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FAMILY RESILIENCE DURING COVID 19 PANDEMIC

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Abstract

Covid 19 pandemic not only brings global change to our country, but it also has affected family resilience. Family resilience means a condition of a family which has tenacity and toughness, physical and material capabilities to live independently to allow self and family development to live in harmony as well as to improve welfare of life, and to improve physical and mental happiness. The purpose of this research is to reveal family resilience in West Sumatera based on the aspect of family resilience of KPPPA. The research population is West Sumatera community. Sampling technique employed in this research is incidental sampling, with total 216 samples originated from many different regions of West Sumatera. Research result revealed that West Sumatera community has a high family resilience. The highest score is social psychological resilience dimension comparing to each of the other dimensions.

Key Word: *Family Resilience, Covid 19 pandemic*

INTRODUCTION

Covid 19 pandemic not only brings global change to our country, but it brings changes in family life, both positively and negatively. Positively, Covid 19 pandemic had arouse awareness of the importance of maintaining health and cleanliness, increasing family gathering time; hence couple has more time to interact to each other, parents pay more attention to their children, they tend to have more time to accompany their child's activities,

getting to know deeper about the child's potential as well as their child's weaknesses, and the like (CNN Indonesia, 2020). However, negatively, covid 19 pandemic had cause less optimal of online home learning, all office works are conducted at home, and numerous employers experiencing pay cuts and even layoffs (Enervon, 2020). In fact, family expenses are rocketing for online learning needs (Mukhlisin, 2020). In addition, limited access to go out from the house and the intensity of family meeting which is highly increasing had caused more conflicts among the family members which in turn may lead to the divorce (CNN Indonesia, 2020).

Many positive impacts of this pandemic surely will improve family resilience. Otherwise, negative impact which is not handled appropriately will decrease family resilience. Conflict which ended up with the divorce is evidence to the low family resilience. Family resilience is the success of the family members in tackling difficulties which allow them to grow in warmth, support, and cohesion (Black, K., & Lobo, M., 2008; Bhana & Bachoo, 2011; Walsh, 1996). Family resilience can also be seen as a family effort followed by adaptation and succeed in dealing with pressure and problem for now and for the future time, which emphasizes family relationship as a whole as to which facilitates family survival and growth in encountering unfavorable conditions (Herdiana, Suryanto & Handoyo, 2018). Rajeev and Kunjachan (2014) stated that family resilience is an active process to survive, to have self-truth and always be developing in encountering crisis and challenge. REPUBLIC OF INDONESIA LAW NUMBER 52 OF 2009 about the Population and Family Development stated that family resilience and welfare is a condition of a family which has the tenacity and toughness, has physical and material capabilities in order to allow an independent life and to allow self and family development to live in harmony as well as to improve welfare of life, and to improve inner and outer happiness. Law number 10 of 2009 about the Population and Family Development mentioned that family resilience is an instrument to measure how far a family has implemented its function, tasks, and responsibility in achieving welfare of the family members.

Family resilience can be seen from the process that took place in the family such as strong emotional bond, effective communication pattern,

coping strategies employment, and family belief systems which are particularly based on spiritual values or religion used by the family to overcome unfavorable condition (Mackay, 2003). Family resilience is involving numerous things which includes the process of solving and simplifying the problems at all time, about family approach in encountering threatening crisis or the upcoming situation by implementing immediate adaptation for now and for a long term (Walsh,1996).

The key element of family resilience is successful engagement with risk, which is a family capability in surviving when encountering pressure and to be success in tackling it. Thus, it indicates the existence of family strengths to help to deal with challenge to achieve success and welfare (Mackay, 2003). Walsh (2003a) revealed that family resilience process is a family belief systems, organization pattern, and communication process. Family belief systems is including (i) making meaning for each difficulty, (ii) adopting optimistic point of view, and (iii) spiritual basic by creating meaning in the middle of difficulty through engaging, normalizing, and contextualizing the difficulty itself. In the other words, difficulty is viewed as both the whole and individual challenges; hence, family capability needs to be strengthening to overcome the difficulty.

Walsh (1996) stated that the basic elements of family resilience are the cohesion process, communication openness, problem solving ability, and the ability to strengthening family member belief systems. In line with that, Mackay (2003) revealed that family resilience has many dimensions, namely, family cohesion, family belief systems, coping strategies and communication. Family Cohesion is an emotional bond shares among all family members. Very low cohesion indicates the family dysfunction, as for very high cohesion also yells the same result. The appropriate cohesion is the balance one to the needs of all family members to allow family members to be independent. Meanwhile, a family belief system is an ability to make meaning to each problem, positive point of view, and spirituality. Family belief systems, including religiosity will help the family to control emotion, influence decision making, and to guide the behavior. Coping strategies is a family strategy in solving each problem by focusing on the problem itself or focusing on the emotional side. The last one is communication, are each

family member able to communicate effectively in making meaning for every event by employing negotiation, compromise, or reciprocity.

Rajeev and Kunjachan (2014) stated that there are 5 things that could build/strengthen family resilience, as follow:

1. Family has the natural ability to survive and recover from the crisis and the other unfavorable possibility
2. Family has the ability to strengthen the bond among its members, so that together they can fulfill the needs of both individual and family itself.
3. Family is able to revive their strength in the bonds of kinship, role fluidity, spiritual and religious practices, psychosocial guarantee availability, behavior control, and determine the family achievement orientation.
4. Family is able to assimilate relationship among the family members to the integration of family bigger community.
5. Family is able to promote independency, effective problem solving strategy, poverty improvement, and community development.

Rajeev and Kunjachan (2014) also revealed that family with a high resilience is empowered to shape an individual and to contribute to the community by employing community resource effectively. Family with a high resilience also takes part in all of social activities and also contributes to the community by taking part as facilitator, stakeholder who is responsible, as well as plays role as producer of good and service. Knowledge, inspiration, and motivation they contributed to the community will be the main contribution for the family empowerment.

This is also in line with Walsh (1996) who stated that the availability of community resource and family capability to use it are of vital importance to the family resilience, to provide financial security, practical help, social support, and the feeling of kinship in family, friendship, religion, or other group affiliation.

Furthermore, the Regulation of Ministry of PPPA Number 6 of 2013 about the Implementation of Family Development considers family resilience not only from psychological indicator, but also from many other