

Overview of Family Resilience Index in South Tangerang City During COVID-19 Pandemic

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This study aimed to identify and map the level of family resilience in South Tangerang City to prevent family resilience problems. The family resilience level was measured using the family resilience measurement tool from Iqbal & Roebiyanto (2019). This research used a quantitative research approach with a descriptive analysis method. There were a total of 461 respondents in this study. Based on the results of calculations, scoring, and statistical analysis of each component of family resilience (physical resilience, psychological resilience, economic resilience, social resilience, and spiritual resilience), the results showed that the average score of the Family Resilience Index for South Tangerang City was 86.84 (very high). The highest score for family resilience was in Pondok Aren District (89.83), and the lowest was in Serpong District (83.47). For the physical health dimension, the highest score was in Setu District (16.07). Other dimensions such as psychological resilience (18.59), economic resilience (18.23), social resilience (19.06), and spiritual resilience (17.90) had the highest scores in Pondok Aren District. It is recommended that programs aimed at family resilience, COVID-19 handling, assistance and psychoeducation, and cooperation with other stakeholders in the community are necessary to strengthen the resilience of the families in South Tangerang City.

Keywords: COVID-19, family resilience, pandemic, South Tangerang

South Tangerang is a municipality that is a residential area around Jakarta (Indonesia's capital city) which is growing fast in all fields, from industry, education, trade to infrastructure development. For this reason, one of the concerns of the South Tangerang City government is the development of human resources, especially families.

Administratively, South Tangerang City consists of seven sub-districts and fifty four urban villages. The population of South Tangerang City is 1,696,308 consisting of 854,013 male residents and 842,295 female residents, with a gender ratio of 101.39. The residents referred to here are those who have lived in South Tangerang City for six months or longer or who have lived less

than six months but intend to stay, whether they have an ID card or not.

The family is the smallest structure of society that plays an important role in the development and strength of a country. If family resilience increases, then national resilience will also be stronger (Prayitno, 2016).

According to Law no. 10 of 1992 concerning Population Development and the Development of Prosperous Families, the definition of family resilience is the dynamic condition of a family that has tenacity and toughness and contains physical-material and mental-spiritual abilities to live independently and develop themselves and their families to live

harmoniously and improve physical and spiritual well-being.

According to Sunarti (2001), family resilience is the family's ability to manage resources and the problems it faces to meet the needs of its members. Family resilience consists of three latent variables, namely physical, social, and psychological resilience; and can be divided into ten sub-variables, namely: physical resources, non-physical resources, physical family problems, non-physical family problems, overcoming physical family problems, overcoming non-physical family problems, physical welfare, physical-social welfare, non-physical social welfare, and psychological well-being.

In the statutory context, the family is defined as the smallest social unit in a society consisting of: (1) husband and wife; (2) husband, wife and children; (3) father and child; or (4) mother and child (Law Number 52 of 2009 on Population Development and Family Development). In addition, the family is viewed as having eight functions, as referred to in Government Regulation Number 21 of 1994 on the Implementation of Prosperous Family Development, which includes the function of fulfilling physical and non-physical needs, which is: (1) religious functions; (2) socio-cultural functions; (3) the function of love; (4) protection function; (5) reproductive function; (6) socialization and education functions; (7) economic function; and (8) environmental development function. To measure the level of family resilience, the concept of family that is used will refer to the applicable laws and regulations (Family Resilience Index Report of Depok, 2019).

According to Law Number 52 of 2009 on Population Development and Family Development, the family resilience concept is closely related to the family welfare concept. Following Article 1 paragraph 11,

family resilience and welfare are family conditions that have tenacity and toughness and consist of physical and material resources to live independently and develop themselves and their families to live in harmony to increase physical and spiritual well-being, and also happiness. In line with this, family resilience can be measured using a system approach that includes input components, family management processes, and output components. According to this approach, family resilience is a measure of the family in managing the problems it faces based on the resources it has to meet the needs of its family (Sunarti, 2001).

The input components of the family resilience process are all resources that are used in the process of building family resilience. Family resources can be interpreted as what is owned and controlled by individuals in the family, both physical, material, and non-physical, measurable or non-measurable, economic, human, and environmental resources around the family to achieve the family's goals (Sunarti, 2001). Meanwhile, the output component of the family resilience consists of the family resilience level itself as a result of the process of carrying out family functions with the resources it has. Output components in the family include physical, social, and psychological well-being.

From the explanation above, the family is viewed as a crucial part of economic progress and development, but, nowadays, the rate of divorce and separation has been increasing in several countries, especially during this pandemic. In Indonesia itself, divorce rate during the pandemic increased by 5 percent (Tristanto, 2020). In South Tangerang, in particular, the divorce rate during the pandemic increased by 10 percent (Kurnianto, 2020).

One of the causes of divorce among married couples in South Tangerang city is high levels of interpersonal conflict (Tigaraksa

Religious Court, 2015). Other than that, based on the data obtained from Tigaraksa Religious Court (2015), the most common causes of divorce are as follows. First, lack of harmony, which means that partners can not understand each other's limitations, can not respect each other's personality, and can not solve their problems together well (Freely in Yani, 2018). Second, not taking responsibility, means that wife and husband do not play their expected roles in the household. Third, there are third party interferences, which means that there is someone outside the family who interferes with marital relations, for example, acts of infidelity or an affair.

In addition, according to Muna (in Sucahyo, 2021), there are several problems in the family that are most common. These problems are regarding childcare, communication, spouse infidelity, finances, health, and the use of gadgets by children. If families can not handle these problems properly, they will endanger family resilience, and if family resilience is low, it will have an impact on the quality of life and quality of human resources.

Method

Participants

The sample consisted of South Tangerang city residents as evidenced by address or domicile information. This study involved 461 participants, made up of 161 male participants and 300 female participants. Data was collected using a stratified random sampling method by face-to-face surveys and online surveys using the Google Forms platform.

Instruments

The level of family resilience in the family population in South Tangerang City was measured using a family resilience scale by

Thus, in order to ascertain the level of family resilience in South Tangerang, the South Tangerang City Government, through the Office of Community Empowerment, Women's Empowerment, Child Protection and Family Planning (DPMP3AKB) decided to conduct survey research on the Family Resilience Index in South Tangerang City. This survey was conducted to formulate a measure (index) of family resilience in South Tangerang City, Banten Province. This research also can be used for policy making related to the development of human resources, especially to families, so that programs can be implemented that can increase family resilience.

This survey was conducted by considering various demographic aspects to see differences in the level of family resilience from various sub-districts in South Tangerang. The index compiled refers to family resilience indicators that had been developed from various theories related to family resilience to ensure robust theoretical underpinning to the research so that this research can be more comprehensive.

Iqbal & Roebianto (2019). The development of that scale was based on the concept of family resilience from five dimensions: physical, psychological, social, economic, and spiritual resilience. Each dimension was measured using four items (in total there were 25 items) using a Likert Scale. This scale has four responses ranging from strongly disagree to strongly agree. Every item has t-value > 1.96, which means that all the items of the family resilience instrument are valid.

This study used a quantitative research approach with descriptive analysis methods. The data obtained were then analyzed with a descriptive statistical approach to describe and summarize the data obtained using the SPSS for Windows ver application. 23.

Table 1

Dimensions and Indicators of Family Resilience Index

Dimension	Indicator
Physical resilience	The ability of the family to maintain physical health.
Psychological resilience	The ability of family members to manage their mental health, both in managing their emotions, managing stress, motivating life, communicating with family members, so that family members develop and carry out their functions properly
Economic resilience	The ability of families to fulfil their needs, both food, clothing, shelter and entertainment
Social resilience	Family strength in the application of values, culture and norms in society, social resilience includes how a family interacts with the social environment
Spiritual resilience	The ability of families to improve religious beliefs in the form of worship

Results

After the data were obtained and verified, in total, there were 461 respondents who completed the survey. The demographic aspects obtained were age, gender, marital status, education, and religion. The survey results show that the majority of respondents were in middle adulthood, namely 31-40 years old (35%), had a married status (85%), were female (65%), were bachelor or diploma graduates (38%), and were muslim (97%).

Regarding the family resilience index’s score categorization, a score of 1 - 20 indicates very poor family resilience, a score of 21 - 40 indicates low family

resilience, a score of 41 - 60 indicates sufficient family resilience, a score of 61 - 80 indicates high family resilience and finally, a score of 81 - 100 indicates very high family resilience.

Based on the results of this study, it was shown that in general, all sub-districts scored highly on the index, indicating high levels of family resilience. The details can be described as follows: from 7 sub-districts, it can be seen that the highest Family Resilience Index was shown by Pondok Aren sub-district 89.83, followed by Setu sub-district 88.30, Pamulang sub-district 88.08, East Ciputat sub-district 87.58, Ciputat sub-district 87.13, North Serpong sub-district 83.49 and the lowest was Serpong sub-district 83.47.

Table 2

South Tangerang City Family Resilience Index

	Total Score	Physical R.	Psychological R.	Economic R.	Social R.	Spiritual R.
<i>Setu</i>	88,30	16,07	18,27	17,60	18,63	17,73
<i>Serpong</i>	83,47	16,00	16,76	17,02	17,24	16,44
<i>North Serpong</i>	83,49	15,59	17,36	17,05	17,00	16,49
<i>Pamulang</i>	88,08	15,75	18,31	17,69	18,65	17,68
<i>Ciputat</i>	87,13	15,36	17,74	17,84	18,51	17,68
<i>East Ciputat</i>	87,58	15,17	18,15	17,89	18,85	17,52
<i>Pondok Aren</i>	89,83	16,06	18,59	18,23	19,06	17,90

Mean	86,84	15,71	17,88	17,62	18,28	17,35
Max	89,83	16,07	18,59	18,23	19,06	17,90
Min	83,47	15,17	16,76	17,02	17,00	16,44

If viewed from the aspects of family resilience, it can be seen that the Pondok Aren sub-district had the highest score, indicating the strongest level of resilience among the other six sub-districts in psychological, economic, social, and spiritual resilience aspects. Meanwhile, in the physical resilience aspect, the Setu sub-district was better than the other six sub-districts.

The aspect of family resilience that had the highest level in all sub-districts was social resilience, with a score of 18.28 out of a maximum score 20. Social resilience includes the ability of families to manage social resources. That can be in the form of education for husband and wife, setting goals, having a clear role, supporting each other's self improvement, good communication, having time together, adhering to religious values, implementing a good problem-solving mechanism, working together in the family, having awareness of family values, worship fervently, and have family and social support.

On the other hand, the aspect that still needs attention is physical resilience. The scores for physical resilience were lower than other aspects of resilience, which was 15.71 out of a maximum score 20, and this applied equally to all areas in South Tangerang City. The indicator of family physical resilience is that the family's per capita income exceeds the minimum physical needs, and or more than one member of the family works and obtains economic resources that exceed the minimum physical needs.

To see the difference in the average score for each aspect of family resilience in the demographics of the respondents, a test using analysis of variance or ANOVA was conducted. If the p-value > 0.05, it means that there is no significant difference between the average groups. On the other hand, p-value < 0.05 indicates significance. This analysis was conducted on the demographic factors of the respondents, namely gender, age, education level, religion, and marital status.

Physical Resilience

In the first dimension (physical resilience), statistical analysis showed that age and marital status were significantly associated with physical resilience (p<0.05), with the highest scores on the resilience index shown for those over the age of 50, and those who were divorced. Education level, religion, and gender were not found to be significantly associated with levels of physical resilience.

Psychological Resilience

In the second dimension (psychological resilience), statistical analysis showed that education level, gender, and marital status were significantly associated with psychological resilience (p<0.05), with the highest scores on the resilience index shown for those who had an associate's degree (D3), those who are women, and those who were divorced. Age and religion were not found to be significantly associated with levels of psychological resilience.

Economic Resilience

In the third dimension (economic resilience), statistical analysis showed that marital status and education level were significantly associated with economic resilience ($p < 0.05$), with the highest scores on the resilience index shown for those who had an associate's degree (D3) and those who were divorced. Age, gender, and religion were not found to be significantly associated with levels of economic resilience.

Social Resilience

In the fourth dimension (social resilience), statistical analysis showed that marital status and education level were significantly associated with social resilience ($p < 0.05$), with the highest scores on the resilience index shown for those who had a master's degree (S2) and those who were divorced. Age, gender, and religion were not found to be significantly associated with levels of social resilience.

Spiritual Resilience

In the fifth dimension (spiritual resilience), statistical analysis showed that all demographic factors such as marital status, age, gender, education level, and religion were not found to be significantly associated with levels of spiritual resilience.

Discussion

In general, the scores indicated that South Tangerang City's citizens had a very high family resilience index. That result showed the most differences between groups when viewed from the age category and marital status. In the first dimension, physical resilience in people older than 50 years old (elderly people) was shown to be higher than other age categories as indicated by the Family Resilience Index. In addition, people who had divorced marital status also

had higher physical resilience scores than people with married or unmarried marital status.

Nevertheless, if compared with the other aspects of family resilience, physical resilience has the lowest mean score. This can be explained by the situation in which this study took place, which is in COVID-19 pandemic. During this time, many people were infected with coronavirus since it quickly and efficiently spreads between people, so it is more difficult to maintain the family's physical health.

In the second dimension, the psychological resilience of South Tangerang City's citizens was in the very high category, and this aspect of psychological resilience showed the most differences between groups when viewed from the education level, gender, and marital status. The psychological resilience of people with associate's degrees was higher than other education levels. Women also had higher psychological resilience scores than men. In addition, people who had divorced marital status also had a higher psychological resilience score than married or unmarried marital status.

In the third dimension, the economic resilience of South Tangerang City's citizens was in the very high category, and this aspect showed the most differences between groups when viewed from the education level and marital status. The economic resilience of people with associate's degrees was higher than other education levels. In addition, people who had divorced marital status also had a higher economic resilience score than married or unmarried marital status.

In the fourth dimension, the social resilience of South Tangerang City's citizens was in the very high category, and this aspect also showed the most differences between groups when viewed from the education level and marital status.

The social resilience of people with a master's level of education had higher scores than other levels of education. In addition, people who had divorced marital status also had higher social resilience scores than married and unmarried marital status.

In the fifth dimension, spiritual resilience showed that demographic factors such as age, gender, education level, religion, and marital status had no significant effect on showing differences in scores between groups. In other words, in the spiritual resilience aspect, demographic factors did not cause differences in the family resilience index. This is an interesting finding because Indonesia is rather a religious country, by placing the first principle of *pancasila* (Indonesia basic ideology) with "God Almighty". Even, according to research by the Pew Research Center in 34 countries, Indonesia was shown to be the country with the most religious population and the largest percentage of people who believe in God (Tamir, Connaughton, Salazar, 2020), which a spiritual or religious worldview should provide beliefs, values, practices, and relationships that can strengthen resilience (Caldwell & Senter, 2013).

Based on the results of this study, there are several things that are recommended as a follow-up to this research. First, from the research results, it is known that in general, all sub-districts of South Tangerang city have high levels of family resilience. This result can be used by the local government as the basis for evaluating the programs about family resilience that have been done so far, that the programs must continue to run, or even should be improved, to maintain South Tangerang community's family resilience. Second, regarding the improvement of physical resilience aspects related to the COVID-19 condition, the government is expected to continue increasing efforts in handling COVID-19, such as increasing COVID-19 detection

tests, promoting vaccine, and providing assistance for basic physical needs such as food, drinks, and basic necessities for the community. Furthermore, there is a need for continuous and sustainable assistance and psychoeducation so that families can be more empowered and resilient. Psychoeducation should pay attention to the five dimensions of family resilience: physical, psychological, economic, social, and spiritual resilience. Finally, it is also important to note that an improvement in family resilience will happen if there is cooperation with other stakeholders, such as family members itself, mental health experts (such as psychologists and counselors), advocacy organizations, and startups or organizations engaged in education and family resilience.

Finally, there are some recommendations for further research. This could explore the reasons that demographic factors are not related to spiritual resilience. Future research also could find out the reasons that divorced marital status has the highest score on the physical, psychological, economic, and social resilience index compared to those who are married or unmarried. In addition, further research is also needed to explore other factors that also affect family resilience, both per dimension and overall, so the understanding of family resilience may be more comprehensive.

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