

A Picture of Family Resilience From the Perspective of Late Teenagers

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ABSTRACT: Family resilience is a very important thing in defending a family. Therefore, this research was conducted in order to be able to understand the picture of family resilience from the point of view of late teenagers. This research used 42 young respondents in Bali who were 20-23 years old with a data collection technique using a questionnaire instrument with an open question type. The result of this research is that there are six characteristics of a resilient family expressed by the respondents, namely a family that is able to survive in any situation as many as 17 respondents (40.40%), a family that is resilient and able to rise up as many as 9 respondents (21.40%), strengthen each other as many as 6 respondents (14.30%), always maintain togetherness as many as 6 respondents (14.30%), maintain and develop intimacy as many as 2 respondents (4.80%), and work together in finding solutions as many as 2 respondents (4.80%).

Keywords: Family Resilience, Late Adolescence, Strong Family Character



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INTRODUCTION

The family is explained by Latipun (2005), as a close social environment because there are a group of people with the same place of residence, interacting in forming mindsets, culture, and when there is the presence of a child in it the family will mediate the relationship between the child and the environment. Its formation is carried out by means of marriage which will unite a woman and a man through a sacred bond which will become the smallest unit of the social structure. The family is a household that is bound by blood or marriage and the family also provides basic instrumental functions and family expressive functions that are in a network (Lestari, 2012). The family is a social group that has various characteristics such as living together, having economic cooperation and the existence of a reproductive process (Murdock in Lestari, 2012).

Based on the presence of family members, the family is divided into two, namely the nuclear family and the extended family (Arcuri et al., 2020). The nuclear family is a family consisting of a husband, father, wife and children (Lee, 1982). Meanwhile, the extended family is a social unit consisting of the nuclear family and blood relatives, usually spanning three or more generations. The complexity of the family structure is not determined by the number of individuals who are members of the family, but by the number of social positions in the family (Lee, 1982). A family generally begins with a marriage between an adult male and an adult female. At the stage of marriage, the

relationship or relationship that occurs is the relationship between husband and wife (Lestari, 2012).

Law of the Republic of Indonesia Number 16 of 2019 concerning marriage states that the state guarantees the rights of citizens to form a family and continue offspring through legal marriage, guarantees the child's right to survival, growth and development and is entitled to protection from violence and discrimination and in the same law in article 7 it is stated that in Indonesia marriage is only permitted if a man and a woman have reached the age of 19 (nineteen) years but can take place at a certain age if in a state of urgency the parents ask for dispensation from the court (Anglewicz et al., 2023).

Every marriage has its own challenges and dynamics that are always present in it. In research conducted by Around and Pauker (1987) stated that there are five main issues why conflicts occur in marriage adjustments, some of the sources of these conflicts are financial, family, communication, role division, and personal differences. Subsequent research also conducted by Around and Pauker (1987) showed that the sources of conflict also change with increasing age of marriage.

Some examples of problems and challenges that a person must face in his marriage according to Kibtiyah (2014) are related to economic problems, differences in personality and temperament, sexual dissatisfaction, boredom, bad relations between two families, infidelity, distribution of assets, decreased attention from each or too much involvement of in-laws or parents in married life.

Zaker & Bustanipoor (2016) found the dynamics of other problems that are very serious in marriage and should get proper treatment, namely problems in a cultural context because this is related to the existence of cultural differences and values that are owned by partners. When cultural issues can be resolved properly, other problems will be easily resolved, because culture is an important component in married life (Hidayati, 2017). Understanding each other's culture in a marriage will make it easier for someone to better understand the mindset and values adopted so that they can be easily controlled or regulated. This shows that in a household there are many aspects that can be a source of conflict and threaten the resilience of a family.

When a family cannot be reconciled and continues to have disagreements, divorce is the recommended solution to find peace for each party (Nasir, 2012). Divorce is the abolition of a marriage by a judge's decision, or the demands of one of the parties to the marriage (Subekti, 1985). Until now, Supreme Court decisions have recorded 3,379,615 decisions related to divorce cases (mahkamahagung.go.id, 2021). Wijayanti's research (2021) revealed that there was an increase in the number of divorces during the Covid-19 pandemic due to the economic crisis during the pandemic. Divorce generally has a negative impact on children both physically and psychologically (Ramadhani, 2019). For this reason, efforts must be made to prevent divorce in the family.

One of the preventive steps to prevent family divorce is to apply family resilience. Toughness is defined by KBBI (2021) as strength, tenacity, and steadfastness. Family resilience is family strength that arises from strong feelings as a family in controlling life's events and difficulties, viewing life

as meaningful, prioritizing involvement in family activities, and having a commitment to learn to explore things and challenges, as well as new experiences (Sunarti, 2013). A resilient family can respond positively to crisis conditions, in a way that is unique according to the context and perspective of the family towards the problems faced (Hawley, 1966). Family resilience can be reflected by 6 dimensions according to Herdiana (2018), namely collective belief, connectedness within the family, a positive way of life, support and the ability to provide support, open communication patterns and the ability to solve problems collaboratively.

Family resilience is important because the family is the smallest unit in society that plays a role in producing quality resources, has community functioning, and has a big role in polemics and social phenomena (dp3akb.jabarprov.go.id, 2019). Nurpuspitasari (2017) also found that family resilience has a positive relationship with the value of children in the family. Respati (2014) also found that the number of juvenile delinquents was influenced by weak family resilience. Some of the positive impacts that families with resilience have are achieving happy, harmonious, prosperous and even quality families, families have no difficulties in dealing with crisis situations and emergency situations, can produce good human resources, have contributions and opportunities to build a harmonious social environment and contribute to the nation and state (dp3akb.jabarprov.go.id, 2019).

Based on the previous explanation, the researcher wanted to explore the character of family resilience from the perspective of late adolescents (Alanazi et al., 2023; Berrick et al., 2020; Lardier et al., 2018). This is done because there is still little research on the description of family resilience according to late adolescents in Indonesia.

METHOD

Identification of Research Variables

Family according to KBBI (2021) has several meanings, namely: 1) mother and father and their children or the whole house; 2) people in the household who are dependents (inner); 3) relatives or relatives; and 4) a very basic kinship unit in society. Meanwhile, according to Hildred Geertz (1983), the family is a place for intensive and continuous socialization and transformation of moral, ethical and social values among its members from generation to generation (Glowka & Zehrer, 2019; Gold et al., 2014; Lai-Ching & Kam-Wah, 2012; Soluk & Kammerlander, 2021). The family is a small unit or an integral unit of the community system (Mawarपुरy & Mirza, 2017).

Family resilience is the result of interaction and positive behavior patterns between individuals in the family so that the more positive patterns that can be carried out, the more resilient the family is in facing various difficulties (Hendriani et al., 2020). Family resilience according to Potter & Perry (2009) is the resilience of family members to adapt to the stressors received, besides that the family is also able to adapt to changes in roles, developmental periods and show resilience.

Family resilience according to (Dervishaliaj, 2015) has several characteristics, namely control, challenge and commitment. The control in question is the sense of control that the family has over the consequences of the challenges faced by the family. The challenge is how to see change as a

normal and positive part of life that encourages family growth. Commitment is the family's tendency to manage stress and work actively towards a successful adjustment.

Based on the explanation regarding family resilience above, it can be concluded that family resilience is the family's ability to adapt and overcome problems through the results of interaction and positive behavior that is applied.

Research Approach

The research in this article uses a descriptive qualitative approach. Qualitative research is research that does not need to be bound by theory from the start (Sarantakos, 1993). Qualitative research provides an opportunity for conclusions to be reached through interpretation of the data obtained with a clear frame of mind. In accordance with the purpose of this study, namely to find out how the description of the character of a tough family according to young women in Bali.

Research Respondents

Respondents in this study were 42 young women who were in Bali and aged 20-23 years.

Data Collection Procedures

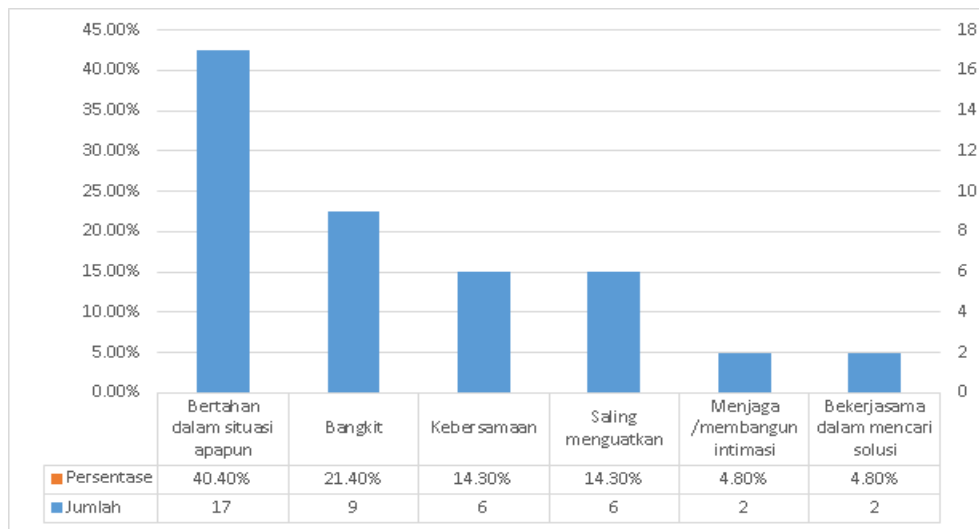
This study uses data collection techniques using a questionnaire instrument. Questionnaire is a data collection technique that is carried out by giving a set of questions or written statements to respondents to answer (Sugiyono, 2013). This study uses open-ended questions that are distributed using the Google form.

Data analysis technique

The analysis technique used in this research is thematic analysis technique. This technique is considered appropriate for research that aims to explore what actually happens in a phenomenon (Braun & Clarke, 2006). The following are the stages in the thematic analysis technique (Heriyanto, 2018):

1. Collecting data from field findings and existing literature in the form of primary data and secondary data.
2. Understand the content and various things in the research data obtained.
3. Develop a code that describes directly what appears from the research data.
4. Looking for a theme that describes an important matter according to the research problem.
5. Draw conclusions from the meaning of the existing data

Table 1. Respondents' assessment of the characteristics of the Resilient Family.



RESULT AND DISCUSSION

In this study, the results of data on the character of a resilient family were obtained from 42 female respondents in Bali. The data that has been obtained is then analyzed by grouping the answers of each respondent based on the characteristics of similar answers so that 6 characters of a resilient family are obtained which can be seen as follows:

Mutual Strengthening

Mutual reinforcement was interpreted by respondents as an act of strengthening one another. There are also respondents who think that strengthening each other is an act of helping each other in terms of social support.

"Families whose members mutually support one another can work well together in dealing with various matters" (Respondent 4)

"Families who when having problems work hand in hand to help in terms of social support and others, can overcome existing problems together" (Respondent 25)

Intimiation

According to respondents, the character of a tough family cannot be separated from intimacy or mutual care. Maintaining or building intimacy according to respondents is the family's ability to build and live their lives positively. Another respondent wrote that the character of a tough family can be seen from the condition of the family which is reflected by the good relationships that each individual has in it and the conflicts that occur are resolved properly so that they are not allowed to drag on.

“There is a good relationship between families, there are no prolonged conflicts” (Respondent 33)

"Families that are able to build and live their lives positively, and are able to rise from adversity" (Respondent 42)

Togetherness

Respondents saw that the character of the family cannot be separated from togetherness. The togetherness that exists in the family allows each individual in it to go through difficult and happy conditions (conflict) together. With togetherness, it is hoped that all individuals in the family can contribute together in solving problems.

"Together in difficult and happy, able to go through difficult things together" (Respondent 3)

"Families that are able to face and get through conflict together well" (Respondent 5)

“A tough family is a family that is able to get through the downs & ups together, not just one person (the head of the family) who carries the burden and solves the problem but all family members contribute to help hold each other's hands. A tough family is a family that is transparent about any circumstances, nothing is hidden between family members” (Respondent 24)

Survive in Any Situation

The character of a tough family is also inseparable from the ability to survive in various situations or problems. Respondents interpreted that each family member has loyalty, determination, a sense of togetherness, mutual support and high adaptability when facing a problem in order to maintain the integrity of their family.

“A tough family in my opinion is a family that can maintain their integrity when there are many problems that hit, support each other, not bring each other down and instead support each other. Can always adapt to every situation and problem” (Respondent 7)

"Resilient families are families that can survive in various kinds of situations that hit and support each other (embrace when there are problems)" (Respondent 11)

"A family that can survive various trials, which means that all members struggle to maintain the integrity of the family when there are problems being faced by filling each other up so that they are always 100%. When one member is only 20% then the others will complete it, the point is that everyone wants to try so that the family does not break up” (Respondent 21)

Working Together in Finding Solutions

A tough family has characteristics that are driven to work together in finding solutions to a problem. Respondents think that problem solving must be done well and the family must be strong in solving the problem so on.

"Where any problems in the family can be resolved properly and always build positive energy" (Respondent 33)

"In my opinion, a resilient family is a family that can solve a problem that is persistent and remains strong in solving it" (Respondent 41)

Rise

A tough family has the characteristic of being able to rise from adversity after being hit by a problem. After facing difficult times, families can live their lives back in a better way and make previous problems as reinforcements for living the future.

"Families that are able to build and live their lives positively, and are able to rise from adversity" (Respondent 10)

"A family that can rise from adversity, negativity or problems and can become a stronger family than before" (Respondent 23)

"In my opinion, a resilient family is a family condition that is able to rise from a downturn and make negative things that come as reinforcements in living the days ahead" (Respondent 28)

The family is an important social unit in society so that many individuals who yearn for the character of the family are considered to represent the tough family itself. Murdock (in Lestari, 2012) states that families have the characteristics of living together, there is economic cooperation, and there is a process of reproduction. As an insightful individual, students have different perspectives in defining the character of a tough family. This is shown by the data obtained from students who are currently pursuing their undergraduate education at the Psychology Study Program, Faculty of Medicine, Udayana University. There are six categorizations of tough family characters, namely: being able to survive in any situation, being able to rise, strengthening each other, being together, maintaining or building intimacy, and working together in finding solutions.

The first character is 17 respondents with a percentage stating the character of a tough family, namely a family that is able to survive in any situation. As a family, the ability to handle various situations is one of the things that is expected because the family is an important place for husband, wife and children physically, emotionally, spiritually, socially and economically. In addition, the family is also a source of affection, protection and identity for its members (Lestari, 2012). This makes family resilience a contributing factor in dealing with divorce problems in the family. The results of the study show that to deal with divorce problems, it is necessary to understand the community about family resilience so that each individual partner understands the concept and purpose of householding, optimizing the BP4 institution in bridging household conflict resolution and strengthening the family joints from various aspects both economic and social and others so as to minimize divorce rates (Amalia, Akbar, and Syariful, 2017).

The National Network for Family Resilience (1995) states that family resilience concerns the ability of individuals or families to utilize their potential to face life's challenges, including the ability to restore family functions to their original state in the face of challenges and crises. This means, a harmonious family is a family that is able to face all kinds of challenges. Based on this, respondents believe that the existence of a family is expected to be able to remain committed and survive everything that is faced in married life, including finding solutions to every problem faced. Thus, the family can live independently and be able to protect the family from various threats.

As many as 9 respondents (21.4%) stated that the character of a resilient family is a family that is able to rise. Families that are able to rise or have resilience are families that show interaction as something dynamic, integration between protective and improvement factors which include optimism, spirituality, harmony, flexibility, communication, financial management, time and recreation, routines and rituals, and social support (Patterson, 2002). The family is a social unit that is related and has high interdependence among its members. Therefore a conflict in a family is very risky to occur. Conflicts or problems that occur within the family are conflicts in life that are considered the most severe, because family conditions including conflicts that occur will have a significant influence on the personality development of each member (Aunillah & Moordiningsih, 2010). Family problems are events that occur in the family that disrupt family harmony and psychological balance within the family. Such as divorce, breakdown of parents' marriage, family economic difficulties, conflict between children and parents.

In this study, according to the respondent, the character of a resilient family is a family that has good resilience skills. Where the family is able to rise from a downturn and make the negative things that come as reinforcements in living the days ahead. So with this, in a family it is very necessary to have good resilience skills when facing problems, so that when problems occur individuals are still able to rise and survive in any situation. Because resilience has an understanding as an ability to bounce back from negative emotional experiences and the ability to adapt flexibly to changing demands from stressful experiences (Ong et al., 2006).

The third tough family character from the results of this study is a mutually reinforcing family which was expressed by as many as 6 respondents with a percentage (14.3%). According to KBBI, strengthen means to make strong or strengthen. So, mutually reinforcing can be interpreted as together making strong or strengthening one another in the family. Respondents in this study argue that mutual reinforcement is an act of hand in hand to provide social support, and have a strong feeling that they are family. Families with this value foundation apply in the context of small-scale families involving fathers, mothers and children where when a problem occurs in the family, the nuclear family will provide support and strengthen each other, among other things, to be able to get through it together, because the family is the main strength that every family member has.

The next tough family character is a family that always keeps together. There were, as many as 6 respondents with a percentage (14.3%) including stating that family togetherness is something or activity that is carried out together with all family members, family togetherness can also increase a sense of harmony and a sense of belonging to one another. Togetherness is very important for the family. Because together can make it easier for family members in all things. Togetherness can create a sense of mutual respect, love and care for others.

The fifth tough family character is a family that is able to maintain and build intimacy between family members and respondents who stated as many as 2 respondents with a percentage (4.8%). Intimacy refers to feelings of warmth, closeness, and attachment, both physically and emotionally, that are expressed verbally and non-verbally, and are obtained from loved ones. Intimacy according to Erikson (in Papalia, et al., 2009) is the ability to deeply connect one's hopes and fears to others while simultaneously accepting the intimacy needs of others. If the individual cannot develop intimacy with other people, he will experience isolation, namely the state of the individual withdrawing because he feels threatened by the behavior of other people. Furthermore, Duffy &

Atwater (in Papalia, et al., 2009) stated that there are several factors that affect intimacy including attachment style, self-disclosure, personal compatibility and self-adjustment between individuals and partners. In maintaining and building intimacy in a strong family, it is hoped that each family member can accept himself and interact with other family members, provide a sense of trust, care, affection and mutual concern for family members.

The last tough family character, namely, working together in finding solutions was expressed by as many as 2 respondents with a percentage of (4.8%). In a family, finding a solution in every conflict faced is fundamental so that a harmonious family is maintained. According to Olson and Olson (in Lestari, 2012) states that one that determines a happy or unhappy family is conflict resolution. Conflict resolution is the ability of couples to discuss and resolve differences (Olson, DeFrain, & Skogrand, (2019). A strong family needs to have good conflict resolution in order to be able to solve problems that befall their household. According to Rahim (1995) there are several conflict resolution styles used in the family, namely, avoidance style (trying not to realize there is a conflict), domination style (resolving conflicts without thinking about their partner), accommodation style (putting more importance on the needs of their partner), integration style (both partners pay attention to each other's needs), and compromise style (making agreements) together for a purpose).

Although the conflict resolution style used can sometimes give satisfaction to marriages and create strong families. However, it is not uncommon for families to be dissatisfied with the style of conflict resolution that is often used. It is no less important when looking for solutions in the family is through communication. Communication is carried out so that the solution obtained does not burden one party. According to Olson, DeFrain, and Skogrand, (2019) couples need to communicate to clarify relevant issues, share thoughts, and tell stories about solutions that can be used to resolve the conflicts they are facing.

CONCLUSION

Based on the results of the research conducted, it can be concluded that the resilience of the family from the point of view of the late adolescent expressed into six characters of a resilient family, is as follows: (1) a family in which members strengthen each other, (2) intimacy, (3) maintain togetherness, (4) able to survive in any situation, (5) cooperate with each other in finding solutions, and (6) resilient and able to rise up.

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