

Research Article

## **Resilience Levels in The Sandwich Generation**

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### **Abstrak**

The sandwich generation is a generation that is faced with the dual responsibility of caring for their children and aging parents simultaneously. Individuals who belong to the sandwich generation have burdens to bear such as having higher financial obligations and less free time. Resilience is a process of adapting well in facing difficult situations, such as trauma, accidents, threatening events or sources of stress. Therefore, the ability of resilience is important for individuals who have significant adversity, one of which is the sandwich generation. This research aims to collect and analyze articles related to the level of resilience in sandwich generation individuals. The design used is a literature review. Journals are collected using search engines such as Google Scholar. The journal criteria used are those published in 2014-2024. Based on the articles collected, it was found that the Sandwich Generation in Indonesia experienced high levels of stress due to the multiple responsibilities they carried. But they have a high level of resilience too. The sandwich generation demonstrated the ability to be resilient in the face of various obstacles. Resilience in the sandwich generation is influenced by various factors, such as personal competence, religiosity, optimism and social support.

**Kata Kunci:** Sandwich Generation, Resilience, Mental Health

### **INTRODUCTION**

In today's modern society, everyone is required to play many roles at the same time. Today, people often juggle multiple roles at once, including careers, raising children, and caring for aging parents. One of the most responsible jobs is caring for parents and children. This position is known as the "sandwich generation". In modern times, the topic of the sandwich generation is widely discussed among society, especially among generation Z who are starting to enter this phenomenon.

The sandwich generation is a generation of adults who have to support the lives of 3 generations, namely their parents, themselves and their children. Or the sandwich generation is a generation that is faced with the dual responsibility of caring for their children and aging parents simultaneously. This condition is analogous to a sandwich where a piece of meat is squeezed by 2 pieces of bread. The bread is likened to parents (upper generation) and children (lower generation), while the main contents of the sandwich in the form of meat, mayonnaise and sauce which are

squeezed by the bread are likened to oneself. from 30 to 40 years, some say the vulnerable age is between 30-50 years. This sandwich generation has been experienced by 4 previous generations, namely from the baby boomers generation to the current generation Z.

The term sandwich generation was first introduced by Dorothy A. Miller (1981), Professor from the University of Kentucky in 1981 in a journal entitled "The 'Sandwich' Generation: Adult Children of the Aging". The sandwich generation is categorized into 3 types, namely:

1. Traditional: consisting of adults aged 40 – early 50s who bear the burden of both parents and children.
2. Club: consists of adults aged 50 – 60 who cover the costs of parents, children, grandchildren (if any), and grandparents (if any).
3. Open Faced: anyone involved in the care of the elderly, but not in a professional manner such as in a nursing home.

The sandwich generation can be divided into two categories. First, the sandwich generation who live or are in the same household as those who are covered. Second, the sandwich generation who are not in the same household as their dependents. According to the availability of BPS data, the profile description here is more about the sandwich generation in extended families (large families living in one household). This means that in one household there is a nuclear family and other relatives, including parents, in-laws, grandchildren, siblings, in-laws, and so on.

Based on the March 2022 Susenas data processing, it is estimated that there are 8.4 million Indonesians who belong to the sandwich generation in the extended family, hereinafter abbreviated to the EF sandwich generation. Most were in East Java (23.71 percent), followed by Central Java (19.14 percent), West Java (12.10 percent), Bali (3.99 percent) and North Sumatra (3.77 percent). More than 61 percent of EF's sandwich generation is in Java. According to place of residence, 51 percent are in urban areas and the rest are in rural areas. Almost 17 percent of them are poor so the double burden they bear is very heavy. In fact, 58 percent of the EF sandwich generation has junior high school education or less.

Then the age group that dominates the sandwich generation is that almost 92 percent of the EF sandwich generation are those born between 1964 and 1998 (aged 24-58 years). This age range is relatively wide compared to developed countries (generally ages 30 to 40). The number of women in the EF sandwich generation is greater than men, with 51.25 percent compared to 48.75 percent. Nearly 30 percent of the sandwich generation has the status of taking care of the household.

The non-sandwich generation population group has an average of 3-4 household members, but in the EF sandwich generation the number reaches 4-5 people. In fact, 34.29 percent of the EF sandwich generation supports at least six or more people in their household. The biggest burden of responsibility outside the nuclear family (husband/wife and children) is parents, followed by other family members, such as siblings, in-laws, in-laws and grandchildren.

Individuals who belong to the sandwich generation have burdens to bear such as having higher financial obligations and less free time. This of course has an impact on health conditions (physical and mental), finances, and relationships with family. The sandwich generation also has consequences that are often experienced, such as experiencing burnout due to physical and mental fatigue, tending to be haunted by guilt because they feel unable to meet their family's needs, always filled with worries such as worrying about not being able to support their parents' living costs, not having time for themselves or running. hobbies or self-reward, and are susceptible to psychological problems such as depression or anxiety.

Based on previous research conducted by Frieska Putri Tadung & Charga Jofial Rumate (2023), with the increase in complex roles and the risk of stress due to the responsibilities they undertake, sandwich generation individuals have low psychological well-being, because the higher the level of

stress experienced, the lower their well-being. psychological. Another research conducted by Ardelia Nabilah Priyandoko & Diana Rahmasari (2023), the results were that the dynamics of resilience in sandwich generation women with their roles had different ages, having to care for children, husbands and parents was not an easy thing, but they were able to adapt positively. Sandwich generation women have a feeling of gratitude for every event and this feeling of gratitude influences the relationships between family members to become stronger.

The definition of resilience itself is a complex interactive process that involves various characteristics of individuals, families and the wider community environment. Resilience is also seen as a "fluid" phenomenon over time, Meichenbaum (in Hendriani, 2018). Resilience includes personal qualities that enable individuals to rise when facing difficulties, Connor and Davidson (in Roellyana and Listiyandini, 2016). The ability to overcome pain and transform oneself, or the capacity to maintain conditions (self) so that they continue to function competently in facing various stressors in life, Greene, et al (in Hendriani, 2018).

According to Holling (1973), the meaning of resilience is an emphasis on the context of attraction and persistence regarding how willing humans are to carry out the process of persistent struggle. In the context of resilience the world is considered random and unpredictable. Apart from that, resilience can also be interpreted as how to adapt and reduce vulnerability (Chelleri, 2012). The resilience framework has a concept of three main keywords, namely maintaining, recovering and seeking balance (Chelleri, 2012). Holling also defined that resilience in ecosystems acts as the system's capacity to reorganize and manage change to maintain the same identity, structure and function (Holling, 1973).

This ability to adapt positively is called resilience. Resilience is the strength that a person has to bounce back after experiencing difficulties by viewing difficulties from a positive side so that they can successfully overcome their problems (Bonano, 2004; Ruswayuningsih, 2015). The ability to rise and adapt positively must be possessed by individuals. This is in accordance with the opinion in Ruswayuningsih (2015) that resilience is very important in individual adjustment. Resilience can be formed by the presence of risk factors and protective factors. Risk factors are stressors in the form of a number of conditions that have the potential to cause problems such as poverty and loss (Rutter, 1985; Dias & Cadime, 2016).

Resilience is related and has a positive impact on psychological well-being and the burden of caregiving. Resilience can influence individual well-being as an effort to deal with pressure or stressors that arise (Foumani, et al., 2015). Individuals with high resilience will influence psychological well-being where the individual becomes able to carry out work and solve problems well (Gibbs & Miller, 2014). Resilience is a process of good adaptation in facing difficult situations, such as trauma, accidents, threatening events or other sources of stress originating from the family environment, serious illness, the workplace and finances (APA, 2018). According to Bonanno (2004) psychological resilience is the ability of adults to maintain healthy physical functioning and good and stable psychological functioning. According to Wagnild & Young (1993) there are five aspects of resilience, namely perseverance, self-reliance, meaningfulness, equanimity, existential aloneness. Resilient individuals tend to have skills in managing emotions and behavior, are able to find ways to solve problems effectively and are more able to view themselves positively and optimistically.

Thus, it can be concluded that resilience is a dynamic process that involves the role of various individual and social or environmental factors, which reflect a person's strength and resilience to recover from negative emotional experiences when facing difficult situations that are stressful or contain significant obstacles.

Based on previous research, research conducted by WN. Latifah & Wiwin H (2024) showed that the three participants were able to be resilient in facing the serious challenges they experienced.

This process goes through a series of dynamic processes and involves various cognitive and emotional responses, self-adjustment, the process of accepting destiny, and involves personal and external strengths possessed by the three as a source of strength to rise. This was followed up by another research conducted by Farah Asy'syifa (2023) who showed that the burden of caregiving had a negative effect on the psychological well-being of sandwich generation mothers. Then, the resilience of sandwich generation mothers has a positive effect on psychological well-being, but resilience cannot moderate the influence of parenting burden and psychological well-being. Other research conducted by Inez Monica, Yomima Viena, & Sarita Candra Merida (2023) shows a moderate level of resilience with results of 97.2% which explains that individuals are quite capable of adapting and overcoming problems, including personal competence, religiosity, and optimism in managing the stressors that come.

It is through this resilience that the Sandwich Generation has a sense of gratitude in every event, thus influencing relationships between family members to become stronger. Therefore, the ability of resilience is important for individuals who have significant adversity, one of which is the sandwich generation. The sandwich generation allows for increased stress. This increase in stress occurs due to fewer economic resources compared to individuals who have higher economic levels (Do et al., 2014).

## METHODS

The method used in writing this journal is a literature review. The general definition of a literature review is a process of collecting, analyzing and synthesizing information from various library sources that are relevant to a particular topic or research question. According to Machi & McEvoy (2016) a literature review is a survey of previous research published in books, scientific articles, and other sources that are relevant to a particular issue, research area, or theory. Meanwhile, according to Lambert (2012), a literature review is a critical analysis of what is known about a research topic, related themes, and the various perspectives proposed on the topic. Fink (2010) also explains a literature review as a systematic review of existing data sets, with the aim of identifying, analyzing, and synthesizing for explicit presentation. Literature searches were carried out on an international and national scale using Google Scholar. In the initial stage of the journal search, 32 journals from 2014 to 2024 were obtained using the keyword "Resilience in the Sandwich Generation" and explored their relevance to the journal to be compiled. Of this number, only around 7 journals are considered relevant. Of the relevant numbers, there are 6 resilience articles and 1 sandwich generation.

## RESULTS and DISCUSSION

No.	Judul	Penulis	Abstrak
1.	The Influence Of Grit And Self Compassion On Resilience In Pandemic	Ade Ubaidah (2023)  Journal On Education Volume 05, No. 03	If Students Do Not Have Good Resilience, It Will Be Difficult To Follow The Learning Process And Live A Daily Life That Is Felt To Be Unsatisfactory. Resilience Does Not Only Refer To Negative Mental Health, But Also Refers To How An Individual Is Able To Develop Their Potential And Abilities Optimally, As

			Individuals Who Function Both Physically, Emotionally And Psychologically. Therefore, This Study Aims To Determine The Effect Of Self Compassion And Grit On Student Resilience During A Pandemic. The Method Used Is Descriptive Quantitative. The Results Concluded That The Variables Of Grit And Self-Compassion Affect Either Partially Or Simultaneously The Resilience Of Students During Covid 19 Pandemic.
2.	Resilience In Women Of Sandwich Generation	Ardelia Nabilah Priyandoko & Diana Rahmasari (2023)	Sandwich Generation Women Are Women Who Have A Squeezed Position Between Parents And Children. This Position Requires Her

		Jurnal Penelitian Psikologi   2023, Vol. 10, No.01	To Take Care Of Both Emotionally, Affectionately, And Materially. As A Sandwich Generation With All Burdens Prone To Experiencing Stress, Burnout, Depression, And So On. Although Vulnerable To Various Psychological Problems, There Are Individuals Who Do Not Experience This Because They Have Resilience. Therefore, This Study Is Interested In Examining Resilience In Sandwich Generation That Is Already Resilient Related To Picture And Resilience. In Particular, This Picture Is Related To The Process Of Psychological Dynamics, The Process Of Forming Resilience, And The Protective Factors Of Forming Resilience. This Research Uses Qualitative Method Approach And Case Study. Semi-Structured Interviews Were Used In This Study With Three Participants. The Data Obtained Are Analyzed In Three Stages. Based On This Study, It Was Found That Religiosity, Family Support, And Self-Regulation Ability Are Protective Factors In Resilience.
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3.	Resilience In The Sandwich Generation	<p>Inez Monica, Yomima Viena, &amp; Sarita Candra Merida (2023)</p> <p>JURNAL SPIRITS Vol. 14, No. 1, November 2023</p>	<p>The Sandwich Generation Is A Portion Of Adults Who Care For And Are Responsible For Older People Above Them And Younger People Below Them. The Sandwich Generation In Indonesia Is A Productive Age Group That Is Weighed Down By Financial And Emotional Matters And Caring For Their Family And Themselves. Resilience Is A Character Possessed By Individuals Who Can Control And Develop Amid Difficult Circumstances. Resilience Is A Measure Of The Ability To Overcome Anxiety, Depression, And Stress Reactions. This Research Aims To Determine Self-Resilience In The Sandwich Generation. This Research Uses The Connor &amp; Davidson Scale</p>
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			<p>(CD-RISC 25). This Research Uses A Comparative Quantitative Method Of Descriptive Analysis, Using The Independent T-Test To Find The Level Of Categorization In Gender, Age, Income, Education Level, And Marital Status. The Research Results Show A Moderate Level Of Resilience With A Result Of 97.2%, Which Explains That Individuals Are Quite Capable Of Adapting And Overcoming Problems, Including Personal Competence, Religiosity, And Optimism To Manage The Stressors That Come.</p>
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4.	Dynamics of Resilience in Sandwich Generation Women Who Become Caregivers in Multigenerational Families	Wahyu Nur Latifah & Wiwin Hendriani (2024)	<p>The Increase In The Birth Rate During The Baby Boom Era Enlarged The Old Age Population Pyramid Which Increased The Dependency Ratio For The Productive Age Population. This Phenomenon Causes An Increasing Trend Of Multigenerational Family Structures Which Provide Serious Challenges For The Sandwich Generation Or The So-Called Sandwich Generation. This Challenge Is The Burden Of Being A Caregiver And Fulfilling The Multiple Needs Of Two Generations Which Results In Negative Emotions And Worsens Individual Conditions. This Challenge Is More Demanding For Women. To Be Able To Face This Challenge, It Is Necessary To Have The Ability To Be Tough And Rise Up, Which Is Called Resilience. This Will Really Require Personal Strength Within The Individual As The Main Resource To Rise Up. Generally, The Sandwich Generation That Is Faced With This Challenge Will Feel Negative Impacts And Emotions, But On The Other Hand, There Are Those Who Are Able To Be Resilient. Therefore, Researchers Want To Examine The Dynamics Of Resilience Of Sandwich Generation Women Who Become</p>
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			<p>Caregivers In Multigenerational Families Using Personal Strengths. The Results Of The Research Showed That The Three Participants Were Able To Be Resilient In Facing The Serious Challenges They Faced. This Process Goes Through A Series Of Dynamic Processes And Involves Various Cognitive And Emotional Responses, Self-Adjustment, The Process Of Accepting Destiny, And Involves Personal And External Strengths Possessed By The Three As Sources Of Strength.</p>
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5.	The Influence of Caregiver Burden on Psychological Well-Being Moderated by Resilience in Sandwich Generation Mothers	Farah Asy'syifa (2023) JURNAL FUSION Vol 3 No.10, Oktober 2023	This Study Aims To Determine The Moderating Effect Of Resilience On The Relationship Between Caregiver Burden And Psychological Well-Being In Mothers Of The Sandwich Generation. Providing Care For Two Generations Simultaneously Leads To A Decrease In Psychological Well-Being Triggered By The Caregiver Burden Experienced By Mothers Of The Sandwich Generation. The Presence Of Resilience In Individuals Can Enhance Psychological Well-Being Even When They Are Still Experiencing Caregiver Burden. This Quantitative Study Utilized A Survey Method With Questionnaires, Including The Burden Scale For Family Caregivers Short Scale, Ryff's Psychological Well-Being Scale, And The Resilience Scale, Which Were Administered To 130 Indonesian Married Housewives Aged 30 To 55 Years Old, Who Were Simultaneously Taking Care Of And Living With Both Their Parents/In-Laws And Children. Data Analysis Was Performed Using Moderator Analysis Techniques With The Assistance Of The Statistical Software Jamovi For Windows Version 3.2.28. The Results Of The
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			Study Indicate That Caregiver Burden Has A Negative Impact On The Psychological Wellbeing Of Mothers In The Sandwich Generation. Furthermore, The Resilience Of Mothers In The Sandwich Generation Has A Positive Influence On Psychological Well-Being, But Resilience Does Not Moderate The Influence Of Caregiver Burden And Psychological Well-Being
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6.	Rusunawa and the Sandwich Generation: Resilience During the Pandemic in Urban Spaces	<p>Genta Mahardhika Rozalinna &amp; Violetta Lovenika Nur Anwar (2021)</p> <p>Vol.1, No.1, 2021 DOI: <a href="https://doi.org/10.21776/Ub.Bjss.2021.01.01.5">https://doi.org/10.21776/Ub.Bjss.2021.01.01.5</a></p>	<p>This Study Aims To Analyze Resilience From Sandwich Generation During The Pandemics Concerning The Needs For Living Place (Rusunawa) In City Space East Java Province. Rusunawa Is A Part Of Strategic Plan From Flats Directorate, Ministry Of Public Works And Society Housing In 2020-2024 Which Provides New Houses For About 107-967 Units Through Program Flats Building, Special House And Stimulant Budget For Constructing New Self-Subsistent House. Rusunawa Is Made Especially For The People Who Has Low Income, And Were Built In Around 18.380 Unit. The Method Of Taking Data Is Using In-Depth Interviews On Four Members Of Sandwich Generation Which Located In Malang, Probolinggo, Surabaya, And Sidoarjo Also Second Data Resources In Form Of Empirical Study Report And Government Documents Which Related Strategic Plan Rusunawa Construction, The Number Of Sandwich Generation, Also Number Of Possession Status Of The Rental House. The Result Is The Narratives Of Experiences Of Sandwich Generation For Choosing A Place To Live Also The Interaction That Happened Among The Sandwich Generation In Defining Urban</p>
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			<p>Resilience. This Debate Happens In The Context Of Understanding And Embedding The Word Of Tough And Defense City In The Thought Of The Sandwich Generation. The Economy Factor Happened Dominantly To The Sandwich Generation For Choosing The Needs Of A Place To Live Other Than The Capacity Of Economy Capacity, Human, Also Disturbance During Pandemic. All Together Think About The Economy Capacity Which They Had In A Way Of More To Choose A Place To Stay With Ste Status Of 'Rental House' Than Possesed Their Own House Without Considering Another Capacities In The Elements Of City Defense. This Thing Become Contradictory In The Middle Of Effort Of The Government Which Getting Intense To The Evaluation Of Indicator Of The Tough City For Manifesting City Defense.</p>
7.	<p>Pastoral Counseling Strategies As An Effort To Improve Psychological Well-Being For Working Mothers In The Sandwich Generation</p>	<p>Frieska Putrima Tadung &amp; Charga Jofial Rumat (2023)</p>	<p>The Term "Sandwich Generation" Refers To A Group Of Individuals Who Find Themselves In A Situation Where They Face Simultaneous Demands To Care For Their Elderly Parents And Their Dependent Children, Both Physically And Financially. The Sandwich Generation Is Closely Linked To Caregiving. It's Not Just About Parenting Their Children; There Are Also Caregiving Demands Coming From Their Parents. This Dual Role And Responsibility Often Present Various Challenges, Leading To Negative Impacts Financially, Physically, Emotionally, And Even Psychologically. As The Dynamics Of These Complex Roles Increase And The Risk Of Experiencing Stress Due To Caregiving Responsibilities Rises, Individuals Are Likely To Have Lower Psychological Well-Being. The Higher The Level Of Stress</p>

			<p>Experienced By The Sandwich Generation, The Lower Their Psychological Well-Being Tends To Be. In This Context, An Approach That Can Be Taken Is To Provide Pastoral Counseling Services To Address Cases Of Low Psychological Well-Being Among Mothers In The Sandwich Generation, Impacting Their Mental Health. Counseling Is An Effort Used To Resolve Problems, A Process Where A Counselor Provides Assistance Or Guidance To The Individual (Counselee) Through Psychological Approaches, Direction, Or Education, With The Hope That The Individual Can Understand Their Own Abilities To Resolve Various Issues.</p>
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The sandwich generation shows positive adaptability and a strong sense of gratitude in facing challenges. The sandwich generation in Indonesia shows the ability to be resilient in facing various challenges, but their stress levels and psychological well-being vary. Factors that contribute to resilience include personal competence, religiosity, optimism, social support, and gratitude.

Based on the journal results collected and analysis, it was found that the resilience of the sandwich generation in Indonesia experienced high levels of stress due to the dual responsibilities they carried. The level of psychological well-being of the sandwich generation is generally low, but can be improved with resilience.

The sandwich generation is a generation that is faced with the dual responsibility of caring for their children and aging parents simultaneously. This condition is analogous to a sandwich where a piece of meat is squeezed by 2 pieces of bread. The bread is likened to parents (upper generation) and children (lower generation), while the main contents of the sandwich in the form of meat, mayonnaise and sauce squeezed by the bread are likened to oneself.

Based on the journals analyzed, it turns out that research on the resilience of the sandwich generation is mostly aimed at women. Because based on the March 2022 Susenas data processing, the number of women in the sandwich generation is greater than men, with 51.25 percent compared to 48.75 percent. The burden borne by the sandwich generation usually consists of parents, followed by other family members, such as siblings, in-laws, in-laws, and grandchildren.

The sandwich generation allows for increased stress. This increase in stress occurs due to fewer economic resources compared to individuals who have higher economic levels (Do et al., 2014). The stress experienced is also due to the economy being little used to support other family members. Even in this sandwich generation they don't have time for themselves. They are busy every day working, taking care of the house, taking care of their children, taking care of their parents, siblings and even their grandchildren.

In the journal proposed by Ade Ubaidah (2023). The results obtained there is a strong positive relationship and influence of self-compassion and grit toward resiliency. The higher the grit and the higher the self-compassion, the higher the resilience. The

variable that has the dominant influence on increasing student resilience is student self-compassion compared to grit.

In the journal proposed by Ardelia Nabilah Priyandoko & Diana Rahmasari (2023). Based on the results of data analysis and discussion in this research, it was found that the dynamics of resilience in sandwich generation women with their roles have different ages, having to care for children, husbands and parents is not an easy thing, but they can adapt positively. Sandwich generation women have a feeling of gratitude for every event and this feeling of gratitude influences the relationships between family members to become stronger. There are several protective factors for resilience found in this research. The first factor is regulation, the second factor is interpersonal strength which is obtained from outside the individual, the third factor is the most important factor because it is the basis of their foundation, namely the power of meaning making, in this case sandwich generation women tend to interpret their role as a sandwich generation as a form of worship.

Followed by a journal written by Inez Monica, Yomima Viena, & Sarita Candra Merida (2023). The research results showed that there was a significant positive relationship between self-determination and career decision making among individuals from orphanages in Salatiga City. This positive significant result means that the higher the individual's self-determination, the higher the career decision making experienced by the individual, and vice versa. If the individual's self-determination is lower, the individual's career decision making will be lower.

Then the research was researched by Farah Asy'syifa (2023). That research shows that the burden of caregiving has a negative effect on the psychological well-being of sandwich generation mothers. Then, the resilience of sandwich generation mothers has a positive effect on psychological well-being, but resilience cannot moderate the influence of parenting burden and psychological well-being.

Then research by Frieska Putrima Tadung & Charga Jofial Rumate (2023). States that pastoral counseling has an important role for the psychological well-being of working sandwich generation mothers. Sandwich generation mothers who have good psychological well-being related to the role of pastoral counseling are characterized by their ability to fulfill aspects of positive relationships with other people, mastery of the environment, personal growth and good life goals. Aspects of positive relationships are characterized by the subject's relationship with family, work partners and congregational relationships. The aspect of environmental control is seen from how the subject positions himself in his home environment. The personal growth aspect is characterized by how the subject can realize his potential and then continue to strive to develop it. The life purpose aspect is characterized by the subject having a direction and purpose for the life they live, and using the past as a lesson to be better in the future.

## **CONCLUSION**

The conclusion according to the author based on the journals that have been analyzed is that the Sandwich Generation in Indonesia experiences high levels of stress due to the multiple responsibilities they bear. But they have a good level of resilience too. The sandwich generation demonstrated the ability to be resilient in the face of various obstacles. Resilience in the sandwich generation is influenced by various factors, such as personal competence, religiosity, optimism and social support.

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