

FAMILY RESILIENCE STRATEGIES TO FACE ENVIRONMENTAL CHANGES DURING THE COVID-19 PANDEMIC

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ABSTRACT

Family resilience is an important issue in dealing with the Covid-19 pandemic in Indonesia, because of the negative impact not only on health aspects, but also on economic aspects that change family behavior. The purpose of this article is to present the available literature on the situation of family resilience at the family level that is required to face the new normal or adaptive process during the coronavirus outbreak. Qualitative research methods with synthetic analysis are used in this study. The data is sourced from 11 scientific articles collected through Google Scholar from 2020 to 2022. The results of the study show that the impact of the pandemic is unpredictable, posing a threat to family welfare. This is certainly a concern for family resilience that pays attention to: needs, complaints, comfort and alternative solutions, and the management of a family's expectations.

INTRODUCTION

In Indonesia, the term family resilience is better known as family resilience which has the meaning; "A process that allows family adaptation, in favor of survival in difficult times, to return to pre-crisis functioning and development as a result of experiencing difficulties." (Walsh F., 1996) Several studies have been conducted on the role, function or character of the family in dealing with traumatic events; Among them are strengthening families and community resilience to traumatic and disaster losses. (Walsh, 2007)

Family resilience is rooted in a positive perspective and sees the family as a collective unit of a number of individuals who interact and have their own strengths. Family resilience develops by placing the family as a functional unit that is a source for family members to become resilient. As we know, determinants in family resilience are influenced by: the length of bad situations experienced by the family, the internal and external support of the family during crises, the stage of the family when facing challenges/crises, and the methods of a family to deal with crises based on the characteristics of existing stressors (pressure factors). (Ike Herdiana et al, 2017)

Previous researchers began studies of family stress on the assumption that 1) family members interact and support each other, 2) stressors require families to be able to adapt and adjust, and 3) certain rules and communities will encourage family coping and adaptation. (Nichols, 2013) In Indonesia, the concept of family resilience has been explained and mandated in Law Number 52 of 2009, concerning Population Development and Family Development, where in article 1 paragraph 11 it is explained that family resilience and welfare is a condition of the family that has tenacity and resilience

and contains material physical abilities to live independently and develop themselves and their families to live in harmony in improving the welfare of birth happiness and mind. In addition, family resilience is also explained in Law Number 10 of 1992, as a dynamic condition of a family that has tenacity and resilience and contains physical, material and psychological, spiritual abilities to live independently, develop themselves and their families to achieve a harmonious state in improving physical and mental welfare.

METHODS

The research method that will be used in this study is to use a synthesis analysis approach. The method used allows the author to explore and elaborate on various perspectives, concepts, and understandings that exist in scientific articles that will be used as a source of data. The approach in the form of a literature review was chosen to gain a deeper understanding and broader context meaning related to family resilience strategies to face environmental changes during the COVID-19 pandemic. To ensure the relevance and quality of the data to be used, the authors will use 11 scientific articles published from 2020-2022 as data sources in this study. Relevance to the research topic, the quality of the methodology, and the reputation of the journal and/or publisher of the scientific article will be used as the basis for selecting the scientific article. With this research method, it is hoped that this article can provide a family strategy related to environmental changes due to the COVID-19 pandemic. The following are attached data sources of 11 selected scientific articles.

Table 1. Scientific Article Data Sources

No	Researcher/ Year	Article Title	Journal Index (Sinta /Scopus)	Research Methods Used	Result
1	Priyaji Agung Pambudi, Savina Nurma Fardiani; 2021	"Pawon Urip": The Community Local Wisdom to Maintaining Family Resilience During the Covid-19 Pandemic	Sinta	mixed method dan participator y action research (PAR)	Concepts of Pawon Urip is a very ideal effort for the cultivation of food and health resources as a form of adaptation during the Covid-19 pandemic in order to maintaining the stability of family resilience.
2	Mujahidatul Musfiroh, Retno Setwati, Yeremia Rante Ada, Sholahuddin; 2020	Implementation of Eight Family Functions During the Covid-19 Pandemic	Sinta	Quantitative with survey methods	Changes in family attitudes and behaviors in Scope of implementation of the eight functions of the family is a form of family adaptation in Dealing with internal and external factors

No	Researcher/ Year	Article Title	Journal Index (Sinta /Scopus)	Research Methods Used	Result
3	Nur Afiah; 2021	A Form of Family Resilience in Facing Problems During the Pandemic	Sinta	Qualitative with library research	family that can affect family resilience. The way to maintain family resilience is to strengthen psychological resilience, increase family economic resilience during the pandemic, increase social resilience, and increase spiritual resilience.
4	Layla Khalid Alfirmidus, Dajunowanus Gholam Mannar, Teguh Yowan; 2021	Community Resilience in Urban Plural Context: Assessing Challenges and Strategies in Times of Covid-19 Pandemic	Sinta	Kualitatif with method In-depth Interview	It takes a different approach compared to other dangerous contexts such as natural disasters, there needs to be the right strategy for behavior change
5	Maria Gayatri, Dian Kristiani Irawaty; 2022	Family Resilience during COVID-19 Pandemic: A Literature Review	Scopus	Quantitative with synthetic analysis method	The pandemic caused mental health problems that attacked family resilience. Therefore, this study suggests that it is expected to establish communication, positive activities, and religion-based practices as an adaptive effort to respond to the COVID-19 pandemic
6	Wayan Sudiarta I, Kadek Edi Palguna I; 2021	Implementation of Religious-Based Character Education In Strengthening Family Resilience During the Pandemic In Karangasem District	Sinta	Mix Method	Religious-based character education in strengthening family resilience during the pandemic needs to be implemented

No	Researcher/ Year	Article Title	Journa l Index (Sinta /Scop us)	Research Methods Used	Result
7	Rahayu Widaryanti, Muflih, Marselina Endah Hiswati; 2022	Technology-Based Complementary Village Innovation As an Effort to Increase Family Resilience During the Covid-19 Pandemic	Sinta	Kuantitative with method survey	On a community scale, this research concludes that there is a community partnership program (PKM) based on social media info during a pandemic such as the COVID-19 pandemic
8	Aldita Cindy Arfidiandra, Riana Rahmaningru m, Wazirul Luthfi; 2020	Social Resilience Based on Environmental Care Groups in Facing the COVID-19 Pandemic: A Study on the Clean Movement of Anggana District	Sinta	Kualitatif with a descriptive approach	The adjudication process is the main strategy, through adaptation to new activity patterns based on the value of local wisdom and social capital to encourage joint action to maintain group sustainability.
9	Agus Sumitra, Fifiet Dwi Tresna Santana, Ghina Wulansuci, Lutfi Kolbiah; 2022	Application of the Parenting Activity Model in Building Family Resilience to Overcome Early Childhood Stress After the Covid-19 Pandemic	Sinta	Mix Method Method Exploratory Sequential	A parenting program is needed as an effort to build family resilience to overcome child stress at an early age as an effort to build good family resilience.
10	He's a Mustika Dewi, Moh Amin Tohari; 2021	The Role of Family Resilience During the Covid-19 Pandemic	Sinta	Kualitatif with a descriptive approach and content analysis	The indicators of family resilience can be detailed by 4 (four) things, namely: religion at the family level, social interaction between family members, and family food and nutrition needs, and family psychology.
11	Muhammad Nadif Mahardika, Anita Trisiana, Awalin Widyastuti,	Government Strategy and Community Compliance in Overcoming the Covid-19 Outbreak	Sinta	Kualitatif with a descriptive approach	Cooperation between the community and the government that has implemented physical distancing is needed; so

No	Researcher/ Year	Article Title	Journal Index (Sinta /Scopus)	Research Methods Used	Result
	Jihan Sephiani Juhaena, Ristiara Mea Amanda Kirani; 2020	Based on the Spirit of Mutual Cooperation Royong			that the PSBB protocol can run well.

From the 11 scientific articles above, research with varied methods and approaches was found. This grouping process is based on the fundamental difference between quantitative and qualitative methods. By dividing the data into these two groups, this study aims to detail and better understand the research approach used in the analyzed articles. Most qualitative approaches use the descriptive approach method, while the quantitative approach uses the survey method.

RESULTS

Based on research themes on family level conditions during the Covid 19 pandemic in 2020 to 2022, there are family vulnerabilities whose biggest implications are: 1. Economic difficulties, due to layoffs (Termination of Employment), business losses, and the like, 2. Loss of family members (loss of soul), 3. Difficulties in adapting in the new normal era (restrictions on mobility and activities in the digital era), and 4. The increase in domestic violence (KDRT) triggers an increase in divorce cases. (Hanita, 2021).

In this paper, the author will accumulate all of these research themes in the concept of consumptive patterns that have undergone changes in preferences due to limited community mobility. According to the author, the root of the decline in economic value begins with the consumptive pattern of the family as a result of the change in the pattern in line with the mobility pattern.

McCubin (1997) mentioned two components of family resilience, namely: a) the ability of the family to maintain a pattern of functioning that is built after difficulties and stresses; b) the ability of the family to recover quickly from trauma or guesswork events that cause changes in the family. These two components in family resilience are referred to as elastic characteristics and buoyancy. Where it shows interaction as something dynamic, an integration between protective and improvement factors that include optimism, spirituality, harmony, flexibility, communication, financial management, time and leisure, routines and rituals, and social support. (Patterson, 2002)

Sunarti (2001) explained that family resilience concerns the ability of the family to manage the problems it faces based on the resources it has to meet the needs of its family. This is measured using a systems approach which includes input components (physical and non-physical resources), processes (family management, family errors, coping mechanisms) and outputs (fulfillment of physical and psychosocial needs). So that the family is expected to have:

- a. Physical resilience if the needs of food, clothing, housing, education and health are met (indicator: per capita income exceeds the minimum physical need) and free from economic problems (indicator: free from economic problems),
- b. Social resilience if oriented to religious values, effective communication, high family commitment (division of roles, support for advancement and family togetherness, fostering social relationships and problem management mechanisms, and

- c. Family psychological resilience if the family is able to overcome non-physical problems, positive emotional control, positive self-concept (including hope and satisfaction) and husband's concern for his wife.

Family Vulnerability during the Covid-19 Pandemic

The term "family vulnerability" refers to a situation of family life that is considered problematic, with a special need to support the socially responsible, professionally given. This means categorizing families is highly ambivalent, indicating not only the need for society to be supportive. Family life forms and family achievements, but also the special need to protect children growing up in the family. From a family pedagogical point of view, in particular, the category of "family vulnerability" seems to be "vulnerable" to making families more vulnerable through its general categorization approach. A central role is played by the assessment of a family's ability to raise children as "good parenting", on the one hand, or "poor parenting", on the other. Both are said to have a direct effect on children's development. It is assumed that the love of mothers and parents is inherently natural, but this is something that is quickly questioned in the case of parents who use professional support. (Slembrouck, (2003)

If parents do not succeed in portraying themselves as loving and caring parents, they risk being accused of lacking basic human abilities. (Urek, 2005) It shows the central function of the "normalization" of the everyday image of the family when building a professional opinion about a case, which is where the second hypothesis that this article intends to explain the entry in. We postulate that the outlined process by which families are categorized is compiled by the family image held by professionals. The image of the family, understood as "social objectification, i.e. the understanding of what the family is and what should be valid, or at least capable of being valid". (Bauer, 2015)

The discussion that is further discussed and parallel when defining and/or describing the family resilience factor is the vulnerability of the family itself. It requires a deep and detailed understanding of what family vulnerability is. As we know that vulnerability is always related to the value of rights. In the study journal of the National Resilience Institute of the Republic of Indonesia by Roma Megawanty and Margaretha Hanita, she agreed with Bohle and Wats that not all poor people are equally vulnerable to hunger and not necessarily the poorest who face the greatest risk. In addition to income, there are many other factors that determine whether a person will go hungry. (Watts, 1993) A process that seeks to explain why some of the others are more likely to experience hunger, defining what is commonly referred to in the literature as vulnerability.

Bohle and Watts, argue that the poor are usually among the most vulnerable by definition, but that the understanding of vulnerability rests on a careful disaggregation of the structure of poverty itself and it is precisely this deconstruction of poverty that is a critical starting point. In the context of the family, UNDP (Human Development Report 2014) and a number of vulnerability researchers identified the following individuals and groups as vulnerable, namely: the elderly, children, mentally and physically disabled, single-parent families, low-income families; language minorities, physically and socially isolated individuals/families, people whose lives depend on technology-based life support systems, terminally ill individuals, and others.

Children's Vulnerability during the Covid-19 Pandemic

When discussing the impact of COVID-19 and the Indonesian government's policies on children in Indonesia, it is important to consider the impact of disasters on children's vulnerability more broadly. According to the Indonesian Center for Child Protection and Welfare (PUSKAPA), child vulnerability can be defined as:

A condition that is disproportionately experienced by children due to a lack of access as a result of poverty, remoteness, mobility limitations, lack of responsiveness of public services, and exclusion based on age, disabilities, and social identities such as gender, religion, ethnicity, and sexuality.

These vulnerabilities are often associated with a sudden shock or a gradual shift in social norms or structures. (PUSKAPA, 2019)

Children are often among the most at risk during national emergencies. Disaster events, including the pandemic, also impact the mental health of children and adolescents, who are more likely to experience post-traumatic stress disorder, behavioral problems and depression. (Peek, 2008) Psychological trauma and emotional distress can be caused through family separation and death, separation from social networks, and sudden changes to daily life, including forced isolation and the inability to attend school or access education. (Chaimontree, 2010)

Children's vulnerability during the current pandemic can be seen as a result of a number of interrelated factors linked to sudden shocks, including pre-existing structural inequalities and inadequate access to essential supports and facilities, supported by socio-spatial organisations. Children's vulnerability is also caused by a gradual shift in social norms shaped by structures and regulations imposed by adults, including governments. (Bhabha, 2020) (Adger, 2006) In the context of the pandemic, several causes of child vulnerability in Indonesia have been identified.

First, the vulnerability of children's physical health has been disrupted by COVID-19, due to pre-existing health conditions, reduced access to health services, and limited options for implementing physical distancing and hygiene. Children living in informal settlements such as urban villages are often cut off from government access to clean piped water and sanitation systems. Slum areas are known to be disease incubators because they are occupied by high-density populations. Characterized by insecure property rights, poor quality of housing, and limited basic infrastructure and sanitation, slums have a variety of risk factors that can accelerate the spread of infection.

Second, the second cause of vulnerability is that children are only as safe as the families and communities in which they live, as they are exposed to the same health risks and economic pressures. As mentioned earlier, there are concerns that the economic pressures from COVID-19 will result in an increase in dropouts and a 'spike' in child marriage, both common tactics used by poor families to reduce the economic burden. (Susanti, 2020) Furthermore, any changes in the childcare environment due to the pandemic – whether as a result of caregivers falling ill or experiencing reduced mobility at home – can increase their vulnerability. From a mental health perspective, the large amount of technical information about COVID-19 has caused anxiety in some children, accompanied by a failure by adults to cope with the emotional and psychological responses they may be experiencing. (Dalton, Louise, Elizabeth Rapa, and Alan Stein, 2020) A pandemic with physical restrictions in place will exacerbate this risk.

Meanwhile, services that normally support children are temporarily closed in Indonesia or cannot be easily accessed, with a decrease in the response of drop-in centers and other support services for vulnerable children and adolescents. As a result, many of the children's basic needs have not been met and there has been a limited or overall decline in the quality of services. These include inadequate access to health and nutrition services (as some health centers/health centers have closed), education, child-focused NGOs, civil registration services, social assistance, and mental health services. Marginalized children also experience barriers to online technology through public access computing. This is due to the uneven digital landscape that prevents children from low socio-economic backgrounds, and those living in rural and remote areas, from accessing the internet and related virtual spaces. (Beltsazar, 2020)

Finally, there is a blanket system of discrimination that exists in Indonesia, caused by incomplete and inaccurate data used as the basis for the pandemic response, which excludes the most vulnerable. This social exclusion has created challenges, especially for migrants, to register themselves with local authorities and access social protection programs. Spatial invisibility leads to administrative translucency, which then leads to denial of basic rights and services, because without formal identification people are often denied the provision of public services. As a result, millions of children

existed without being officially recorded on official databases, leaving no access to formal government support programs during the pandemic.

Community Behavior During the COVID-19 Pandemic Until 2022

The COVID-19 pandemic has lasted for almost three years in Indonesia with the number of infected people reaching 5.7 million people and causing 150 thousand people to die. The outbreak of the new variant of the SARS-CoV-2 Omicron virus has caused the third wave of COVID-19 cases to occur in Indonesia since the end of January 2022. Responding to this emergency condition, the government decided to continue the policy of Implementing Community Activity Restrictions (PPKM) proportionally throughout Indonesia by taking into account the development of daily cases and the readiness of medical services in a region. This aims to reduce the spread of COVID-19 through restrictions on mobility and community interaction while still considering the sustainability of economic activities that are gradually recovering.

PPKM regulates work operations in various places and activities. The operational activities of some economic activities are limited to a certain hour depending on the urgency of the activity. Face-to-face teaching and learning activities can be carried out by following the rules that have been set by the government. Meanwhile, office work activities are regulated proportionally in accordance with the applicable PPKM level. The effectiveness of handling the COVID-19 pandemic is highly dependent on people's behavior. Without discipline in the implementation of health protocols, the spread of the coronavirus will be very difficult to control. The emergence of new variants

With a faster rate of spread, it is also a challenge that must be the concern of all parties. On the other hand, the government continues to strive to accelerate and expand the vaccination target. Since mid-December 2021, the government has started implementing a COVID-19 vaccination program for children aged 6-11 years. This policy is a follow-up to the previous COVID-19 vaccination that had been given to residents aged 12 years and above. Apart from the government's efforts to provide vaccines, public participation and awareness are also urgently needed.

A number of policies that have been taken by the government seem to be starting to bear fruit. Economic activity is slowly starting to strengthen again in a number of regions. Until the arrival of the third wave of COVID-19, daily cases seem to be declining. However, a number of challenges still have to be faced in an effort to free Indonesia from COVID-19. In addition to public awareness and behavior, economic and social factors also need attention. Moreover, restrictions on community activities are known to not only have an impact on socio-economic aspects but also extend to the psychological condition of the community.

In an effort to support government policies in accelerating the handling of the COVID-19 pandemic, BPS again conducted the Community Behavior Survey During the COVID-19 Pandemic (SPMPMPC-19) in the period of 16-25 February 2022. Based on BPS data, related to public behavior during the COVID-19 pandemic in 2022 can be detailed below:

- a. Community behavior in implementing health protocols, in general from the five existing protocols (wearing masks, washing hands, maintaining distance, avoiding crowds, reducing mobility, maintaining air circulation, maintaining/increasing immunity, maintaining cough etiquette, and fulfilling balanced nutritional intake); The lowest compliance is in the protocols of maintaining distance and reducing mobility. Where health protocols are based on personal awareness,
- b. People are considered to violate health protocols because they are tired of the pandemic and feel uncomfortable when implementing health protocols, and feel that the situation is safe (feel confident that they will not be infected),
- c. Mobility during the COVID-19 pandemic can be seen from the increased use of public transportation due to working to meet household needs.

Family Resilience Implemented Against Child Vulnerability During the Covid 19 Pandemic

All those with families definitely need to build active family resilience behind family companies and family offices. A family is the main foundation for a family business – even more fundamental than a family owner. The ability of the family's financial stability is also required to survive in the long term because it is highly dependent on the family's ability to: unite, produce enough family talents to contribute in major ways to the family enterprise, and support each other. Families who are able to survive any pandemic situation (other than Covid19), will be able to move through all challenges that may be more difficult than the current pandemic, because of the growth of confidence, skills, unity and unity, as well as the support that is firmly planted in the family members' personalities.

A family can build and strengthen resilience in good times and also during crises. In the midst of the current crisis, these actions will help:

- a. A family grows stronger as a unit by pulling together toward a common goal, supporting each other, and collaborative problem-solving through difficult times. Set aside this family disagreement between parents and children.
- b. Family leaders need to actively shepherd families through this crisis: be open with families about the challenges facing their families and companies, provide hope that companies and families will make it through this time, focus families on specific concrete goals and actions, and emphasize the need for trust and collaboration.
- c. Families need to know that in addition to saving family wealth, families must try to achieve in this crisis. Determine what your family wants to protect and what the big goals are. Be open in the present moment to redefine how you achieve success as a family. It instills in children to be able to communicate openly with parents.
- d. Be a role model for future generations. An individual, a generation of families, or an entire family can be a good role model for future generations when it comes to overcoming crises. Resilience is transmitted from generation to generation not only through successfully recovering from adversity but also through role models. You learn from role models who act boldly in times of crisis; they become memories that you will remember when you experience future challenges.
- e. For children's affairs, they must be involved together and collaborate, share roles equally, and respect children's right to privacy while being supervised by the parents concerned.
- f. Pay attention to the condition of the whole house and carry out the arrangement of goods in their place and give the same influence to each house in maintaining cleanliness and being able to think for the common good.

CONCLUSION

The pandemic has caused unpredictable and uncertain impacts on children, which can cause problems that lead to threats to family welfare. The pandemic has caused mental health problems such as anxiety, stress, and depression. It is essential to have good and healthy communication and to find positive activities to do together among family members that can build a sense of togetherness, trust, and happiness. From the results of the discussion above; This study concludes that resilient families must pay attention to: the needs of the family, listen to the family's complaints, provide a sense of comfort and help to stay calm, help have an alternative solution if there is a problem, as a protector from a bad situation, and be able to manage a family's expectations.

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- Peta Sebaran | Covid19.go.id
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