THE MULTIPLE ROLE OF WOMAN, COPING STRATEGY, AND FAMILY RESILIENCE DURING COVID-19 PANDEMIC

Marelina Indrastuti, Tin Herawati[*]

Department of Family and Consumer Sciences, Faculty of Human Ecology,
Bogor Agricultural University, Bogor 16880, Indonesia

[*] *E-mail: tinhe@apps.ipb.ac.id*

Abstract

The Covid-19 pandemic has disrupted family life mechanisms, especially families with multiple roles of women. The purpose of this study is to analyze women's dual roles, coping strategies, and family resilience during the Covid-19 pandemic. This study involved 100 mothers working in the formal sector who have school-age children (elementary school). The research location is in the Bogor Regency area, West Java. Sampling was conducted by non-probability sampling using voluntary sampling technique. The data obtained were then processed using Microsoft Office Excel 2010 software and analyzed using the Statistical Package for Social Science (SPSS) 25 program. Data processing was carried out using descriptive analysis, correlation analysis, and regression analysis. The results showed that there was a significant relationship between family characteristics, women's dual roles, coping strategies, and family resilience. The regression test results show that women's dual roles have a positive effect on family resilience. It is expected that families with dual roles of women can increase their contribution in the public environment through various activities such as PKK (Family Welfare Development), committees for celebrating holidays, community organizations and others. further research is expected to examine the dual role of women through two perspectives, namely the husband's side and the wife's side so that the data produced is more accurate.

Keywords: coping strategies, family resilience, women's dual roles

PERAN GANDA PEREMPUAN, STRATEGI KOPING, DAN KETAHANAN KELUARGA DI MASA PANDEMI COVID-19

Abstrak

Pandemi Covid-19 menyebabkan mekanisme kehidupan keluarga terganggu, terutama keluarga dengan peran ganda perempuan. Tujuan dari penelitian ini adalah untuk menganalisis peran ganda perempuan, strategi koping, dan ketahanan keluarga di masa pandemi Covid-19. Penelitian ini melibatkan 100 ibu bekerja dibidang formal yang memiliki anak usia sekolah (Sekolah Dasar). Lokasi penelitian berada di wilayah Kabupaten Bogor, Jawa Barat. Pengambilan contoh penelitian dilakukan secara *non probability sampling* dengan menggunakan teknik *voluntary sampling*. Data yang telah diperoleh kemudian diolah menggunakan perangkat lunak *Microsoft Office Excel* 2010 dan dianalisis menggunakan program *Statistical Package for Social Science* (SPSS) 25. Pengolahan data dilakukan dengan menggunakan analisis deskriptif, analisis korelasi, dan analisis regresi. Hasil penelitian menunjukan terdapat hubungan signifikan antara karakteristik keluarga, peran ganda perempuan, strategi koping, dan ketahanan keluarga. Hasil uji regresi menunjukan bahwa peran ganda perempuan berpengaruh positif terhadap ketahanan keluarga. Diharapkan keluarga dengan peran ganda perempuan dapat meningkatkan kontribusi dalam lingkungan publik melalui berbagai kegiatan seperti PKK (Pembinaan Kesejahteraan Keluarga), panitia perayaan hari besar, organisasi masyarakat dan lainnya. penelitian selanjutnya, diharapkan dapat meneliti peran ganda perempuan melalui dua sudut pandang yaitu sisi suami dan sisi istri sehingga data yang dihasilkan lebih akurat.

Kata kunci: ketahanan keluarga, peran ganda perempuan, strategi koping

INTRODUCTION

The changing times have led to an increase in the demands of family life, especially in the social and economic fields. Nowadays, women's contribution to the family is not only as housewives, but also contribute to the family economy. The low income generated by the husband as the head of the family is one of the factors that causes most women to participate in working to meet family needs. In addition, a high level of educational background makes women more courageous to actualize themselves in economic

development (Majid & Handayani, 2012). According to Puspitawati (2017), the contribution of women in the economic field will contribute significantly to the progress of the regional economy. Women's contribution to economic development can be seen from the trend of women's participation in the labor force. As one indicator of participation in the economic field, it is shown by the rate of increase in labor force participation (TPAK) of women in Indonesia. According to data from the Central Bureau of Statistics of the Republic of Indonesia (BPS) (2019) from 2015 to 2019 the Labor Force Participation Rate (TPAK) of women in Indonesia experienced a higher increase compared to men, namely 3,02 percent compared to 0,42 percent. Married female workers have the highest percentage at 70.96 percent, compared to the status of unmarried women at 15,39 percent (BPS, 2018). This proves that married women who play a dual role are increasing every year.

According to Maclean et al. (2004), women's dual roles are women who maintain their jobs outside the home and continue to do household chores. Based on research Nordenmark (2004), women's dual roles have beneficial benefits for both husbands and wives. For husbands, higher involvement in family life is assumed to strengthen the relationship between father and child, thus increasing overall life satisfaction. For wives, higher involvement in work will improve the family economy, thus impacting the balance of power relations in the household as well as women's control over family life. However, on the other hand, dual roles can lead to conflict if married couples cannot balance the demands between roles, be it work conflict or family conflict (Christine et al., 2010). Research Akbar and Kartika (2016) stated that there is a significant relationship between women's dual roles and family functioning in working mothers.

The pressure of women's dual roles is exacerbated by the impact of the Covid-19 pandemic that has hit the world. During the Covid-19 pandemic, the basic mechanisms of family life were disrupted, such as PSBB (large-scale social restrictions), SFH (school from home), WFH (work from home), and an increase in families affected by layoffs (termination of employment). Many businesses have temporarily or permanently closed their businesses, which has an impact on changes in the mechanism of family workers. According to the Ministry of Manpower (2020), as many as 1.772.958 workers in the formal and informal sectors were forced to be laid off and even terminated. The Covid-19 pandemic has also had an impact on decreasing family income, as many as 41,91 percent of people claimed to have experienced a decrease in income during the Covid-19 pandemic (BPS, 2020a). According to Sunarti 2020, as many as 77.5 percent of respondents chose to save family food expenses and 59.7 percent chose to buy cheaper food as an effort of food coping strategies to overcome unfavorable circumstances during the Covid-19 pandemic. In addition, the Covid-19 pandemic has also disrupted the learning mechanism in schools. According to the Ministry of Education and Culture (2020), 68,801,708 students were affected by the Covid-19 pandemic. If the wife is still working, her routine is also disrupted due to the online learning system that requires children to stay at home while the wife has to work, so an appropriate alternative care arrangement is needed so as not to increase the burden on the family. According to Maclean et al. (2004), working mothers who have children, both single and partnered, have a higher risk of stress levels compared to working mothers who do not have children.

Walsh (2020) stated that when the wave of the Covid-19 pandemic surges in various countries, families are expected to be able to adapt and have efforts to overcome the various changes that exist. Therefore, it is necessary to have a strategy as an effort to balance the dual role of women during the Covid-19 pandemic. Coping is considered an effective strategy that serves to minimize or eliminate stressful conditions (Bhangoo, 2015). Coping describes how a person manages, mobilizes, coordinates and modulates their behavior, emotions, and attention under stress. (Skinner & Zimmer-Gembeck, 2009). A good coping strategy is able to buffer against various negative impacts, such as things that can cause stress and conflict so that family resilience can be maintained.

Research Thompson and Schrodt (2015) stated that family resilience is a process of core communication and relationships within the family, functioning as a resource and coping mechanism when the family is in crisis or experiencing stressful pressures. According to Sunarti (2001) family resilience is said to be good when the family is able to overcome problems with the resources they have in an effort to meet physical, economic, social, psychological needs and can carry out various family functions optimally. Family resilience will increase if gender roles between husband and wife can be implemented properly, focusing on family members who can generate, preserve and diversify balanced resources in times of extreme hardship or crisis (Smyth & Sweetman, 2015). Coping and resilience strategies help families understand their strengths and resources, so that families can adapt in achieving family life goals (Mayordomo et al., 2015).

Specifically, this study consists of 3 objectives, namely: 1) identify family characteristics, women's dual roles, coping strategies and family resilience during the Covid-19 pandemic; 2) analyze the relationship between family characteristics, women's dual roles, coping strategies and family resilience during the Covid-19 pandemic; 3) analyze the influence of family characteristics, women's dual roles, coping strategies and family

resilience during the Covid-19 pandemic.

METHODS

This study used a cross sectional study design using survey methods and online questionnaires. This research was conducted in the Bogor Regency area. The choice of research location was carried out with the consideration that Bogor Regency has the largest population in West Java and the highest Open Unemployment Rate (TPT) in West Java (BPS, 2020). This research was conducted from December 2020 to April 2021, which included data collection, data processing, data analysis, and writing of the results of the research that had been carried out. Sampling was conducted by non-probability sampling using voluntary sampling technique. The population in this study were 100 families where the wife worked in the formal sector, had one child of school age (elementary school), and resided in the Bogor Regency area.

Women's multiple roles are measured using an instrument modified from Handriyanti (2016), referring to the dimensions of Michelle and Louise Lamphere (1974) and indicators of Puspitawati (2017) with Cronbach's alpha 0,835. The dimensions of women's multiple roles consist of domestic and public roles. Domestic roles include women's roles as wives, mothers, and household managers. Meanwhile, public roles include roles as workers, community members, and community organizations. The questionnaire consisted of 27 statements, of which 15 statements were domestic role dimensions and 12 statements were public role dimensions. This variable was answered using a Likert scale (1-4), namely 1= never, 2= rarely, 3= often, 4= always. When calculating the composite total of women's multiple role variables, each index of activity was multiplied by a conversion factor with assumptions, namely: 1) personal activities take 8 hours per day with a conversion factor of 8:24=0,33; 2) domestic activities take 5,7 hours per day with a conversion factor of 5,7:24=0,23; 3) work activities take 10 hours per day with a conversion factor of 10:24=0,41; 4) social environment activities take 0,3 hours per day with a conversion factor of 0,3:24=0,01.

Coping strategies were measured using an instrument modified from Folkman et al. (1986) with Cronbach's alpha 0,665. Coping strategies were divided into two dimensions: problem-focused coping and emotion-focused coping. This questionnaire consists of 25 statements, namely 13 statements of the problem-focused coping dimension and 12 statements of the emotion-focused coping dimension. This variable was answered using a Likert scale (1-4), namely 1= never, 2= rarely, 3= often, 4= always. Family resilience was measured using an instrument modified from Sunarti (2001) with Cronbach's alpha 0,725 which amounted to 45 statements. Family resilience in this instrument is divided into three dimensions, namely physical resilience, social resilience, and psychological resilience. The family resilience questionnaire was answered using a Guttman ordinal scale, i.e. 0= no; 1= yes.

The data obtained were then processed using Microsoft Office Excel 2010 software and analyzed using the Statistical Package for Social Science (SPSS) 25 program. The data processing process included editing, coding, entry, cleaning, scoring, analyzing, and data interpretation. Data quality control was carried out through reliability testing of women's dual role instruments, coping strategies and family resilience using the Cronbach's alpha method. Data processing was conducted using descriptive analysis, correlation analysis, and regression analysis. Descriptive analysis was conducted to identify the minimum value, maximum value, average, number, percentage, and standard deviation on family characteristics, women's dual role variables, coping strategies, and family resilience. Correlation analysis was conducted to determine the relationship between family characteristics, women's dual roles, coping strategies, and family resilience during the Covid19 pandemic. Multiple linear regression analysis was conducted to determine the influence between family characteristics, women's dual roles and coping strategies, on family resilience during the Covid-19 pandemic.

RESULTS

Family Characteristics

The results of Table 1 show that the average age of the wife is 39 years old in the early adult category and the average age of the husband is 42 years old in the middle adult category. A total of 42 percent of the wife's length of education and 37 percent of the husband's length of education were sixteen years or completed their education to the bachelor's/equivalent level. The average length of education of wives and husbands is almost the same, namely 13.68 years and 13,54 years. The largest proportion of wives' occupations were as factory workers (34%) and teachers/lecturers (21%), while husbands were private employees (40%). The average family size is 4 people. This shows that the average family size is small (National Family Planning Coordinating Agency, 2005). The highest number of family members was 8 people and the lowest was 3 people.

Based on the poverty line BPS Bogor Regency (2021), almost all respondent families were categorized as non-poor with an average per capita/month family income of IDR2.056.916.

Table 1 Sample distribution of family characteristics

Characteristics	Minimum	Maximum	Mean±Standard Deviation
Age of wife	28	52	39,11±5,92
Husband's age	28	58	42,26±6,46
Wife's education	6	18	13,68±3,04
Husband's education	6	21	13,54±3,21
Family size	3	8	4,45±0,97
Income per capita (IDR)	400.000	9.125.000	2.056.916±1.254.999

Women's Dual Roles

Based on Table 2, the highest proportion (71%) of wives had a dual role of women in the moderate category, 17 percent in the low category, and 12 percent in the high category. The results also showed that two-thirds (67%) of domestic roles were in the high category with an average index score of 83,20. This is shown by the role of wives who often prepare all the needs of their spouses, such as work clothes, food, and drinks (64%); being a friend to exchange opinions with their spouses when facing problems (67%); planning children's education (75%); caring for children (81%); managing household finances (61%); and cleaning part or all of the house (89%). A total of 83 percent of public roles in the work sector are in the high category with an average index score of 91,75. Public roles in activities in the social environment are in the low category (99%). This can be seen from the large number of wives who have never contributed to the community, such as never being involved in celebrating holidays (52%), never being involved in volunteer activities (61%), never joining PKK (Family Welfare Empowerment) groups (75%), and never being part of organizational groups in the community (76%). This condition proves that in the public sector wives only focus on the work environment, but to contribute to the community and community organizations is still lacking.

Coping Strategy

Based on the research results in Table 2, the family had a coping strategy in the moderate category (69%). Families used emotion-focused coping more often than problem-focused coping. In addition, more than half (59%) of families performed problem-focused coping in the low category with an average index score of 57,64. This is shown by the low problem-focused coping strategies used by families, such as never taking a big chance even though it has a big risk for the household/work (43%), rarely talking to someone to help solve household/work problems (44%), and not hiring other people to take care of children and clean the house (56%). Meanwhile, emotion-focused coping by families was in the moderate category (47%) with an average index score of 77,39. This is shown by the fact that they rarely see things from other people's perspectives (30%), rarely take things for granted when there is a problem (23%), and quite often think about the problems faced too seriously (44%).

Family Resilience

The results in Table 2 show that family resilience is in the high category (97%) with an average index score of 92,69. The rest are in the medium category (2%) and low category (1%). When viewed in the physical resilience dimension, the family is in the high category (93%) with an average index score of 93,73. This is shown by the family's ability to meet the needs of clothing, food, shelter, health and being able to fulfill facilities for child development. The same can be seen in the social resilience dimension, which shows that most families' social resilience is in the high category (96%) with an average index score of 97.20. This is related to families who always accept the circumstances that occur, always surrender to God, and always discuss with family members before making decisions. The same pattern can also be seen from psychological resilience, where 85 percent of families have a high category of psychological resilience with an average index score of 87,13. This is shown by the condition of families who have good relationships with relatives (100%), are satisfied with the clothes they have (100%), and are satisfied with the food they consume (99%).

Table 2 Distribution of examples based on women's multiple roles, coping strategies, and family resilience

Variables	Category						Min- Max	Mean±SD
	Low (<60)		Medium (60-80)		High (>80)			
	n	%	n	%	n	%		
Women's Multiple Roles								
Domestic role	4	4,0	29	29,0	67	67,0	33,33-100,00	83,20±12,76

Table 2 Distribution of examples based on women's multiple roles, coping strategies and family resilience (continue)

Variables	Category						Min- Max	Mean±SD
	Low (<60)		Medium (60-80)		High (>80)			
	n	%	n	%	n	%		
Public role (work)	3	3,0	14	14,0	83	83,0	25,00-100,00	91,75±14,38
Public (social) role	99	99,0	1	1,0	0	0,0	4,17-75,00	29,20±15,17
Women's multiple roles	17	17,0	71	71,0	12	12,0	34,57-90,12	68,47±10,25
Coping Strategies								
Problem-focused coping	59	59,0	39	39,0	2	2,0	35,90-84,62	57,64±11,27
Emotion-focused coping	7	7,0	47	47,0	46	46,0	50,00-100,00	77,39±11,13
Coping strategies	22	22,0	69	69,0	9	9,0	45,33-85,33	67,12±8,96
Family resilience								
Physical resilience	0	0,0	7	7,0	93	93,0	60,00-100,00	93,73±9,13
Social resilience	1	1,0	3	3,0	96	96,0	53,33-100,00	97,20±7,29
Psychological resilience	2	2,0	13	13,0	85	85,0	40,00-100,00	87,13±10,43
Family resilience	1	1,0	2	2,0	97	97,0	57,78-100,00	92,69±6,45

Notes: n (Number of respondents); % (Percentage of the number of respondents); Min (Minimum); Max (Maximum); SD (Standard deviation)

Relationship between Family Characteristics, Women's Multiple Roles, Coping Strategies, and Family Resilience

Based on the relationship test analysis in Table 3, it shows that wife's education and husband's education are significantly positively related to family resilience. The higher the wife's education and husband's education, the better the family resilience. In addition, there is a significant positive relationship between per capita income and family resilience. This means that the higher the level of family per capita income, the better the family resilience. Meanwhile, women's dual roles have a significant positive relationship with coping strategies and family resilience. This means that if a wife who plays a dual role has a strong coping strategy to balance the various demands of domestic and public roles, the conflicts that arise can be minimized which will ultimately increase family resilience. This study also found that there is a significant positive relationship between coping strategies and family resilience.

Table 3 Relationship between family characteristics, women's multiple roles, coping strategies, and family resilience

Variables	Women's Multiple Roles	Coping Strategies	Family Resilience
Age of wife	0,084	0,074	0,125
Husband's age	0,029	0,084	0,011
Wife's Years of Education	0,070	-0,082	**0,245**[*]
Husband's Years of Education	0,076	-0,005	**0,278**[**]
Family size	0,000	-0,083	-0,075
Income per capita/month	-0,019	0,093	**0,227**[*]
Women's multiple roles	1	**0,412**[**]	**0,454**[**]
Coping strategy		1	**0,222**[*]
Family resilience		.	1

Notes: [*] significant at p<0,05, [**] significant at p<0,01

Influence of Family Characteristics, Women's Multiple Roles, Coping Strategies, and Family Resilience

The regression test results show that the model is significant with a significance value of 0,000 (p<0,01). The model in this study has a coefficient of determination (Adjusted R Square) of 17,9. This coefficient shows that the variables contained in the model have an influence of 17,9 percent on family resilience. The remaining 82,1 percent of family resilience is influenced by other variables outside the research model. Based on the regression test results in Table 4, it shows that the family characteristics of wife's age, wife's years of education, husband's years of education, family size, and family per capita income have no influence on family resilience. Meanwhile, the variable of women's dual role has a significant positive influence on family

resilience (B=0,285; p<0,01). This means that every one unit increase in women's dual roles will increase family resilience by 0,285 points. Families with multiple roles of women will increase family resilience.

Table 4 Effect of family characteristics, women's dual roles, coping strategies, and family resilience

Variables	Unstandardized Coefficient (B)	Standardized Coefficient (β)	Sig.
Constant	62,005		0,000
Wife's age	0,044	0,041	0,696
Wife's Years of Education	0,246	0,115	0,350
Husband's Years of Education	0,264	0,132	0,294
Family size	0,154	0,023	0,833
Family per capita income	1,088E-6	0,212	0,052
Women's multiple roles	0,285	0,324	**0,004****
Coping strategy	0,052	0,067	0,524
F			4,094
Sig			0,000
R Square			0,237
Adjusted R Square			0,179

Notes: [*)] significant at p<0,01, [**)] significant at p<0,01

DISCUSSION

The results of the study of one hundred sample families in Bogor Regency show that the average age of the wife is in the early adulthood category. According to Hurlock (1980), at this age individuals tend to adapt to life and have social expectations in society. Individuals are also required to be able to manage domestic affairs well such as being a wife, mother, and household manager. The average age of husbands in the sample families falls into the middle adulthood category. At this age, the psychological and physical abilities of individuals begin to decline because it is a transition period from adulthood to old age (Hurlock, 1980). In general, the size of the sample families is in the small family category with an average family size of four members. Meanwhile, the sample families have a fairly high level of education with the largest proportion having studied up to the bachelor's degree/equivalent level or having a length of education for approximately sixteen years. The level of education is one of the indicators that determine a person's type of work and is related to the family's per capita income (Herawati, 2012). This is evidenced by the level of per capita income of the sample families (99%) in the non-poor category with an average per capita income per month of IDR2.056.916,00. A high family income will allow the family to reach the optimum satisfaction point (Rahma et al., 2015). The high level of family per capita income is due to the wife's contribution to the public sector which contributes to family income. This condition results in the emergence of a dual role for a wife because she has two roles at the same time, namely domestic and public roles.

A wife who plays a dual role is likely to face various problems related to inter-role demands, both domestic and public roles. The demands of the domestic role involve the demands of being a wife, mother, and household manager. The results prove that there are still families who experience difficulties in carrying out domestic roles, especially during the pandemic, because they have an additional role as a companion and teacher for children while learning from home. This is in line with research by Handayani (2020) which states that a working wife finds it difficult and has additional responsibilities in accompanying children to study online. This condition is because working time and children's online learning time are at the same time. Meanwhile, the demands of public roles concern the demands of being a worker, community member, and community organization. This study proves that there are still many families who have public roles in the low category. This condition occurs because wives have to work so they do not have time to socialize and participate in various activities in the community. This is in line with research by Ismanto and Suhartini (2014), that a working wife has difficulty dividing her time (2014), that a working wife has difficulty dividing time between domestic and public roles.

Families with dual roles of women have coping strategies in balancing domestic and public roles. Based on the results of the study, women's dual roles are significantly positively related to coping strategies. The higher the demands between roles, the more optimal the coping strategies carried out by individuals. Coping strategies are carried out as a way to minimize conflict between domestic and public roles (Asra, 2013). The highest proportion of family coping strategy levels was in the moderate category. This proves that families do not have a maximum coping strategy to solve various problems related to women's dual roles. According

to Nurillah (2013), individual assessment of a problem is one of the success factors in overcoming a problem. Families do more emotion-focused coping strategies than problem-focused coping strategies. This is because families tend not to be able to change the situation and accept the situation more. This result is in line with research by Lazarus (1993), that individuals will use coping strategies focused on emotions when they do not have the resources to change the situation.

In the research results, the average total family resilience was in the high category. According to Sunarti (2001), families that have high resilience are able to achieve the desired family goals. In this condition, families with dual role women have the ability to manage various resources so that the family can achieve its goals. This is evidenced by the average dimension of the family's physical resilience which is quite good because the family has been able to fulfill the needs of food, clothing, shelter, education, and health. Families are considered to have good physical resilience when there is at least one family member who works and earns per capita income exceeding the minimum physical income or has economic resources exceeding the minimum physical needs. Furthermore, in the social resilience dimension, families also have an average social resilience in the high category. It is evident that the family is oriented towards religious values, has effective communication between family members, and has a high commitment in the family. According to Sunarti (2001), a family has high social resilience if it has good non-physical resources, has good marital relationships, and has a good problem-handling mechanism to fulfill its social needs. Meanwhile, more than four-fifths of the dimensions of family psychological resilience also have an average value in the high category. However, a closer look shows that there is still domestic violence between husbands and wives and between parents and children. According to Sunarti (2001), positive self-concept and emotions are indicators to achieve psychological resilience in the family.

The correlation test results show that wife's education, husband's education, and family per capita income are significantly positively related to family resilience. The higher the education of the wife and husband, the higher the possibility of getting a good job, which will increase the family's per capita income. This result is reinforced by research by Yadollahi et al. (2009) stated that education level is one of the important determinants that will determine a person's economic and employment status. This condition will make the family have more assets that can later increase family resilience, be it physical resilience, social resilience, or psychological resilience. This is in line with research by Ginanjarsari (2010), that the physical and social resilience of the family will increase along with the high education of the wife and husband. This is in line with research by Sholihah (2013) which explains that family per capita income has a positive relationship with family resilience. Based on the results of the study, women's dual roles have a significant positive relationship and influence on family resilience. In this condition, not all wives who play a dual role will increase family resilience, but it depends on how a wife is able to balance the demands between roles by using various strategies. Family resilience increases because dual-role wives contribute to earning a living in the public environment. This situation results in higher family per capita income, so that families are better able to meet physical needs such as food, clothing, shelter, education, health and others. This means that family resilience will increase along with the dual role of women in the family. This is in line with research by Holijah (2019), that the involvement of a wife in the public sector affects family resilience, namely increasing economic resilience in the family. In addition, research Nordenmark (2004) stated that women's dual roles have beneficial benefits for both husbands and wives. At the level of coping strategies, family resilience will increase when the coping strategies carried out by the family are maximized. According to Lazarus (1999) in Beasley et al. (2003), coping strategies are actions that can reduce stress in the family so that it has an impact on improving the physical and psychological functioning of the family.

This study has several limitations, namely this study only uses the wife's perspective, without using the perspective of the family as a whole. In addition, this study did not elaborate on data on role sharing in the domestic sector between wives and husbands. Online data collection meant that the sample was not spread comprehensively across each sub-district in Bogor Regency.

CONCLUSIONS AND SUGGESTIONS

This study shows that the average age of wives and husbands is in the early adult and middle adult categories. The length of education of the wife and husband is sixteen years or in the bachelor degree category. The average family size is small and the average family income per capita per month is IDR2.056.916,00. The level of women's multiple roles and family coping strategies had the largest proportion in the moderate category, while the level of family resilience was in the high category. The results showed that there was a positive relationship between wife's education, husband's education, family per capita income, women's multiple roles, and coping strategies with family resilience. Meanwhile, the regression test results show that women's multiple roles have a positive effect on family resilience.

Based on the results of the study, it was found that there is still a low public role, especially in the community and community organizations, it is hoped that families with dual role women can increase contributions in the public environment through various activities such as PKK, committees for celebrating holidays, community organizations and others. Furthermore, in the coping strategy variable, the strategies carried out by families with dual roles are not optimal, therefore it is hoped that families with dual role women can improve coping strategies, both problem-focused coping strategies and emotion-focused coping strategies to balance the various demands between roles. In addition, there should be a division of domestic roles with husbands and family members to ease the burden on the wife. Extended family should also provide direct support, such as being a friend to exchange ideas and being a temporary caregiver when the wife works. Suggestions for the government, there should be a review of family-friendly workplaces, such as setting working hours that are not over time, so that wives can carry out domestic and public roles optimally. Suggestions for future research, it is hoped that it can examine the dual role of women through two perspectives, namely the husband's side and the wife's side so that the data generated is more accurate.

REFERENCES

Akbar, Z., & Kartika, K. (2016). Konflik peran ganda dan keberfungsian keluarga pada ibu yang bekerja. *Jurnal Penelitian dan Pengukuran Psikologi: JPPP*, *5*(2), 63-69..doi:https://doi.org/10.21009/JPPP.052.02.

Asra, E. M. (2013). Hubungan antara work-family conflict dengan prestasi kerja pada perawat wanita. *Jurnal Psikologi*, *1*(1).

Beasley, M., Thompson, T., & Davidson, J. (2003). Resilience in response to life stress: the effects of coping style and cognitive hardiness. *Personality and Individual differences*, *34*(1), 77-95.doi:10.1016/S0191-8869(02)00027-2.

Bhangoo, J. K. (2015). Coping strategies: a study among working couples. *Indian Journal of Psychological Science*, *5*(2), 91-101.

[BKKBN] Badan Kependudukan dan Keluarga Berencana Nasional. (2005). *Keluarga Berencana dan Kesehatan Reproduksi*. Jakarta: BKKBN.

[BPS] Badan Pusat Statistik. (2018). *Keadaan Ketenagakerjaan Indonesia Agustus 2018*. Jakarta: BPS.

[BPS] Badan Pusat Statistik. (2019). *Keadaan Ketenagakerjaan Indonesia Agustus 2019*. Jakarta: BPS.

[BPS] Badan Pusat Statistik. (2020). *Laporan Eksekutif Keadaan Angkatan Kerja Provinsi Jawa Barat Agustus 2020*. Jakarta: BPS.

[BPS] Badan Pusat Statistik Kabupaten Bogor. (2021). *Kabupaten Bogor Dalam Angka 2021*. Bogor: BPS Kabupaten Bogor.

Christine, W. S., Oktorina, M., & Mula, I. (2010). Pengaruh konflik pekerjaan dan konflik keluarga terhadap kinerja dengan konflik pekerjaan keluarga sebagai intervening variabel (studi pada dual career couple di Jabodetabek). *Jurnal Manajemen dan Kewirausahaan*, *12*(2), 121-132.doi:10.974 4/jmk.12.2.pp.

Folkman, S., Lazarus, R. S., Dunkel-Schetter, C., DeLongis, A., & Gruen, R. J. (1986). Dynamics of a stressful encounter: cognitive appraisal, coping, and encounter outcomes. *Journal of personality and social psychology*, *50*(5), 992-1003.

Ginanjarsari, G. (2010). Hubungan antara tipologi keluarga dengan komponen ketahanan keluarga pada keluarga miskin dan tidak miskin [skripsi]. Bogor: Institut Pertanian Bogor.

Handayani, R. (2020). Multi peran wanita karir pada masa pandemi Covid-19. *Jurnal Kajian Gender dan Anak*, *4*(1), 1-10.doi:https://doi.org/10.24952/gender.v4i1.2830.

Handriyanti, A. D. (2016). Keluarga dual earner di kota bogor pernyataan mengenai skripsi dan sumber informasi serta pelimpahan hak cipta [skripsi]. Bogor: Institut Pertanian Bogor.

Herawati, T. (2012). Manajemen sumber daya keluarga dan ketahanan keluarga peserta program pemberdayaan masyarakat di pedesaan [skripsi]. Bogor: Institut Pertanian Bogor.

Herawati, T., Krisnatuti, D., & Rukmayanti, I. Y. (2012). Dukungan sosial dan ketahanan keluarga peserta dan bukan peserta program nasional pemberdayaan masyarakat (PNPM) mandiri. *Jurnal Ilmu Keluarga & Konsumen*, *5*(1), 1-10.doi:https://doi.org/10.24156/jikk.2012.5.1.1.

Holijah, H. (2020). Konflik Peran Ganda Wanita Bekerja Di Luar Rumah Terhadap Ketahanan Ekonomi Keluarga Perspektif Hukum Islam. *Al-Ahwal: Jurnal Hukum Keluarga Islam*, *12*(1), 56-64.doi:10.14421/ahwal.2019.12105.

Hurlock, E. B. (1980). *Suatu Pendekatan Sepanjang Rentang Kehidupan*. Jakarta: Erlangga.

Ismanto A, Suhartini E. 2014. Beban ganda wanita karir di PT. PJB UP Paiton. *Artik. Ilm. Has. Penelit. Mhs.* I(1):1–5.

Lazarus, R. S. (1993). From psychological stress to the emotions: a history of changing outlooks. *Annu Rev.* 44(1):1–21.

Lazarus, R. S. (1999). *Stress and emotion: A new synthesis*. New York: Spinger.

Maclean, H., Glynn, K., & Ansara, D. (2004). Multiple roles and women's mental health in Canada. *BMC women's health*, *4*, 1-9.doi:10.1186/1472-6874-4-s1-s3.

Majid, F., & Handayani, H. R. (2012). Faktor-faktor yang mempengaruhi keputusan perempuan berstatus menikah untuk bekerja (Studi kasus Kota Semarang). *Diponegoro Journal of Economics*, *1*(1), 242-250.

Mayordomo, T., Viguer, P., Sales, A., Satorres, E., & Meléndez, J. C. (2016). Resilience and coping as predictors of well-being in adults. *The Journal of psychology*, *150*(7), 809-821.doi:10.1080/00223980.2016.1203276.

Rosaldo, M. Z., Lamphere, L., & Bamberger, J. (1974). *Woman, culture, and society* (Vol. 133). Stanford University Press.

Yadollahi, M., Paim, L., Othman, M., & Suandi, T. (2009). Factors affecting family economic status. *Eur. J. Sci. Res.* 37(1):94–109.

Nordenmark, M. (2004). Multiple social roles and well-being: a longitudinal test of the role stress theory and the role expansion theory. *Acta Sociologica*, *47*(2), 115-126.doi:10.1177/0001699304043823.

Nurillah, H. (2013). Strategi koping, tekanan ekonomi, dan ketahanan keluarga di kawasan kumuh [skripsi]. Bogor: Institut Pertanian Bogor.

Puspitawati, H. (2017). *Gender dan Keluarga : Konsep dan Realita di Indonesia*. Pertama A, Putra AT, Nurdiansyah MA. Bogor: IPB Pr.

Rahma, A., Puspitawati, H., & Herawati, T. (2015). Pengaruh peran gender dan pemeliharaan lingkungan mikro terhadap kesejahteraan subjektif keluarga petani dataran tinggi. *Jurnal Ilmu Keluarga & Konsumen*, *8*(2), 69-79. https://doi.org/10.24156/jikk.2015.8.2.69

Sholihah, F. V. (2013). Manajemen sumber daya keluarga dan ketahanan keluarga lanjut usia [skripsi]. Bogor: Institut Pertanian Bogor.

Skinner, E. A., & Zimmer-Gembeck, M. J. (2009). Challenges to the developmental study of coping. *New Dir. Child Adolesc. Dev.* 2009(124):5–17.doi:10.1002/cd.239.

Smyth, I., & Sweetman, C. (2015). Introduction: Gender and resilience. *Gender & Development*, *23*(3), 405-414.doi:10.1080/13552074.2015.1113769.

Sunarti, E. (2001). Studi ketahanan keluarga dan ukurannya telaah kasus pengaruhnya terhadap kualitas kehamilan [skripsi]. Bogor: Institut Pertanian Bogor.

Thompson, P. A., & Schrodt, P. (2015). Perceptions of joint family storytelling as mediators of family communication patterns and family strengths. *Communication Quarterly*, *63*(4), 405-426. doi: 10.1080/01 463373.2015.1058286.

Walsh, F. (2020). Loss and resilience in the time of COVID-19: Meaning making, hope, and transcendence. *Family process*, *59*(3), 898-911.doi:10.1111/famp.12588.