

Webinar career talk: finding passion and resilience

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Abstract

When someone is asked to be passionate about something or their work, the underlying meaning is that finding passion in one's work can lead to certain desirable outcomes, such as competence, success, and self-fulfillment. Whereas resilience is one of the most significant factors that can influence an individual's pursuit of life's passion, resilience can be defined as an ongoing developmental process that demonstrates positive adjustment to adversity. Resilience is also defined as the capacity of a child to effectively deal with stress and pressure, to face daily challenges, to recover from disappointment, mistakes, trauma, and adversity, to set clear and realistic goals, to solve problems, to interact with others comfortably, and to treat oneself and others with respect and dignity. One of the many obstacles a person faces, particularly at the beginning of a higher education endeavor, is the difficulty of locating one's true passion and remaining resilient. Thus, the purpose of this webinar was to share the experiences of four speakers with diverse and impressive backgrounds on how to find passion and resiliency in order to assist the soon to be college students participants.

Key words: Career; passion; resilience

Webinar career talk: menemukan semangat dan ketahanan

Abstrak

Ketika seseorang diminta untuk bersemangat tentang sesuatu atau pekerjaan mereka, makna yang mendasarinya adalah bahwa menemukan gairah dalam pekerjaan seseorang dapat mengarah pada hasil tertentu yang diinginkan, seperti kompetensi, kesuksesan, dan pemenuhan diri. Sementara ketahanan adalah salah satu faktor paling signifikan yang dapat memengaruhi pengejaran individu akan gairah hidup, ketahanan dapat didefinisikan sebagai proses perkembangan berkelanjutan yang menunjukkan penyesuaian positif terhadap kesulitan. Ketahanan juga didefinisikan sebagai kapasitas seorang anak untuk secara efektif menghadapi stres dan tekanan, untuk menghadapi tantangan sehari-hari, untuk pulih dari kekecewaan, kesalahan, trauma, dan kesulitan, untuk menetapkan tujuan yang jelas dan realistis, untuk memecahkan masalah, untuk berinteraksi dengan orang lain dengan nyaman, dan untuk memperlakukan diri sendiri dan orang lain dengan hormat dan bermartabat. Salah satu dari banyak kendala yang dihadapi seseorang, terutama pada awal upaya pendidikan tinggi, adalah kesulitan menemukan hasrat sejati seseorang dan tetap tangguh. Dengan demikian, tujuan dari webinar ini adalah untuk berbagi pengalaman dari empat pembicara dengan latar belakang yang beragam dan mengesankan tentang bagaimana menemukan semangat dan ketahanan dalam rangka membantu peserta mahasiswa yang akan segera menjadi mahasiswa.

Kata kunci: Karir; semangat; ketahanan

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INTRODUCTION

Passion is a strong inclination toward activities that a person enjoys, values, and dedicates time and energy to (Hong, 2015). Individuals must evaluate what they do and internalize their identity in order to develop passion for a particular occupation. Individual passion in their work will provide vitality and enthusiasm to be involved in the work even in difficult circumstances, as well as college majors that will be chosen by someone for whom college is an important event in their life that requires a great deal of effort and dedication to complete (Lightsey Jr, 2006). Therefore, it can be stated that individuals' resilience will be enhanced by their passion for their work.

There are two different kinds of passion: harmonious passion and obsessive passion. Individuals with harmonious passion undergo an internalization process with the work they enjoy (Fisher et. al., 2017). The internalization process is consistent with other aspects of identity, thereby facilitating adaptation to matters outside of work. A person with an obsessive passion, on the other hand, is tied to a job the person enjoys. This results in the individual's passion for work controlling his life.

The individual's cognitive processes are aided by his destructive passion when the person is engaged in work. With harmonious passion, individual focus on work is maintained without interfering with extracurricular activities. In accordance with this, harmonious passion influences optimal decision making (Yang et. al., 2021).

When a person makes a mistaken decision, he tends to accept and rectify it. Thus, the likelihood of the individual making poor decisions is diminished. Individuals require concentration and sound decision making in order to focus on problem resolution rather than the negative aspects of a problem. Individuals' resiliency will increase if they maintain perspective in unstable or unsuccessful situations (Vallerand, 2007).

Individuals whose passions are harmonious also have positive interpersonal relationships. With this type of passion, individuals devote their energy and time not only to the work they love, but also to other activities and people. Therefore, resilience at work and outside of work and the ability to manage stressors (Fisher et. al., 2017).

Physical health is impacted by the capacity of individuals with a harmonious passion to control their work and activities. When ill or injured, people typically rest and seek information about the pain they are experiencing and its treatment. On the other hand, the individual is able to stop doing the work he enjoys. By preserving physical health, resiliency is also enhanced. Individuals with a healthy body will be better able to perform their duties (Xu et. al., 2021).

Although they are also seeking information about the illness they are suffering from and how to treat it, an individual with an obsessive passion will refuse if they have to quit the job they love or will intentionally put themselves in a dangerous situation and injure themselves. It has to do with rigid perseverance.

Lack of maintaining physical health is in line with reduced resilience in the individual. Individuals who are physically unhealthy will not be optimal in dealing with difficult or challenging situations. In addition, obsessive passion diminishes focus on other activities. One of the reasons is that the person cannot escape the work he enjoys, even when he is not performing it. In fact, lack of concentration causes individuals to make poorer choices. The individual's inattention to problem-solving will ultimately diminish their resilience (Bimrose & Hearne, 2012).

This webinar provides invaluable advice on how to overcome every obstacle associated with discovering one's passion, cultivating it, and remaining resilient. Resilience is the capacity to manage the stresses of daily work while remaining healthy, overcoming and learning from unforeseen obstacles, and proactively planning for the future. Therefore, it is essential for every individual, not just those who are preparing for college, to possess this trait, as it is a life skill. Individuals who are resilient are persistent and do not give up when faced with obstacles or insecure situations.

Teens who are about to begin a new chapter in their lives at college must have the capacity to overcome adversity, conflict, failure, as well as positive experiences, advancement, and increased responsibility. In addition, resilience is the ability to see oneself and continue to try to lift oneself when experiencing failure or depression, so that one can achieve greater success, happiness, and self-strength or choose a more productive path.

METHOD

Target Participants

High school students in Samarinda who are applying for or getting ready to get to universities.

Location

Online conference meeting using Zoom Application

Method used

Education to high school students with such form also advocacy from excellent university students from various faculties and field as speakers. The method used in this activity is the counseling method. The implementation of service is carried out in three stages, namely:

Organizing

In holding this webinar, we started by looking for topics that we felt needed from students like us. The topic we finally chose was Finding passion and resilience. To get to know more about the study programs offered at the university level, we invite students from various faculties as resource persons. So, the next step is to find sources with the best experience in the world of lectures.

Material

The material presented in this webinar is related to passion and resilience. Passion is learning something new, giving importance. It is constantly being in search for the new and in the effort of learning. Passion has the ability to transmit and create action. Passion is motivation, seeking for the new and willingness to learn. Passion is simply showing a strong tendency and willingness through spending time and energy on an activity that someone likes or believes that it is important (Carbonneau, Vallerand, Fernet & Guay, 2008).

Passion is a feeling that your mind is strongly influenced. Passion is a guiding, a motivating element that emanates from emotional power. Through passion, one can reach the targets (Serin, 2017). Past research has shown that values and regulations concerning non-interesting activities can be internalised in either a controlled or an autonomous fashion (see Deci et al., 1994; Sheldon, 2002; Vallerand, Fortier, & Guay, 1997).

Resilience or resiliency is the capacity to endure and overcome hardship (Longenecker *et al.* 2012). In order to be resilient one needs to learn to ‘bend, not break,’ and acknowledge that adapt ability is more important than hardiness (Longenecker *et al.* 2012). We contend that resilience represents much of the traditional values and mission of higher education: to nurture strong, independent learners and to support the development of rounded individuals that can contribute positively to society.

In Angela Duckworth’s published book “Grit: The Power of Passion & Perseverance” introduced the word “grit” into educational policymaking and popular discourse. Duckworth, researching in this area for some time, defines grit as “the combination of perseverance and passion for especially longterm and meaningful goals”.

Grit, according to Duckworth, can matter more than talent or IQ. Crucially, it is also a better predictor of academic performance and of graduate marks. The words grit and resilience are now often used interchangeably and both are starting to appear regularly in popular discourse, particularly in relation to student retention, success and graduate outcomes.

In attempting to understand resilience and its impact, we have created a definition that is suggested by the wider literature and supported by data. It considers both internal factors – those innate to an individual, though capable of being developed and external factors. Within this definition, the Resilient Student will demonstrate the following:

Internal factors;

Self-management, including goal setting and persistence;

Emotional control: ability not to dwell on negative experiences or over-react to situations;

External factors;

Social integration within the university setting; and

Support networks: an ability to turn to formal or informal support networks.

Evaluation

After the webinar was held, we distributed a feedback form in the form of a google document to be filled out by participants attending the webinar. This feedback form contains questions regarding the implementation of the webinar including; relevance of topics to targets, benefits provided to participants, and suggestions for activities. An indicator of success in the implementation of this webinar is the assessment given by the participants.

RESULT AND DISCUSSION

Passion is the feeling of pleasure that a person gets when working on something they like. Passion can be related to our liking for something like a college major or a job. If someone can determine their passion correctly, then when they choose a college major or job according to their passion, then of course they will live it happily. However, in Indonesia itself, there are still many students who have difficulty determining their passion. There are even students who feel that they have the wrong major because they don't recognize their own passion. Based on the Indonesian Career Center Network (ICCN) survey in 2020, as many as 87% of students admitted that the majors taken were not in accordance with their interests.

According to that fact, we decided to organize the work program that will be held through several focus-group discussion to decide which one are we going to go for the target audience, what kind of topics are deemed to be relevant with our planned work program, whether there are a third party or organization that can support us as the media partner, and other crucial points to work for. There are several virtual meetings being held for the past two months until the work program has been properly prepared and finalized. Thus, the work program we're going for is a webinar namely "Career Talk: Finding Passion and Resilience".

The webinar with the theme "Career Talk: Finding Passion and Resilience" is a webinar that raises the topic of how students, especially high school students, determine their passion which can then be used to choose a major that suits their passion. The goal is for students to get a general idea of how they determine their passion and career in the future.

After going through negotiations, we've made a partnership with an organization within the Faculty of Economics and Business, University of Mulawarman, namely International Language Society (ILS FEB UNMUL) that have been standing since 2014 and eager to support while educating the undergraduate students on building the confidence for English-speaking and encouraging self-development within the faculty until now. ILS FEB UNMUL acts as the media partner that is willing to help us promote the webinar towards vocational or high school students.

We have invited several outstanding undergraduate students from the University of Mulawarman that have different majors and achievements. It differs from those who are going through internships and freelancing while actively studying as the University of Mulawarman undergraduate students. They have successfully elaborated their point of view of passion and resilience with the reality and experience they've gone through so far. This webinar was being hold on Saturday, May 14, 2022, at 10.00 WITA via Zoom Meeting.



Figure 1.
Documentation Material Delivery Session

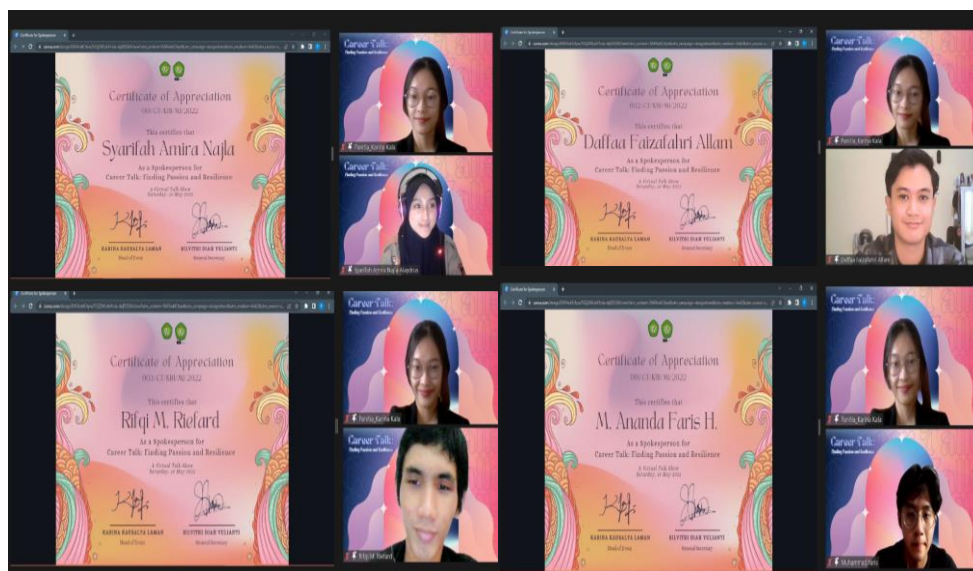


Figure 2.

Documentation of Certificate Submission Session

Based on the webinar activity which was being held, we received several assessments based on the questions in the questionnaire that we've shared at the end of the webinar. The results of the questions on this questionnaire are used as an indicator of the success of this "Career Talk: Finding Passion and Resilience" webinar. The respondent data have been collected, which are the feedback respondents in the table below.

Table 1.
Respondent Feedback

Question	Answer	Percentage
Are you present until the webinar is over?	Yes	84.8%
	No	15.2%
Is the topic of "Finding Passion and Resilience" relevant to you?	Yes	96.4%
	No	3.6%
Is the topic we bring relevant to many people you know?	Yes	93.8%
	No	6.2%
Have our "Career Talk: Finding Passion and Resilience" webinar helped you in preparing for applying college?	Very helpful	84.8%
	Helpful	15.2%
	Not helpful	0%

Based on the questionnaire that have been filled by the vocational and high school students that have attended the "Career Talk: Finding Passion and Resilience" webinar and the data that have been collected with a total of 112 respondents out of 154 students that have attended, even though not everyone attended the webinar until it's over which most of them are caused by bad connections and urgent activities, we conclude that the topic that has been discussed is relevant not only to the students but also those around them.

The fact that all respondents have showed us that the webinar being held that brought up about passion and resilience, they found this "Career Talk: Finding Passion and Resilience" webinar was helpful for them in preparing for applying college. Thus, we also gladly conclude that we have successfully gain our main purpose through this webinar, which is to help the high school students within our reach to start finding their passion and resilience in order to survive and start brand new goals ahead after graduating to continue stepping forward.

CONCLUSION

The “Career Talk: Finding Passion and Resilience” webinar has a goal for both vocational and high school students with the aim of giving them an overview of their passion and resilience in the college major or career they want. This webinar is very important for them, because in addition to providing an overview to determine their passion, they also get other benefits such as getting a clearer picture of several majors in university. The hope is that with this webinar, both vocational and high school students have the capability to determine which major and other alternatives that will eventually matches their passion and we have successfully helped them based on the data we’ve collected through questionnaire that the students have filled thus far.

Knowledgements

We would like to thank all relevant parties such as the undergraduate students that acts as the spokesperson who have been willing to attend and provide material relating to passion and resilience for our event, supervisors of the Management Laboratory course, the International Language Society (ILS FEB UNMUL) as the media partner that has been supporting us, and the organizing committee who have prepared for this event to be done well. Huge expectations are impossible to miss, thus we truly hope the work program that has been done will bring us more knowledges and ever-growing experiences until the upcoming future.

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