

FAMILY RESILIENCE IN BANDAR LAMPUNG CITY

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Abstract

A family will have resilience if the family can play an optimal role in realizing all the family's potential. Family resilience describes sufficient and sustainable access to income and resources to meet basic needs including adequate access to food, clean water, health services, educational opportunities, housing, time to participate in society, and social integrity. Family resilience also includes the family's ability to manage resources and problems to achieve prosperity. Building family resilience is carried out through two paths, namely building physical resilience and building non-physical resilience. Family resilience is the family's resilience to live independently and the family's ability to protect the family from various threats. Family resilience carried out by respondents is in accordance with 5 (five) indications of the level of family resilience. Five indications that describe the level of family resilience are the attitude of serving each other as a sign of nobility, closeness between husband and wife leading to a good quality marriage, parents who teach and train their children with various creative challenges, consistent training and developing skills, husband and wife who leads all family members with great affection, children who obey and respect people.

Keywords: Family Resilience, Welfare, Quality of Marriage.

I. INTRODUCTION

Family resilience includes 5 dimensions, namely the basis of legality and family integrity, physical resilience, economic resilience, social resilience, psychology and cultural resilience.³

The quality of the population in physical and non-physical aspects which includes health level, education level, employment, social level productivity, resilience, independence, intelligence as a basic measure to develop abilities and follow life as a devout and cultured human being.⁴

To achieve family prosperity, family resilience is needed, where the family must be able to fulfill its needs, especially those related to basic human needs, namely clothing, food and shelter, so that the family is able to fulfill its basic needs, it is hoped that the family will be able to carry out productive activities to improve the quality of life.⁵

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⁴ Undang-Undang Nomor 52 Tahun 2009 tentang Kependudukan dan Pembangunan Keluarga.

⁵ Satjipto Rahardjo, *Hukum dan Perubahan Sosial*, (Yogyakarta: Genta Publishing, 2009), p.

Family Resilience is a reference and basis for the order of life of the smallest community of the nation and state, namely the family which regulates the direction of reach, scope, material in regulations, as well as fulfilling the components of family resilience, namely legal, structural, physical resilience, social resilience, psychological resilience, Socio-cultural resilience, regarding the components of economic resilience, is the main benchmark in overall family resilience, especially in the city of Bandar Lampung, so what is needed includes regional income per community capacity, environment, employment opportunities and adequate health.

Family formation in Indonesia is regulated in Law Number 1 of 1974. Marriage is a physical and spiritual bond between a man and a woman as husband and wife with the aim of forming a happy and eternal family (household) based on the belief in the Almighty God.⁶ Marriage is valid if it is carried out according to the laws of each religion and belief.⁷

Marriage is a very important institution in society. The existence of this institution is to legalize the legal relationship between a man and a woman. In family practice, there are two dilemmas that will be faced, namely:

- 1) A family formed through a marriage process based on religion and belief but not recorded according to statutory regulations. Article 2 Paragraph (2) of Law Number 1 of 1974 stipulates that "Every marriage is recorded according to the applicable laws and regulations".⁸ This family position is legal according to the Marriage Law even though they do not have marriage registration documents. The obstacles that will be faced are related to population administration, including those related to civil registration such as birth certificates.
- 2) The existence of families that are formed is not based on marriage according to religious and belief laws. In practice in the field there are "cohabiting" couples in the middle, they are couples who bind themselves without going through the marriage process, live together in one residence and some of them have offspring or children. Even though this practice violates the Marriage Law, it has no legal consequences. The consequences for couples who have illegal relations are more like social sanctions.

In the Marriage Law, marriage requirements are related to age, mutual consent of the prospective couple, permission from parents/guardians. The age limit in Article 7 paragraph (1), which was originally at least 19 years old for men and 16 years old for women, was declared contrary to the 1945 Constitution and did not have binding legal force, through the Constitutional Court Decision (per 5 December 2018). The minimum age limit for marriage has changed to 19 years for men and

⁶ Pasal 1 Undang-Undang Nomor 1 Tahun 1974 tentang Perkawinan.

⁷ Pasal 1 Ayat (1) Undang-Undang Nomor 1 Tahun 1974 tentang Perkawinan.

⁸ Pasal 2 Ayat (2) Undang-Undang Nomor 1 Tahun 1974 tentang Perkawinan.

women, in accordance with Law Number 16 of 2019 concerning Amendments to Law Number 1 of 1974 concerning Marriage.

Bandar Lampung City is the capital of Lampung Province. Apart from being the center of government, social, political, educational and cultural activities, this city is also the center of economic activity in the Lampung region. The city of Bandar Lampung is located in a strategic area because it is a transit area for economic activities between the islands of Sumatra and Java, making it beneficial for the growth and development of the city of Bandar Lampung as a center for trade, industry and tourism.

Geographically, the city of Bandar Lampung is located at 5°20' to 5°30' south latitude and 105°28' to 105°37' east longitude. The capital of Lampung province is in Lampung Bay which is located at the southern tip of Sumatra Island.

The city of Bandar Lampung has an area of 197.22 km² consisting of 20 sub-districts and 126 sub-districts. Administratively, Bandar Lampung City is bordered by: To the north it is bordered by Natar District, South Lampung Regency. To the south it borders Lampung Bay. To the west, it borders the Gedung Tataan and Padang Cermin Districts, Pesawaran Regency. To the east it borders Tanjung Bintang District, South Lampung Regency.

The following is the total population in the city of Bandar Lampung obtained from the Central Statistics Agency (BPS) of Bandar Lampung City, as of 2023.

Table 1 Number of Population by District and Gender, Bandar Lampung City, 2023

Kecamatan District	Laki-laki Male	Perempuan Female	Jumlah Total
(1)	(2)	(3)	(4)
Teluk Betung Barat	19.806	18.721	38.527
Teluk Betung Timur	25.730	24.196	49.926
Teluk Betung Selatan	19.903	19.456	39.359
Bumi Waras	29.896	28.273	58.169
Panjang	38.173	36.685	74.858
Tanjung Karang Timur	19.443	19.099	38.542
Kedamaian	26.962	26.495	53.457
Teluk Betung Utara	25.503	25.084	50.587
Tanjung Karang Pusat	25.574	24.752	50.326
Enggal	12.752	13.000	25.752
Tanjung Karang Barat	31.888	31.306	63.194
Kemiling	43.551	42.749	86.300
Langkapura	21.902	21.470	43.372
Kedaton	26.313	26.075	52.388
Rajabasa	28.379	27.579	55.958
Tanjung Senang	31.314	31.088	62.402
Labuhan Ratu	24.197	24.011	48.208
Sukarame	33.928	33.210	67.138
Sukabumi	37.183	35.995	73.178
Way Halim	34.384	34.084	68.468
Bandar Lampung	556.781	543.328	1.100.109

Source: Badan Pusat Statistik (BPS) Kota Bandar Lampung, Tahun 2024

The population of Bandar Lampung City is 1.100.109 people as of December 2023.

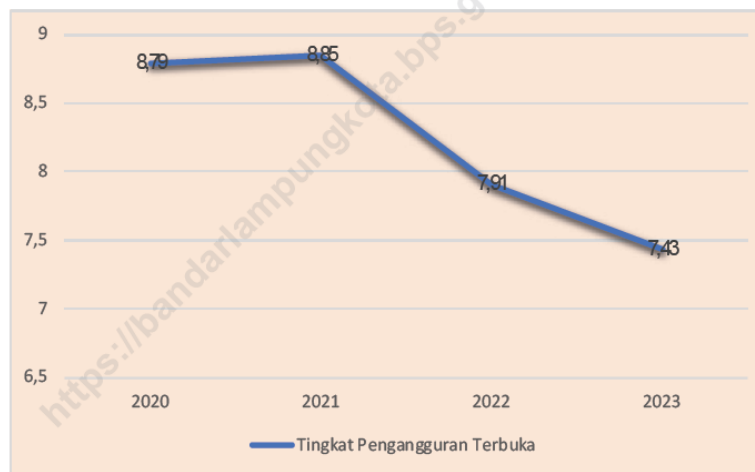
Table 2 Number of Couples of Childbearing Age (PUS) by District in Bandar Lampung City, 2019-2023

Kecamatan District	Jumlah PUS/ Eligible Couple				
	2019 (1)	2020 (2)	2021 (3)	2022 (4)	2023 (5)
Teluk Betung Barat	6.229	6.244	5.624	5.389	6.308
Teluk Betung Timur	7.116	7.143	6.386	6.065	6.416
Teluk Betung Selatan	7.378	7.384	4.616	4.342	4.386
Bumi Waras	8.420	8.422	6.950	6.585	6.679
Panjang	12.307	12.428	9.626	9.146	9.468
Tanjung Karang Timur	5.976	5.976	3.997	3.763	4.034
Kedamaian	9.195	9.195	6.393	6.067	6.539
Teluk Betung Utara	7.944	7.944	5.816	5.503	6.392
Tanjung Karang Pusat	10.206	10.208	5.102	4.810	4.930
Enggal	5.434	5.438	2.604	2.426	2.900
Tanjung Karang Barat	10.273	10.280	7.212	6.852	7.144
Kemiling	14.359	14.374	11.344	10.737	11.718
Langkapura	6.615	6.582	5.364	5.047	5.847
Kedaton	7.399	7.437	5.482	5.158	5.472
Rajabasa	9.367	9.367	6.161	5.808	6.049
Tanjung Senang	7.422	7.437	6.287	5.927	6.245
Labuhan Ratu	5.141	5.148	4.429	4.185	4.671
Sukarame	9.329	9.349	7.280	6.842	7.531
Sukabumi	10.381	10.411	9.038	8.600	9.445
Way Halim	12.291	12.307	6.885	6.436	7.056
Bandar Lampung	172.782	173.074	126.596	119.688	129.230

Source: Badan Pusat Statistik (BPS) Kota Bandar Lampung, Tahun 2024

The number of couples of childbearing age in Bandar Lampung City from 2019 to 2023 has decreased from 2020 to 2023.

Figure 1 Bandar Lampung City Open Unemployment Rate, 2023



Source: Badan Pusat Statistik (BPS) Kota Bandar Lampung, Tahun 2024

The unemployment rate in Bandar Lampung City has decreased from 2021 to 2023.

Table 3 Bandar Lampung City Minimum Wage (UMK), 2019-2023

Tahun Year	Upah Minimum Kota (Rp) Municipality Minimum Wage	TMT Starting Date	No. Keputusan Regulation Number
(1)	(2)	(3)	(4)
2019	2.445.141,14	1 Januari 2019	G/552/V.07/HK/2018
2020	2.653.222,66	1 Januari 2020	G/801/V.07/HK/2019
2021	2.739.983,04	1 Januari 2021	G/526/V.08/HK/2020
2022	2.770.794,14	1 Januari 2022	G/654/V.08/HK/2021
2023	2.991.349,35	1 Januari 2023	G/744/V.08/HK/2022

Source: Badan Pusat Statistik (BPS) Kota Bandar Lampung, Tahun 2024

The minimum wage for Bandar Lampung City has increased every year from 2019 to 2023.

Table 4 Condition of Job Opportunity Market According to Level of Education and Activities in Bandar Lampung City, 2023

Tingkat Pendidikan	Pencari Kerja Registration			Lowongan Vacancy			Penempatan Placement		
	L	P	Jumlah /Total	L	P	Jumlah /Total	L	P	Jumlah /Total
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)
Tamat SD Graduated Basic School	4	8	12	-	1	1	-	-	-
Tamat SLTP/Setingkat SLTP Graduated Junior High School	56	12	68	1	-	1	-	-	-
SLTA General Senior High School	2.054	2.152	4.206	966	1.074	2.040	962	1.074	2.036
SLTA Kejuruan Vocational High School -STM, SMK TEKNIK -SMEA, SMK EK -SPG, PGA -SPMA -SKKA -SLTA LAINNYA	-	-	-	-	-	-	-	-	-
Diploma I dan II	7	-	7	-	-	-	-	-	-
Diploma III	40	57	97	3	5	8	1	1	2
Sarjana (S1)	132	119	251	3	11	14	1	1	2
S2 dan S3	4	-	4	-	-	-	-	-	-
Jumlah/ Total	2.297	2.348	4.645	973	1.091	2.064	964	1.076	2.040

Source: Badan Pusat Statistik (BPS) Kota Bandar Lampung, Tahun 2024

This research uses two different juridical analysis methods, namely the normative juridical method and the empirical juridical method.

The legal research method used is the interpretivism paradigm related to sociological theory. Sociological theory refers to the clearest ideas, arguments, hypotheses, thought experiments and speculations about how and why human societies or elements or structures of such societies form, change and develop over time or disappear.

II. DISCUSSION

The Problems do Families Face in Realizing Family Resilience

To measure the extent to which family resilience has been achieved in a family, separate indicators are needed.⁹ The components of family resilience are divided into input, process and output.

Inputs are resources, both physical and non-physical. Physical resources, for example, are family income and family assets, while non-physical resources, for example, are time, religious values, quality of communication, and setting clear marriage goals.

The process is family problems and how to deal with them, for example economic problems, chronic pain, parenting. Meanwhile, the output component consists of physical well-being, social well-being and psychological well-being. Physical well-being includes things like the economy, health and children's education. Meanwhile, social welfare includes participation, self-esteem and social life. Psychological well-being includes husband's concern, self-concept, future hopes, feelings of guilt and general satisfaction.

Resilient families also have "resilience" when facing problems. The key characteristics of families that have resilience are as follows:

- 1) Family trust and hope, including a positive outlook and self-confidence to achieve something.
- 2) Emotional relationships between family members, including emotional warmth and feelings of belonging/belonging to the family, openness, clear communication and collaborative problem solving.
- 3) Family organizational style, including clear leadership within the family and strong social networks.
- 4) The quality of family learning opportunities, including the development of family routines that support achievement and skill development.¹⁰

The difficulty of preparing a strong family causes various problems after marriage, if you are not ready to build a household. Preparing a strong family does not just start with pre-marital training, but the generation of household builders must even be prepared from the pre-conception period. The quality of pre-natal care really determines the quality of the generation being built. Research shows that maternal stress during pregnancy affects the quality of the fetus. Mild stress, or stress that can be handled well, for example work or study challenges, will be useful for stimulating the nervous system to mature more quickly, and can stimulate cognitive and motor development in the fetus. Meanwhile, stress that is chronic and makes pregnant women feel too hard to deal with, will specifically reduce the

⁹ Sunarti, *Studi Ketahanan Keluarga dan Ukurannya Telaah Kasus Pengaruhnya terhadap Kualitas Kehamilan* (Doctoral), IPB, Bogor, 2001, p. 151.

¹⁰ Schwartz, Richard D. dan Skolnick, Jerome H., eds. (1970), *Society and the Legal Order*, New York: Basic Books, 1970, p. 98

performance of special enzymes in the placenta which usually function as a barrier so that the cortisol that appears when the mother is stressed does not reach the fetus. Cortisol, which is the mother's stress hormone, will reach the fetus and affect its brain.¹¹

Family resilience plays an important role in creating quality human resources. The family is the supporting pillars of the existence of a nation. If these pillars become porous, the building of a nation will not have a solid foundation. Various studies show that many socio-economic problems in society originate from family problems.

A family that does not function optimally will cause anxiety among family members, which ultimately results in less than commendable behavior. For example, a father and mother's relationship that is not harmonious can result in the parent's role being less than optimal. This condition can cause children not to receive care and result in a lack of closeness between parents and children. Furthermore, this situation can result in deviant child behavior, unhappy children, and conflict within the family.¹² There is a positive relationship between family function and family resilience.¹³ This study shows that families that can carry out their functions and roles well are associated with good conditions of family resilience.

Family resilience is a condition of adequate and sustainable access to income and resources to meet various basic needs, including: food, clean water, health services, educational opportunities, housing, time to participate in society, and social integration. . Family resilience is a dynamic condition of a family that has tenacity, toughness and the physical, material and mental ability to live independently.¹⁴

Family resilience also means the family's ability to develop itself to live in harmony, prosperity and happiness physically and mentally. In another view, family resilience includes the family's ability to manage resources and problems to achieve prosperity, the ability to survive and adapt to various conditions that are constantly changing dynamically and having a positive attitude towards various challenges of family life.¹⁵

From another point of view, family resilience is defined as the family's ability to ward off or protect itself from various problems or threats to life, both coming

¹¹ Schwartz, Richard D. dan SKOLNICK, Jerome H., eds, *Society and the Legal Order*, New York: Basic Books, 1970, p. 171

¹² Puspitawati, H, *Konsep dan Teori Keluarga*, (Bogor : PT. IPB Press), 2013, p. 59.

¹³ Uichol Kim, Kuo-Shu Yang dan Kwang-Kuo Hwang, *Indigenous and Cultural Psychology, Memahami Orang dalam Konteksnya*, (Yogyakarta : Pustaka Pelajar), 2010, p. 78

¹⁴ Peraturan Pemerintah Republik Indonesia Nomor 21 Tahun 1994.

¹⁵ Sunarti, ES, *Studi Ketahanan Keluarga dan Ukurannya Telaah Kasus Pengaruhnya terhadap Kualitas Kehamilan (Doctoral)*, (Bogor : IPB), 2001, p. 101.

from within the family itself and from outside the family such as the environment, community, society, or country.

There are 5 (five) indications that describe the level of Family Resilience Development, namely:

- 1) an attitude of mutual service as a sign of glory;
- 2) closeness between husband and wife leads to good marital quality;
- 3) there are parents who teach and train their children with various creative challenges, consistent training, and develop skills;
- 4) there are children who obey and respect their parents.¹⁶

Thus, a family is said to have a high level of family resilience if it fulfills several aspects, namely:

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

Concepts and patterns used to create family resilience

To achieve prosperity for a family, family resilience is needed, where the family must be able to fulfill all its needs, especially those related to basic human needs, namely food, clothing and shelter. Once the family is able to fulfill its basic needs, it is hoped that the family will be able to carry out productive activities to improve the quality of life. However, unfortunately, until now there are still many families in Indonesia who experience vulnerability and are unable to achieve the desired prosperity. The issue of family resilience is a crucial issue that must receive special attention from all policy makers and all Indonesian people must support and participate in it, because family resilience is the key to the success of national development which will have an impact on national resilience and the sustainability of a nation. Therefore, family resilience can be a source of problems but also a source of problem solving which plays an important role in the resilience of a nation.

The concept of family resilience is studied based on the various problems and difficulties experienced by families. The resilience of families with members who have chronic illnesses or disabilities can be improved by taking time to deepen relationships with loved ones and focusing on joyful times or events. Family resilience in divorced families, especially after divorce, will be disrupted due to new patterns of living arrangements, especially regarding parenting. The concept of family resilience is also related to difficulties in families facing trauma.

¹⁶ Sumarsono Sudarsono, *Ketahanan Pribadi dan Ketahanan Keluarga sebagai Tumpuan Ketahanan Nasional*, (Jakarta : Intermas, Cetakan II, 1997), p. 205

The concept of family resilience has also been described in Law Number 52 of 2009 concerning Population Development and Family Development Article 1 Paragraph 11, which states that "family resilience and prosperity is the condition of a family that has tenacity and toughness and contains material physical capabilities to live independently and develop oneself and one's family to live in harmony in improving physical and spiritual well-being and happiness."¹⁷

Five signs of family strength that is functioning well (functional family), namely:

- 1) an attitude of service as a sign of glory;
- 2) closeness between husband and wife leads to good marital quality;
- 3) parents teach and train their children with creative challenges, consistent training and developing skills;
- 4) husband and wife who become leaders with love; And
- 5) children who obey and respect their parents..¹⁸

The concept of family resilience is the family's ability to manage the problems they face based on the resources they have to meet their family's needs. Family resilience can be measured using a systems approach which includes input components (physical and non-physical resources), processes (family management, family problem solving, coping mechanisms), and output (fulfillment of physical and psychosocial needs).¹⁹

The concept of family resilience consists of 14 indicators including

- 1) family integrity, loyalty and cooperation within the family;
- 2) strong emotional ties;
- 3) mutual respect between family members;
- 4) flexibility in carrying out family roles;
- 5) nurturing and care skills in children's growth and development;
- 6) effective communication;
- 7) the ability to listen sensitively;
- 8) fulfillment. family spiritual needs;
- 9) the ability to maintain relationships with the environment outside the family;
- 10) the ability to ask for help when needed;
- 11) the ability to develop through experience;
- 12) love and understand;
- 13) spiritual commitment; as well as

¹⁷ Undang-Undang Nomor 52 Tahun 2009 tentang Perkembangan Kependudukan dan Pembangunan Keluarga Pasal 1 Ayat 11.

¹⁸ Tumanggor, Rusmim, *Tinjauan Konseptual Tentang Keluarga Informasi*, 2010, p. 15

¹⁹ Sunarti, ES, *Studi Ketahanan Keluarga dan Ukurannya Telaah Kasus Pengaruhnya terhadap Kualitas Kehamilan* (Doctoral), (Bogor : IPB), p. 178

14) participate actively in society.²⁰

Family resilience is the family's resilience to live independently and the family's ability to protect the family from various threats. Family resilience carried out by respondents is in accordance with 5 (five) indications of the level of family resilience. Five indications that describe the level of family resilience are the attitude of serving each other as a sign of nobility, closeness between husband and wife leading to a good quality marriage, parents who teach and train their children with various creative challenges, consistent training and developing skills, husband and wife who leads all family members with great affection, children who obey and respect people.

The concept of family resilience and well-being includes: the basis of legality and family integrity, physical resilience, economic resilience, social psychological resilience and socio-cultural resilience. Respondents' family resilience patterns include legal resilience and family integrity, physical resilience, economic resilience, social psychological resilience, and socio-cultural resilience.

Family resilience includes family physical resilience, family social resilience, and family psychological resilience. Family physical resilience is family resilience in meeting physical resources, overcoming and adapting to problems related to the economy and physical household activities, as well as fulfilling the family's basic needs. Family social resilience is the family's strength in implementing religious values, maintaining ties and commitment, effective communication, role division and role acceptance, goal setting, and encouragement to move forward which will be a strength in facing family problems (including marital problems) and having healthy social relationships. Healthy. Family psychological resilience is the ability of family members to manage their emotions, resulting in a positive self-concept. Family psychological resilience includes the ability to manage emotions and a good self-concept.

Family resilience is adaptive family stabilization and regulation of the family system after disruption to the family caused by difficulties and problems. Family resilience can also be interpreted as the process of family defense against family functions after facing difficulties or problems. Family resilience is a regulatory process in a dynamic system, establishing balance in a system due to disturbances and difficulties experienced by the family. Good and optimal family resilience can guarantee the survival of the family in adapting and surviving various problems and difficulties faced by the family.

Family resilience patterns can be implemented in the form of the family's ability to ensure family survival or family resilience and achieve family prosperity. Family continuity or family resilience is the family's ability to manage the family's resources and overcome the problems they face in order to meet the family's

²⁰ Currie, Elliott, eds, 1970, *Crisis in American Institutions*, Boston: Little, Brown, 1970. SMELSER, Neil J. (1976), *The Sociology of Economic Life*, Englewood Cliffs, N.J.: Prentice Hall.

physical and psychosocial needs. Meanwhile, family welfare is the final state aimed at through the process of managing input and overcoming problems. Respondents' family resilience patterns include physical and non-physical aspects (legal resilience and family integrity, economic resilience, social psychological resilience and socio-cultural resilience).

Family resilience patterns can be optimized by building family resilience. Building family resilience is carried out through two paths, namely building physical resilience and building non-physical resilience. Building physical resilience, including: aid, providing capital assistance, *askeskin*, *raskin* for pre-prosperous families and prosperous families. as it should be. Building family resilience is in accordance with the respondent's family resilience pattern which consists of physical and mental resilience.

III. CONCLUSION

Family Resilience is a reference and basis for the order of life of the smallest community of the nation and state, namely the family which regulates the direction of reach, scope, material in regulations, as well as fulfilling the components of family resilience, namely legal, structural, physical resilience, social resilience, psychological resilience, socio-cultural resilience, regarding the components of economic resilience being the main benchmark in overall family resilience, especially in the city of Bandar Lampung, what is needed includes local income per capita community, environment, employment opportunities and adequate health.

The smallest unit in society is the family, therefore it is very important to strengthen family resilience which is the main priority of local governments in the context of developing society as a whole.

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