

THE EFFECT OF STRESS SYMPTOMS AND COPING STRATEGIES ON FAMILY STRENGTHS IN FAMILIES AFFECTED BY LAYOFFS DURING THE COVID-19 PANDEMIC

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Abstract

Layoffs during the Covid-19 pandemic resulted in family stress because there was no income to meet needs so families needed coping strategies in order to maintain their families. The purpose of this study is to analyze the relationship and influence of family characteristics, stress symptoms, and coping strategies on family strengths in families affected by layoffs during the Covid-19 pandemic. The research design used a cross-sectional study. The sampling technique used voluntary sampling with a total of 50 samples. This study uses primary data by distributing online questionnaires using Google Forms. The data obtained were analyzed using the Statistical Package for Social Science (SPSS) for windows version 22. Data analysis in this study was descriptive analysis, Spearman correlation, Pearson correlation, and multiple linear regression. The results showed that there was a significant positive relationship between wife's education and emotional-focused coping. Stress symptoms have a significant positive relationship with problem-focused coping and a significant negative relationship with family strength. Emotional-focused coping has a significant positive relationship with family strength. Regression analysis shows that emotional-focused coping has a significant positive effect on family strength. Symptoms of stress have a significant negative effect on family strength. Families affected by layoffs during the Covid-19 pandemic should be able to minimize symptoms of physical stress by doing breathing relaxation. The related government is also expected to provide family empowerment through increasing entrepreneurial knowledge and skills.

Keywords: coping strategies, family strength, symptoms of stress

PENGARUH GEJALA STRES DAN STRATEGI KOPING TERHADAP KETAHANAN KELUARGA PADA KELUARGA TERDAMPAK PEMUTUSAN HUBUNGAN KERJA DI MASA PANDEMI COVID-19

Abstrak

Pemutusan Hubungan Kerja (PHK) di masa pandemi Covid-19 mengakibatkan stres keluarga karena tidak adanya pemasukan untuk memenuhi kebutuhan sehingga keluarga membutuhkan strategi koping agar dapat mempertahankan keluarganya. Tujuan dari penelitian ini yaitu menganalisis hubungan dan pengaruh karakteristik keluarga, gejala stres, dan strategi koping terhadap ketahanan keluarga pada keluarga terdampak PHK di masa pandemik Covid-19. Desain penelitian menggunakan cross-sectional study. Teknik penarikan contoh menggunakan voluntary sampling dengan jumlah contoh sebanyak 50 contoh. Penelitian ini menggunakan data primer dengan menyebar kuesioner online menggunakan google forms. Data yang diperoleh dianalisis menggunakan program Statistical Package for Social Science (SPSS) for windows versi 22. Analisis data pada penelitian ini yaitu analisis deskriptif, uji korelasi Spearman, uji korelasi Pearson, dan uji regresi linear berganda. Hasil penelitian menunjukkan bahwa terdapat hubungan positif signifikan antara pendidikan istri dengan koping fokus emosi. Gejala stres berhubungan positif signifikan dengan koping fokus masalah dan berhubungan negatif signifikan dengan ketahanan keluarga. Koping fokus emosi berhubungan positif signifikan dengan ketahanan keluarga. Analisis regresi menunjukkan bahwa koping fokus emosi berpengaruh positif signifikan terhadap ketahanan keluarga. Gejala stres berpengaruh negatif signifikan terhadap ketahanan keluarga. Keluarga terdampak PHK di masa pandemi Covid-19 sebaiknya dapat meminimalkan gejala stres fisik dengan melakukan relaksasi pernapasan. Pemerintah terkait juga diharapkan dapat memberikan pemberdayaan keluarga melalui peningkatan pengetahuan dan keterampilan wirausaha.

Kata Kunci: gejala stres, ketahanan keluarga, strategi koping

INTRODUCTION

Countries around the world, including Indonesia, are currently being hit by the Covid-19 pandemic or commonly referred to as the corona virus. The first Covid-19 case in Indonesia was recorded on March 2, 2020, which affected two residents of Depok, West Java (Kompas, 2021). The increasing number of victims has resulted in the Indonesian government implementing a Large-Scale Social Restrictions (PSBB) policy. This was done to reduce the spread of the coronavirus in Indonesia. However, the policy has had an impact on the economic aspect. Employers are looking for ways to overcome the economic impact so as to reduce company losses, namely by laying off their employees. The results of research by Ngadi et al. (2020) shows that at the end of April 2020 there was a wave of layoffs of workers/employees/employees in Indonesia with a percentage of 15,6 percent consisting of 1,8 percent of layoffs with severance pay and 13,8 percent of layoffs without severance pay with the highest number of layoff cases occurring in the Bali-Nusa Tenggara (39,9%) and Banten (24,8%) regions and a decrease in the income of workers/employees/employees during the PSBB period in Indonesia. Obviously, layoffs can cause economic pressure because there is no longer family income or income. According to Tati (2004), economic stress due to lack of financial resources due to job loss, low income so that families are unable to meet their needs, unstable assets and debts can increase the risk of emotional stress, then increase the chance of marital conflict and marital instability.

The family's inability to meet family needs can trigger violence committed by the husband to other family members as a result of the husband feeling anxious, frustrated, and depressed by the circumstances he has just experienced, from previously having an income or job, turning into not having it anymore. Acts of violence due to economic problems can reduce emotional warmth in marriage which then contributes to unstable and decreased marital satisfaction (Donny, 2016; Herawati et al., 2017). Sosu and Schmidt (2017) say that economic deprivation can cause psychological distress such as depression, anxiety, and parental stress due to having fewer resources available for daily life. Stressors or stressors that cannot be handled by the family can lead to family stress. According to McCubbin et al. (1980), family stress is the family's response to distressing life events and the tension caused by an event. The concept of family stress can be explained by Hill's ABCX model related to family stress and crisis (X) which consists of three factors, including stressors (A), the resources the family has for stress management (B), and the perspective on stressors (C).

Family stress requires good coping strategies because it can affect family resilience. Family coping strategies have the potential to strengthen or maintain family resources that serve to protect the family from stressful demands (McCubbin et al., 1980). According to Oktaria et al. (2015), coping strategy is an attempt to adjust to stress by involving cognitive and affective processes and not to eradicate stress. Coping strategies can be divided into problem-focused coping and emotion-focused coping (Judge, 1998). Problem focused coping includes interpersonal efforts to change the situation actively and aggressively by seeking social support. Emotion-focused coping can be done by detaching from the situation, controlling one's feelings, hoping the problem will go away, and blaming oneself for the situation. Rajeev and Kunjachan (2014) say that coping strategies that involve interpersonal relationships and collective responsibility of family members, for example through physical proximity, readiness of family members to get involved and family expectations that other family members will involve themselves in a supportive role to deal with distress will bring security to each member and create family resilience.

Families who are able to cope with stress through coping strategies show that the family is trying to maintain their family. Herawati et al. (2017) stated that family resilience is the family's ability to manage resources and problems faced to achieve family goals, namely a prosperous family. Good and effective communication in the family, encouragement from family members, having commitment, being oriented with religion, being able to adapt to all changes in the family, having clear roles and functions, and having time to gather with the family show the characteristics of family resilience (Krysan et al., 1990). Sunarti (2001) states that family resilience is the family's ability to manage its resources and handle problems to meet the needs of family members. Family resilience is divided into three, namely physical resilience, social resilience, and psychological resilience. Family physical resilience or family economic capability is the component of family members in obtaining economic resources from outside the system to meet basic needs such as food, clothing, shelter, education and health. Family social resilience is the resilience of the family in terms of maintaining a good crisis management mechanism and applying religious values. Family psychological resilience is the ability of family members to produce a positive self-concept through emotional management. According to Fala et al. (2020), individuals are more resistant to various adverse effects of stress due to the availability of coping strategies, while the absence of coping strategies makes individuals more vulnerable to stress.

Research related to the influence of stress symptoms on family resilience in families affected by layoffs has been carried out by many previous researchers, but research by adding coping strategy variables and focusing on the Covid-19 pandemic is still little done. Thus, as a novelty, this study added the variable of coping strategies and was conducted during the Covid-19 pandemic. In addition, this study uses basic theories in family science, namely functional structural and social conflict. Functional structural theory focuses on the sustainable balance of harmonious structures in the family. Family members who carry out their roles, functions, and duties well then the family structure becomes balanced so that harmony arises in the family. Families who experience layoffs need to use good coping strategies as a way of carrying out their roles, functions and duties so that structural balance is still achieved. Social conflict theory is a theory that emphasizes conflict situations and social change in looking at the social structure of society. The assumption of social conflict theory is that humans are always in a state of dispute due to changes in scarce resources. Families who experience layoffs will cause conflicts that can increase family stress. Conflict occurs because of the struggle for limited resources.

In general, this study aims to analyze the effect of stress symptoms and coping strategies on family resilience in families affected by layoffs during the Covid-19 pandemic. The specific objectives of this study are as follows: (1) to identify family characteristics, stress symptoms, coping strategies and family resilience in families affected by layoffs during the Covid-19 pandemic; (2) to analyze the relationship between family characteristics, stress symptoms, coping strategies and family resilience in families affected by layoffs during the Covid-19 pandemic; (3) to analyze the influence of family characteristics, stress symptoms, and coping strategies on family resilience in families affected by layoffs during the Covid-19 pandemic.

This study has a use to provide information for the wider community regarding the relationship and influence of stress symptoms, coping strategies on family resilience in families affected by layoffs during the Covid 19 pandemic. Meanwhile, for the government and educational institutions, this research is useful as a consideration in formulating policies that can affect family resilience and provide new information and data for the development of family science.

METHODS

This research design uses a cross-sectional study, which is research conducted only at one specific time or does not monitor changes between times. The data collection technique in this study is an online survey method using a structured questionnaire. Banten Province was chosen purposively because it is one of the provinces with the highest number of layoffs (Ngadi et al., 2020). The research time consists of the preparation stage, data collection, data processing, data analysis, and report writing which is carried out within the period of January to July 2021.

The study population was intact families affected by layoffs during the Covid-19 pandemic in Banten Province. The criteria for families who became research samples were having school-age children (elementary to high school), the husband had been laid off during the Covid-19 pandemic, but at the time of the survey the husband had found a new job, and the wife was not working. The respondent in this study was a wife. The sampling technique used a non-probability sampling method with a voluntary sampling technique. This technique is a sampling of sampling units encountered, examples that meet the criteria and are willing to answer research questions will be used as respondents, after the number of respondents is estimated to be sufficient, data collection is stopped. The number of samples in this study was 50 people.

This research uses primary data. All primary data were collected by distributing online questionnaires using google forms. The primary data collected included family characteristics, stress symptoms, coping strategies, and family resilience. Family characteristics consisted of regional origin, age of wife and husband, education of wife and husband, husband's new job, family income after experiencing layoffs, and number of family members.

Stress symptoms modified the instrument from The Center for Epidemiologic Studies Depression Scale (CES-D Scale) developed by Radloff (1977) with Cronbach's Alpha (0,950). The CES-D Scale is designed to provide an index of the number and frequency of stress symptoms. The operational definition of stress symptoms in this study is the frequency of events that interfere with the respondent's life. The stress symptoms variable has 18 statements with answer options including never, rarely (if it occurs 1-2 days during the week), often (if it occurs 3-4 days during the week), and always (if it occurs 5-7 days during the week).

Coping strategies modified instruments from the Coping Scale developed by Carver et al. (1989) and the family strategy questionnaire in saving living needs by Puspitawati (2017) with Cronbach's Alpha (0,630). The operational definition of coping strategies in this study is the efforts made by respondents to overcome

stressors. The coping strategy variable is composed of three dimensions, namely problem-focused coping, emotion-focused coping, and self-regulation. Problem-focused coping is an active effort made by respondents in responding to the problem at hand. Emotion-focused coping is an effort made by respondents in responding to the problems faced by involving their emotions, both positive emotions and negative emotions. Self-regulation is an effort made by respondents in responding to problems faced based on the personality of the respondent. The coping strategy variable has 26 statements with answer choices including never, rarely, often, and always.

Family resilience modifies the instrument developed by Sunarti (2001) with a Cronbach's Alpha value of 0,759. The operational definition of family resilience in this study is the family's ability to manage resources to overcome problems faced so as to meet family needs. The family resilience variable is composed of physical resilience, social resilience, and psychological resilience. Physical resilience is the family's ability to meet primary needs such as food, clothing, shelter, education, and health. Social resilience is the family's ability to support other family members through effective communication, having time together, clear division of tasks, discussing and working together. Psychological resilience is the family's ability to manage emotions so that a positive self-concept is produced. The family resilience variable has 31 statements with available answer options, namely yes and no.

The data obtained was then processed through the process of cleaning, editing, scoring, analyzing, and data interpretation. Data processing used Microsoft Office Excel software. Data analysis was conducted using the Statistical Package for Social Science (SPSS) for windows version 22 program. Data quality control was carried out through reliability testing of stress symptoms, coping strategies, and family resilience instruments using the Cronbach's Alpha method.

The research variables were then given an assessment score on each questionnaire question. The scores given for the variables of stress symptoms and coping strategies on favorable statements include never (TP) = 1, rarely (J) = 2, often (SR) = 3, always (SL) = 4. The unfavorable statements of the variables of stress symptoms and coping strategies apply the other way around, namely never (TP) = 4, rarely (J) = 3, often (SR) = 2, always (SL) = 1. The family resilience variable with yes and no answer options has a score of 1 for yes answers and 0 for no answers. Then the total score of each variable is transformed into an index score. This is done in order to obtain a minimum value of 0 and a maximum value of 100. In addition, it aims to equalize units so that the comparison of data categorization for each variable is uniform. The index score achieved is categorized into three categories, namely < 60 is categorized as low, 60- 79,9 is categorized as medium, and ≥ 80 is categorized as high.

Descriptive analysis was conducted to find the minimum value, maximum value, mean, standard deviation, frequency, and percentage to identify family characteristics, stress symptoms, coping strategies, and family resilience. The inferential analysis conducted was a correlation test to determine the relationship and regression test to determine the effect. Spearman correlation analysis was used to determine the relationship between wife and husband's education with stress symptoms, coping strategies, and family resilience. Pearson correlation analysis was used to determine the relationship between wife and husband's age, family income after layoffs, and number of family members with stress symptoms, coping strategies, and family resilience. The regression analysis conducted was a multiple linear regression test to determine the effect of family characteristics, stress symptoms, coping strategies on family resilience.

RESULTS

Family Characteristics

The results showed that the ages of wives and husbands in this study were in the range of 25-54 years. The average ages of wives and husbands were 37,50 years and 40,26 years. Based on the distribution of districts/cities in Banten Province, the five districts/cities with the highest number of respondents were Tangerang Regency, Tangerang City, South Tangerang City, Serang City, and Pandeglang Regency. The percentages are 50 percent, 28 percent, 8 percent, 6 percent, and 4 percent, respectively. Serang Regency and Lebak Regency had the same number of respondents, with a percentage of 2 percent. One of the eight kabupaten/kota that did not become a respondent in this study is Cilegon City.

The education level of wives and husbands was mostly in the Junior High School/Vocational High School graduation category with a percentage of 54 percent and 76 percent. Only 4 per cent of husbands in this study had a diploma. The results also show that both wives and husbands can pursue education up to university level, with percentages of 20 percent and 12 percent respectively.

The type of husband's new job showed that half of the respondents' husbands (50%) in this study worked as

private employees, 18 percent as drivers, 12 percent as entrepreneurs. The percentage of respondents' husbands who work as small traders and laborers is 10 percent. Family income after experiencing layoffs is quite diverse, ranging from \leq IDR500.000,00 to $>$ IDR5.000.000,00. The highest percentage of family income, 26 percent, was in the range of IDR2.000.001,00 to IDR3.000.000,00. Families with an income of $>$ IDR5.000.000 were only 4 percent.

Other data shows that more than half of the respondents (70%) are small families and the rest (30%) are medium families. Small families have at most 4 family members. Medium families have a family size of 5 to 7 people.

Symptoms of Stress

The results of the study in Table 1 show that when the husband experienced layoffs during the Covid-19 pandemic, most respondents (72%) were in the low category of stress symptoms with an average index of 48,67. Stress symptoms were in the low category because respondents always felt enough to try to get up (46%), always felt hopeful about a new and better job (56%), never bothered to buy quotas for children's education (16%), appetite did not decrease (20%), did not find it difficult to concentrate on teaching children to school (14%), never felt that their life had failed (36%), never felt depressed (30%), never showed sadness by crying (32%), and did not despair (20%)

Table 1 Sample distribution and statistical data by stress symptom category

Symptoms of Stress	n	%
Low (<60)	36	72
Medium (60-79,9)	12	24
High (\geq 80)	2	4
Total	50	100
Min-max	7,41 – 85,19	
Mean \pm STD	48,67 \pm 20,76	

Notes: n = number; % = percentage

It can also be seen in Table 1 that 24 percent of respondents were in the moderate category of stress symptoms and 4 percent were in the high category. This is because respondents are often disturbed because they cannot fulfill their family's food needs (60%), often disturbed because they cannot buy personal protective equipment (32%), often disturbed because they cannot buy medicines for family health (34%), often feel that people look down on them (40%), have difficulty sleeping (44%) and speak less than usual (42%).

Coping Strategy

The research results in Table 2 show that the coping strategies carried out by respondents when their husbands experienced layoffs during the Covid-19 pandemic were in the index range of 41,03 – 82,05. The average index is 64,23. This means that most respondents (70%) are in the moderate category of coping strategies.

Table 2 Sample distribution and statistical data by coping strategy category

Coping Strategy	Category						Min-Max	Mean \pm SD
	Low (<60)		Medium (60-79,9)		High (\geq 80)			
	n	%	n	%	n	%		
Promlem Focus	24	48	23	46	3	6	15,38 – 87,18	57,38 \pm 15,32
Emotion Focus	4	8	26	52	20	40	38,10 – 90,48	73,42 \pm 10,67
Self-regulation	8	16	34	68	8	16	38,89 – 83,33	68,33 \pm 10,60
Total coping strategy	14	28	35	70	1	2	41,03 – 82,05	64,23 \pm 9,68

Notes: n = number; % = percentage

Based on Table 2, it can be seen that the average index of problem-focused coping strategies is 57,38. This means that respondents' problem-focused coping strategies are in the low category with a percentage of 48 percent. Problem-focused coping strategies were in the low category because respondents never actively sought scholarships for children's education (32%), never actively utilized vacant land for family medicinal plants (50%), and never asked for help from neighbors (40%).

However, 46 per cent of respondents were in the moderate category of problem-focused coping strategies. This was due to respondents often thinking about reducing children's pocket money (40%), always making

sure not to pawn valuable assets that could make things worse (34%), and often asking for help from extended family (40%).

The highest emotion-focused coping strategy is in the moderate category with a percentage of 52 percent. The average index is 73,42. Emotion-focused coping is in the moderate category because respondents often try to get emotional support from friends or relatives (50%), often discuss their feelings with their partners (46%), always look for wisdom (52%), always accept reality (56%), always believe that God will help them (78%), and always get closer to God through prayer/worship (78%).

Table 2 also shows that more than half of the respondents (68%) were in the moderate self-regulation category with an average index of 68,33. Self-regulation is in the moderate category because respondents never give up (62%), are always patient (68%), always do fun activities to reduce the burden of thought (46%), and rarely sleep excessively (52%). However, 16 percent of respondents were in the low self-regulation category. This is because respondents rarely make humor to make problems feel lighter (40%) and rarely let out their emotions to feel more relaxed (34%).

Family Resilience

Table 3 shows that the proportion of family resilience when the husband experiences layoffs during the Covid-19 pandemic is quite diverse with an index range of 29,03 – 93,55. The average index is 65,54. This means that family resilience (34%) is in the medium category.

Table 3 Distribution of samples and statistical data by family resilience category

Family Resilience	Category						Min-Max	Mean±SD
	Low (<60)		Medium (60-79,9)		High (≥80)			
	n	%	n	%	n	%		
Physical	33	66	9	18	8	16	0 – 91,67	51,5 ± 23,24
Social	4	8	7	14	39	78	36,36 – 100	85 ± 15,77
Psychological	22	44	19	38	9	18	25 – 100	59,75 ± 22,05
Total family resilience	20	40	17	34	13	26	29,03 – 93,55	65,54 ± 14,86

Notes: n = number; % = percentage

Based on the family resilience category table (Table 3), the largest proportion of physical resilience and psychological resilience are in the low category with percentages of 66 percent and 44 percent. The average index of both family resilience is 51,5 and 59,75. Social resilience is in the index range of 36,36 - 100 with an average index of 85. This means that the social resilience of the family when the husband experiences layoffs during the Covid-19 pandemic is in the high category with a percentage of 78 percent.

The physical and psychological resilience of the family when the husband is laid off during the Covid-19 pandemic is in the low category. The factors that cause low family physical resilience are that the family is unable to meet the needs of clothing (64%), unable to pay for health costs (64%), unable to pay for children's education costs (58%), does not have a health insurance card (such as Jamkesmas, BPJS) for medical expenses (60%), does not get help from neighbors to alleviate economic problems (78%), and is unable to meet the needs of children's toys that can support child development (76%). The family's psychological resilience was in the low category because the family felt anxious (82%), the wife felt afraid if something bad happened (84%), and the wife felt upset with herself because she felt helpless (60%).

More than half of the families in this study had high social resilience. This is because the family conducts discussions in planning and making decisions (92%), there is a clear division of tasks in the family (74%), family members support each other to increase family income (90%), each family member respects each other (100%), each family member communicates effectively with each other (92%), the family has a special time to gather together every day (72%), the wife accepts the condition of the family (90%), family members work together in solving problems (92%), and the wife likes to help others (86%).

Relationship between Family Characteristics, Stress Symptoms, Coping Strategy Dimensions, and Family Resilience

The results in Table 4 show that wife's education is significantly positively related to emotion-focused coping strategies ($r=0,280$; $p<0,05$). This means that the higher the wife's education, the better the emotion focused coping.

Stress symptoms are positively and significantly related to problem-focused coping ($r=0,478$; $p<0,01$). This means that the higher the stress symptoms, the more problem-focused coping is needed. Stress symptoms were also negatively and significantly related to family resilience ($r=-0,673$; $p<0,01$). This means that the higher the stress symptoms, the lower the family resilience. Emotion-focused coping is positively and significantly related to family resilience ($r=0,445$; $p<0,01$). This means that the higher the emotion-focused coping, the higher the family resilience.

Table 4 Relationship between family characteristics, stress symptoms, dimensions of coping strategies, and family resilience

Variables	Symptoms of Stress	Coping Strategy			Family Resilience
		Problem Fokus	Emotion Fokus	Self-regulation	
Wife's age	-0,146	-0,142	-0,087	0,092	0,140
Husband's age	-0,060	-0,118	-0,059	0,093	0,163
Wife's education	-0,256	0,213	0,280*	0,025	0,268
Husband's education	-0,146	0,091	-0,089	-0,037	0,038
Family income	-0,151	-0,050	0,168	-0,002	0,117
Number of family member	-0,072	-0,094	-0,045	0,035	0,040
Symptoms of stress	1	0,478**	-0,132	-0,125	-0,673**
Coping strategies					
Problem focus		1	0,221	0,199	-0,184
Emotion focus			1	0,266	0,445**
Self-regulation				1	0,223
Family resilience					1

Notes: *significant at $p<0,05$; **significant at $p<0,01$

Influence of Family Characteristics, Stress Symptoms, Dimensions of Coping Strategies on Family Resilience

The results of multiple linear regression analysis carried out have gone through the classical assumption test. The research data spread normally, there was no multicollinearity with a tolerance value $> 0,1$ and VIF < 10 . The Durbin Watson value is 1,997 which means there is no autocorrelation.

Table 5 Effect of family characteristics, stress symptoms, dimensions of coping strategies on family resilience

Variables	Coefficient			
	Unstandardized Coefficient	Std. Error	Standardized Coefficient Beta (β)	Significance
(Constant)	40,872	16,737		0,019
Usia istri	0,157	0,205	0,078	0,448
Family income	-0,263	0,927	-0,029	0,778
Number of family member	0,041	3,211	0,001	0,990
Symptoms of stress	-0,456	0,086	-0,637	0,000**
Coping strategies				
Problem focus	0,045	0,119	0,046	0,710
Emotion focus	0,492	0,151	0,353	0,002**
Self-regulation	0,046	0,149	0,033	0,758
F test		8,736		
Sig.		0,000		
R Square		0,593		
Adjusted R Square		0,525		

Notes: *significant at $p<0,05$; **significant at $p<0,01$

The multiple linear regression test results in Table 5 show that the Adjusted R Square value is 0,525. This means that 52,5 percent of the variables in the model explain the influence on family resilience in families affected by layoffs during the Covid-19 pandemic. The remaining 47,5 percent is explained by other variables outside the variables studied. Regression analysis shows that stress symptoms ($\beta=-0,637$) have a significant negative effect on family resilience. This means that every one unit increase in stress symptoms

will reduce family resilience by 0,456 points. Further results show that emotion-focused coping strategies ($\beta=0,353$) have a positive effect on family resilience. This means that every one unit increase in emotion-focused coping will increase family resilience by 0,492 points.

DISCUSSION

The results showed that the age of the wife and husband was in early adulthood. According to Wulan and Chotimah (2017), early adulthood has specific developmental characteristics, namely physical conditions at the peak of life, cognitive abilities and moral judgments have developed complexly, have career choices and already have a permanent job. The average education level of wives and husbands in the study was high school/vocational high school graduates. The type of husband's new job is mostly working as a private employee, with an average family income in the range of IDR2.000.001,00 - IDR3.000.000,00. According to Herawati et al. (2012), a person's type of work is determined by the level of education, which can then affect family income. In general, the family size in this study is categorized into small families with a maximum of 4 family members. According to Firdaus and Sunarti (2009), a smaller number of family members means that there are fewer dependents and fewer expenses to fulfill the family's needs, and thus better welfare will be achieved.

Stress symptoms in this study refer to the frequency of events that disrupt life. The results showed that the stress symptoms of wives in families affected by layoffs during the Covid-19 pandemic were in the low category. This could happen because the wife did not think too much about the events that happened to her. According to Yang et al. (2018), stress symptoms in months 1 to 6 after the event are higher than stress symptoms in months 18 to 21. This means that the more an event passes, the lower the stress symptoms. Low stress symptoms are also caused by wives doing good coping strategies during the Covid-19 pandemic. Half of the wives accepted reality and received emotional support when their husbands were laid off during the Covid-19 pandemic. In line with the results of research by BKKBN (2020), during the Covid-19 pandemic the family stated that they accepted the conditions and supported each other between husband and wife. The family is a place to share happiness, be grateful for togetherness, be religious and have faith so that the family remains calm and does not panic during the Covid-19 pandemic (BKKBN, 2020).

In this study, there are three dimensions of coping strategies, namely problem-focused coping, emotion-focused coping, and self-regulation. The results showed that the wife's problem-focused coping strategy was in the low category, the wife's emotion-focused coping strategy and self-regulation were in the moderate category. This can show that emotion-focused coping and self-regulation are quite well used by wives rather than problem-focused coping. According to Octaviani et al. (2018), emotion-focused coping strategies are more often used because they directly enter the self and aim to reduce emotional stress. The results of this study are in line with Ryan's research (Octaviani et al., 2018) which states that women tend to use emotional coping strategies more than men.

Family resilience consists of physical resilience, social resilience, and psychological resilience. The physical and psychological resilience of families affected by layoffs during the Covid-19 pandemic in this study is in the low category. According to Sunarti (2001), family physical resilience is low because the per capita income is less than the minimum physical needs, only one family member works, and does not have economic resources that exceed the minimum physical needs. Low psychological resilience is caused by more than half of the wives feeling anxious, afraid, and upset with themselves. This shows that wives do not have a positive self-concept. Families who are unable to deal with non-physical problems, do not have the ability to manage emotions and have a poor self-concept will reduce family psychological resilience (Sunarti 2001). More than half of the families (78%) had high social resilience. Sunarti (2001) states that high social resilience will be achieved if the family has non-physical resources, including the quality of the wife and the quality of the relationship in marriage, and has a good coping mechanism to fulfill their social needs.

The correlation test results show that wife's education is significantly positively related to emotion-focused coping. According to Jenaabadi (2014), the higher a person's education, the better the ability to solve the problems faced. This is because the higher a person's education will determine how to think about the best ways to solve problems.

This study shows that wives' stress symptoms have a highly significant positive relationship with problem-focused coping. This means that the higher the wife's stress symptoms, the more she needs coping strategies to protect against a miserable life. According to Lavee et al. (1985), families can protect themselves from the impact of stressors by utilizing family adaptive resources, such as seeking social support. In addition, wife's stress symptoms showed a highly significant negative relationship with family resilience. In line with

Sumakul and Ruata's (2020) research, during the Covid-19 pandemic, families who experience stress due to unstable income, taking care of children's online schooling, restricted outside activities; fear of exposure to the virus; and anxiety due to hoax news can interfere with psychological resilience. Regression analysis shows that wife's stress symptoms have a significant negative effect on family resilience. According to Sangalang et al. (2017), stress can affect family quality, lack of communication, greater family conflict and low family cohesion, which can then reduce family resilience.

The results also showed that there was a significant positive relationship between wives' emotion-focused coping and family resilience. Emotion-focused coping strategies in this study are shown by wives trying to get emotional support, discussing feelings with their husbands, seeking wisdom, accepting reality, trusting and praying to God. Efforts made to get support and discussions in the family are a form of family interaction that can increase family resilience. Family interaction has a significant positive relationship with family resilience (Claudia, 2018). Spiritual aspects such as seeking wisdom, trusting and praying to God and accepting reality are also important elements of family resilience. This is because families who have an awareness of the power of God Almighty will have a positive and supportive attitude that provides resilience for their families. Ghaffari et al. (2013) mentioned that resilient families create an atmosphere that fulfills the spiritual needs of its members through a set of spiritual or religious beliefs and values.

Further results show that the wife's emotion-focused coping has a significant positive effect on family resilience. When wives cannot cope with stress-causing events due to husbands experiencing layoffs during the Covid 19 pandemic, it will trigger stress. In this case, the wife needs a coping strategy to manage the stress experienced so that low stress symptoms can be achieved, which will then increase family resilience. Family coping strategies have the potential to strengthen or maintain family resources that serve to protect the family from stressful demands (McCubbin et al., 1980). According to Fala et al. (2020), individuals are more resistant to various adverse effects of stress due to the availability of coping strategies, while the absence of coping strategies makes individuals more vulnerable to stress.

This study has limitations that can be used as improvements for future research, namely: (1) this study uses non-probability sampling so that the results cannot be generalized, (2) data collection uses a questionnaire with closed questions so that it cannot analyze the answers more deeply, (3) there is no data related to the time when experiencing layoffs during the Covid-19 pandemic.

CONCLUSION AND SUGGESTION

The ages of the wives and husbands in this study ranged from 25 to 54 years. Half of the respondents came from Kabupaten Tangerang and their husbands worked as private employees. The average education level of wives and husbands was senior high school or vocational high school. The highest percentage of family income after experiencing layoffs, 26 percent, was in the range of IDR2.000.001,00 to IDR3.000.000,00. The sample family category is a small family consisting of at most four people. More than half of the respondents were in the low category of stress symptoms. Overall, the wives' coping strategies fell into the moderate category. Wives' problem-focused coping was in the low category. Wives' emotion-focused coping and self-regulation were in the moderate category. Overall family resilience is in the moderate category. Physical and psychological resilience are in the low category. Social resilience is in the high category. The correlation results show that wife's education is significantly positively related to emotion-focused coping. Wives' stress symptoms were significantly positively associated with problem-focused coping and significantly negatively associated with family resilience. Wives' emotion-focused coping was significantly positively associated with family resilience. The factor that has a significant positive effect on family resilience is wife's emotion-focused coping. The factor that has a significant negative effect on family resilience is the wife's stress symptoms.

Based on the results of the study, almost half of the respondents experienced physical stress symptoms, namely experiencing difficulty sleeping. Respondents should be able to do breathing relaxation before bed. In addition, it is necessary to improve problem-focused coping. Respondents can be more active in utilizing vacant land for medicinal plants, vegetables, or flower plants. This can help manage stress and increase physical resilience. Families should also be more caring, share stories, and complain to family members and other families who are also experiencing layoffs. The relevant government is expected to provide family empowerment. Family empowerment that can be done, for example, hydroponic plant empowerment. Empowerment of hydroponic plants can start from increasing knowledge that hydroponic plants can be used as a food source for food security, applying simple hydroponic techniques, how to maintain them, and providing insight that hydroponics can be used as a new business. Family empowerment is also related to business management for families who want to start micro, small and medium enterprises (MSMEs). Business management includes material production, managing finances,

managing stocks of goods/raw materials, managing assets, and marketing strategies. This empowerment can make families more independent in improving their physical resilience.

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