

STRATEGIES TO IMPROVE FAMILY RESILIENCE IN THE PANDEMIC TIME COVID 19

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ABSTRACT

Family resilience is one of the keys. Family resilience includes economic resilience, social resilience, psychological resilience and spiritual resilience. Economic resilience is the ability to meet the basic needs of a family, namely clothing, food and shelter. Social resilience is the ability to build positive interactions with the environment. Psychological resilience is the ability to build a positive self-concept so that it is able to take lessons from whatever events occur. Meanwhile, spiritual resilience is the ability to carry out religious law and make religious values a fortress and a basis for life in facing various challenges.

Keywords: Strategy, Family Resilience, Pandemic

INTRODUCTION

Family resilience is a tool to measure family achievement in carrying out its roles, functions and responsibilities in realizing the welfare of members. The level of family resilience is determined by individual and community behavior. Individuals and families who have good knowledge and understanding of family resilience will be able to survive changes in the structure, function and role of families that change according to developments in information and communication technology. Individuals and families who are able to withstand environmental changes have the potential to have strong family resilience.¹⁵

The world is facing a big problem, namely the Covid-19 pandemic. No one can predict in advance regarding the presence of an outbreak as it is today. The event was so sudden, and forced everyone to accept it. The dangers of the corona outbreak cannot

be ignored. Victims have fallen from various groups, ranging from the lower class society to government officials, even doctors who are the spearhead in overcoming this problem. In terms of age, it also varies, from babies, children, adolescents, adults to the elderly, all cases that have happened to him. The government and society are forced to think of solutions to everything that happens. Recently, the government has urged the public to work from home (WFH), to work from home, especially for people who are at a vulnerable age. Children and students as well as students are also directed to learn from home (BDR). Most people refrain from doing activities outside. Work, study and worship are done at home. Part of the community is also affected by layoffs, termination of employment relations. This condition adds to the weight of the economy. While the needs of daily life continue to demand to be fulfilled. The need for food

¹⁵ Cahyaningtyas A, Tenrisana AA, Triana D, Prastiwi DA, Nurcahyo EH, Jamilah, Aminiah N T VD. Pembangunan Ketahanan Keluarga 2016. Utami DRWWU, Krismawati PL, Karmaji, Lestari P, Aryanti D, Susilowati A, Fitri S, Skriptandono, Anugerah DR LS, editors. Kementerian

Pemberdayaan Perempuan dan Perlindungan Anak. Jakarta: CV. Lintas Khatulistiwa; 2016. 39 p

cannot be delayed. All of this is a big challenge for the people and nation of Indonesia.¹⁶

The assignments given by the teacher are conveyed through internet facilities such as WA, google classrooms, zoom meetings and so on. All of these are challenges for schools and families in dealing with uncertain situations. It takes creativity and high fighting spirit to survive. Parents or guardians of students who are supposed to fulfill their financial obligations are also in a difficult position because the work area is also getting tougher. Educational institutions must survive with all their efforts, so that they can still pay teachers who have spent years serving in educational institutions to contribute to the intellectual life of the nation¹⁷.

The existence of the Covid 19 epidemic, where boarding school children were returned home, the process of schooling from home, and encouraged to stay at home, as if parents were reminded of education in the family that some parents may have forgotten. Parents should remember that one of the keys to success is emphasizing family education, because success in the world can lead to success in the hereafter.¹⁸

Education in schools has not been able to answer the anxiety of parents and society. This is evident from the fact that there are still many who do not understand religion well, whether in *aqidah*, worship or reading the Koran. Likewise, there are many cases of delinquency in adolescents and school students that are increasingly prevalent.

Juvenile delinquency ranging from brawls between students, drugs, free sex, alcohol, to a moral crisis, for example, there are students who threaten or even kill their own teachers because they do not accept being reminded when smoking. Family education will improve children starting from religion, morals, social and so on. The success of family education will be an intermediary for parents to heaven on earth (my home is my heaven) and also to the heaven hereafter. The existence of children who pray and pray, will make the good that the child does becomes a reward that flows for parents.¹⁹

Likewise in the family will be a big door for children to enter the heaven hereafter, when they are among the children who always pray for their parents, are devoted, and do not hurt them either with words or deeds. Regarding the urgency of the role of the family in educating children, Ibnul Qoyyim said that the damage to children is partly caused by parents, namely their ignorance, they do not teach religious obligations and traditions to children, they neglect children since they were young. so that children do not benefit from themselves, nor do they benefit their parents when they reach old age. Imam Al-Ghazali said that when a child is neglected in his early development, he will generally become a person with bad character such as a liar, a jealous person, a thief, likes to play with one another, likes to ask, likes to do useless things, likes to laugh, and acts crazy. all of this can be avoided with a good education.²⁰

¹⁶ Sunarti, (2011), *Ketahanan Keluarga: Lingkup, Komponen dan Indikator*

³ Kementerian Pemberdayaan Perempuan Dan Perlindungan Anak, & Badan Pusat Statistik. (2016). *Pembangunan Ketahanan Keluarga 2016*. Jakarta: CV. Lintas Khatulistiwa. Masten, A. S. (2018). *Resili*

¹⁸ Jailani, M. Syahrani. (2014) *Teori Pendidikan Keluarga dan Tanggung Jawab Orang Tua dalam Pendidikan Anak Usia Dini*. Jurnal. 8.2 (2014): 245-260. Jambi : IAIN Sulthan Thaha Saifuddin

¹⁹ Syafe'i, Imam. (2015). *Tujuan Pendidikan Islam*. Al-Tadzkiyyah: Jurnal Pendidikan Islam, 6 (2), 151-166. Lampung : IAIN

²⁰ Ulya, Nur Maziyyah (2012). *Pemikiran Ibnu Qayyim Al Jauziyyah Tentang Pendidikan Prenatal Dalam Kitab Tuhfah Al Maudūd Bi Ahkām Al Maulūd*. Tesis . Semarang: IAIN Walisongo, Semarang

RESEARCH METHOD

Types of Research

The research method used in this study is a qualitative method. Qualitative methods as research procedures that produce descriptive data in the form of written or spoken words from people or observable behavior. Descriptive research is a research method that describes all data or the state of the subject or object of research then analyzed and compared based on the fact that is ongoing at this time and further tries to provide solutions to the problem and can provide up-to-date information so that it is useful for the development of science and can be applied more to various problems.²¹ Outline descriptive research is a research activity that wants to create a picture or try to capture an event or symptom in a systematic, factual manner with an accurate arrangement. This qualitative method is used because of several considerations, namely the qualitative method is more adaptable and easier to adjust when faced with multiple realities, this method presents the essence of the relationship between the researcher and the respondent directly and this method is more sensitive.²²

Research Sites

The location in this study is Kedungwuni, Pekalongan Regency

Data Source

According to Suharsimi Arikunto, the source of data is the subject from which the data was obtained. Data sources include two types: the first is primary data sources, namely data taken from the first source in the field, or data obtained directly from the object of research that comes from observations and interviews, in this study

the primary data is obtained by researchers from the families who live in Kedungwuni, Pekalongan Regency.²³

Data Collection Technique

Data collection methods are techniques or methods that can be used by researchers to collect data, and data collection instruments are tools that are selected and used by researchers in collecting data so that these activities become systematic and easier.

In this study, the researcher acts as an instrument as well as a data collector. The procedures used in data collection are: (1) Observation, (2) Interview, and (3) Documentation.

Data Analysis Techniques

Data analysis in the study took place simultaneously with the data collection process. Among them is through three stages of the water model, namely data reduction, data presentation, and verification. Qualitative data analysis is an effort made by working with data, organizing data, sorting it into manageable units, licensing them, looking for and finding patterns, determining what is important and what is learned, and deciding what to tell others²⁴

The Stages of the Research

1. The stages of preparation

In this preparation stage the researcher begins to collect books or theories related to the research discussion.

2. Implementation Stage

This stage is carried out by collecting data related to the research focus of the research location. In the

²¹ Supardi, Metodologi Penelitian Ekonomi Dan Bisnis, (Yogyakarta: UII Press, 2005) Hal 28

²² Ahmad Tanzeh dan Suyitno, Dasar-Dasar Penelitian, (Surabaya: Elkaf, 2006), hal 116

²³ Suharsimi Arikunto, Prosedur Penelitian Suatu Pendekatan Praktik, (Jakarta: Rineka Cipta, 2006) hal 129

²⁴ Ridwan, Statistika Untuk Lembaga dan Instansi Pemerintah/Swasta, (Bandung: Alfabeta, 2004) hal 137

process of collecting this data, the researcher used the observation method

Data Analysis Phase

At this stage the researcher compiles all the data that has been collected systematically and in detail so that the data is easy to understand and the findings can be clearly communicated to others. After the researcher gets enough data from the field, the researcher analyzes the data that has been obtained using the analytical techniques that the author has described above, then examines it, shares and finds the meaning of what has been studied.

DISCUSSION

Strategies To Improve Family Resilience In The Pandemic Time Covid 19

1. Family Resilience

The ability to build family resilience is one thing that must be pursued. Family resilience is a dynamic condition of a family that has toughness and resilience physically, psychologically, mentally and spiritually so that it is able to realize an independent life, develop itself and its family so that a harmonious family is physically and mentally prosperous. There are several things related to family resilience. In general, it can be explained as follows:

First psychological resilience. Psychological resilience is the ability of a family to manage and build positive emotions in the family so that a positive self-concept is created. When family members have a positive self-concept, any events they face will be accepted positively as well. This means that the family has the ability to take lessons from every event that occurs, regardless of its form. It is not easy to blame other people or events that occur, but rather to find solutions to all the challenges and problems that are in front of our eyes. The ability to manage emotions and build a positive self-concept is the key in dealing with non-physical family problems.

Second, Economic resilience. Economic resilience is closely related to the ability to manage the family economy, so that basic needs for food, shelter and clothing can be fulfilled even though in a minimalist manner. This condition demands a source of family income. The source of income does not have to be an employee in the government or the private sector, but entrepreneurship can even give unexpected results. The definite goal is to be able to provide for the family's needs. In addition, the use of land around the house for productive activities is also very helpful for increasing family resilience. Such as growing vegetables and other crops that are fast harvesting. Catfish, chicken or other livestock that can support the fulfillment of family nutrition. Various other alternatives can be explored to find solutions to economic limitations.

Third, social resilience. Social resilience is closely related to the ability of families to build synergies with their social environment. Although most of the community held themselves at home, this did not cut the communication and information network between residents. With good friendship and communication, bonds and commitment will be built to help each other, give mutual support when there are problems that befall family members. The spirit of mutual cooperation needs to be strengthened. Willingness to help relatives or neighbors who are in trouble needs to be everyone's attention. Secondary needs need to be put aside so that primary needs can be met which cannot be postponed. The willingness to help others will ease the social burden when the family faces problems.

Fourth, when facing problems. Without an understanding of basic religious values and a solid fertile foundation, the journey of life will be easy to sway when faced with shocks. Especially during the current Covid pandemic which has an impact on almost all lines of life. Families

need to be directed to study the values of life taught in religious syariaat. Many learning resources have been opened. There are also many online broadcasts, you just have to choose according to your taste. Commitment to learn and keep learning, that is more important. In the end, spiritual resilience will direct oneself to behave and behave in accordance with values that are understood, and believe that all events that occur cannot be separated from the will and power of the almighty.

2. Improve Family Resilience

Family resilience is needed in times of situations like now, namely an emergency situation due to the Covid-19 pandemic. It is necessary to explore various strategies to increase family resilience, so that the community is able to survive and continue life's duties as it should. There are several attempts that can be made to build out resistance.

First, it strengthens psychological resilience. The impact of the covid-19 disaster can make life worse. High life pressure can cause stress or mental stress. Demanding needs, increasingly narrow job opportunities, indispensable IT skills, crazy quota needs and various life pressures make the mood even more depressed. It takes the ability to manage one's emotions in order to increase personality maturity. Developing a positive mindset is very necessary. So that parents are able to respond to all situations and conditions with a calm soul and spacious mind. Peace of mind is a good start to think of further solutions. If the mind is confused, the heart is depressed, even small problems can become more complicated and can become the root of larger family problems, awareness and training are needed to be able to control oneself and accept all conditions sincerely. Sincerity does not mean giving up, but still trying and trying to find solutions and solutions. Efforts accompanied by prayer, accompanied by a spirit of tawakkal surrender to God, are very

important attitudes in life. Maintaining, developing, and strengthening self-concept needs to be continuously built. Being grateful for every blessing that Allah gives is the key word in all circumstances, so that the heart becomes sincere and calm.

Second, increasing economic resilience. The current pandemic situation has an impact on economic growth. Economic growth continues to decline, even negatively. If this continues there will be a recession. The economic pressure is getting heavier. The current condition encourages the community to continue to explore, manage and utilize the smallest resources they have. Basic needs, namely the need for food and drink or food needs, are the first task to be fulfilled.

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yams that don't take long to harvest. Every family should make use of no matter how small the existing land is, to be used as a source of family nutrition. If the land is limited, then using a hydroponic pattern can also be done. It is necessary to think about the implementation of the family movement to plant horticultural crops, at least a number of members in the family.

Third, increase social resilience. Social interactions need to be maintained, even in a pandemic situation. Interactions can take place offline (outside the network) and online (online). Meetings that take place on land must pay attention to health protocols. Virtual communication can be an alternative to do. What is certain is that the friendship between family, relatives, friends should not be cut off. Social togetherness needs to be strengthened. The spirit of mutual cooperation needs to be nurtured. The sense of togetherness needs to be continuously developed. If someone has a concern for the community around him, then when he is facing difficulties, other people will lightly provide assistance and support. Willingness to help relatives and neighbors does not have to wait to get rich. Because there really is never anything if people don't feel enough, and they continue to hunt for wealth. Need to postpone secondary needs and wants, be diverted to share with others.

CONCLUSION

No family is separated from the problems and impacts of Covid at this time. But there is no problem for which there is no solution. It is a common task to work hand in hand to find solutions so that at least they can survive in today's limited times. Building family resilience is one focus of attention so that each family has endurance and fighting power in facing current challenges.

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