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Self-disclosure as a distinctive correlate of collective prosocial behavior in youth organizations

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ABSTRACT

Gotong royong is an important form of collective behavior in Indonesian youth organizations, yet the interpersonal factors associated with its development remain insufficiently examined. This study investigated the relationships of self-disclosure and resilience with gotong royong among members of Dewan Anak Mataram (DAM), a youth organization in Mataram, West Nusa Tenggara, Indonesia. A quantitative cross-sectional correlational-predictive design was employed. Participants were 47 active DAM members selected through total sampling. Data were collected using three 15-item four-point Likert scales measuring self-disclosure, resilience, and gotong royong. Data were analyzed using descriptive statistics, Pearson correlation, simple linear regression, and multiple linear regression. The findings showed that self-disclosure was positively correlated with gotong royong ($r = .660, p < .001$), as was resilience ($r = .539, p < .001$). When examined simultaneously, the two predictors explained 45.2% of the variance in gotong royong ($R^2 = .452$, adjusted $R^2 = .427$, $F(2,44) = 18.169, p < .001$). Self-disclosure showed a significant unique association with gotong royong ($\beta = .543, p < .001$), whereas resilience did not ($\beta = .174, p = .254$). These findings indicate that self-disclosure is a distinctive correlate of gotong royong within this organizational context, while the bivariate association between resilience and gotong royong largely overlaps with shared variance between the predictors. The findings highlight the relevance of constructive communication and interpersonal openness in understanding collective behavior among youth organization members.



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Introduction

Gotong royong represents a culturally grounded form of collective behavior involving mutual assistance, cooperation, social concern, and participation in activities oriented toward shared interests. In youth development, these capacities are important because young people develop social identities and patterns of participation through interactions with peers, organizations, and wider communities. Recent educational research in Indonesia illustrates that culturally familiar practices such as cooperation (*gotong royong*), deliberation, respect, and politeness can function as resources for developing civic dispositions, although their implementation may be constrained by differences in institutional support and the consistency of social practice (Arianto et al., 2026). This suggests that collective values cannot be understood solely as normative ideals; they are also expressed through everyday interpersonal interaction and participation. Communication is particularly relevant in this process. A recent systematic review of 53 studies found that communication contributes to

psychosocial adaptation through emotional expression, meaning-making, emotional support, participation, and the development of social-support networks, operating at both individual and community levels (Mardiansyah, 2025). Thus, understanding the interpersonal and psychological conditions associated with collective behavior is important for youth development, particularly in organizational environments where cooperation and mutual responsibility are enacted through daily interaction.

This issue is particularly relevant to youth organizations because collective participation requires members to communicate, respond to others, manage interpersonal difficulties, and remain involved when organizational activities become challenging. *Dewan Anak Mataram* (DAM) provides a specific context in which these processes can be observed. Members participate in organizational programs that require teamwork, mutual assistance, shared responsibility, and interaction with peers. Gotong royong in this setting is therefore not limited to an abstract social value but can be expressed through concrete behaviors such as helping members who encounter difficulties, working collaboratively, maintaining group cohesion, resolving problems collectively, and developing a sense of belonging. However, participation in collective activities alone does not explain variation in members' willingness or capacity to enact such behaviors. The scientific problem is consequently to identify interpersonal and psychological characteristics that are associated with the expression of gotong royong among youth organization members.

One potentially relevant interpersonal characteristic is self-disclosure, understood in this study as the willingness to communicate personal experiences, opinions, feelings, needs, and difficulties to others. Recent research demonstrates that self-disclosure is closely connected to interpersonal and psychosocial processes, although its consequences depend on the type and context of disclosure. For example, Stevic et al. (2025), studying emerging adults aged 16–21, found that different forms of online self-disclosure were associated differently with co-rumination over time, indicating that disclosure should not be treated as a uniformly beneficial or harmful behavior. Research involving caregivers has likewise shown relationships between self-disclosure, perceived social support, and psychological distress, with social support functioning as an important mechanism in this relationship (Fang et al., 2024). Hafizin, Maisyaroh, Timan, Triwiyanto, et al. (2026) similarly reported that self-disclosure can operate through perceived social support in relation to caregivers' psychological distress. Together, these studies suggest that disclosure is embedded within relational processes rather than functioning as an isolated individual characteristic.

The relevance of self-disclosure to collective behavior can therefore be considered through its interpersonal function. When individuals communicate experiences, opinions, feelings, and needs appropriately, other group members gain greater access to their perspectives and circumstances. Such communication can facilitate interpersonal understanding and social responsiveness, which are relevant to cooperation. This interpretation is also consistent with recent evidence that communication supports resilience through emotional expression, social support, participation, and interpersonal connection (Mardiansyah, 2025; Plexico et al. 2019; da Silva & Maracajá, 2025). However, existing studies have predominantly examined self-disclosure in relation to psychological well-being, social support, online interaction, or interpersonal outcomes (Hafizin, Maisyaroh, Timan, Triwiyanto, et al., 2026). These findings provide a basis for considering self-disclosure as relevant to collective behavior, but they do not directly establish how self-disclosure relates to a culturally situated construct such as gotong royong within a youth organization.

A second relevant characteristic is resilience. Resilience concerns the capacity to maintain or restore adaptive functioning when facing pressure, difficulties, or changing circumstances. This capacity may be relevant to collective participation because organizational activities can involve unsuccessful programs, interpersonal conflict, criticism, unexpected changes, and competing demands. Individuals who are able to regulate emotional responses, remain confident, solve problems, and adapt to difficult circumstances may be better positioned to remain engaged in collective activities. Recent literature supports the multidimensional nature of resilience. Sidhu et al. (2024), for example, identified social support, self-empowerment, and well-being improvement as benefits of online communities that can support resilience factors such as meaningfulness, external connection, positive perspectives, independence, and self-care. Similarly, Staníčková & Melecký (2018); Wello et al. (2017) and Trenholm (2020) showed that communication contributes to resilience through emotional management, identity formation, hope, social support, and collective participation. These findings indicate that resilience is not exclusively an intrapersonal process but can be supported by interpersonal and social environments.

The relationship between resilience and collective behavior nevertheless requires further specification. Resilience research has often focused on well-being, adaptation, coping, psychological functioning, or recovery from adversity. For example, the broader literature has examined resilience as a protective resource in relation to self-acceptance and life satisfaction, illustrating its role in adaptive functioning under challenging circumstances. More recent reviews likewise emphasize the contribution of social connections and supportive environments to resilience (Sidhu et al. 2024; Alamri, 2022; Salazar et al. 2025). Yet, resilience and *gotong royong*

represent conceptually distinct levels of functioning: resilience primarily concerns an individual's capacity to adapt to adversity, whereas *gotong royong* reflects a collective orientation toward mutual assistance and cooperation within social relationships. The relationship between these two constructs therefore cannot simply be assumed from evidence linking resilience with psychological adjustment or social support.

The literature therefore suggests an important distinction between what would ideally be expected and what is currently established empirically. Ideally, individual characteristics that facilitate interpersonal communication and adaptive functioning should be examined in relation to the ways young people participate in collective, culturally grounded practices such as *gotong royong* (Liang et al., 2022). However, existing evidence does not yet sufficiently explain whether self-disclosure and resilience are independently associated with such collective behavior when they are considered within the same organizational context. This limitation is important because evidence of a bivariate relationship does not establish that a construct contributes unique statistical information once another related characteristic is taken into account (Wang & Hu, 2024; Fang et al. 2024; Gouthier et al. 2022). Thus, the empirical issue is not simply whether self-disclosure and resilience are related to *gotong royong*, but whether their relationships remain distinguishable when both are examined simultaneously.

The present study addresses two related gaps in the literature. First, the substantive gap concerns the limited empirical connection between self-disclosure as an interpersonal communication characteristic and *gotong royong* as a culturally grounded form of collective prosocial behavior. Recent self-disclosure research has predominantly examined psychological well-being, social support, digital interaction, and interpersonal outcomes, whereas resilience research has more commonly emphasized adaptation, coping, and individual well-being. Second, the methodological gap concerns the limited distinction between bivariate association and unique statistical contribution. Examining self-disclosure and resilience separately may demonstrate that each is associated with *gotong royong*, but such analyses cannot determine whether one construct contributes distinctive statistical information after accounting for the shared variance between the predictors. A simultaneous analysis is therefore necessary to provide a more precise empirical account of these relationships.

Dewan Anak Mataram (DAM) provides a relevant bounded context for addressing these gaps because its members participate in organized youth activities that require interpersonal communication, teamwork, mutual assistance, shared responsibility, collective problem-solving, and community-oriented engagement (Yadnya et al., 2025). These characteristics make DAM an empirically appropriate setting for examining how individual-level communication and adaptive characteristics are related to collective prosocial behavior as it is enacted in an actual youth organization. The selection of DAM is not intended to represent youth organizations generally, but to provide a context in which the proposed relationships can be examined within naturally occurring patterns of youth participation and interaction. This contextual focus also allows the culturally grounded meaning of *gotong royong* to be examined without separating it from the organizational practices through which it is expressed.

Accordingly, this study aims to examine the relationships of self-disclosure and resilience with *gotong royong* among active members of *Dewan Anak Mataram*; assess the bivariate association of each construct with *gotong royong*; and determine the unique statistical contribution of self-disclosure and resilience when both predictors are entered simultaneously into a regression model. Specifically, the study examines whether self-disclosure and resilience are significantly associated with *gotong royong* and whether these associations remain statistically significant after accounting for the shared variance between the two predictors. The study therefore moves beyond establishing whether the variables are related and evaluates whether each provides distinctive statistical information in explaining variation in *gotong royong*. Because the study uses a cross-sectional design, these statistical relationships are interpreted as associations and unique contributions rather than causal effects.

Method

Research Design and Setting

This study employed a quantitative, cross-sectional correlational design to examine the relationships among self-disclosure, resilience, and *gotong royong* among members of *Dewan Anak Mataram* (DAM), Mataram, West Nusa Tenggara, Indonesia. Data were collected during a single study period; therefore, the design was appropriate for examining statistical associations but did not permit causal or temporal inference (Kimberly A, 2017). Pearson's correlation was used to examine bivariate relationships, while simple and multiple linear regression were employed to examine the statistical contribution of each predictor independently and simultaneously (Creswell & Guetterman, 2019). Regression coefficients were interpreted as statistical associations and unique contributions rather than causal effects.

Participants and Sampling

The accessible population consisted of 47 active DAM members, comprising 26 males (55.3%) and 21 females (44.7%). Because the entire accessible population could be reached, the study employed total sampling (census sampling). All 47 members who met the eligibility criteria were invited to participate. An active member was defined as an officially registered DAM member who remained involved in DAM activities during the data-collection period. Participants were included if they were registered members, were active during data collection, and completed all research instruments. Members who were no longer active or provided incomplete responses were excluded from the final analysis. Participation was voluntary, and participants were informed about the study purpose, confidentiality, and their right to participate voluntarily.

Table 1. Participant Characteristics (N = 47)

Characteristic	Category	N	%
Sex	Male	26	55.3
	Female	21	44.7
Total		47	100.0

Measures and Data Analysis

Three structured self-report scales were used to measure self-disclosure, resilience, and gotong royong, with 15 positively worded items per scale. Responses were recorded on a four-point Likert scale from 1 (strongly disagree) to 4 (strongly agree). Higher scores indicated higher levels of each construct. Cronbach's alpha coefficients were .773 for self-disclosure, .696 for resilience, and .793 for gotong royong. The resilience coefficient was interpreted cautiously because it was slightly below the conventional .70 reference value.

Descriptive statistics were followed by Pearson's correlation, simple linear regression, and multiple linear regression. The multiple regression model was specified as $(Y=a+b_1X_1+b_2X_2+e)$, where gotong royong was the dependent variable and self-disclosure and resilience were the predictors. Model fit was assessed using (R^2), adjusted (R^2), and F statistics, while individual predictors were examined using B, SE, β , t, and p values. Multicollinearity was assessed using tolerance and VIF. Statistical significance was evaluated using a two-tailed α of .05.

Sample-Size Sensitivity and Ethics

The sample size was determined by the size of the accessible DAM population rather than an arbitrary target because census sampling was used. Nevertheless, $N = 47$ limits sensitivity to smaller effects. Based on the observed multiple-regression ($R^2=.452$), the corresponding observed (f^2) was approximately .825, yielding very high post-hoc power for the observed effect with two predictors and $\alpha = .05$. This estimate was not interpreted as evidence that the sample was adequately powered for smaller effects. Accordingly, the findings were interpreted within the specific DAM context and were not generalized uncritically to broader youth populations. Participation was voluntary, responses were treated confidentially, and appropriate assent and parental/guardian consent procedures were applied where required for participants below the applicable age of legal consent.

Results and Discussions

Descriptive Statistics and Internal Consistency

The analysis began by examining the descriptive characteristics and internal consistency of the three study variables. As shown in Table 1, self-disclosure had a mean score of 48.94 (SD = 5.99), with observed scores ranging from 36 to 59. Resilience had a mean score of 49.02 (SD = 5.50), with scores ranging from 38 to 60. Gotong royong showed the highest mean score among the three variables ($M = 51.38$, SD = 5.91), with observed scores ranging from 41 to 60. The internal consistency coefficients were .773 for self-disclosure, .696 for resilience, and .793 for gotong royong.

The self-disclosure and gotong royong scales demonstrated acceptable internal consistency for the present analysis. The resilience scale, however, produced an alpha coefficient of .696, which is marginally below the conventional .70 reference point. This value does not by itself invalidate the measure, particularly because reliability coefficients are influenced by the number of items and the characteristics of the sample, but it warrants greater caution when interpreting associations involving resilience. Accordingly, the resilience findings are interpreted conservatively and are complemented by a reliability-adjusted sensitivity analysis in the subsequent discussion.

Bivariate Relationships among the Study Variables

Pearson's correlation analysis was conducted to examine the bivariate relationships among self-disclosure, resilience, and gotong royong. Self-disclosure was positively correlated with gotong royong ($r = .660$, $p < .001$).

Resilience was also positively correlated with gotong royong ($r = .539, p < .001$). In addition, self-disclosure was positively correlated with resilience ($r = .672, p < .001$). These findings indicate that both self-disclosure and resilience were positively associated with gotong royong at the bivariate level. The relatively strong association between self-disclosure and resilience also indicates that the two predictors shared substantial variance, making it necessary to distinguish their bivariate relationships from their unique statistical contributions in the simultaneous regression model.

Individual Statistical Contributions of the Predictors

Two simple linear regression models were estimated with gotong royong as the dependent variable. Self-disclosure accounted for 43.6% of the observed variance in gotong royong when examined independently ($R^2 = .436$), with the regression model statistically significant, $F = 34.748, p < .001$. Resilience accounted for 29.0% of the observed variance in gotong royong ($R^2 = .290$), and this model was also statistically significant, $F = 18.405, p < .001$. These findings indicate that both predictors had statistically significant associations with gotong royong when examined separately. However, separate regression models do not establish whether each predictor contributes information beyond the variance shared with the other predictor.

Joint Regression Model

A multiple linear regression analysis was conducted to examine the joint statistical association of self-disclosure and resilience with gotong royong. The overall model was statistically significant, $F(2, 44) = 18.169, p < .001$, and explained 45.2% of the observed variance in gotong royong ($R^2 = .452$; adjusted $R^2 = .427$). The increase from the self-disclosure-only model ($R^2 = .436$) to the combined model ($R^2 = .452$) represented an incremental R^2 of .016. Thus, the addition of resilience increased the explained variance by 1.6 percentage points. This relatively modest increment suggests that much of the explanatory information available in the two-predictor model was already represented by self-disclosure.

Unique Statistical Contributions of Self-Disclosure and Resilience

Self-disclosure retained a statistically significant positive unique association with gotong royong after resilience was included in the model ($B = .535, SE = .148, \beta = .543, t = 3.608, p < .001$). In contrast, the coefficient for resilience was not statistically significant ($B = .187, SE = .162, \beta = .174, t = 1.155, p = .254$). Thus, resilience was significantly associated with gotong royong at the bivariate level but did not retain a statistically significant unique coefficient after self-disclosure was taken into account. The regression equation was:

$$[Y = 16.032 + 0.535X_1 + 0.187X_2 + e]$$

Where Y represents gotong royong, X_1 represents self-disclosure, and X_2 represents resilience. The coefficients should be interpreted as statistical associations within the observed sample rather than causal effects.

Multicollinearity Diagnostics

Because self-disclosure and resilience were positively correlated ($r = .672$), multicollinearity diagnostics were examined before interpreting the simultaneous regression coefficients. Both predictors had a tolerance value of .548 and a VIF of 1.823. These values do not indicate problematic multicollinearity in the present model. Therefore, the nonsignificant coefficient for resilience should not be interpreted as resulting solely from severe multicollinearity. Rather, the result is more appropriately understood as indicating limited unique statistical contribution after the variance shared with self-disclosure was taken into account.

Sensitivity Analysis for Reliability of the Resilience Measure

Because the resilience scale produced an internal consistency coefficient of $\alpha = .696$, a supplementary reliability-adjusted sensitivity analysis was conducted using correction for attenuation. The analysis was intended to assess whether the observed bivariate relationships involving resilience might have been substantially attenuated by measurement unreliability.

Using the observed correlations and the internal consistency coefficients of the corresponding scales, the reliability-adjusted estimates were approximately .843 for the self-disclosure–gotong royong relationship, .726 for the resilience–gotong royong relationship, and .916 for the self-disclosure–resilience relationship.

These estimates were consistently higher than the observed correlations, suggesting that measurement unreliability may have attenuated the observed bivariate associations. Nevertheless, the corrected values should be regarded as exploratory sensitivity estimates rather than replacement estimates because correction for attenuation depends on assumptions concerning measurement error and reliability. Importantly, this analysis does not establish a unique regression contribution for resilience and does not alter the primary multiple-regression results.

Table 7. Exploratory Reliability-Adjusted Sensitivity Analysis

Variable pair	Observed r	Reliability-adjusted r
Self-disclosure – Gotong royong	.660	.843
Resilience – Gotong royong	.539	.726
Self-disclosure – Resilience	.672	.916

Note. Reliability-adjusted correlations were calculated using correction for attenuation, $(r_{\text{adjusted}} = r / \sqrt{\alpha_x \alpha_y})$. The estimates are exploratory and should not be interpreted as corrected regression coefficients.

Self-Disclosure and Gotong Royong

The first major finding was the positive association between self-disclosure and gotong royong. Self-disclosure was significantly correlated with gotong royong ($r = .660, p < .001$) and retained a statistically significant unique association after resilience was entered simultaneously into the regression model ($\beta = .543, p < .001$). The finding suggests that members who reported greater openness in communicating experiences, opinions, feelings, and difficulties also tended to report greater engagement in collective and cooperative behavior. Because gotong royong is enacted through interaction, communication, mutual assistance, and shared responsibility, the association between an interpersonal communication characteristic and collective behavior is theoretically plausible.

This result is consistent with evidence directly linking self-disclosure to prosocial behavior. Song & Sahid (2025) and Ma et al. (2023), for example, found across three studies that individuals with higher self-disclosure tended to demonstrate stronger prosocial tendencies, although the relationship was contingent on reciprocal feedback. This qualification is important because it indicates that disclosure may be most consequential when embedded within reciprocal interpersonal processes rather than treated as an isolated personal characteristic.

More recent experimental evidence provides a complementary explanation. Backe et al. (2018) and Zola et al. (2022) found that higher levels of self-disclosure increased cooperation and that this association operated through reduced psychological distance and greater interpersonal trust. Cheng et al. (2024) and Hafizin et al. (2026) similarly found that self-disclosure of negative experiences enhanced prosociality, with emotional empathy and interpersonal liking playing important roles in this process. Although these studies were conducted in different contexts from a youth organization, they provide plausible interpersonal mechanisms through which openness may become connected with cooperative behavior.

The relationship between self-disclosure and broader interpersonal functioning is also supported by Fang et al. (2024) and Cheng et al. (2024), who examined self-disclosure, social support, and psychological distress among caregivers and found that self-disclosure operated within a wider social-support process. Brennan & Abimbola (2024), meanwhile, found that adolescents who disclosed impactful negative experiences reported greater posttraumatic growth, although self-disclosure was not associated with resilience in that study. Together, these findings suggest that self-disclosure may be linked to social and psychological outcomes through processes that are context-dependent rather than uniformly positive across all outcomes.

The present study extends this literature by examining self-disclosure in relation to gotong royong rather than psychological distress, social support, or online interpersonal outcomes. This distinction is important because gotong royong represents a culturally meaningful form of collective prosocial behavior. Indonesian research by Tanjung et al. (2022) and Son & Padilla-Walker (2021) for example, explicitly conceptualizes cooperation or gotong royong as a reflection of prosocial behavior and examines it alongside empathy, peer social support, and parenting. The present finding therefore places self-disclosure within a culturally and organizationally relevant framework of collective participation.

Nevertheless, the finding should not be interpreted as evidence that self-disclosure causes gotong royong. The cross-sectional design does not establish temporal precedence, and the association could reflect reciprocal processes. Members who participate actively in cooperative activities may also develop greater interpersonal openness because repeated interaction creates opportunities for communication and trust. Longitudinal or experimental research would be required to distinguish these possibilities.

Resilience and Gotong Royong

The second major finding was the positive bivariate relationship between resilience and gotong royong ($r = .539, p < .001$). Members reporting higher resilience also tended to report higher levels of collective cooperation. This result is consistent with research indicating that resilience and prosocial behavior can be positively related during adolescence and emerging adulthood.

for example, Rodríguez-Zurita et al. (2025); Kurniadi et al. (2022) and Gomes et al. (2025), found that resilience predicted prosocial behavior among university students both during and outside the COVID-19 confinement context, although the magnitude of the association varied across gender and confinement

conditions. Yuan (2023) likewise reported a positive relationship between resilience and prosocial behavior among Chinese university students and demonstrated that social support played an important role in this relationship. These findings support the interpretation that resilience may facilitate continued social engagement when individuals encounter stress or difficulty.

Evidence from adolescent populations provides a similar pattern. Luong (2025) and Shin (2017) using data from 1,688 high-school students, found positive associations among school climate, social support, resilience, and prosocial behavior, with resilience and social support functioning as mediating mechanisms. Similarly, research involving 105 primary and secondary students found a consistent relationship between prosocial behavior and dimensions of resilience, particularly relatedness.

Other recent studies further support the conceptual connection between resilience and prosocial behavior. Yıldız et al. (2024) examined resilience and prosocial behavior tendencies among adolescents from low socioeconomic backgrounds, while a 2025 study of left-behind youth in China found resilience to be an important mechanism linking emotional neglect and prosocial behavior. More recent Indonesian evidence from Decker et al. (2018) also found a significant relationship between prosocial behavior and resilience among senior high-school students within the Pata Dela cultural context.

The cultural dimension of these findings is relevant to the interpretation of the present result. Pratiwi Tanjung et al. (2022) position gotong royong within Indonesian prosocial behavior, whereas Lior et al. (2018) demonstrate how cultural context can shape the relationship between prosocial behavior and resilience. Thus, the positive bivariate association observed in the present study is consistent with a broader literature in which individual adaptive capacity and collective social behavior are interconnected, while also suggesting that the strength and meaning of the relationship may depend on cultural and organizational context.

At the same time, resilience should not be interpreted as a direct cause of cooperation. Resilience is better understood here as an adaptive capacity that may coexist with greater willingness or ability to remain engaged in collective activities. The present cross-sectional evidence supports association rather than causal direction.

Why Resilience Did Not Retain a Significant Unique Association

The most analytically informative finding emerged when self-disclosure and resilience were considered simultaneously. Although resilience was significantly related to gotong royong at the bivariate level, it did not retain a statistically significant unique coefficient in the multiple regression model ($\beta = .174$, $p = .254$). In contrast, self-disclosure remained statistically significant ($\beta = .543$, $p < .001$).

This distinction demonstrates why bivariate associations should not automatically be interpreted as independent contributions. Self-disclosure and resilience were themselves strongly correlated ($r = .672$), indicating substantial shared variance. When self-disclosure was included in the regression equation, part of the variance previously associated with resilience was statistically shared with self-disclosure. Consequently, the residual variance uniquely associated with resilience was insufficient to produce a statistically significant coefficient in the present sample.

This interpretation is supported by the incremental R^2 . The self-disclosure-only model explained 43.6% of the observed variance in gotong royong, whereas the combined model explained 45.2%. Thus, adding resilience contributed only 1.6 additional percentage points of explained variance. The result does not indicate that resilience is unrelated to gotong royong; rather, it indicates that resilience did not provide statistically significant additional explanatory information after self-disclosure had been considered.

This pattern is theoretically plausible because resilience is often expressed through social and interpersonal processes rather than independently of them. Research from Indonesia has shown that social support can predict adolescent resilience, while mother-child communication and support from friends and teachers are relevant to resilience development. Similar evidence among Indonesian university students indicates that social support and emotion-regulation strategies are associated with academic resilience.

Mardiansyah's (2025) systematic review likewise emphasizes that communication can function as a mechanism supporting adaptation, emotional support, meaning-making, and resilience at both individual and community levels. This literature helps explain why resilience and self-disclosure may be empirically related rather than functioning as entirely independent predictors. The present finding therefore does not establish a hierarchy in which self-disclosure is universally more important than resilience; it indicates only that self-disclosure had the stronger unique statistical association under the specific conditions of the present model.

Reliability of the Resilience Measure and Sensitivity Analysis

A critical issue in interpreting the resilience finding is the internal consistency coefficient of $\alpha = .696$. Although this value is only slightly below the conventional .70 reference point, it indicates that the resilience measure may

contain somewhat greater measurement error than the other two scales. Measurement error can attenuate observed associations, meaning that the bivariate relationship between resilience and gotong royong may underestimate the association that would be observed with a more reliable measure.

The sensitivity analysis provides some evidence relevant to this concern. The observed resilience–gotong royong correlation of .539 increased to approximately .726 after exploratory correction for attenuation. The self-disclosure–resilience relationship similarly increased from .672 to approximately .916. These results indicate that unreliability may have contributed to attenuation of the observed bivariate associations.

However, the sensitivity analysis should not be interpreted as demonstrating that resilience would become a significant unique predictor in a multiple regression model. Correction for attenuation addresses measurement unreliability in pairwise correlations and does not directly produce a measurement-error-corrected multiple regression coefficient. Moreover, the calculation assumes that the reported reliability coefficients adequately approximate the reliability of the measures in the present sample and that the relevant measurement-error assumptions are met.

Accordingly, the primary regression estimates remain the observed coefficients reported in Table 5. The sensitivity analysis serves only as a robustness check indicating that the bivariate association involving resilience is unlikely to be entirely explained by unreliability. Future research should strengthen this evidence by using measures with stronger psychometric performance and by evaluating construct reliability through confirmatory factor analysis and alternative reliability estimates such as McDonald's omega where appropriate.

The Joint Model and the Relational Character of Gotong Royong

The simultaneous model explained 45.2% of the observed variance in gotong royong ($R^2 = .452$; adjusted $R^2 = .427$), indicating that self-disclosure and resilience considered together were substantially associated with variation in collective cooperation within the present sample. However, the relatively small increase in explained variance after resilience was added suggests that the majority of the model's explanatory information was already represented by self-disclosure. This pattern supports a relational interpretation of gotong royong. Collective cooperation is enacted through interaction, communication, mutual assistance, shared responsibility, and participation rather than through an exclusively intrapersonal psychological state. The association between self-disclosure and gotong royong may therefore reflect the importance of interpersonal openness in a setting where organizational activities depend heavily on communication and coordination.

This interpretation is consistent with research showing that social support and interpersonal relationships are relevant to prosocial behavior. Studies of adolescents have shown that support from teachers, friends, and classmates can predict subsequent prosocial behavior, partly through communal social goals. Similarly, school climate, perceived social support, and resilience have been shown to operate together in explaining prosocial behavior. The present study adds a different analytical perspective by showing that an interpersonal variable, self-disclosure, retained a unique association with gotong royong when resilience was simultaneously considered. The result should therefore be interpreted as evidence for the relational relevance of self-disclosure in this organizational setting rather than as evidence that one psychological characteristic universally determines collective cooperation.

Theoretical Contribution

The principal theoretical contribution of the study lies in distinguishing between bivariate association and unique statistical contribution. At the bivariate level, both self-disclosure and resilience were significantly related to gotong royong. At the simultaneous level, however, only self-disclosure retained a statistically significant coefficient. This distinction contributes to the literature by showing that psychological characteristics associated with collective behavior may not necessarily contribute independently when correlated interpersonal characteristics are considered together. The finding is particularly relevant because existing studies have frequently examined resilience in relation to prosocial behavior or self-disclosure in relation to interpersonal and psychological outcomes separately. The present findings therefore support a cautious conceptual position: self-disclosure represents a distinctive correlate of gotong royong in the studied youth-organization context, whereas the bivariate association between resilience and gotong royong appears to overlap substantially with variance shared with self-disclosure. This interpretation is specific to the present sample and model and should not be generalized as a universal ordering of the two constructs.

Practical Implications

The findings suggest that youth organizations may benefit from creating interactional environments in which members can communicate experiences, express opinions, discuss difficulties, and provide constructive feedback. Such practices should not be described as interventions proven to increase gotong royong because the present study did not test causal effects.

Practical activities could include structured reflection following organizational programs, small-group discussions, peer-feedback sessions, collaborative problem-solving exercises, and opportunities for members to communicate concerns within psychologically safe settings. Such practices are consistent with evidence that reciprocal feedback, trust, social support, and communication are relevant to interpersonal and prosocial processes (Song et al., 2016; Ma et al., 2024; Mardiansyah, 2025). The resilience finding also has practical implications. Although resilience did not retain a statistically significant unique coefficient, its significant bivariate association with gotong royong indicates that it should not simply be disregarded. Rather, resilience development may be integrated with interpersonal and collective activities, including collaborative problem solving, emotional regulation during group difficulties, and reflection following organizational setbacks.

Limitations and Directions for Future Research

Several limitations should be considered. First, the cross-sectional design prevents conclusions regarding temporal ordering or causality. Longitudinal studies are needed to determine whether changes in self-disclosure and resilience precede changes in gotong royong or whether sustained participation in collective activities also contributes to changes in these psychological characteristics.

Second, the study involved 47 active members of a single youth organization. Although total sampling covered the accessible DAM population, the relatively small and context-specific sample limits statistical sensitivity and external generalizability. The findings should therefore be interpreted as context-bound rather than representative of youth organizations more broadly. Replication with larger samples and multiple youth organizations would provide stronger evidence regarding the stability of the observed relationships.

Third, all variables were assessed using self-report questionnaires. This raises the possibility of common-method variance and socially desirable responding, particularly because gotong royong represents a socially valued behavior. Future research should combine self-report measures with peer assessments, behavioral indicators, organizational records, or observational data.

Fourth, the resilience scale produced an internal consistency coefficient of $\alpha = .696$. Although this value is only marginally below the conventional .70 reference point and does not by itself invalidate the measure, it introduces additional uncertainty into the interpretation of associations involving resilience. The exploratory reliability-adjusted sensitivity analysis suggested that the observed bivariate association may have been attenuated by measurement error, but it does not resolve the psychometric limitation. Future research should employ measures with stronger evidence of reliability and construct validity and should consider confirmatory factor analysis and alternative reliability estimates.

Finally, the model explained 45.2% of the observed variance in gotong royong, leaving more than half of the variance unexplained. Future studies could therefore incorporate additional interpersonal and organizational variables, including empathy, perceived social support, trust, sense of belonging, peer relationships, leadership, organizational climate, and group cohesion. Examining these variables longitudinally or through multilevel and latent-variable approaches may provide a more comprehensive explanation of collective cooperation among youth.

Conclusions

This study examined the relationships of self-disclosure and resilience with gotong royong among 47 active members of Dewan Anak Mataram. At the bivariate level, both variables were positively associated with gotong royong, with self-disclosure showing a stronger correlation ($r = .660$, $p < .001$) than resilience ($r = .539$, $p < .001$). When self-disclosure and resilience were entered simultaneously, the regression model explained 45.2% of the observed variance in gotong royong ($R^2 = .452$; adjusted $R^2 = .427$). Self-disclosure retained a statistically significant unique association with gotong royong ($\beta = .543$, $p < .001$), whereas resilience did not ($\beta = .174$, $p = .254$). Thus, the positive bivariate association between resilience and gotong royong should not be interpreted as evidence of a unique statistical contribution after the shared variance with self-disclosure was taken into account. These findings reinforce the importance of distinguishing bivariate relationships from unique statistical contributions when examining interconnected interpersonal and adaptive characteristics associated with collective behavior. The interpretation of resilience requires additional caution because its scale yielded a Cronbach's alpha of .696, slightly below the conventional .70 reference value. This marginal internal consistency does not necessarily invalidate the measure, but it indicates that measurement error may have attenuated the observed association between resilience and gotong royong. An exploratory reliability-corrected analysis increased the observed resilience–gotong royong correlation from $r = .539$ to approximately $r = .726$, suggesting that the observed bivariate relationship may be a conservative estimate. However, this correction does not establish a unique contribution of resilience in the multiple regression model and therefore does not alter the primary conclusion. The resilience scale was retained because its reliability was marginal rather than severely

inadequate, the measure was specified as part of the original analytical model, and excluding the variable after observing its reliability could introduce post hoc analytical selection. Future studies should nevertheless use a resilience measure with stronger evidence of internal consistency and construct validity. The findings also have practical implications for youth-organization development. Organizational environments may benefit from activities that facilitate constructive self-expression, peer communication, reciprocal feedback, collaborative problem solving, and reflection, while resilience development may be embedded within collective activities rather than treated solely as an individual capacity. These implications should be understood as context-sensitive recommendations rather than causal intervention effects because the present study used a cross-sectional design. The study is further limited by the small sample of 47 participants from a single youth organization and by reliance on self-report measures. Although 47 participants represented the accessible population through total sampling, this sample provides limited sensitivity for detecting smaller effects and limits the generalizability of the findings. Future studies should therefore plan larger multisite samples rather than relying on a single-organization population. For a multiple regression with two predictors at $\alpha = .05$, a medium effect size ($f^2 = .15$) would require approximately 68 participants to achieve 80% statistical power and approximately 107 participants to achieve 90% power. Accordingly, a practical target of approximately 100–120 participants across several youth organizations would provide greater sensitivity to medium-sized effects while also improving contextual diversity. Future research should additionally consider longitudinal or multi-source designs and examine other interpersonal and organizational factors, such as empathy, social support, trust, belonging, leadership, and organizational climate, to clarify the processes associated with gotong royong. Overall, the present findings provide context-specific evidence that self-disclosure has a distinctive statistical association with gotong royong, while the resilience finding highlights the importance of stronger measurement and adequately powered, broader research designs.

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