

The Relationship Between Emotion Regulation and Perceived Social Support with Resilience Among Generation Z in Bandung

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Abstract

Generation Z is often the subject of public attention, particularly regarding how they respond to challenging situations. Despite various perceptions, Generation Z faces increasingly complex life challenges, making resilience an essential capacity. This study was conducted to further investigate the factors associated with resilience among Generation Z in Bandung, namely emotion regulation and perceived social support. A quantitative correlational design was employed. involving 100 respondents aged 18–28 years who belonged to Generation Z and resided in Bandung were recruited through purposive sampling. Data were gathered using the Connor-Davidson Resilience Scale (CD-RISC), the Emotional Regulation Questionnaire (ERQ), and the Multidimensional Scale of Perceived Social Support (MSPSS) with questionnaires distributed online via Google Forms. The results showed that emotional regulation demonstrated a significant association with resilience ($r = 0,550$, $p < 0,05$), and perceived social support likewise showed a significant association with resilience ($r = 0,493$, $p < 0,05$), and both variables jointly demonstrated a significant relations hip with resilience ($R = 0,670$, $p < 0,05$). The present findings suggest that emotion regulation and perceived social support play an important role in shaping resilience among Generation Z in Bandung.

Keywords: Emotion Regulation, Generation Z, Perceived Social Support, Resilience

1. Introduction

In Indonesia, Generation Z constitutes one of the largest generational groups in terms of population ([Statistik, 2020](#)). The large size of this generation has given it a prominent presence across various aspects of society, making it a frequent subject of public attention and discussion. Public discourse often focuses on Generation Z's attitudes and behaviors, particularly their ability to cope with challenges and demonstrate resilience in navigating life's complexities. Some members of the public perceive Generation Z as lacking resilience ([Rayya et al., 2023](#)), while others consider them mentally vulnerable and more likely to give up when confronted with pressure ([Utami & Tashandra, 2024](#)).

These public perceptions are primarily based on observations of how Generation Z responds to the pressures and challenges they encounter. However, these responses represent a form of adaptation to their circumstances and, therefore, should not be interpreted solely on the basis of outward appearances. In reality, Generation Z is confronted with increasingly complex challenges ([Saputra et al., 2025](#)), which influence how they adapt to and cope with the situations they face.

The psychological conditions experienced by Generation Z are reflected in various empirical findings. The Indonesian Health Survey reported that the highest prevalence of depression was observed among individuals aged 15 to 24 years, corresponding to the Generation Z age group ([Badan Kebijakan Pembangunan Kesehatan \[BKPK\], 2023](#)). Furthermore, a preliminary study conducted among university students in Bandung found that they frequently experienced stress and anxiety related to their lives. The study also revealed that many participants felt their lives were not progressing as expected and expressed dissatisfaction with their current living conditions ([Balzarie & Nawangsih, 2019](#)). Although the study focused on university students, its findings remain relevant because this population falls within the age range of Generation Z. Consistent with these findings, a preliminary online survey conducted among Generation Z individuals aged 15 to 28 years in Bandung identified various personal and social problems experienced by the respondents. Under these circumstances, some participants reported difficulties in coping with and recovering from the challenges they faced.

The various empirical findings presented above indicate that the primary concern regarding Generation Z lies not only in the problems they face and the impacts of those problems, but also in how they cope with and recover from such situations. The capacity to withstand and bounce back from difficult circumstances is referred to as resilience. Resilience is the capacity of an individual to grow and adapt when confronted with adversity, as well as to deal with stress and challenges ([Connor & Davidson, 2003](#)). Resilience is not merely the ability to overcome problems or challenges, but rather a process through which individuals accept, adapt, learn, and grow after experiencing difficult situations ([Putra & Nuradina, 2023](#)). These conditions highlight the importance of resilience, as it plays a crucial role in strengthening individuals' capacity to withstand and adapt to difficult circumstances. If this condition is overlooked, it may lead to prolonged adverse effects, such as increased stress ([Sastri, 2022](#)) and various other negative consequences that, if not properly managed, may affect psychological well-being ([Halawa & Akbar, 2025](#)).

Based on previous empirical findings, resilience has become a major concern in relation to the psychological vulnerability of Generation Z ([Grelle et al., 2023](#)). Resilience is shaped by multiple factors, [Reivich and Shatté \(2002\)](#) identified several factors that contribute to resilience, including emotion regulation, impulse control, optimism, causal analysis, empathy, self-efficacy, and reaching out. Among these factors, emotion regulation is considered one of the most fundamental, as an individual's capacity to manage their emotional responses is a key determinant of resilience ([Troy & Mauss, 2011](#)). Furthermore, emotion regulation describes an individual's capacity to manage and regulate their emotional states by employing specific strategies to maintain emotional stability ([Gross & John, 2003](#)).

A preliminary study found that some Generation Z participants experienced difficulties in coping with the pressures they faced. These difficulties were reflected in mixed and uncontrolled emotions, uncertainty about how to respond to their feelings, and a tendency to suppress their emotions, causing their emotional distress to intensify. These results suggest challenges in managing emotions, indicating a potential association between the ability to

regulate emotions and resilience in coping with various pressures. Emotion regulation plays a vital role in helping individuals manage their emotions effectively ([Akbar, 2022](#)), enabling them to maintain positive thinking, remain calm in various situations, and adapt to changing circumstances, thereby promoting greater emotional well-being ([Samillah et al., 2025](#)). Furthermore, [Polizzi and Lynn \(2021\)](#) reported a positive relationship between emotion regulation and resilience. Therefore, effective emotion regulation is considered one of the internal factors that supports resilience ([Ekanesia et al., 2023](#)).

In addition, [Grotberg and Bernard \(1995\)](#) proposed that resilience is influenced by three factors: I Have (external factors), I Am (internal factors), and I Can (interpersonal skills). Among these, external factors, including support and encouragement from external sources, are considered one of the most essential aspects because they foster a sense of safety and security, which serves as a fundamental foundation for developing resilience. [Grotberg and Bernard \(1995\)](#) proposed that resilience is influenced by three sources: I Have, I Am, and I Can. However, resilience is influenced not only by the presence of objective social support but also by how individuals perceive that support. Individuals' perceptions of social support play an important role because they determine how the support is received and experienced. This concept is referred to as perceived social support.

Perceived social support refers to an individual's perception of the support they receive from people who are closest to them, such as family members, friends, or other significant individuals who play an important role in their lives ([Zimet et al., 1988](#)). Perceived social support is considered an important source of resilience, as it helps individuals cope with the challenges they encounter in life ([Layous & Nelson-Coffey, 2021](#)). Individuals' perceptions of the support they receive from those around them foster a sense of being supported and secure, thereby enhancing their self-confidence and enabling them to move forward in coping with difficult circumstances ([He et al., 2023](#)).

A preliminary study found that receiving support from one's social environment is important, as it made some respondents feel accompanied, valued, and understood. However, some respondents also reported that, although they had people close to them, the support they received did not meet their needs or match their expectations. Some even preferred to keep their feelings to themselves because they believed they would not be understood. Therefore, individuals' perceptions of the support they receive from those around them play an important role in shaping their initial efforts to cope with the situations they face ([Nuradina et al., 2023](#)), particularly in helping Generation Z recover from difficult circumstances. The assumption that perceived social support is one of the factors supporting resilience is further strengthened by evidence showing that positive social relationships can enhance emotional resilience ([Wahdah & Akbar, 2025](#)) and promote positive personal development ([Ekanesia et al., 2024](#)).

Based on the discussion above, emotion regulation and perceived social support are presumed to be associated with resilience. Previous studies examining the variables investigated in this research have generally explored these relationships separately. Regarding emotion regulation, [Bunga et al. \(2024\)](#) examined its relationship with resilience among emerging adults from broken-home families. Regarding perceived social support, [Ali et al. \(2020\)](#) examined its relationship with resilience among parents of children with special needs, whereas [Karami et al. \(2025\)](#) examined its association with resilience among patients undergoing hemodialysis. These findings indicate that both emotion regulation and perceived social support have been examined in relation to resilience. However, previous studies have generally investigated these two variables separately and have focused on populations with different characteristics.

Research examining emotion regulation and perceived social support in relation to resilience is relatively limited, particularly among Generation Z. Therefore, further research is needed, given that Generation Z is currently in a developmental and transitional stage that requires them to adapt to various challenges and pressures. Consequently, resilience has become increasingly relevant and important, as the pressures and demands faced by Generation Z may lead to negative outcomes if they are not managed effectively. This study was conducted to gain deeper insight into the factors related to Generation Z's ability to cope with various life challenges. Accordingly, this study was designed to investigate the associations among emotion regulation, perceived social support, and resilience among Generation Z in Bandung.

2. Literature Review

2.1 Resilience

Resilience refers to an individual's ability to thrive and adapt in the face of adversity, as well as to cope with stress and challenges ([Connor & Davidson, 2003](#)). According to [Connor and Davidson \(2003\)](#), resilience consists of five dimensions: personal competence, high standards, and tenacity; trust in one's instincts, tolerance of negative affect, and the strengthening effects of stress; positive acceptance of change and secure relationships; control; and spiritual influences. Resilience is particularly important for Generation Z, given the complexity of their life experiences and the various challenges they encounter. Therefore, resilience is an essential capacity that enables Generation Z to cope effectively with situations they perceive as difficult or stressful.

2.2 Emotion Regulation

Emotion regulation refers to an individual's ability to exert substantial control over their emotions by employing specific strategies to regulate and maintain them effectively ([Gross & John, 2003](#)). [Gross and John \(2003\)](#) further identified two emotion regulation strategies: cognitive reappraisal and expressive suppression. Cognitive reappraisal is a form of cognitive change in which individuals reinterpret the meaning of an emotion-eliciting situation to modify its emotional impact. In contrast, expressive suppression is a response-focused strategy in which individuals inhibit the outward expression of their emotions. Although these two strategies involve different regulatory processes, both aim to facilitate effective emotion regulation.

Emotion regulation is particularly relevant to Generation Z, especially when facing difficult situations and stressful conditions, as these circumstances require individuals to manage their emotions effectively so that their responses remain under control. Therefore, emotion regulation serves as an important mechanism that supports the development of resilience. The role of emotion regulation in fostering resilience is also emphasized by [Reivich and Shatté \(2002\)](#), who identified emotion regulation as one of the key factors contributing to resilience. Furthermore, [Polizzi and Lynn \(2021\)](#) reported that emotion regulation is positively associated with resilience.

2.3 Perceived Social Support

Perceived social support refers to an individual's perception of support from those closest to them, such as family members, friends, or significant others who play an important role in their lives ([Zimet et al., 1988](#)). [Zimet et al. \(1988\)](#) divided perceived social support into three dimensions based on the source of support: family, friends, and significant others. Perceived social support is not merely the availability of support but also how that support is perceived

and experienced by the individual.

Perceived social support is one of the factors that contributes to the resilience of Generation Z. This relationship can be explained through [Grotberg and Bernard's \(1995\)](#) resilience framework, which consists of three factors; I Am (internal factors), I Have (external factors), and I Can (interpersonal skills). Among these, I Have represents external resources and refers to the availability of support from the individual's surrounding environment. In this context, the I Have factor is conceptually aligned with perceived social support, as both emphasize the importance of external support in helping individuals develop resilience.

3. Research Method

3.1 Research Approach

This study employs a quantitative approach ([Nuraeni et al., 2024](#)) using a correlational research design with multiple linear regression analysis. This method was selected to address the study's objective of examining the relationships among the predetermined variables.

3.2 Participants, Instruments, and Data Analysis

Purposive sampling was applied as the non-probability sampling technique in this study ([Zulkarnaen et al., 2024](#); [Setiyani & Yulianti, 2026](#)). The sampling method was chosen based on the characteristics of the target population, namely Generation Z. Therefore, specific inclusion criteria were established for participant selection. Participants were required to be members of Generation Z aged 18–28 years (early adulthood), be either male or female, and reside in Bandung.

As the exact population size could not be identified, the required sample size was estimated using the Lemeshow formula. The formula and the corresponding calculation are presented below

$$n = \frac{Z^2 \times P \times (1 - P)}{d}$$

Where:

n = Sample size

Z = Confidence level

P = Estimated population proportion

d = Margin of error

Based on the formula above, by substituting the values of $Z = 1.96$ (95% confidence level), $P = 0.50$, and $d = 0.10$, the following sample size was obtained

$$n = \frac{(1,96)^2 \times 0,5 \times (1-0,5)}{(0,10)^2}$$

$$n = 96,04$$

According to the sample size calculation performed using the Lemeshow formula, the required sample size was 96, which was rounded up to 100 participants. Therefore, the required sample size for this study was 100 participants.

Three standardized instruments were employed to obtain the research data: Connor-Davidson Resilience Scale (CD-RISC), consisting of 25 items adapted from [Connor and Davidson \(2003\)](#);

the Emotional Regulation Questionnaire (ERQ), consisting of 10 items adapted from [Gross and John \(2003\)](#); and the Multidimensional Scale of Perceived Social Support (MSPSS), consisting of 12 items adapted from [Zimet et al. \(1988\)](#). Participants completed an online questionnaire created in Google Forms, which was disseminated through Instagram, WhatsApp, and X. After data collection was completed, validity and reliability tests were conducted to ensure that all items met the required validity and reliability criteria.

To achieve the objectives of this study, several statistical procedures were performed, including a normality test (Kolmogorov-Smirnov), a linearity test, a multicollinearity test, a heteroscedasticity test ([Maltareza & Permana, 2022](#)), a Pearson correlation analysis to examine the association of each independent variable with the dependent variable, and a simultaneous correlation analysis to evaluate the simultaneous association of the two independent variables with the dependent variable.

4. Findings and Discussions

The following section presents the results of the statistical analyses conducted in this study

4.1 Findings

Table 1. Respondents' Distribution by Gender

No	Gender	Number of Respondents by Gender
1	Male	23
2	Female	77

Source: Primary data analyzed by the researcher (2026)

Table 1 presents the distribution of respondents by gender. A total of 100 respondents participated in this study, comprising 77 female respondents and 23 male respondents.

Table 2. Respondents' Distribution by Year of Birth

No	Year of Birth	Number of Respondents by Year of Birth
1	1997	1
2	1998	1
3	1999	1
4	2000	7
5	2001	13
6	2002	16
7	2003	26
8	2004	17
9	2005	8
10	2006	4
11	2007	6

Source: Primary data analyzed by the researcher (2026)

Table 2 presents the distribution of respondents by year of birth. The respondents in this study were born between 1997 and 2007. Among the birth-year groups, respondents born in 2003 constituted the largest group ($n = 26$), followed by those born in 2004 ($n = 17$) and 2002 ($n = 16$). The complete distribution of respondents by year of birth is presented in Table 2.

Table 3. Respondents' Distribution by Age

No	Age	Number of Respondents by Age
1	28	2
2	26	6
3	25	7
4	24	11
5	23	16
6	22	37
7	21	7
8	20	7
9	19	4
10	18	3

Source: Primary data processed by the researcher (2026)

Table 3 presents the distribution of respondents by age. The respondents in this study ranged in age from 18 to 28 years. Among the age groups, respondents aged 22 years constituted the largest group ($n = 37$), followed by those aged 23 years ($n = 16$) and 24 years ($n = 11$). The complete distribution of respondents by age is presented in Table 3.

4.1.1 Instrument Validity Test

Table 4. Validity Test Results for the Resilience (Y), Emotion Regulation (X₁), and Perceived Social Support (X₂) Variables.

Variable	Number of Items	Validity of Number of Valid Items
Resilience (Y)	25 items	25 items
Emotion Regulation (X ₁)	10 items	10 items
Perceived Social Support (X ₂)	12 items	12 items

Source: Data analyzed by the researcher using IBM SPSS Statistics version 25.

As shown in Table 4, the validity test performed for the study variables, namely resilience (Y), emotional regulation (X₁), and perceived social support (X₂), confirmed that all questionnaire items were valid.

Table 5. Reliability Test Results for the Resilience (Y), Emotion Regulation (X₁), and Perceived Social Support (X₂) Variables.

Variable	Number of items	Reliability Cronbach's Alpha	Criteria	Description
Resilience (Y)	25 items	0,950	0,60	Reliable
Emotion Regulation (X ₁)	10 items	0,838	0,60	Reliable
Perceived Social Support (X ₂)	12 items	0,898	0,60	Reliable

Source: Data analyzed by the researcher.

As presented in the table above, the reliability analysis conducted for the observed variables, namely resilience (Y), emotional regulation (X₁), and perceived social support (X₂), showed

that the Cronbach's alpha values exceeded the acceptable minimum threshold of 0,60. Therefore, all questionnaire items for each variable were considered reliable.

4.1.2 Descriptive Analysis

Table 6. Descriptive Statistics

	N	Minimum	Maximum	Mean	Std. Devian
Total Resilience	100	37	100	71,59	16,672
Total Emotion Regulation	100	22	70	53,76	8,775
Total Perceived Social Support	100	15	84	58,94	14,746
Valid N (listwise)	100				

Source: Data analyzed by the researcher.

Based on the descriptive statistics presented in Table 6, data were obtained from 100 respondents who participated in this study. Resilience (Y) scores ranged from 37 to 100, with a mean of 71,59 and a standard deviation of 16,672. Emotion regulation (X1) scores ranged from 22 to 70, with a mean of 53.76 and a standard deviation of 8,775. Likewise, perceived social support (X2) scores ranged from 15 to 84, with a mean of 58,94 and a standard deviation of 14,746.

4.1.3 Assumption Test

Table 7. Normality Test Results for the Resilience (Y), Emotion Regulation (X1), and Perceived Social Support (X2) Variables.

		Resilience	Emotion Regulation	Perceived Social Support
N		100	100	100
Normal	Mean	71,59	53,76	58,95
Parameters ^{a,b}	SD	16,672	8,775	14,746
Most Extreme	Absolute	0,060	0,085	0,058
Differences	Positive	0,060	0,054	0,055
	Negative	-0,060	-0,085	-0,058
Test Statistic		0,060	0,085	0,058
Asymp. Sig. (2-tailed)		,200 ^{c,d}	,069 ^c	,200 ^{c,d}

a. Test distribution is Normal.

b. Calculated from data.

c. Lilliefors Significance Correction.

d. This is a lower bound of the true significance

Source: Data analyzed by the researcher

Table 7 summarizes the findings of the normality test. The resilience variable (Y) obtained a significance value of 0,200, while emotional regulation (X1) and perceived social support (X2) obtained significance values of 0,069 and 0,200, respectively. As all significance values exceeded 0,05, the data for all three variables were considered normally distributed.

Table 8. Linearity Test Results for the Relationships Between the Independent Variables and the Dependent Variable.

Variable	Linearity
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	Deviation from Linearity	Criteria	Description
Resilience (Y) and Regulasi Emosi (X ₁)	0,323	0,05	Linear
Resilience (Y) and Perceived Social Support (X ₂)	0,260	0,05	Linear

Source: Data analyzed by the researcher

Table 8 summarizes the linearity test results. The relationship between resilience (Y) and emotional regulation (X₁) produced a Deviation from Linearity value of 0,323, whereas the association between resilience (Y) and perceived social support (X₂) yielded a Deviation from Linearity value of 0,260. As both values were greater than 0,05, each predictor variable demonstrated a linear relationship with the outcome variable.

Table 9. Multicollinearity Test Results

Variable	Tolerance	Multicollinearity VIF	Description
Emotion Regulation	,952	1,050	No Multicollinearity Detected
Perceived Social Support	,952	1,050	No Multicollinearity Detected

Source: Data analyzed by the researcher .

Table 9 presents the multicollinearity test results. Multicollinearity was not indicated, as the tolerance values exceeded 0,10 and the Variance Inflation Factor (VIF) values were below 10. Emotional regulation (X₁) and perceived social support (X₂) each recorded tolerance values of 0,952 and VIF values of 1,050. Accordingly, no evidence of multicollinearity was identified among the independent variables.

Table 10. Heteroscedasticity Test Results

Variable	Sig.	Heteroscedasticity Description
Emotion Regulation	,938	No Heteroscedasticity Detected
Perceived Social Support	,763	No Heteroscedasticity Detected

Source: Data analyzed by the researcher

Table 10 displays heteroscedasticity test findings. Emotion regulation (X₁) obtained a significance level of 0,938, whereas perceived social support (X₂) obtained a value of 0,763. Since both significance values were above 0,05, the data showed no indication of heteroscedasticity.

4.1.4 Hypothesis Testing

Table 11. Pearson Correlation Analysis Results for the Resilience (Y), Emotion Regulation (X₁), and Perceived Social Support (X₂) Variables

	Resilience	Emotion	Perceived
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			Regulation	Social Support
Resilience	Pearson Correlation	1	,550**	,493**
	Sig. (2-tailed)		0,000	0,000
	N	100	100	100
Emotion Regulation	Pearson Correlation	,550**	1	,218**
	Sig. (2-tailed)	0,000		0,029
	N	100	100	100
Perceived Social Support	Pearson Correlation	0,493**	,218*	1
	Sig. (2-tailed)	0,000	0,029	
	N	100	100	100

** Correlation is significant at the 0.01 level (2-tailed).

* Correlation is significant at the 0.05 level (2-tailed).

Source: Data analyzed by the researcher

The Pearson correlation analysis revealed that each independent variable was significantly associated with the dependent variable. As presented in Table 11, emotional regulation was significantly correlated with resilience ($r = 0,550$, $p < 0,05$). Likewise, perceived social support was significantly correlated with resilience ($r = 0,493$, $p < 0,05$).

Table 12. Multiple Linear Regression Analysis Results for Emotion Regulation (X1) and Perceived Social Support (X2) in Predicting Resilience (Y)

Model	R	R Square	Adjusted R Square	SE. the Estimate	Change Statistics				
					R Square Change	F Change	df1	df2	Sig. F Change
1	,670 ^a	0,448	0,437	12,511	0,448	39,404	2	97	0,000

a. Predictors: (Constant), Total Perceived Social Support, Total Emotion Regulation

b. Dependent Variable: Total Resilience

Source: Data analyzed by the researcher

The outcomes of the multiple linear regression analysis are presented in Table 12. The findings indicate that emotional regulation and perceived social support were simultaneously and significantly associated with resilience, as reflected by a multiple correlation coefficient (R) of 0.670 ($p < 0,05$). Furthermore, the coefficient of determination (R^2) was 0.448, indicating that 44,8% of the variance in resilience was explained by emotional regulation and perceived social support, whereas the remaining 55,2% was attributable to factors beyond the scope of this study.

Table 13. F-Test Results

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	12335,382	2	6167,691	39,404	,000 ^b
	Residual	15182,808	97	156,524		
	Total	27518,190	99			

According to the results presented in Table 13, the F-test produced an F value of 39,404 with a significance level of $p < 0,05$. These findings indicate that emotion regulation (X1) and perceived social support (X2) jointly contributed to resilience.

Table 14. Results of the t-Test

Model	Understandarized Coefficients	Standardized Coefficients
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		B	Std. Error	Beta	t	Sig.
1	(Constant)	-1,934	8,524		-,227	,821
	TotalRE	883	,147	,464	6,010	,000
	TotalPSS	442	,087	,391	5,064	,000

a. Dependent Variabel: TotalR

Source: Data analyzed by the researcher.

The regression coefficient analysis presented in Table 14 showed that emotional regulation had a standardized beta coefficient (β) of 0,464 with a significance level of $p < 0,001$. Likewise, perceived social support had a standardized beta coefficient (β) of 0,391, which was also statistically significant ($p < 0,001$). These findings indicate that both variables were significantly associated with resilience in the multiple regression model when examined individually. Furthermore, the higher standardized beta coefficient for emotional regulation ($\beta = 0,464$), compared with perceived social support ($\beta = 0,391$), suggests that emotional regulation was the relatively stronger predictor of resilience in this study.

4.2 Discussion

The analysis conducted in this study indicated that emotion regulation and perceived social support were significantly associated with resilience among Generation Z in Bandung. These findings suggest that internal factors, such as the ability to regulate emotions, and external factors, such as perceived social support, are both associated with an individual's ability to adapt to and recover from adversity.

Further analysis revealed that the Pearson correlation coefficient between emotion regulation and resilience was $r = 0.550$, which was statistically significant. The ability to regulate emotions enables individuals to manage their responses to stressful situations, preventing negative emotions from dominating their thinking or influencing their decision-making. With this ability, individuals are better able to adapt to challenging situations, evaluate the circumstances they encounter, implement appropriate problem-solving strategies, and persist in the face of different life challenges. Therefore, individuals with better emotion regulation abilities tend to exhibit higher levels of resilience.

The present findings suggest that this relationship is also evident among Generation Z in Bandung. The results indicate that emotion regulation is an important psychological resource that helps them cope with the demands and challenges they encounter. Individuals who can effectively regulate negative emotions tend to adapt more successfully to challenging situations and recover more quickly from adversity. This ability enables individuals to maintain rational thinking, identify appropriate solutions to the problems they face, and take constructive steps toward recovery.

These findings support the emotion regulation model proposed by [Gross and John \(2003\)](#), which posits that cognitive reappraisal enables individuals to reinterpret a situation, thereby reducing the intensity of negative emotions and facilitating more effective adaptation to stressful situations. This process is one of the key mechanisms underlying resilience development.

The findings of this study were consistent with those reported by [Bunga et al. \(2024\)](#), who identified a positive relationship between emotion regulation and resilience among individuals in emerging adulthood from broken-home families. Similar results were also reported by [Polizzi and Lynn \(2021\)](#), who found that emotion regulation was positively associated with resilience.

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Although the participant characteristics differed across these studies, the findings consistently suggest that the ability to regulate emotions is a relatively stable factor that supports resilience during early adulthood.

Furthermore, a closer examination of the analysis results revealed that the Pearson correlation coefficient between perceived social support and resilience was $r = 0.493$, indicating a positive and significant association between the two variables.

These findings indicate that perceived social support from the social environment contributes to stronger resilience among Generation Z. This is because support must not only be available but also perceived and experienced by individuals. However, such support must be genuinely perceived by the individual in order to foster a sense of security and motivation, enabling them to persevere and recover from adversity.

Perceived social support is also an important resource for Generation Z. Given the various challenges they face, they often need someone who can provide a sense of safety and encouragement, helping them feel they are not alone, that they are cared for, and that emotional support is available when needed. For Generation Z, social support may be obtained not only through face-to-face interactions but also through social media. Social media interactions offer individuals opportunities to share their experiences and emotions, while supportive responses and expressions of concern can help reduce feelings of isolation. Consequently, when individuals perceive that they are supported by their social environment, they are more likely to develop resilience, as perceived social support serves as one of the external factors that contributes to their ability to cope with and recover from difficult situations.

These findings highlight the importance of psychological resources derived from external sources, such as support from family, friends, and significant others ([Zimet et al., 1988](#)). Furthermore, these findings support [Grotberg \(1995\)](#), who proposed that the “I Have” component represents external resources that help individuals feel safe and secure, which in turn contributes to the development of resilience.

The study by [Karami et al. \(2025\)](#) is consistent with the present findings, which reported a significant positive relationship between perceived social support and resilience. Similar findings were reported by [Ali et al. \(2020\)](#), who also demonstrated a positive, statistically significant association between perceived social support and resilience. Although these findings were obtained from different study populations, they consistently indicate that perceived social support is an important factor in individual resilience.

A comparison of the correlation coefficients for the observed variables showed that emotion regulation was more strongly associated with resilience ($r = 0.550$) than perceived social support ($r = 0.493$). However, this does not imply that perceived social support is unimportant in the development of resilience. Rather, these findings suggest that the ability to regulate emotions may contribute somewhat more strongly to resilience than perceived social support.

Furthermore, the standardized beta coefficients were 0.464 for emotion regulation and 0.391 for perceived social support. These findings indicate that emotion regulation had a relatively stronger association with resilience than perceived social support in the regression model. This pattern may be related to the developmental characteristics of Generation Z, who are in the stage of early adulthood. During this stage, individuals encounter increasing life demands that require them to become more independent in solving problems and coping with various challenges. Consequently, the ability to regulate emotions may play a more prominent role as

an internal psychological resource in helping individuals cope with and overcome life's challenges. Although perceived social support had a relatively lower standardized beta coefficient than emotion regulation, it remained an important external resource that supports the development of individual resilience.

Furthermore, the analysis yielded an R value of 0,670, this result indicates a simultaneous association between emotion regulation, perceived social support, and resilience. In addition, an R² value of 0.448 indicates that emotion regulation and perceived social support together accounted for 44.8% of the variance in resilience among Generation Z. The remaining 55.2% may be explained by other factors not examined in the present study.

Furthermore, these findings suggest that resilience is associated with multiple factors. In addition to emotion regulation, [Reivich and Shatté \(2002\)](#) identified several other factors that contribute to resilience, including impulse control, optimism, causal analysis, empathy, self-efficacy, and reaching out. Therefore, both internal and external factors that extend beyond the variables examined in this study may also contribute to resilience among Generation Z in Bandung. Although emotion regulation and perceived social support represent different aspects of resilience, they complement one another in supporting its development. Emotion regulation functions as an internal psychological resource that helps individuals manage their emotions in difficult situations, whereas perceived social support is an external resource reflecting how individuals perceive and experience support from family, friends, and significant others. Together, these two factors work synergistically to support the development of resilience.

In this study, resilience serves as the central focus and the underlying foundation of the research. The findings not only identify factors associated with resilience among Generation Z but also emphasize the importance of resilience itself for this population. Overall, these findings highlight that resilience is a crucial capacity for Generation Z, given that they are in the transitional stage of early adulthood. During this developmental period, individuals encounter various life changes, increasing demands, and new circumstances that require continuous adaptation. Therefore, resilience plays an essential role in helping Generation Z cope with, adapt to, and recover from the various changes, demands, and challenges they encounter.

Several limitations should be considered when interpreting the findings of this study, particularly those related to the characteristics of participants. The study involved 100 Generation Z participants, consisting of both male and female respondents. However, the gender distribution was imbalanced, with 23% male participants and 77% female participants. This imbalance should be considered when interpreting and generalizing the findings, because the sample used may not fully reflect the entire Generation Z population. Therefore, future studies are encouraged to recruit a more balanced sample by gender to provide findings that are more comprehensive and representative of Generation Z.

5. Conclusion

Overall, based on analyses of various tests of the observed variables, it was found that emotional regulation and perceptions of social support have a significant relationship, with both variables contributing to resilience among Generation Z in Bandung. Nevertheless, a substantial proportion of the variance in resilience remains unexplained, indicating that other internal and external factors not examined in the present study may also contribute to resilience. To gain a more comprehensive understanding of resilience, particularly among Generation Z, future researchers are encouraged to explore factors beyond the scope of this study.

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