

## Analysis of Economic Pressure, Coping Strategies, Social Support and Family Resilience in Sandwich Families in Bogor City

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### Abstract

The sandwich family structure refers to individuals who are responsible for supporting both elderly parents and children simultaneously. This dual responsibility can create significant pressure and impact family resilience. This study aims to analyse family characteristics, economic pressures, coping strategies, social support, and the relationships between these variables and their influence on family resilience. This study uses a cross-sectional study design with a sample of 120 wives from complete families who live with elderly parents. Data collection was carried out in March-May 2023 in Bogor City using a questionnaire and processed using SPSS and SEM PLS. The results showed that the husband and wife were in the early adult group with an average junior high school education level and more than half of the per capita income were categorized as poor. The average economic pressure, coping strategies and social support are in the low category, while family resilience is in the moderate category. Husband and wife education and per capita income have a significant positive relationship with family resilience. Economic pressure has a significant negative direct effect on family resilience, while coping strategies and social support have a significant positive direct effect on family resilience. This research shows the importance of increasing per capita income, coping strategies and social support in increasing the resilience of sandwich families in Bogor city.

Keywords: coping strategies, economic pressure, elderly, family resilience, sandwich family

### Abstrak

Keluarga *sandwich* merupakan keluarga terjepit yang harus menanggung kebutuhan hidup orang tua lansia dan anak secara bersamaan, yang berpotensi menimbulkan tekanan dan berdampak terhadap ketahanan keluarga. Penelitian ini bertujuan untuk menganalisis karakteristik keluarga, tekanan ekonomi, strategi koping, dukungan sosial, dan hubungan antar variabel serta pengaruhnya terhadap ketahanan keluarga. Penelitian ini menggunakan desain *cross-sectional study* dengan contoh sebanyak 120 orang istri dari keluarga lengkap yang tinggal bersama orang tua lansia. Pengumpulan data dilakukan pada bulan Maret-Mei 2023 di Kota Bogor menggunakan kuesioner dan diolah menggunakan SPSS dan SEM PLS. Hasil penelitian menunjukkan usia suami dan istri termasuk kelompok dewasa awal dengan tingkat pendidikan rata-rata SMP dengan pendapatan perkapita lebih dari setengahnya terkategori miskin. Tekanan ekonomi, strategi koping dan dukungan sosial rata-rata terkategori rendah, sedangkan ketahanan keluarga rata-rata terkategori sedang. Pendidikan suami istri dan pendapatan perkapita berhubungan positif signifikan dengan ketahanan keluarga. Tekanan ekonomi berpengaruh langsung negatif signifikan terhadap ketahanan keluarga, sedangkan strategi koping dan dukungan sosial berpengaruh langsung positif signifikan terhadap ketahanan keluarga. Penelitian ini menunjukkan pentingnya peningkatan pendapatan perkapita, strategi koping dan dukungan sosial dalam meningkatkan ketahanan keluarga *sandwich* di Kota Bogor.

Kata kunci: ketahanan keluarga, keluarga sandwich, lansia, strategi koping, tekanan ekonomi

## Introduction

Indonesia is beginning to confront the phenomenon of an aging population, characterized by a significant increase in the number of elderly and a decrease in the birth rate each year (Bloom & Luca, 2016). Based on data from Badan Pusat Statistik (2021), the number of elderly people in Indonesia has reached 29.3 million, accounting for 10.82 percent of total population. This number is projected to increase to 19.90 percent of total population by 2045. The elderly is considered a vulnerable group as they experience physical and psychological decline, as well as socio-economic instability, requiring support in their daily lives (Cavanaugh & Blanchard-Fields, 2015). The responsibility of supporting the elderly falls on the productive population; thus, as the number of elderly people increases, the burden on the productive population also increases. According to Badan Pusat Statistik (2021), the dependency ratio of the elderly on the productive population is 16.7 percent, meaning that every 100 productive populations, at least 17 elderlies.

Based on data from Badan Pusat Statistik (2021), the highest percentage of elderly people live in three-generation families, accounting for 34.7 percent, compared to those living with a spouse, living alone, and others. Families who live with elderly parents play a crucial role in meeting the physical, emotional, and financial needs of the elderly (Liu et al., 2019). Households with three generations in one household are associated with the characteristics of the sandwich generation, first popularized by Miller (1981), which refers to adults who are caught between supporting their dependent children and elderly parents.

The sandwich generation faces many challenges and stresses, particularly in balancing the allocation of time, money, and energy between meeting the needs of aging parents and dependent children (Riley et al., 2005; Gillet & Crisp, 2017; Liu et al., 2019; Noor & Isa, 2020). The challenges and stresses experienced by sandwich generation families are closely related to family resilience, which represents the family's ability to withstand difficult conditions. According to Herawati et al. (2017), Rahayu et al. (2021), and Wahyudin (2022), several factors influence family resilience, including economic pressure, coping strategies, and social support.

Conger et al. (1993) defined family economic pressure as the condition in which a family is unable to meet its basic needs due to loss of income, unstable employment, or unemployment. It is divided into two dimensions: objective and subjective economic pressure. According to Yulfa et al. (2022); Astuti et al. (2016), economic pressure is related to and positively influences coping strategies, both in terms of quantity and intensity. According to Herawati et al. (2017), families experiencing economic pressure seek external support to alleviate the pressure they face. Okech et al. (2012) showed that economic pressure has a significant negative relation with family resilience, meaning that high economic pressure leads to lower family resilience.

McCubbin, as cited in Puspitawati et al. (2021), states that coping is the management of family life, including maintaining internal family organization, relationships and unity, enhancing self-reliance and self-esteem; maintaining transactions with society; and controlling the impact of stressors as part of achieving family system balance. Timmers and Lengeler (2022) found that the sandwich

generation employs various coping strategies to alleviate family pressure. Das et al. (2017) found that high-intensity coping strategies and ample social support positively influence family resilience.

According to Zimet et al. (1988), the concept of social support is formed by perceptions of actual and expressive assistance provided by the community, social networks, and close individuals. Schwarz et al. (2010) found that in Indonesia, there is social support in the form of financial support from the elderly to their children as caregivers. Herawati et al. (2017), showed that social support has a negative relation with economic pressure, meaning that the higher the social support received by the family, the lower the economic pressure experienced by the family. Saefullah et al. (2018) found that the more social support a family receives, the higher their family resilience.

Sunarti (2001) defines family resilience as a family's ability to manage resources and overcome challenges to ensure the well-being of all its members. Family resilience consists of three dimensions. First dimensions, physical-economic resilience, which relates to the family's economic ability to obtain external economic resources to meet basic needs such as food, clothing, housing, education, and health. Second dimensions, social resilience, which relates to non-physical resources and values oriented towards religion, effective communication, maintaining and improving family commitment and social relationships. Third dimensions, psychological resilience, which is the ability of family members to manage their emotions, resulting in positive self-competence and satisfaction with meeting needs and achieving family developmental tasks. According to Pratiwi (2017) study, family resilience is influenced by the wife's education, per capita income, economic pressure, and coping strategies.

Indonesia, as a nation experiencing an aging population, has seen limited scholarly attention directed toward the phenomenon of sandwich families. Existing research has predominantly centered on individuals rather than the family as a holistic unit. In contrast, this study adopts a family-centered approach with the following objectives: (1) to examine family characteristics, economic pressure, coping strategies, social support, and family resilience; (2) to analyze the relationships among these variables; and (3) to determine the extent to which economic pressure, coping strategies, and social support influence family resilience. The findings of this study are expected to offer comprehensive data and a nuanced understanding of the condition of sandwich families in Bogor City.

## **Methods**

### **Participants**

This study is a cross-sectional study that uses a quantitative descriptive design to describe the relationships and influences between variables. Primary data collection was conducted from March to May 2023. The unit of analysis is the family, with the criteria of a complete family consisting of a husband, wife, children, and living with elderly parents in one household. The sample size is 120 families, represented by wives.

The selection of the research location was purposive, considering the ratio of the elderly population to the productive population in the city of Bogor, which reached 15%,

indicating a significant number of sandwich families. Two districts were purposively selected as the districts with the highest number of elderly people, namely Bogor Barat and Bogor Selatan. Bogor Barat is represented by Situ Gede and Menteng sub-districts, while Bogor Selatan is represented by Rancamaya and Mulyaharja sub-districts. A snowball sampling method was used to obtain 30 families from each sub-district, gathered through information from Posbindu cadres and chain recommendations from each respondent.

### **Measurement**

Primary data collected in this study were obtained from interviews using a questionnaire that has been tested for validity and reliability. Validity testing was conducted to see the operational definition of valid variables with conceptual definitions. Reliability testing was conducted to evaluate the reliability and confidence level of the measurement results.

Economic pressure is defined as a family's inability to meet its living needs and is assessed using both objective and subjective indicators. The objective economic pressure questionnaire, adapted from the family measurement inventory (Sunarti, 2021), consists of nine items with response options scored 0, 1, and 2. The instrument demonstrated a reliability coefficient (Cronbach's alpha) of 0.574. Subjective economic pressure refers to a journal by Hilton and Devall in Puspitawati et al. (2021), which consists of 21 questions using a Likert scale of 1 to 4 (1 = never, 2 = sometimes, 3 = often, 4 = always) with the Cronbach's alpha is 0.911.

Coping strategies are efforts made by families to manage sources of stress. Coping strategies are measured using the concept of McCubbin and Peterson in Puspitawati et al. (2021), which are divided into two dimensions: income addition and expense reduction. This questionnaire consists of 37 questions using an ordinal scale of 1 to 2 (1 = yes; 2 = no) with the Cronbach's alpha is 0.728.

Social support is the actual and expressive assistance that families receive and perceive from their extended family, neighbors, friends, and significant others. The questionnaire is measured using the concept from Zimet et al. (1988), which distinguishes social support into three dimensions: extended family support, friend or neighbour support, and elderly support. The questionnaire consists of 22 questions using a Likert scale of 1 to 4 (1 = never, 2 = sometimes, 3 = often, 4 = always) with the Cronbach's alpha is 0.877.

### **Analysis**

The data obtained from interviews were processed through editing, coding, scoring, entry, cleaning, analysis, and interpretation. Data processing was done using Microsoft Excel, Statistical Package for Social Science (SPSS) for Windows, and Smart Partial Least Square (Smart-PLS). The SPSS application was used to test the validity and reliability of the instruments, analyze descriptive data, and explore the relationships between variables. Smart PLS was used to analyze the simultaneous influence between the variables of economic pressure, coping strategies, and social support on family resilience.

## Findings

### Overview of Research Area

Bogor City has a total area of 11,850 hectares with a population of 1,052,000 people. The population in the productive age group (15-59 years) is 697,210, while the elderly population (60 years and above) is 102,014, with a life expectancy of 73.82 years. The ratio of the elderly population to the productive age population is 14.6 percent. The poverty line in Bogor City in 2021 is IDR 571,734 per capita per month, with a total of 80,090 or 7.24 percent of the population living in poverty. Bogor City consists of 6 districts with a total of 68 sub-districts. The research was conducted in two districts, namely Bogor Barat and Bogor Selatan, which have the highest number of elderly populations, with 17,700 individuals in Bogor Barat and 14,067 individuals in Bogor Selatan.

### Family Characteristics

The results of the research (Table 1) show that the age of husbands ranges from 26-65 years with 40.61 years old on average, and 53.3 percent fall into the early adulthood category. The age of wives ranges from 22-59 years with 36.39 years old on average, and 76.7 percent of them fall into the early adulthood category. The average education duration for husbands is 9.79 years and for wives is 8.88 years, equivalent to completing junior high school. Per capita income ranges from IDR 120,000 to IDR 3,500,000, with the majority 60.8 percent below the poverty line of Bogor City. The age of the elderly ranges from 60-100 years with an average age of 69.58 years old, and more than half 51.7 percent fall into the category of young elderly. Among the elderly living with their families, 61.7 percent are widows or widowers. 56.7 percent of the elderly have illnesses, and 82.5 percent do not have any income. 47.5 percent of families have two children, including toddlers and school-aged children. Regarding homeownership, 60.8 percent of families live in houses owned by elderly parents.

Table 1. Characteristics of sandwich family

Family Characteristics	n	%
Husband's Age (year)		
Early adulthood (18 – 40)	64	53.5
Middle adulthood (41–60)	53	44.2
Late adulthood (> 60)	3	2.5
Total	120	100
Min – max	26 – 65	
Mean ± SD	40.61 ±8.22	
Wife's Age (year)		
Early adulthood (18 – 40)	92	76.7
Middle adulthood (41–60)	28	23.3
Late adulthood (> 60)	0	0
Total	120	100
Min – max	22 – 59	
Mean ± SD	36.39 ±7.76	

Table 1. Characteristics of sandwich family (Continue)

Family Characteristics	n	%
Husband's education (year)		
0 – 6 years	32	26.7
7 – 9 years	31	25.8
10-12 years	52	43.3
> 12 years	5	4.2
Total	120	100
Min – max	6 - 16	
Mean $\pm$ SD	8.88 $\pm$ 2.85	
Wife's education (year)		
0 – 6 years	50	41.7
7 – 9 years	30	25.0
10-12 years	36	30.0
> 12 years	4	3.3
Total	120	100
Min – max	6 - 16	
Mean $\pm$ SD	9.79 $\pm$ 2.79	
Per capita income (IDR)		
Low (< 571.734)	73	60.8
Middle (571.735–1.143.470)	39	32.5
High (> 1.143.470)	8	6.7
Total	120	100
Min – max	120,000 – 3,500,000	
Mean $\pm$ SD	577,844 $\pm$ 442,088	
Elderly age (year)		
Early elderly (60 – 69)	62	51.7
Middle elderly (70 – 79)	42	35.0
Late elderly (> 80)	16	13.3
Total	120	100
Min – max	60 - 100	
Mean $\pm$ SD	69.58 $\pm$ 7.52	

### Objective Economic Pressure

The results of the study show that the average objective economic pressure index is 50.94 with 69.2 percent of families in the low category (Table 2). This means that more than half of the families are not economically depressed. This is reflected in the indicator that 65,8 percent of families do not have debts to the bank or other parties, 95.8 percent of families do not have to pay for housing costs because 60.8 percent of families live together in a house owned by elderly parents.

### Subjective Economic Pressure

Table 2 shows that the average subjective economic pressure index is 33.73 with 96.7 percent of families in the low category, meaning that most families feel subjectively not depressed. These results are explained by the results of the indicator interviews that more than half of families do not feel financial problems interfere with relationships with other people and 46.7 percent of families never experience difficulties in paying for health expenses because most are borne by Free BPJS from the government.

Table 2. Statistical distribution of objective and subjective economic pressure

<b>Economic Pressure</b>	<b>n</b>	<b>%</b>
Objective Economic Pressure		
Low (< 60)	83	69.2
Moderate (60 - 80)	35	29.1
High (>80)	2	1.7
Total	120	100
Min – max	18.75 – 87.50	
Mean ± SD	50.94 ± 15.28	
Subjective Economic Pressure		
Low (< 60)	116	96.7
Moderate (60 - 80)	4	3.3
High (>80)	0	0
Total	120	100
Min – max	4.76 – 73.02	
Mean ± SD	33.73 ± 14.38	

### Coping Strategy

The results of the study in Table 3 show that the average coping strategy index score is 44.59 with 88.3 percent of families having low category coping strategies. This means that most families do not make much effort to deal with pressures, both in terms of generating additional income and cutting back expenses. Based on the results more families use cutting-back expense strategies than additional income strategies.

### Dimensions of Generating Additional Income

The average index value of the income addition dimension is 31.57 with 95 percent of families in the low category. This means that most families do not do much to supplement their family income. This was explained from the results of interviews that 73.3 percent of families did not use their yard to grow food, 57.5 percent of husbands do not look for side jobs other than the main job, and 73.3 percent of wives also do not have work to supplement family income.

### Dimensions of Cutting-back Expense

In the cutting-back expense dimension, the average index value is 55.67 with 60.0 percent of families in the low category. This means that more than half of families do not make much effort to cutting-back expenses in dealing with economic pressures. This is shown from the results of interviews that 80.8 percent of families did not reduce food portions, 58.3 percent of families when sick do not choose alternative treatments that are more economical. The table 3 shows that 60.0 percent of families did not reduce school children's pocket money and 63.3 percent of families continued to provide financial support to the elderly on the grounds of being devoted to parents.

Table 3. Statistical distribution of coping strategies

Coping Strategy	n	%
Total Coping Strategy		
Low (< 60)	106	88.3
Moderate (60 - 80)	14	11.7
High (>80)	0	0
Total	120	100
Min – max	18.91 – 75.67	
Mean ± SD	44.59 ± 13.28	
Generating Additional Income		
Low (< 60)	114	95.0
Moderate (60 - 80)	6	5.0
High (>80)	0	0
Min – max	0.00 – 76.47	
Mean ± SD	31.57 ± 15.44	
Cutting back expense		
Low (< 60)	72	60.0
Moderate (60 - 80)	46	38.3
High (>80)	2	1.7
Total	120	100
Min – max	10.00 – 90.00	
Mean ± SD	55.67 ± 17.08	

### Social support

The results of the study are in Table 4 the average value of the social support index is 31.58 with 99.2 percent of families having social support in the low category. This means that most families do not receive social support in the face of pressure. Based on the results, families get more social support from extended family than from friends or neighbours and elderly.

### Dimensions of Extended Family Support

The average index on the extended family support dimension is 43.38 with 73.3 percent of families in the low category, meaning that many families feel that they do not always receive social support from extended families. This was explained from the results of interviews that 60 percent of families felt that they were only occasionally assisted by their extended family in solving economic problems, and 17.5 percent felt they had never received emotional/non-economic assistance and support from their extended family.

### Dimensions of Friend or Neighbour Support

The average index on the dimension of neighbour or friend support is 26.86 with 97.5 percent in the low category, meaning that most families feel they do not get much social support from friends or neighbours. This condition can be seen from the results of interviews that 55.8 percent of families feel neighbours or friends have never tried to help in solving financial or economic problems and 54.2 percent of families also never rely on friends or neighbours if the family has non-economic problems.



### Dimensions of Elderly Parental Support

The average index value on the dimension of support from elderly parents is 27.64 with 91.7 percent of families in the low category, meaning that most families feel they receive little social support from elderly parents. This was explained by the answers to the interviews that 67.5 percent of families felt they had never received help from elderly parents when they had difficulty paying for their children's education and 50 percent of elderly parents had never helped their families in solving marital problems.

Table 4. Statistical distribution of social support

<b>Social Support</b>	<b>n</b>	<b>%</b>
Total Social Support		
Low (< 60)	119	99.2
Moderate (60 - 80)	1	0.8
High (>80)	0	0
Total	120	100
Min – max	0.00 – 62.12	
Mean ± SD	31.58 ± 12.90	
Extended Family Support		
Low (< 60)	88	73.3
Moderate (60 - 80)	29	24.2
High (>80)	3	2.5
Total	120	100
Min – max	0.00 – 88.89	
Mean ± SD	43.38 ± 20.13	
Friends/Neighbour Support		
Low (< 60)	117	97.5
Moderate (60 - 80)	3	2.5
High (>80)	0	0
Total	120	100
Min – max	0.00 – 70.00	
Mean ± SD	26.86 ± 16.34	
Elderly Social Support		
Low (< 60)	110	91.7
Moderate (60 - 80)	10	8.3
High (>80)	0	0
Total	120	100
Min – max	0.00 – 77.78	
Mean ± SD	27.64 ± 17.60	

### Family Resilience

The results of the study in Table 5 show that the average family resilience index is 77.50 with 52.5 percent of families having moderate family resilience. This means that more than half of the families have the ability to survive under pressure that is not too high and not too low. Based on research results, families have high social resilience compared to physical-economic and psychological resilience.

Table 5. Distribution and statistics of family resilience

Family Resilience	n	%
Total Family Resilience		
Low (< 60)	4	3.3
Moderate (60 - 80)	63	52.5
High (>80)	53	44.2
Total	120	100
Min – max	46.34 – 100.00	
Mean ± SD	77.50 ± 9.25	
Physical-Economic Resilience		
Low (< 60)	41	34.2
Moderate (60 - 80)	57	47.5
High (>80)	22	18.3
Total	120	100
Min – max	23.07 – 100.00	
Mean ± SD	64.55 ± 16.36	
Social Resilience		
Low (< 60)	1	0.8
Moderate (60 - 80)	15	12.5
High (>80)	104	86.7
Total	120	100
Min – max	53.84 – 100.00	
Mean ± SD	90.51 ± 9.86	
Psychological resilience		
Low (< 60)	9	7.5
Moderate (60 - 80)	83	69.2
High (>80)	28	23.3
Total	120	100

### Dimensions of Physical-Economic Resilience

The results of the study in Table 6 show that the average index of the dimensions of physical-economic resilience is 64.55 with 47.5 percent of families in the moderate category. This means that almost half of the families have enough ability to survive in the face of physical-economic pressure. This condition was explained in the answers to the interviews that 47.5 percent of working adult families have relatively unstable jobs, 76.7 percent of families do not have income that is greater than the necessities of a decent life.

### Dimensions of Social Resilience

The average social security dimension index is 90.51 with 86.7 percent of families in the high category. This means that most families have a good ability to survive on the social dimension in the face of pressure. This condition was explained by all families understanding the purpose of family life, mutual respect and acceptance of one another and families feeling liked by their extended family and neighbours. 97.5 percent of families are always committed to prioritizing family affairs and 99.2 percent of families are used to practicing empathy and joy.

### Dimensions of Psychological Resilience

The average psychological resilience dimension index is 77.44 with 69.2 percent in the moderate category. This means that more than half of the families are quite capable

of surviving the psychological dimension in the face of pressure. This condition is reflected in 97.5 percent of families are satisfied interacting in a family with children, partners or elderly parents. In negative feelings as many as 87.5 percent of families often feel guilty in raising children, partners and parents. the elderly and 62.5 percent of families often feel helpless, down and miserable.

### **Relation between Family Characteristics, Economic Pressure, Coping Strategies, Social Support and Family Resilience**

Husband's education, wife's education and per capita income have a significant negative relation with objective economic pressure, meaning that the higher the husband and wife's education and per capita income, the lower the objective family economic pressure. Husband's education and per capita income are also significantly negatively related to subjective economic pressure, meaning that the higher the husband's education and per capita income, the lower the subjective economic pressure of the family. Husband's education and per capita income have a significant negative relation with coping strategies, meaning that the higher the husband's education and per capita income, the lower the family's coping strategies. The number of children has a significant positive relation with coping strategies, meaning that the more children, the more families will use coping strategies. Husband's education, wife's education and per capita income have a significant positive relation with family resilience. This shows that the higher education of the husband and wife and the per capita income, the higher the family resilience.

### **The Influence of Economic Pressure, Coping Strategies, Social Support on Family Resilience**

Figure 1 shows that the p value of each outer loading is  $p < 0.001$ , meaning that each dimension indicator consistently explains the construct value of the latent variable. The R-Square value of the family resilience variable is 0.377, that means 37.7 percent of the family resilience variable is explained by objective economic pressure, subjective economic pressure, coping strategies, and social support, while the remaining 62.3 percent is influenced by other variables outside of this research. The results of the influence test show that family resilience is directly and significantly negatively influenced by objective economic pressure and subjective economic pressure. Social support and coping strategies were also found to have a significant positive direct effect on family resilience.

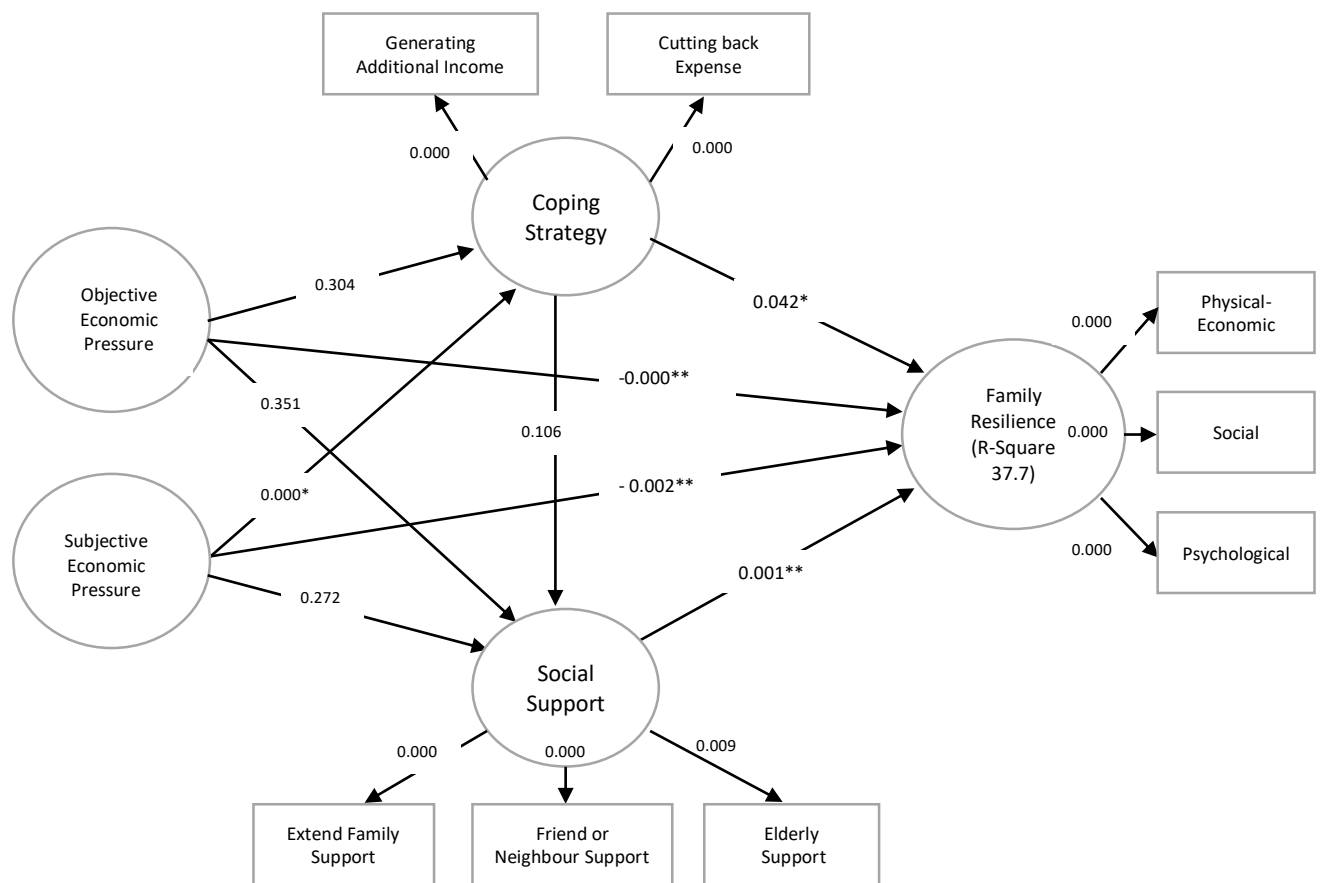


Figure 1. Model for testing the influence of economic pressure, coping strategies, social support on family resilience

## Discussion

The sandwich family is a family consisting of husband, wife, and children who live together with elderly parents in one household. The results of this study found that the average age of husband and wife in the early adult age category. This is in line with Nuryasman and Elizabeth (2023), which found that the age of the sandwich generation in Java belongs to the early adult age group. According to Hurlock (1980), the early adult age group is characterized by someone who is ready to start family life, have children, carry out the role of parents, and build a career and economic life. The age of husband and wife is also included in the productive age group, which has the potential to carry out economic activities in order to increase income and family resilience (Simanjuntak, 2016). The average education of husband and wife is that of junior high school graduates, with the husband's employment status mostly as labourers and the wife as a housewife. More than half of family per capita income is below IDR 571,734 as the poverty limit for Bogor City in 2021. This finding is consistent with research by Herawati

et al. (2017), which indicates that an individual's level of education influences the type of employment obtained, subsequently affecting wages and per capita income. In the present study, most families were found to have low educational attainment and low per capita income, classifying them as low-income or poor households.

More than half of the elderly who live with their families are included in the young elderly group. According to Badan Pusat Statistik (2021), the elderly is divided into three groups: young elderly, middle elderly, and old elderly. In general, the young elderly group still has the ability to take care of themselves and still has savings or pensions as provisions to meet their daily needs. In this study, it was found that 82.5 percent of the elderly had no income. This is in accordance with the research of Djamhari et al. (2021), who found that most of the elderly in Indonesia are no longer working, and have no income. The average number of children a family has is two people, with an average age of schoolchildren who need intensive care and provide school fees. According to Burke (2017), the care and needs of the elderly and children have different intensities as they get older; the care for the elderly will become more intensive as they get older, while the care for children decreases with age.

Objective economic pressure describes facts about the economic conditions experienced by families based on their income, expenditure, debt, and assets. In this study, it was found that the average objective economic pressure on the family was in the low category, meaning that the average family did not experience significant objective economic pressure. This finding is not in accordance with the research of Noor and Isa (2020) that the sandwich generation has high stress on financial problems, which has the potential to increase economic pressure. This condition can be caused by the fact that most families do not have debt to any party according to Rosanti and Sunarti (2023), families who have little debt will experience low objective economic pressure. Most of the husband and wife are in early adulthood and are categorized as poor. Economically, the family cannot afford to buy their own house, so more than half of the families live in houses belonging to the elderly. This is reinforced by a form of parenting based on ethnicity (ethno-parenting), when viewed from the characteristics of the residents of Bogor City who belong to the Sundanese ethnicity. According to Gunawan et al. (2020), parenting applications for children of Sundanese ethnicity include not allowing children to be away from other people. parents for reasons of worry, so many married children stay at their parents' house. Therefore, the family does not have the burden of spending on housing costs so as to relieve the family's objective economic pressure.

Subjective economic pressure is a family's perception of the difficulty of meeting family needs and the economy (Raharjo et al., 2015). In this study, it was found that most of the subjective economic pressures of families were in the low category, which was indicated by the perception that families generally felt that they were not under pressure in the current economic conditions. According to Rizkillah and Arinda (2023) families who have low subjective economic pressure will have high family resilience, meaning this is a good condition for the family. However, if you look at the facts in this study, the family does not feel pressured because they do not bear the cost of living because most families live in homes belonging to the elderly. In the future, this can cause problems. According to Burke (2017), the intensity of elderly care will increase in line

with the increasing age of the elderly, meaning that the elderly who are currently in the young elderly category over time will get older and need more intensive care.

The coping strategy is a family effort to overcome the pressure experienced by the family. In this study, it was found that the coping strategies used by families were in the low category, as indicated by the low family strategies in an effort to increase income and save expenses. This is due to the relatively low objective and subjective economic pressures experienced by the family. According to research by Yulfa et al. (2022), if the economic pressure is low, the family will not use many coping strategies. The results of this study also found that family social support was in the low category, as indicated by the low support from neighbours or friends, extended family, and the elderly. This is because families have low coping strategies, so they do not seek outside help, according to research by Nguyen et al. (2021), who found that when the family did not use many coping strategies to get outside support, the family did not receive much social support. According to Young (2017), the sandwich generation also has a low level of social support from siblings as one of the extended family members.

Family resilience is the family's ability to survive in the face of the challenges it faces. In this study, it was found that the average family resilience was in the moderate category, meaning that the family was quite able to survive in the face of challenges. On the dimension of physical-economic resilience, the average family is in the moderate category with a lower score than the other dimensions. This is by the results of the Bogor City Family Resilience Index survey conducted by Bappeda and IPB University (2020), which found that family resilience in complete families living with the elderly has a relatively low physical-economic dimension value compared to other dimensions. In the dimension of social resilience, the average family is in the high category, meaning that the average family has non-physical resources such as being oriented towards religious values, maintaining family commitments, and maintaining good social relations, according to research by Rari et al. (2022) found that the presence of people older people don't make the sandwich generation in Indonesia feel burdened, which is influenced by culture and religion in Indonesia that children must serve their parents and there is also a culture of mutual support between generations. In the dimension of psychological resilience, the average family is in the moderate category, this is not in line with research abroad which found that the sandwich generation feels high psychological pressure (Salmon et al., 2017). The employment status of the wives in this study, most of whom were housewives, could be one of the reasons the family did not feel too psychologically pressured, in contrast to the status of a working wife who had to manage time between work, caring for children and the elderly simultaneously who had the burden of dividing roles (Evans et al., 2016).

In the correlation test, it was found that the husband's education and per capita income had a significant negative relation with economic pressure, both objective and subjective. This means that husbands with higher education will get better types of jobs and higher incomes so that families can meet their economic needs and not experience economic pressures. This is in line with the research of Raharjo et al. (2015) found that the higher the husband and wife's education and per capita income, the lower the family's economic pressure. In this study it was also found that the number of children had a significant positive relationship with coping strategies, meaning that the more

children, the more families carry out coping strategies as a form of parental responsibility to meet the needs of children's lives. Husband and wife education and per capita income in this study were found to have a significant positive relation with family resilience. This means that husband and wife who have higher education will generally have good work skills so that they will get high-income job opportunities which will increase per capita income so that family resilience will increase. This finding is in line with the research of Sunarti and Fitriani (2010) that the higher the husband and wife's education and per capita income, the family has high family resilience.

Family resilience according to Sunarti (2001) is a family's ability to manage resources and problems faced so that the family is prosperous. The results of this study found that family resilience was directly and significantly negatively affected by both objective and subjective economic pressures. Families experiencing high economic pressure have limited economic resources so families have a low ability to manage resources to survive and deal with a problem. This finding is in line with research by Rizkillah and Arinda (2023), which found that high economic pressure will affect family resilience. Family resilience in this study was also directly influenced positively and significantly by coping strategies. Families that carry out a lot of coping strategies to deal with economic pressures by increasing income or making spending savings, will get additional resources so that families have a high ability to survive in the face of pressure. This finding is in line with the research by Das et al. (2017) which shows that high coping strategies carried out by families will affect increasing family resilience. Family resilience in this study was also directly and significantly positively affected by social support, meaning that families who receive high social support from extended family, friends, or neighbours and the elderly in the form of economic and non-economic/emotional support will receive additional resources to be able to manage resources and survive. in dealing with problems. The high social support obtained by the family will affect the increase in family resilience (Handayani, 2016).

This study still has some limitations that can be developed in further research, including first, most of the respondents are housewives who do not have a job, so they do not describe workloads that can add to the burden of caring for elderly parents and children. Second limitation, respondents most of those selected come from families with middle to lower economic levels, so they do not reflect the condition of sandwich families who come from middle to upper economic families.

## **Conclusion and Recommendation**

### **Conclusion**

The average age of the husband and wife include the early adult age category. The average education level of husband and wife is at junior high school level with more than half of the family per capita income being categorized as poor. The average age of the elderly who live with their families is the young elderly. Most families live in homes belonging to the elderly. More than half of families have low objective and subjective economic pressure. Coping strategies and family social support are mostly in the low category. Family resilience in general is in the moderate category. The results of the relation test found that the husband's education and per capita income had a significant

negative relation with economic pressure and coping strategies, while the number of children had a significant positive relation with coping strategies. Husband and wife education and per capita income have a significant positive relation with family resilience. The results of the influence test found that family resilience was directly and significantly negatively affected by objective economic pressures and subjective economic pressures. Social support and coping strategies were found to have a significant positive direct effect on family resilience. This shows that an increase in objective and subjective family economic pressure will have a direct effect on reducing family resilience and an increase in family coping strategies and social support will have a direct effect on increasing family resilience.

### Recommendation

For academics, research can be done on sandwich families who come from middle-up economic families and whose wives work. For sandwich families need to be motivated to improve coping strategies, especially in the dimension of additional income, including looking for additional jobs and wives working part-time or trading around the house to increase family income. Families need to seek social support by establishing good relationships with extended family, neighbours, friends, and the elderly to make it easier to seek support when experiencing stress. For related institutions, for example posbindu or recitation to hold a special meeting for families who have children and live with the elderly to provide socialization about efforts to increase the resilience of sandwich families.

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