

Family and Social Environmental Factors in the Effects on Family Resilience: A Systematic Literature Review

Yosika Pramangara Admadeli^{1,*} Pascalis Muritegar Embu-Worho²

¹ *Independent Researcher*

² *Faculty of Psychology Diponegoro University*

**Corresponding author. Email: valenyossi@gmail.com*

ABSTRACT

Families often face extremely challenging experiences or crises caused by various factors. It is important to understand how family members give each other support when problems occur in the family, how one solve the problems, and how one rebuild their lives after the transition. Therefore it is crucial to understand how family could rise from various problems that occur, which is known as family resilience. This study aims to compare family and social environmental factors in building family resilience and what problem to be considered the most as a trait to family resilience. The method used in this research is systematic literature review on the Science Direct and Google Scholar database, using the following keyword: "Family AND Resilience AND Factor". Results of the data analysis show that family environment is oftenly considered as a forming factor of family resilience and most study focus on family member's health problems. This shows that family member's physical or mental health problems are considered as a risk factor to the family resilience. Both family and social environment need to show support to create family resilience, such as attention and encouragement. Family environmental factors are crucial, however it is not enough. It needs support from the social environment as well to form family resilience. Further research is needed to find effective interventions to make a good family and social environment that could create family resilience.

Keywords: *family resilience, family environment, social environment, systematic review.*

1. INTRODUCTION

Resilience is an ability needed to get through the critical period. Masten and Reed stated that resilience is a phenomenon characterized by positive adaptation in the context of difficult and risky situations [1]. It is not only needed by individuals but also needs to be built in the family. Family resilience is rooted in a positive perspective and sees a family as a collective unit of individuals who interact and have their own strengths.

Kalil states that study concentrates on well-developed individual resulting in resilience [2]. However, the relevant theoretical concepts could and have been, applied to the study of family functioning. While clear definitions of "family resilience" and methods to assess it are still in developmental stages, new research and theoretical constructions of what constitutes family resilience are emerging around the idea of family interactions as the key to understand the concept. A key to resilience is that it is not a static trait, but is a dynamic process that might change with time and circumstances [2]. Likewise, researchers argued that family resilience should be seen as a part of a continuum whereby all families could be seen to be resilient at some point and in some circumstances,

depending on the contexts, time frames, and relationships [2].

Family resilience builded by placing family as a functional unit which becomes a source for family members to become resilient [3]. This is in line with the definition of family resilience from National Network for Family Resilience which stated that family resilience involves the ability of individuals or families to exploit their potential to face challenges, including the ability to restore family functions to their previous condition to face challenges and crises [4].

Crises that might be a challenge for family resilience has been researched before. From the internal factors, parents with autistic children were stressed, but they received family support, coped well, and were resilient thus they could take care of the children with autistic [5]. From the external factors, there are stigmas were experienced by the family with schizophrenic members [6]. The forms of stigma are labeling, stereotyping, separation, and discrimination which is part of the risk factors for family resilience.

From this explanation, we could understand that is influenced by various factors from the family's internal environment and external family environment. The

Family's internal environment is everything related to family resources such as positive outlook, spirituality, flexibility, family communication, financial management, family time, and support from family members [7]. While the external family environment is everything related to positive relationships in the environment such as support networks and does not give negative stigma [7]. Is family resilience formed because of the family environment or social environment?

Family resilience needs a further research to see the progress of studies regarding this topic. The purpose of researches concerning this theme are conducted is to identify how far family resilience has been observed in the last five years and to identify what factors are frequently cited as influencing the formation of family resilience. This could be recognized through this research. This research could provide practical benefits for the community in general and for family psychologists in particular.

2. METHOD

The search for the research articles was conducted on September 7th, 2020 in good quality scientific journals, it is Science Direct (<http://www.sciencedirect.com/science/journals>) and Google Scholar (<http://www.scholar.google.com>). These two databases were chosen based on the consideration that these databases are the largest database for good quality publications in the social sciences, including psychology. The literature search was done with the following keyword "Family AND Resilience AND Factor". The search limited only to the article category, which was in the last five years. Until this article was written, there was article which examined the family resilience factor in families with various problem characteristics published in the last five years.

From articles search results using the criteria above, researchers then read the title and abstract to determine whether the article conformed to the inclusion criteria that had been set, namely: 1) research article; 2) the research was done in the family; 3) research that discussed factors that formed family resilience. Full-text exclusion criteria using: research articles that were only limited to resilience and not in the family context.

From the research articles that relevant to be reviewed, a summary of the results of the study is made including the country of study, family characteristics, subjects, research results, and references. From the summary of the results, conclusions could be drawn about what factors are often cited as factors forming family resilience.

3. RESULT

From the searching results that have been done, the total number of journals are 78,810 journals. However,

not all journals comply with the inclusion standards that have been set. After going through the excluding processes three times, 23 journals were obtained to be reviewed.

Based on the research that has been done, there are fifteen studies that argued that the factors which could shape resilience in the family are the family environment itself. The researches was done on families experiencing financial problems, problems in the neighborhood, single-parent families, caregiver families, and marital conflicts. However, among several family characteristics found, eight of the studies used caregiver family subjects.

Nine other studies stated that the factor that could shape resilience in the family is social environment. Family characteristics in these studies are diversified, such as financial problems, single-parent families, and caregiver families. However, seven of these studies the caregiver family as subjects. In contrast to the discussion regarding the topic of family environment, the most widely used research methods for these nine studies are qualitative and experimental research designs. Among those nine journals, the subject of each study emphasized the importance of social support for relieving depression experienced by families.

3.1. Discussion

Family characteristics that need family cohesion and support as forming factors of family resilience are: (1) family with financial stress [8]; (2) family with adolescent internalizing and externalizing problems [9]; (3) single parent families [10]; (4) refugees family [11]; (5) family who have children with mental disorders [5, 12, 13]; (6) family with severely injured children [14]; (7) families of individuals with down syndrome [15]; (8) families who live in cities [16, 17]; (9) family that live in other country [18].

Subsequently, family characteristics that need family system as a forming factor of family resilience are: (1) family with physical condition problems due to the earthquake [19]; (2) family with father absence [20].

Lattermost, family characteristics that need social cohesion and support as forming factors of family resilience are: (1) families of children with mental disorders [21]; (2) family caregivers [22, 23, 24, 25, 26, 6]; (3) farms family [27]; (4) family with father absence [28].

Subjects that are frequently used in research are family caregivers or families who have to take care for their sick family members. Caregiver family is a party that is extremely vulnerable to experience psychological disorders such as anxiety or stress [29]. In this connection, the researchers then connected the family resilience variable, in which resilience is needed so that the family could rise from adversity and live a good life.

Therefore, some researchers have a relationship to examine the phenomena of caregiver family resilience.

Family members often become caregivers for their family member health problems, and the effects of caring for a loved one could burden family caregivers. Caregivers encounter distress from providing care is named caregiver burden [30]. Caregivers experience various types of burden, including physical, psychosocial, and financial [26]. Patients' physical and psychological health status also affect caregiver burden. For example, caregiver burden was linked to patients' gender, age, past surgery or treatment, depression, and impact of cancer-related symptoms [31], and that patients' emotional symptoms influenced caregiver burden [32]. So, health problems in family member frequently considered as a risk factor for family resilience.

Based on the results of this study, it could be seen that the research that says family resilience is influenced by the family environment is more than studies which say that resilience is influenced by the social environment. However, researchers tried to specify the form of the family environment and social environment that could build family resilience.

Family level factors that could build family resilience are: (1) Belief systems and values; (2) self-reliance and self determination; (3) spirituality; (4) parenting styles; (5) family cohesion and warmth. In Social and community-related factors, there is only one form, it is community support [32].

Internal and external buffers also supported families' resilience. Human, cultural, and social capital may be built up by family and social environmental factors such as community support, spirituality, family cohesion and cultural identity [2]. The internal risk factors include low levels of income and education, lack of parenting skills and conflict and lack of cohesion within the family. The external risk factors are portrayed in the top left hand box of the model, and include the well known factors of isolation, poverty, unemployment and changes in family structures.

Human capital includes education, positive attitudes, coping strategies, family cohesion, and personal goals [2]. Social capital includes access to social and personal support, access to financial support, access to external resources (for health, welfare, work, parenting), community support, and quality family time. Cultural capital includes cultural heritage, cultural identity and values, religious and spiritual. Meanwhile, factors in the family environment that could affect family resilience are beliefs, relationship, resource, parenting, communication, belief system, and flexibility

This statement helps researchers get an idea of why environmental factors in the family needed to build family resilience. This is due to the various dimensions

in the family that could allow the family to go through many problems that hit them. There is one dimensions in several theories, it is the communication, support, and warmth in the family [32, 2]. Not only in family environmental factors, but social environmental factors also need to show warmth and support to build family resilience. This fact also explains our findings that support factors and the warmth of the communication are frequently mentioned as factors that could build family resilience.

3.2. Conclusion

It can be concluded that the the most often considered factor to build family resilience is family environmental. Family problems that considered are around financial and job problems, neighborhood problems, single parent, family member's health problem, and marital problems. Family problem that considered the most could be a challenge for family resilience is health problems. Health problems here including physical and mental health problems. Both family and social environment need to show support to build family resilience, such as attention and encouragement given by friends or other family members. Further research is needed to find effective interventions to make a good family and social environment that can build family resilience.

4. FIGURES AND TABLES

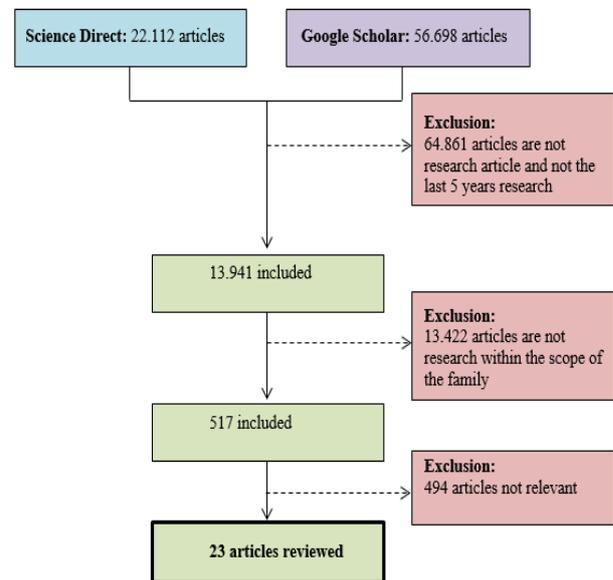


Figure 1 Literature Selection Process Flowchart

AUTHORS' CONTRIBUTIONS

All authors conceived and designed the study. Yosika Pramangara Admadeli conducted the data collection. Pascalis Muritegar Embu-Worho conducted the data analysis. All authors contributed to manuscript revisions. The final version of the manuscript All

authors approved and the responsibility for the content in it has been agreed by both authors.

ACKNOWLEDGMENTS

The authors would like to express their gratitude to the International Conference "PSYCHE" 2020, helded by Faculty of Psychology Diponegoro University that given us the opportunity to present this research and gave their insightful comments on a previous version of this manuscript. This research was supported as a student of the Faculty of Psychology, Diponegoro University, and and independent researchers who are graduated from Faculty of Psychology, Diponegoro University. Researchers have expressed their professional judgment freely. This article, therefore, does not necessarily represent Faculty of Psychology, Diponegoro University, and no official endorsement should be inferred. The views expressed in this article also do not reflect the official policy or position of the Faculty of Psychology, Diponegoro University.

REFERENCES

- [1] F. Luthans, C.M. Youssef, B.J. Avolio, Psychological capital: developing the human competitive edge, Oxford University Press, New York, 2007.
- [2] J. Duncan, C. Bowden, A.B. Smith, Early childhood centres and family resilience, Ministry of Social Development Te Manatu Whakahiato Ora, 2005.
- [3] F. Walsh, Family Resilience: strengths forged through adversity. Normal family process, 4th edition, Guildford Press, New York, 2012.
- [4] National Network for Family Resilience, Family resilience: building strengths to meet life's challenges, University Extention, Iowa State, 1995.
- [5] S. Das, B. Das, K. Nath, A. Dutta, P. Bora, M. Hazarika, Impact of stress, coping, social support, and resilience of families having children with autism: A North East India-based study, vol. 28, Asian Journal of Psychiatry, 2017, pp. 133-139. DOI: 10.1016/j.ajp.2017.03.040
- [6] R. Fitriyasaki, A. Yusuf, Nursalam, R.D. Tristiana, H.E. Nihayati, Family members' perspective of family Resilience's risk factors in taking care of schizophrenia patients, vol. 5, Internation Journal of Nursing Science, 2018, pp. 255-261. DOI: 10.1016/j.ijnss.2018.06.002
- [7] K. Black, M. Lobo, A conceptual review of family resilience factors, vol. 14(1), Journal of Family Nursing, 2008, pp. 33-35. DOI: 10.1177/1074840707312237
- [8] C. Stevenson, S. Costa, J.R.H. Wakefield, B. Kellezi, R.J. Stack, Family identification facilitates coping with financial stress: A social identity approach to family financial resilience, Vol. 78, Journal of Economic Psychology, 2020, pp. 1-11. DOI: 10.1016/j.joep.2020.102271
- [9] J.A. Rabinowitz, I. Osigwe, D.A.G Drabick, M.D. Reynolds, Negative emotional reactivity moderates the relations between family cohesion and internalizing and externalizing symptoms in adolescence, vol. 53, Journal of Adolescence, 2016, pp. 116-126. DOI: 10.1016/j.adolescence.2016.09.007
- [10] N.Y. Yee, W.S.W Sulaiman, Resilience as mediator in the relationship between family functioning and depression among adolescents from single parent families, vol. 87(1), Akademika, 2017, pp. 111-122. DOI: <http://doi.org/10.17576/akad-2017-8701-08>
- [11] B. Nam, J.Y. Kim, J.E. Devylder, Family functioning, resilience, and depression among North Korean refugees, vol. 245, Psychiatry Research, 2016, pp. 451-457. DOI: 10.1016/j.psychres.2016.08.063
- [12] K. Suzuki, M. Hiratani, N. Mizukoshi, T. Hayashi, M. Inagaki, Family resilience elements alleviate the relationship between maternal psychological distress and the severity of children's developmental disorders, vol. 83, Research in Developmental Disabilities, 2018, 91-98. DOI: 10.1016/j.ridd.2018.08.006
- [13] I.C. Destianti, Family resilience in ADHD child parenting, Vol. 27, Advances in Health Sciences Research, 2020, pp. 73-75. DOI: <https://doi.org/10.2991/ahsr.k.200723.017>
- [14] K. Foster, R. Mitchell, A. Young, C. Van, K. Curtis, Resilience-promoting factors for parents of severely injured children during the acute hospitalisation period: A qualitative inquiry, vol. 50, Injury Journal, 2019, pp. 1075-1081. DOI: 10.1016/j.injury.2018.12.011
- [15] M. Caples, A.E. Martin, C. Dalton, L. Marsh, E. Savage, G. Knafl, M.V. Ripper, Adaptation and resilience in families of individuals with down syndrome living in Ireland, vol. 46(3) British Journal of Learning Disabilities, 2018, pp. 1-9. DOI: <https://doi.org/10.1111/bld.12231>
- [16] S.L. Lennon, M. Heaman, Factors associated with family resilience during pregnancy among inner-

- city women, vol. 31, *Health Science Journal*, 2015, pp. 957-964. DOI: 10.1016/j.midw.2015.05.007
- [17] D. Prasanti, P. Limilia, Komunikasi positif sebagai upaya menjaga ketahanan keluarga, Vol. 3(1), *Journal Of Communication Studies*, 2018, pp. 33-39. DOI: <http://dx.doi.org/10.20527/mc.v3i1.4705>
- [18] M. Izumi, A.L.G. Rivera, Family resilience among sojourning japanese mothers: links to marital satisfaction and children's behavioral adjustment, vol. 46(3), *Family and Consumer Sciences Research Journal*, 2018, pp. 282-296. DOI: <https://doi.org/10.1111/fcsr.12247>
- [19] S. Sriyono, N. Nursalam, H. Hamzah, Islamic-based family resilience training to increase family resilience, coping, and disaster preparedness, vol. 11(6), *Psychology Journal*, 2020, pp. 1148-1151. DOI: 10.31838/srp.2020.6.167
- [20] J.A. Louw, Adolescents' perceptions of family resilience in an absent father family, Thesis, University of Pretoria, South Africa, 2018.
- [21] C.A. Roberts, J. Hunter, A.N. Cheng, Resilience in families of children with autism and sleep problems using mixed methods, vol. 37, *Journal of Pediatric Nursing*, 2017, pp. 2-9. DOI: 10.1016/j.pedn.2017.08.030
- [22] F.H. Inci, A.B. Temel, The effect of the support program on the resilience of female family caregivers of stroke patients: Randomized controlled trial, vol. 32, *Applied Nursing Research*, 2016, pp. 233-240. DOI: 10.1016/j.apnr.2016.08.002
- [23] I. Røen, H.S. Hanssen, G. Grande, A.T. Brenne, S. Kaasa, K. Sandi, A.K. Knudsen, Resilience for family carers of advanced cancer patients-how can health care providers contribute? A qualitative study with carers, vol. 32(8), *Palliative Medicine*, 2018, pp. 1410-1418. DOI: 10.1177/0269216318777656
- [24] C. Xiaoyun, L. Fenglan, The relationships among insecure attachment, social support and psychological experiences in family caregivers of cancer inpatients, vol. 44, *European Journal of Oncology Nursing*, 2020, pp. 1-6. DOI: 10.1016/j.ejon.2019.101691
- [25] W. Widiastutik, I. Winarni, R. Lestari, Studi fenomenologi: resilience keluarga penderita skizofrenia di puskesmas Bantur, vol. 12(3), *Jurnal Ilmiah Kesehatan Keperawatan*, 2016, pp. 117-131. DOI: <https://doi.org/10.26753/jikk.v12i3.161>
- [26] Y. Li, K. Wang, Y. Yin, Y. Li, S. Li, Relationships between family resilience, breast cancer survivors' individual resilience, and caregiver burden: A cross-sectional study, vol. 88, *International Journal of Nursing Studies*, 2018, pp. 79-84. DOI: 10.1016/j.ijnurstu.2018.08.011
- [27] I. Darnhofer, C. Lamine, A. Strauss, M. Navarette, The resilience of family farms: Towards a relational approach, Vol. 44, *Journal of Rural Studies*, 2016, pp. 111-12. DOI: 10.1016/j.jrurstud.2016.01.013
- [28] L. East, M. Hutchinson, T. Power, D. Jackson, A qualitative study of men's recollections of growing up with father absence: childhood father figures and family resilience, vol. 53(4) *Contemporary Nurse*, 2017, pp. 436-444. DOI: 10.1080/10376178.2017.1386073
- [29] Z. Maharani, Peran resiliensi terhadap stres pada family caregiver pasien pasca stroke, Thesis, Universitas Sriwijaya, Indonesia, 2019.
- [30] S.Y. Rha, Y. Park, S.K. Song, C.E. Lee, J. Lee, Caregiving burden and the quality of life of family caregivers of cancer patients: the relationship and correlates, vol. 19 (4), *European Journal of Oncology Nursing*, 2015, pp. 376-382. DOI: 10.1016/j.ejon.2015.01.004
- [31] O. Govina, G. Kotronoulas, K. Mystakidou, S. Katsaragakis, E. Vlachou, E. Patiraki, Effects of patient and personal demographic, clinical and psychosocial characteristics on the burden of family members caring for patients with advanced cancer in Greece, vol. 19(1), *European Journal of Oncology Nursing*, 2015, pp. 81-88. DOI: 10.1016/j.ejon.2014.06.009
- [32] S. Johansen, M. Cvancarova, C. Ruland, The effect of cancer patients' and their family caregivers' physical and emotional symptoms on caregiver burden, vol. 41, *Cancer Nursing*, 2018, pp. 91-99. DOI: 10.1097/NCC.0000000000000493
- [33] A. Bhana, S. Bachoo, The determinants of family resilience among families in low- and middle-income contexts: a systematic literature review, vol. 41(2), *South African Journal of Psychology*, 2011, pp. 131-139. DOI: 10.1177/008124631104100202