Growth Mindset and Resilience in the Coastal Community of Kampung Bahari Nusantara, Kulonprogo

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Abstract

Kampung Bahari Nusantara (KBN) program is a collaborative effort between the government and TNI-AL to improve the quality of life of maritime communities living in coastal areas. Trisik Sidorejo Kulonprogo was a poor hamlet and is currently struggling to become more empowered and prosperous. This research aims to examine the relationship between growth mindset and resilience towards Kampung Bahari Nusantara community in Trisik Sidorejo hamlet. This study uses quantitative correlational design to examine the relationships between variables. Data collection for this study uses resilience scale and growth mindset scale. The sample for this study is 136 participants from farmer group in Trisik Sidorejo. The hypothesis test was performed using a non-parametric test, Spearman-Rank, because the data obtained did not meet the assumption test. There is a positive relationship between growth mindset and resilience with $r=0.69$ ($p<0,005$). Growth mindset is related to the resilience of KBN community built by TNI-AL in Kulonprogo. The higher the growth mindset of the people, the higher the resilience.

Keywords: Resilience; Growth Mindse;, Kampung Bahari Nusantara; Indonesian Navy

Abstrak

Kampung Bahari Nusantara (KBN) merupakan upaya kerja sama antara pemerintah dan TNI AL untuk meningkatkan kualitas hidup masyarakat maritim yang tinggal di wilayah pesisir. Trisik Sidorejo Kulonprogo merupakan dusun yang dulunya tertinggal dan saat ini tengah berjuang untuk menjadi lebih berdaya dan sejahtera. Penelitian ini bertujuan untuk mengkaji keterkaitan antara growth mindset dengan resiliensi pada masyarakat Kampung Bahari Nusantara di dusun Trisik Sidorejo. Penelitian ini menggunakan desain korelasional kuantitatif untuk mengkaji hubungan antar variabel. Pengumpulan data dalam penelitian ini menggunakan skala resiliensi dan skala growth mindset. Sampel penelitian ini sebanyak 136 orang peserta yang merupakan anggota tani di dusun Trisik Sidorejo. Uji hipotesis dilakukan dengan menggunakan uji non-parametrik Spearman-Rank karena data yang diperoleh tidak memenuhi uji asumsi. Terdapat hubungan positif antara growth mindset dengan resiliensi dengan nilai $r=0,69$ ($p<0,005$). Growth mindset berhubungan dengan resiliensi masyarakat KBN binaan TNI-AL di Kulonprogo. Semakin tinggi pola pikir berkembang seseorang, semakin tinggi pula ketahanannya.

Kata kunci : Resiliensi; Growth Mindset; Kampung Bahari Nusantara; TNI-AL

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Introduction

Indonesia, as an archipelagic country, possesses vast coastal areas. The Indonesian Navy (TNI AL) supports the government in improving the quality of life of maritime communities through the Kampung Bahari Nusantara (KBN) program. KBN is a strategic initiative aimed at strengthening maritime defense by addressing issues in the economic, health, and education sectors as part of broader efforts to enhance the welfare and living standards of maritime communities (Sahid et al., 2022). The KBN program has been launched in 68 regional command units, including in Yogyakarta, specifically at Samas Beach in Bantul Regency and Trisik Beach in Trisik Hamlet, Sidorejo Village, Kulon Progo (BPMI SETWAPRES, 2023). Improved welfare and living standards of the community are expected to contribute to the realization of national resilience in line with the objectives of the TNI AL's community development efforts.

One of the areas designated as a KBN under the guidance of the TNI AL is Trisik Hamlet, Sidorejo. The hamlet has a population of approximately 600 people across 222 households. Previously, the residents of Trisik Hamlet relied on the sea as their primary source of income. However, over time, the sea became an unreliable livelihood due to changing natural conditions. Consequently, the community shifted to agriculture, which has now become the dominant source of income. Fishing is now considered a secondary occupation due to environmental changes that prevent daily access to the sea. The transition to agriculture was also supported by favorable environmental conditions for farming in the hamlet. Given this context, the Indonesian Navy has focused on supporting Trisik Hamlet economically through agricultural empowerment programs.

Interviews with the village head, hamlet leader, and farming group leader revealed that Trisik Hamlet was once categorized as an underdeveloped and economically disadvantaged area. Residents often felt powerless and hopeless about their situation, believing that there was nothing they could do due to circumstances beyond their control. As mentioned earlier, the TNI AL designated Trisik Hamlet as one of its assisted KBN areas to restore the community's self-reliance. This brought new hope to the hamlet. The community began to rise from economic hardship and aimed to become more empowered and prosperous through economic restructuring, particularly in agriculture. Although they have grown accustomed to agricultural work, residents still face numerous challenges, including unpredictable environmental factors that often result in crop failure. This poses a significant risk since agriculture serves as their primary daily source of income.

Despite these challenges, the people of Trisik Hamlet continue to work and actively seek ways to prevent crop failure. They often replant quickly or switch to fast-growing crops when necessary. This persistence and determination to sustain their economic well-being reflects a quality known as resilience. Resilience refers to the ability to face challenges or adversity while remaining focused on goals (Walker, 2020). It helps individuals adapt and recover from hardship or pressure through flexibility, adjustment, and responsiveness to change and uncertainty (Prawita & Heryadi, 2023). Resilience is formed through personal competence, high standards and persistence, trust in one's instincts, tolerance of negative emotions, focus amid stress, positive acceptance, secure relationships, self-control, and spirituality (Papini et al., 2021; Connor & Davidson, 2003).

Several factors contribute to the development of resilience, including self-belief, motivation, social support, communication skills, and the ability to perform effectively (Bhandarkar & Jadhav, 2022). One key factor in building resilience is having a growth mindset. Individuals with a growth mindset believe that abilities and intelligence can be developed through effort and self-regulation (Wahidah & Royanto, 2019). Such individuals are more likely to withstand psychological stress and exhibit greater resilience (Nieuwenhuis et al., 2023).

A growth mindset is defined as the belief that personal qualities can be improved through deliberate effort, which encourages ongoing perseverance and self-development (Sembiring, 2017). Its key aspects include believing that intelligence, talents, and character can be developed; viewing challenges, difficulties, and failures as opportunities for growth; recognizing that effort and hard work contribute to success; and using feedback and criticism as a tool to exceed one's limits (Sembiring, 2017). Based on the above, this study aims to investigate the relationship between growth mindset and resilience in the maritime community of Kampung Bahari Nusantara under the guidance of the Indonesian Navy in Kulon Progo. The research hypothesis proposes that there is a significant relationship between growth mindset and resilience. The higher the level of growth mindset, the higher the level of resilience among the maritime community of Trisik Hamlet.

Research Method

This study employs a quantitative correlational design to examine the relationship between variables. The dependent variable in this study is resilience, while the independent variable is growth mindset. Data collection was conducted by distributing scales to respondents who are farmers and members of farming groups in Trisik Hamlet, a KBN area assisted by the TNI AL. The sampling technique used was non-probability purposive sampling (Sugiyono, 2024). Data were analyzed using product-moment correlation analysis to test the hypothesis.

The instruments used in this study were the CD-RISC 25 Resilience Scale adapted by Prawita and Heryadi (2023) and the Growth Mindset Scale developed by Dari', Yunus, and Nasiruddin (2022). The resilience scale consists of 25 items across five aspects based on Connor and Davidson's theory: (1) personal competence, high standards, and tenacity; (2) trust in one's instincts, tolerance of negative emotions, and focus under stress; (3) positive acceptance and secure relationships; (4) self-control; and (5) influence of spirituality. The growth mindset scale consists of 16 items across four aspects based on Carol Dweck's theory: (1) belief in the developability of intelligence, talent, and character; (2) belief that challenges, difficulties, and failures are crucial for personal growth; (3) belief that effort and hard work contribute to success; and (4) use of feedback and criticism to push beyond limits.

Both scales used a Likert-type response format with five answer options. The resilience scale used options ranging from "not true at all" to "very often," while the growth mindset scale ranged from "strongly disagree" to "strongly agree." Participant scores indicate the level of resilience and growth mindset, with higher scores reflecting higher levels of each construct.

Validity testing used content validity through Aiken's V coefficient, while reliability testing employed internal consistency using Cronbach's Alpha. Assumption tests were conducted prior to hypothesis testing, including normality and linearity tests. If assumptions were met, hypothesis testing used Pearson's Product-Moment analysis. If assumptions were not met, Spearman Rank non-parametric analysis was applied (Sugiyono, 2024).

Result

Prior to data collection, the researchers prepared the measurement tools to be tested for their psychometric properties. The scales used in this study included the CD-RISC 25 Resilience Scale adapted by Prawita and Heryadi (2023) and the Growth Mindset Scale by Dari et al. (2022). Validity testing was conducted using Aiken's V content validity coefficient. A pilot test was then carried out in Dusun Sawahan, a hamlet within the same Kalurahan as Dusun Trisik, the main research location. The pilot was conducted in conditions as similar as possible to the actual research situation and participants (Azwar, 2021). After the trial, reliability analysis using Cronbach's Alpha coefficient and item discrimination analysis (corrected-item total correlation) was conducted.

In the content validity test, the suitability of scale items with theoretical aspects was assessed by 12 expert raters in psychology familiar with growth mindset and resilience concepts. According to Aiken (1985), with 12 raters, a minimum content validity coefficient of 0.69 is required. On the resilience scale, one item (Item 6) was discarded due to a V value of 0.63, leaving 24 items for the trial. The final resilience scale's Aiken's V values ranged from 0.73 to 0.90. On the growth mindset scale, no items were discarded, and Aiken's V values ranged from 0.77 to 0.94.

The pilot test conducted with 42 members of a farming group in Dusun Sawahan showed high reliability for both scales. The resilience scale yielded a Cronbach's Alpha of $\alpha = 0.945$, while the growth mindset scale yielded $\alpha = 0.866$. These values indicate that both scales are reliable ($\alpha > 0.800$) (Azwar, 2021). Item discrimination analysis showed that the resilience items had corrected-item total correlation values ranging from 0.347 to 0.828, with no items falling below the threshold of 0.3. In contrast, one item (Item 4) on the growth mindset scale was discarded due to a value below 0.3, leaving 15 items with values ranging from 0.303 to 0.761. After validating the instruments, data collection was conducted among members of the farming group in Dusun Trisik. A total of 136 participants were involved, consisting of 36 females and 100 males. The participant age distribution is shown below:

Table 1. Participant Age Distribution

Age Range (Years)	Number	Percentage
20 – 30	7	5%
31 – 40	15	11%
41 – 50	49	36%
51 – 60	43	32%
61 – 70	18	13%
71 – 80	4	3%
Total	136	100%

Table 2. Participant Categorization by Variable

Resilience Criteria	Growth Mindset Criteria	Category	Resilience (N/%)	Growth Mindset (N/%)
X < 86,67	X < 45,71	Rendah	15 (11,0%)	19 (13,9%)
86,67 ≤ X < 110,12	45,71 ≤ X < 55,87	Sedang	110 (80,9%)	101 (72,3%)
110,12 < X	55,87 ≤ X	Tinggi	11 (8,1%)	16 (11,8%)

This study aimed to examine the correlation between growth mindset and resilience among the maritime community in Kampung Bahari Nusantara supported by the Indonesian Navy. The hypothesis stated that there would be a significant relationship between growth mindset and resilience. Before testing the hypothesis, assumption tests (normality and linearity) were conducted. The results indicated violations of assumptions: the significance for the growth mindset variable was $p = 0.006$ and for resilience $p = 0.008$, both < 0.05. As assumptions were not met, Spearman's rank correlation was used.

Table 3. Spearman Rank Correlation Test Results

Variable	Correlation Coefficient	Significance
Growth mindset Resilience	0,696	0,000

The correlation coefficient ($r = 0.696$, $p < 0.05$) indicates a statistically significant positive relationship of moderate strength between growth mindset and resilience (Sugiyono, 2024).

Discussion

Based on the hypothesis test results, it is evident that the hypothesis is accepted, indicating a correlation between growth mindset and resilience. The direction of the relationship is positive, meaning that the higher an individual's growth mindset, the greater their resilience. Yeager and Dweck (2012) explained that a growth mindset influences resilience. A growth mindset refers to the belief that events or challenges require effort, strategy, learning, patience, and support from others. When individuals perceive something as a challenge, they are more motivated to overcome it, thereby increasing their ability to endure and overcome difficulties.

Coastal areas are characterized by their vulnerability to disasters such as tidal flooding or tsunamis (Marwasta & Priyono, 2016). This suggests that coastal communities live side by side with potential daily disasters. They believe that humans and nature coexist, which cultivates their ability to survive adversity. This shows that coastal communities, in line with their characteristics, possess a mindset that drives continuous growth to endure life and overcome difficulties.

Believing that intelligence, talents, and character can be developed, along with the belief that challenges, difficulties, and failures are crucial for self-development, is linked to personal competence, high standards, and perseverance. These aspects

support individuals in staying focused and progressing toward their goals under pressure (Prawita & Heryadi, 2023). Individuals with a growth mindset are more likely to recover from academic setbacks (Zeng et al., 2016). This recovery stems from their belief that intelligence and abilities can change and improve, making them more resilient. Reskido (2023) also notes that the belief in the ability to develop intelligence, talents, and character indicates that individuals believe these traits can be changed and improved through learning, and that shortcomings and obstacles can be overcome through persistence and perseverance.

Believing that challenges, difficulties, and failures are important for self-development is related to belief in one's instincts, tolerance of negativity, focus on stress impact, and self-control. Janssen and Van Atteveldt (2023) found that adaptive coping such as believing that difficulties and failures are essential for growth helps individuals accept themselves and their conditions, thereby cultivating calmness and composure in facing negative situations. Self-development comes from a focus on the future rather than dwelling on negativity, which is fostered by adaptive self-control skills involving setting and adopting strategies oriented toward mastery during setbacks (Burnette et al., 2013).

Receiving criticism and feedback from others can be used as input for breaking personal limits and is associated with resilience aspects such as positive acceptance and secure relationships. Individuals who view criticism and suggestions as learning opportunities are more likely to see such input as meaningful and beneficial (Reskido, 2023). This enables them to better regulate emotions, even under pressure or disagreement. Those who can manage their emotions and avoid negative thinking are better at evaluating their learning and accepting feedback from others (Meierdirk, 2017).

Effort and hard work contribute to success and are linked to the resilience aspect of spirituality. Increases in productivity, flexibility, and creativity in planning for the future are reinforced by both spiritual values and personal commitment to career development (Rezapouraghdam et al., 2019). Therefore, hard work and effort can enhance productivity and creativity, supported by an individual's inner spirituality.

Conclusion

This study indicates that there is a significant positive relationship between growth mindset and resilience among coastal communities in the Kampung Bahari Nusantara program initiated by the Indonesian Navy (TNI AL). The higher an individual's growth mindset, the higher their level of resilience. This finding is supported by the results of the Spearman correlation analysis, which showed a coefficient of 0.696 with a significance level of $p<0.05$. The measurement instruments used namely the CD-RISC 25 Scale for resilience and the Growth Mindset Scale were proven to be valid and reliable based on content validity tests, reliability, and item discrimination.

The findings highlight the importance of a growth mindset in strengthening psychological resilience, especially in the context of coastal communities that are vulnerable to various environmental and social stressors. The belief that challenges and failures are essential parts of self-development encourages individuals' capacity to endure and recover from adversity.

Recommendations

Based on the findings of this study, it is recommended that community empowerment programs in coastal areas, particularly in Kampung Bahari Nusantara, incorporate a growth mindset approach as a strategy to enhance individual resilience. Training that fosters the belief that abilities can be developed through effort and learning will help coastal communities become more prepared to face life's challenges, including natural disasters that frequently occur in these regions. In addition, it is important for facilitators or community mentors to provide constructive feedback and create a learning environment that values the process rather than just the outcomes. Local governments and related institutions can also play a role by providing access to informal education, adaptive skill training, and community-based social support to strengthen psychological resilience in a sustainable manner. Furthermore, similar research should be conducted in other coastal communities with different social and cultural contexts to broaden the generalizability of the findings and tailor interventions to local characteristics.

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