizational process. There are three aspects to the organizational process, the first is flexibility in facing challenges, in the sense of being adaptive to face change. Have leadership in directing and working together among family members in facing challenges. The second aspect is the relationship between family members to support each other, respect the needs and uniqueness of each family member, and commit to jointly overcome problems. The third aspect is the ability to mobilize social and economic resources. This ability can be in the form of asking for help from the right and significant people to jointly overcome problems.

The process of communication and problem solving consists of three aspects. The first aspect is clarity of communication, i.e., how to obtain clear and reliable information, making ambiguous situations understandable. Second, build positive interactions with affection, mutual respect, humor, gratitude, relax with joy. Family members share each other's suffering, sadness, fear, anger, disappointment, and regret. Third, the ability of family members to overcome problems together, with constructive and creative discussions. Focus on goals, resolve conflicts through negotiation, be honest, and fair,

develop a solution plan. Trying to prevent the emergence of problems or stressful situations, although not all problems can be prevented, at least can reduce pressures.

Based on the description above, researchers see several studies that show the relationship between family resilience and flourishing. And research conducted by Diener and Biswas (2008) revealed that AIM (Attention, Interpretation, and Memory) has an important role in happiness. Therefore, in this study, the study wanted to see whether there is a mechanism for the role of AIM on flourishing with family resilience as a mediator. In addition, researchers also want to see the role of AIM and family resilience to flourishing. The hypothesis of this study is that there is a mechanism for the role of AIM on flourishing in early adult individuals with family resilience factors as mediators.

RESEARCH METHODS

Respondents in this study were early adult individuals, aged between 20 – 40 years (Papalia & Martorell, 2021). In the early adult stage, several important events or things occur, such as choosing a life partner and entering marriage, becoming parents, and choosing a job and fostering a career (Boyd et al., 20013). In addition, characterized by reflective thinking, early adults in thinking make active evaluations of information and beliefs based on evidence and implications, as well as in thinking able to face inconsistencies, contradictions, imperfections, and compromises (Papalia & Martorell, 2021).

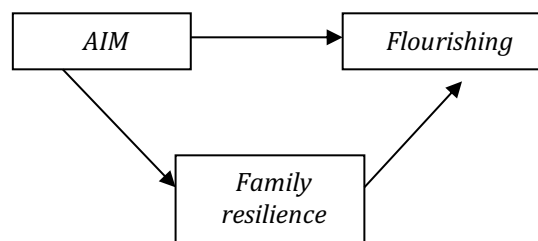


Figure 1. Research Model

Data was collected using questionnaires and tested on 50 respondents. The AIM questionnaire compiled by Diener and Biswas (2008) was translated by researchers into Indonesian. The AIM questionnaire consists of 14 items related to negative thinking and 13 items of positive thinking, with 5 answer choices namely Very Inappropriate, Slightly Appropriate, Quite Appropriate, Appropriate and Very Appropriate. The results of the measurement instrument trials conducted stated that items that measured negative thinking had a reliability value of 0.889 and the items had a correlation with a total score of 0.490 - 0.807. Positive thinking items have a probability of 0.856 and have a correlation with a total score of 0.548 - 0.774. The family resilience questionnaire was modified by researchers based on the Walsh Family Resilience Questionnaire (WFRQ), consisting of 35 items with 5 answer choices. The test results of the measuring

instrument showed that the questionnaire had a reliability value of 0.975, and the items had a correlation with a total score of 0.556 - 0.822.

The flourishing questionnaire used was the Mental Health Continuum Short Form (MHC-SF) (Keyes in Hone et al., 2014) which was translated by researchers into Indonesian. The tool consists of 14 items, namely: 3 items representing emotional well-being, 6 items representing psychological well-being and 5 items representing social well-being. Respondents were given informed consent first, and then asked to give answers based on their experiences that occurred in the past month on a 6-point Likert scale (never, once or 2 times a month, once a week, 2 to 3 times a week, almost every day, every day). Based on the results of the trial conducted the questionnaire has a reliability value of 0.904, and the items have a correlation with a total score of 0.462-0.845. Based on the results of the trials of the three questionnaires, it can be stated that the three questionnaires are valid and reliable. The research design is a correlational design with a type of causal relationship (Sugiyono, 2019). The collected data were analyzed using mediation analysis techniques, Model 4 from Hayes Process (Hayes, 2018). Through the results of the analysis, it will be known the contribution of AIM (positive thinking and negative thinking) to flourishing through family resilience mediation.

RESULTS AND DISCUSSION

The number of respondents in this study was 241 early adult individuals, with a demographic picture in table 1. Most respondents were female (75.9%), unmarried (80.1%), high school or vocational school education (45.6%) and university students (56.4%).

Table 1. Demographic Data of Respondents

		f	%
Gender	Man	58	24,1%
	Woman	183	75,9%
Education	Elementary	1	0,4%
	Senior High School	110	45,6%
	Diploma-3	4	1,6%
	Bachelor	103	42,7%
	Magister	23	9,7%
Status	Unmarried	193	80,1%
	Married	48	19,9%
Occupation	Entrepreneur	21	8,7%
	Private Employees	55	22,8%
	Civil Servants (PNS/BUMN)	6	2,4%
	College Students	136	56,4%
	Unemployed	23	9,7%

n=241

Table 2. Family Resilience Mediation Test Results on the Relationship of AIM (Negative Thinking and Positive Thinking) to Flourishing

Direct Effect						
Variable	Effect	SE	T	P	LLCI	ULCI
PT → F	0,730*	0,108	6,779	0,000	0,518	0,943
PT → FR	0,836*	0,077	10,797	0,000	0,684	0,989
NT → F	-0,459*	0,066	-6,927	0,000	-0,589	-0,328
NT → FR	-0,396*	0,060	-6,583	0,000	-0,515	-0,278
FR → F	0,366*	0,074	4,958	0,000	0,221	0,511
Indirect Effect						
Variable	Effect	BootSE	Boot LLCI	BOOT ULCI		
PT → FR → F	0,306*	0,075	0,158	0,453		
NT → FR → F	-0,188*	0,041	-0,276	-0,114		

*Information: NT= Negative Thinking, PT=Positive Thinking, F= Flourishing, FR= Family Resilience

The results of the study described in table 2 show that positive thinking possessed by early adult individuals has a direct impact on (e = 0.730; P 0.000). The higher the positive thinking, the higher the flourishing. This shows that positive thinking is a predictor of flourishing. Diener and Biswas (2008) stated positive attitudes and thoughts towards a situation related to happiness. Early adults who think positively are better able to see the blessings they get and not focus on the problems they face, and this will ultimately lead them to achieve happiness. He also formulated the basic component of a positive attitude in happiness, namely AIM (Attention, Interpretation, Memory). AIM represents a basic component of a positive attitude in happiness. Positive thinking is more than just looking at the good side of an event; Thinking positively means paying attention to your successes and blessings, being open-minded to positive explanations for events, and remembering good times. Such thinking will make early adult individuals more flourishing which is characterized by the presence of positive emotions and good functioning psychologically and socially. Several similar studies support the results of this study. Such as research by Margolis and Lyubomirsky (2018), Munoz et al. (2019), Chui and Chan (2020) which revealed that there is a relationship between the ability to think positively and psychological well-being. Safari and Akbari (2018) also suggest that positive thinking training can improve psychological well-being and quality of life for older people. The results of the study presented in table 2 also showed that negative thinking possessed by early adult individuals had a direct impact on flourishing (e = -0.459; P 0.000). It is just that when viewed from the magnitude of the effect, in this study it was found that the direct impact of positive thinking on flourishing is greater than if mediated by family resilience (0.730*>0.306). This means that the real influence is a direct influence, namely the influence of positive thinking on flourishing, while family resilience does not function as a mediator.

The results of the study presented in table 2 also showed that negative thinking possessed by early adult individuals had a direct impact on flourishing (e = -0.459; P

0.000). The higher the negative thinking, the lower the flourishing, and vice versa, the lower the negative thinking, the higher the flourishing. As explained earlier that the negative thinking referred to in this study is related to the concept of AIM expressed by Diener and Biswas (2008). Individuals who think negatively tend to exaggerate the negative side of an event, underestimate their own ability to rise from failure, give up easily, view rejection in various things from the environment and pay more attention to negative responses from others than positive responses (Diener & Biswas, 2008). Based on cognitive theory, depressive symptoms are partly caused by the presence of negative cognitive biases (Everaert & Koster, 2020). The study found that depressed individuals experience attentional bias, where they focus more on negative information related to the events they experience. This attentional bias eventually makes individuals more likely to process negative information. Furthermore, it was revealed that attentional bias also increases memory bias, which remembers more negative things (Everaert & Koster, 2020). This will make individuals tend to evaluate their lives as sad. In this study, it was also found that family resilience can mediate the role of negative thinking on flourishing in early adult individuals ($e = -0.188$; $SE = 0.041$). It's just that the indirect effect is lower than the direct effect of negative thinking on flourishing. Based on this, it can be said that the real influence is the direct influence of negative thinking on flourishing, and family resilience does not act as a mediator.

Based on this, it can be said that positive thinking and negative thinking have a strong direct impact on flourishing. What distinguishes it is the direction and effect given positive and negative thinking to flourishing. Positive thinking has a positive effect on flourishing, that is, the higher the positive thinking, the higher the flourishing will also be. Negative thinking has an effect with a negative direction, that is, the higher the negative thinking, the lower the flourishing. Judging from the magnitude of the direct effect, positive thinking has a greater effect on flourishing (0.730) than negative thinking effect on flourishing (-0.459). Diener and Biswas (2008) stated that positive thinking will make individuals focus on positive things (attention), assess neutral events as positive events, and assess difficult situations as opportunities for development (interpretation), and will more often look at pleasant events (memory). So, the greater the positive thinking of the individual, the easier it will be for him to flourish. The role of family resilience becomes important, when early adult individuals have negative thinking that is quite dominant. If he has high enough family resilience, he still can develop the flourishing needed in his life as an adult individual who can function optimally. In addition, when compared, the direct role of positive thinking and negative thinking on flourishing, the direct influence of positive thinking is much stronger (with a positive direction) on flourishing ($e = 0.730$) than the direct influence of negative thinking (with a negative direction) on flourishing ($e = -0.459$). This means that early adult individuals need to have stronger positive thinking than negative thinking to have high flourishing.

Although in this study it was found that family resilience is not a mediator in the influence of AIM (positive thinking and negative thinking), but family resilience still has a direct influence on flourishing ($e = 0.366$). Research conducted by Bethell et al., (2019)

found that interventions carried out to increase family resilience in individuals will develop flourishing in these individuals. The same thing was also revealed by Shellman and Hill (2017), that psychological resilience will significantly increase the overall flourishing aspect. Shabrina et al. (2021) and Novianti and Alfian (2022) also revealed that resilience affects individual well-being. Individual resilience will also have an impact on family resilience (Masten, 2018). The ability of the family to function as a system, can survive and recover after experiencing these disturbing life pressures or obstacles makes early adult individuals can feel flourishing. Where, flourishing can also still be felt by a person even though he faces certain difficulties in his life, because flourishing does not mean the absence of adversity experienced by individuals (Bethell et al., 2019). Low individual resilience will have an impact on the low capacity of the family to stay afloat and recover from life's pressing challenges. If the family experiences high-stress events, then there is a possibility that the family system is disorganized which can lead to disintegration (Becvar, 2013). This will make it difficult for early adult individuals to flourish.

CONCLUSION

Based on the results of the study, it can be concluded that AIM (Attention, Interpretation, and Memory) in the form of positive thinking and negative thinking provides a direct role in the flourishing of early adult individuals. Positive thinking has a greater direct effect on flourishing than negative thinking on flourishing. In this study, family resilience was found not to be a mediator of AIM (positive thinking or negative thinking) against flourishing. Based on this, for further research, it is necessary to explore other psychological variables that can mediate the role of AIM in flourishing. However, family resilience was found to have a direct role in increasing flourishing.

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