

Family Development to Create Family Resilience

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ABSTRACT

Family development is carried out to create quality and prosperous families who live in a healthy environment at every stage of life, so different but sustainable interventions are needed. With efforts to carry out family development, resilience will be created in a family. Family resilience is the ability to face and manage problems in difficult situations so that family functions continue to run harmoniously and to achieve the physical well-being and inner happiness of its members. The method used by the author in making this scientific work is to socialize or present material directly to the people of the Bojong Gede village with a brief and simple explanation, which can then lead to interaction bias through discussion and question and answer. This is done with the aim of providing information as well as knowledge aimed at assisting the community in forming and creating a harmonious family and, at the same time, creating resilience within the family sphere.

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INTRODUCTION

Family development is a strategic issue that must be paid attention to by all parties (across sectors and regional governments) in order to accelerate the realization of quality Indonesian families. Family development is one of the national development issues, with an emphasis on the importance of strengthening family resilience. Protection and empowerment of the family, as the smallest unit in society, is the main target of family development. Family development is an effort to create quality, resilient, and prosperous families that live in a healthy environment at every stage of life, so different but sustainable interventions are needed.

A family in general, is the smallest unit of society, consisting of the head of the family and several people who are gathered and live in one place under a roof in a state of interdependence. Several interventions that can be carried out to support family development programs include: (Dinas P3KB 2020)

- Increased access to information, education, counselling, and services regarding child care, upbringing, and development
- Improving the quality of youth and providing access to information, education, counselling, and services regarding family life
- Improving the quality of the family environment

The family is the smallest institution. In society, the family is The first social environment that does The process of socialization in an individual. The family also introduced members about love, morality of religion, social and cultural and so on. As well It's the family that's gonna create a resource. A qualified human power for building a society. That's, hopefully, the family's able to performing its functions and roles in all aspects of life like aspects economic, social, psychological and cultural (Yudhiani, Aulia, dan Zainal 2020)

Family resilience is the foundation of national resilience because the family, as a microsystem, influences larger systems in society. That's why family resilience is so important. Family resilience is the ability to face and manage problems in difficult situations so that family functions continue to run harmoniously and to achieve physical well-being and inner happiness for its members. Family resilience in psychological terms. Families will be able to withstand problems when they face them with a good and positive response. Problems can be controlled with good emotions and not blaming others by accepting the problem and overcoming it. Family resilience is one of the elements that can help to cope with vulnerability or problems in the family (Megawanty dan Hanita 2021).

There are three factors that influence this family's resilience: belief systems, organizational patterns, and communication processes (Humas BNN Kota Batam 2022). Based on the three factors mentioned above, there are several simple things that parents can do in their daily lives as a family. However, it should be noted that to build a strong family, effort is needed from each family member. If there is no effort from the parents, then, of course, the children will not participate in the process. Therefore, we should remember that family is not a one-way street. As parents, in building resilience, we should also remember our children's needs.

The first thing that can be done to increase family resilience is to plan time together. Sometimes we get caught up in the activities we 'have to do', so we forget to have fun and spend time with our family. Therefore, plan time to gather with your family, whether by going for a walk together or just watching a film at home. This activity can not only increase closeness between family members, but can also facilitate the communication process between parents and children.

The next step is to maintain open communication. Although it will certainly make life easier if this is the case, remember that family members and friends around us are not mind-readers, so it is impossible to read our minds. This is why we should communicate our needs clearly and also always be open to hearing other people's thoughts. If a child needs a father or mother as a parent to understand the situation, then they should listen to the child's side first, and vice versa.

The third activity is making and obeying family rules together. As previously mentioned, parenting should not be a one-way street. In making rules that you then expect your children to obey, it's a good idea to explain to them why these rules are necessary so they can understand, and vice versa. If your child asks for leniency, you should listen to the reasons first. Likewise with compliance with regulations: children learn by example, so as parents, we should obey the rules that we have created together.

The next step is to continue to maintain relationships between family members. As humans, there are definitely times when we clash with other family members because of differences in personality and opinion. When experiencing this, accept these differences and reconnect with what makes our family unique.

Lastly, do not be afraid to allow children to learn and experience failure. As a parent, of course, there is a feeling of wanting to help your child so that they can avoid the sadness of experiencing failure. However, it is important to remember that resilience in children can be built from an early age by allowing them to take risks and push themselves out of their comfort zone. Experiencing failure is of course unpleasant, but failure is also part of the life process, which will then make children know themselves better, for example, where their strengths and weaknesses lie, and they can use them to improve themselves.

The points above are easy methods and can be applied in our daily lives as a family, but we should remember that family resilience cannot be built in a short time. The activities above will not immediately make the family strong without consistency. If it is not made into a routine in the family, there will be no permanent visible results.

Based on this description, this activity aims to have a positive impact on families in Bojong Baru Village by building families to create family resilience. This is important because building a harmonious family requires good parenting and communication between families, so that the relationship between children and parents becomes healthier and reduces behavior or arguments within a family.

METHOD

To carry out this activity, two methods are used, namely:

- Method of Presenting the "Ideal Family Development Concept to Create Strong And Prosperous Family Resilience in Bojong Baru Village" directly to the residents of Bojong Gede Village with a short and simple explanation regarding ideal family resilience to create quality, resilient, and prosperous families. Then it is explained about the socialization of building family resilience.
- Discussion and Q&A. Hold discussions and ask questions about ideal family resilience in responding to existing challenges. Legal problems regarding the family and tips for anticipating legal problems that might occur.

Devotion Framework

To make this service activity easier, the author created an activity framework, as shown in FIGURE 1 below:

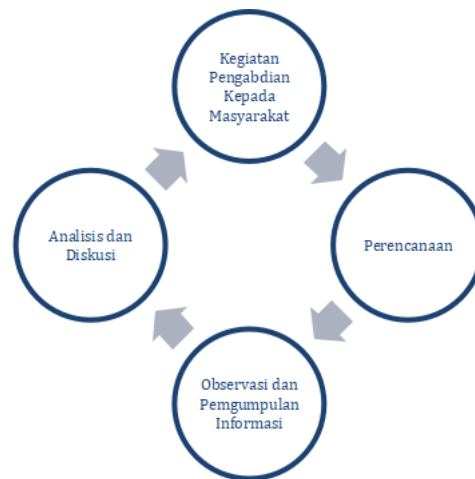


FIGURE 1. Framework for Community Service Activities

RESULTS AND DISCUSSION

The definition of family, according to Duvall and Logan, is a group of people with ties to marriage, birth, and adoption whose aim is to create, maintain, and improve the physical, mental, emotional, and social development of each member. Madrock, as quoted by Rustina, states that the family is a social group characterized by living together, cooperation between the two sexes, at least two of whom are based on marriage, and one or more children who live with them carrying out socialization (Rustina 2014). From a psychological perspective, a family is defined as a group of people who live together and live in one place and who pay attention to, influence, and supervise each other (Ali dan Murdiana 2020).

Family resilience itself is defined as the ability of a family to protect itself from various problems and threats that may interfere with the integrity of the family, as well as the family's ability to be in sufficient conditions and to have continuous access to income and resources to meet basic needs (Apriliani Dan Nurwati 2020). Family resilience is the process of setting up a dynamic system and establishing balance in a system due to the disturbances and difficulties possessed by the family (MacPhee D, Lunkenheimer E 2015)

There are five indicators that describe the level of family resilience, namely: 1. the attitude of service to each other as a sign of glory; 2. the affinity between husband and wife towards the quality of marriage; 3. the presence of parents who teach and train their children with various creative challenges, consistent training, and developing skills; 4. the existence of husbands and wives who lead all members of their families with compassion; and 5. the presence of children who obey and respect their parents (Cahyaningtyas A, Triana D, Prastiwi DA, dan EH, Jamilah 2016).

The other functions of the family are as follows: (Herawati 2017)

- Function of Religion. The family is a place where religious values are given, taught and practiced.
- Function of Affection. Since the baby was born, he has known love.
- Protection Function.
- Socio-Cultural Functions.
- Reproductive Function.
- Socialization and education function.

- Economic Functions.
- Environmental Development Function.

The family has the task of physically maintaining the family and its members, maintaining the resources that exist in the family. The division of duties of each member is in accordance with their respective positions. Socialization between family members. The family is the most basic institution in society and the smallest social bond in a country. A collection of many families in one place will form a community environment, each of which has special characteristics that are different from each other. The family is a basic element in society because it is a core element in the social structure, namely as an intermediary between individuals and society.

According to Law Number 52 of 2009 concerning Population Development and Family Development, namely in Article 1 Paragraph 11, In this paragraph, it is written that family resilience and well-being are the conditions of a family that has tenacity and toughness and contains material physical abilities to live independently and develop oneself and his family to live in harmony, improving physical and spiritual well-being and happiness.

With the mandate contained in these legal regulations, it is known that family resilience can be achieved by using other components, such as physical and non-physical resources, ways to overcome problems within the internal scope of the nuclear family, and meeting their physical and social psychological needs. Guided by this approach, we can create resilience in a family, namely by resolving problems in the family based on noble moral values, so that a harmonious family can be created.

Family endurance consists of physical endurance with the fulfillment of the needs of shelter, food, and board; non-physical endurance with the fulfillment of psychological mental needs; social endurance with the preservation of functional relationships between family members and with the environment; and endurance in the fields of religion and law with the observance of the provisions of religious and law applicable (Amalia, Akbar, dan Syariful 2018)

Family resilience refers to the family's ability to manage problems based on the resources it has to meet the needs of the family (Prawita dan Jayanti 2023). Family resilience is considered a pillar of national resilience. Resilience in the family describes interaction and communication between individuals who are harmonious and prosperous physically and psychologically. Based on the international family strengths model, family resilience consists of six criteria, namely: (Kusumavijaya 2022)

- Appreciation and affection
- Positive communication
- Commitment to family
- Comfort when spending time together
- Mental well-being is based on spirituality
- The ability of family members to deal with stress or problems

Family resilience must be a concern for all parties because it has a very significant influence on the lives of family members as well as contributing to aspects of the economy, parenting, education, social, and other family problems (Maulana Rezi Ramadhana 2020). A family that can be said to have resilience is a one that has tenacity and toughness, a family that contains physical and material capabilities, a family that lives prosperously and is happy physically and mentally. A family is said to have a high level of family resilience if it fulfills several aspects, namely: (Prayitno, Sofwan, dan Ibrohim 2021)

- physical resilience, namely meeting the needs for food, clothing, housing, education, and health;
- social resilience, namely oriented towards religious values, effective communication, and high family commitment;
- Psychological resilience includes the ability to overcome non-physical problems, positive emotional control, a positive self-concept, and a husband's concern for his wife.

Then there are five types of indications that describe the level of resilience of a family, namely:

- There is an attitude of mutual service as a sign of glory;
- The existence of closeness between husband and wife leads to good marital quality;
- Parents who teach and train their children with creative challenges, consistent training, and developing skills;
- Husband and wife who lead all their family members with great love; and
- Children who obey and respect their parents.

In building a family, to create family resilience, parenting patterns are also needed, which in this case have a significant influence on the harmony of the family. One of the factors in a healthy family is the existence of harmony in the relationship between parents and children and vice versa. Parenting style can be interpreted as the treatment of parents towards children in the form of caring for, educating, guiding, and training them, which provides results or output in the form of traits or characters that are disciplined, full of love and affection, obey the rules in the family, and have leadership qualities in the family. So that there will be love between family members between children and parents.

Family resilience can be achieved well if parents and children have mutual respect and love for each other. This attachment pattern will create a sense of mutual protection for each other, strengthen love and form harmony in family relationships. So that in building a harmonious family and creating resilience in the family, there will be defense mechanisms in each family member to achieve a physically and spiritually healthy family. So that the mental health of each family member can be maintained because there is a good pattern in the relationships between family members.

It's different if a family doesn't have a healthy pattern of establishing harmony within a family, because this will have a negative impact, one of which is that the relationship between parents and children will get worse. Then, if the family cannot create resilience within the family, the child will become a victim, which will have an impact on the child's psychology or mentality.

The following are some of the psychological impacts that will be received by children if a family does not carry out family functions well and does not create resilience in the family:(Halodoc 2018)

- A family that is not harmonious will make children stressed and unhappy
- Children will have an aggressive and rude nature
- Children will isolate themselves more, be quieter and even experience anxiety or anti-social disorders
- Children will lose a role model in the family
- Children will lose self-confidence
- Children's performance at school will decrease
- Children will have a high risk of mental problems when they grow up
- Children will experience trauma when establishing relationships with other people.

From the description above, it can be seen that if family relationships do not create a harmonious pattern for creating resilience in a family, then the impact that occurs will have an impact on the child's mental health. Children who are victims of a husband and wife's unpreparedness to become parents. A good relationship between parents and children can also be seen in how the parenting style is applied in the family. The relationship between children and parents will guarantee and create a harmonious family, which is the result of the family's efforts to create resilience in the family.



FIGURE 2. Implementation of counseling

CONCLUSION AND RECOMMENDATIONS

The implementation of counseling carried out in the context of direct community service was carried out in Bojong Baru Village, Bojong Gede Subdistrict. This is carried out as one of the goals of the tri dharma of higher education, namely community service, so that it is hoped that the local community can create family resilience in accordance with the theme of this counseling and practice it directly in the family setting.

The family is the main foundation in the lives of the state and society. A harmonious family can create a good generational structure towards the creation of a country that has noble moral values in accordance with the mandate of Pancasila and the 1945 Constitution.

By building a family to create resilience in the family, it will produce a harmonious family and a family that is physically and mentally healthy. This is an effort to minimize or reduce the negative effects that children will receive if a family does not have good resilience and parenting patterns.

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