

Long-Distance Family Psychological Resilience

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Abstract: This study aims to determine the psychological resilience in Long Distance Relationship (LDR) families. This research is a case study (case study) with a qualitative approach. The sampling technique used is the subject according to the purpose (purposive sampling) with a sample of 3 people. This research was conducted at the State University of Malang, Indonesia. Data collection steps included participant observation, in-depth interviews, and documentation. Data were analyzed through three main steps: data reduction, display or data presentation, and leveraging. This research concluded that conflict and divorce occur because the long-distance husband and wife cannot carry out the roles and functions that husband and wife must carry out like a couple who live under the same roof, but not all families are long distanced. Therefore, they experience conflict and divorce, but the family can maintain family harmony.

Keywords: Family, Psychological Resilience, Long Distance Relationship (LDR)

1. INTRODUCTION

Humans are social creatures who need the presence of other people. The presence of other people gives a sense of security from environmental threats, both physically and psychologically [1]. To get a sense of self-satisfaction, love, affection, humans do marriage. [2] Marriage is a meeting point for two hearts in the shade of social life that lasts for a long time, and various rights and obligations must take care of by each other, both wife and husband. One of the characteristics of marital satisfaction [3] is enjoying being with a partner. These characteristics can be fulfilled when the individual lives together and spends time with a partner.

However, the reality in the field is that many families live in Long Distance Relationship (LDR) families due to various factors, namely economy, work, or education. Therefore, it is not uncommon for married couples to live separate lives or long-distance families [4], leading to conflict and even divorce. Conflicts and divorces occur because the long-distance husband and wife cannot carry out the roles and functions that husband and wife should carry out like a couple who live under the same roof, but the results of interviews and initial observations at the Faculty of Education, State University of Malang, are not all long-lived families. As a result, distance experiences conflict and divorce, but the family can maintain family harmony.

Family resilience aims to improve family welfare and independence. Good family resilience is supporting by good non-physical resources, suitable problem-solving mechanisms by the family, and the ability of the family to meet the family's social needs. Family resilience shows family conditions with tenacity and resilience. It contains material physical abilities to achieve an independent life and develop themselves and their families to live harmoniously in improving welfare, inner and outer happiness even in a long-distance relationship (LDR).

2. METHOD

This research is a case study with a qualitative approach. The sampling technique used is the subject according to the purpose (purposive sampling) with a sample of 3 people. This research was conducted at the State University of Malang. The researcher's data collection used several data collection techniques, included participant observation, in-depth interviews, and documentation. Data analysis takes three main steps: data reduction, data display or presentation, verification, and or data inference. The inspection technique is based on four criteria used: credibility, transferability, dependability, and confirmability with the triangulation examination technique [6].

3. RESULTS

Cultivating a sense of mutual love in the family means no special activities because mutual love has grown by itself. However, there are habits made by parents so that the feeling of mutual love is getting more vital, including through the habit of sharing if they have something, advising children if they fight, getting children used to getting medicine if their parents are sick, and often say loving words to children. With a habit from childhood, in the family, all family members have an attitude of affection to foster family affection so that it is maintained, namely we are polite to all family members (father, mother, children, and other family members). In addition to manners, the activities that can get closer are loving parents and siblings, having breakfast with family, greeting, educating children, recreation with family, taking care of each other even though they are far apart. Families have a responsibility to provide love between parents and children, children and parents so that they can be together later in the world but in the hereafter. The main goal in life is not to enter hellfire. We must hold on to this until death separates

us, so that family resilience is maintained even though we are in different places.

Life in the household as a father (husband) and mother (wife) must understand each other. If there is no mutual understanding, there will be differences of understanding even to conflict in the family, especially in far apart situations as husband and wife and as parents must have an attitude of mutual understanding. The mutual understanding factor is that they should have parallel education to know what the couple is doing so that communication will continue because they know what the husband or wife is doing. (2) being submissive, (3) both have a humble attitude to foster communication within the family.

Communication, when the family is far apart, is by videocall. When children and families feel homesick or have something to say, they will call or video call. Videocall is one media used by families undergoing Long Distance Relationships (LDR) to interact with their father, who is far away due to work. Through video calls, his father can accompany, guide, and guide his child in any activity that will make the family harmonious. In addition, parents must cooperate with family members who live a Long-Distance Relationship (LDR) life. They still have to work together and carry out their duties as parents, one of which is meeting the biological needs of children even though they have to balance work, take care of their children because husbands do not live in the same house. Temporarily due to work somewhere. Efforts to meet the biological needs (clothing, food, and housing) of children are the obligations of parents. Every parent wants and wants the best for their child. They started from providing food, determining the food menu, cooking food for children, preparing food for children, feeding children, and putting children to sleep.

Research conducted on families undergoing long-distance marriages made the informants feel bored in their solitude in family household life. Each informant hoped can be reunited with her husband. One of the factors that underlie long-distance relationships is economic or work factors so that they have to live a life apart for the sake of their family's future, for that there must be one who relents, namely trying to accept the long-distance situation. Long-distance marriage relationships are a situation that is considered difficult for some people who will live it because it is not easy to live for couples who do not have a strong commitment and communication to keep their marriage intact, but not all long-distance families experience conflict and divorce. However, the informant's family can maintain family harmony. Psychological resilience includes family harmony, and there is no domestic violence against the wife and children, the attention and warmth have given by husband and wife to children continuously, and husband and wife set aside a particular time to be with their children. Social resilience includes the participation of family members in social activities and activities, no family members violating the laws of religion, state, and societal norms. Every member of the family carries out the worship of their God.

Based on the results of interviews, researchers obtained information on parenting, interaction, and communication that occurred in Long Distance Relationships (LDR) families from interviews and observations made by researchers with three mothers who experienced LDR with their husbands not living together for a while because of their career. Several reasons require families to undergo an LDR, including parents who want to give their children the best environment and education. Parent career also is the reason for LDR and circumstances that require to undergo a Long Distance Relationship (LDR).

Undergoing Long Distance Relationship (LDR) is not easy, but some are found to undergo Long Distance Relationship (LDR) is a natural thing for a husband and wife who are both working but should trust patience, commitment must be strong, positive thinking. Mothers who undergo a Long Distance Relationship (LDR) have their way of dividing their time between work and taking care of their children. With the aim that all work matters can be completed on time and take care of children well so that they have sufficient time to accompany children to meet all children's needs.

Parents who live a Long Distance Relationship (LDR) life still have to work together and carry out their duties as parents, one of which is to meet the biological needs of children even though they have to balance work, take care of their children because husbands do not live in the same house for a while because they work somewhere. Efforts to meet the biological needs (clothing, food, and housing) of children are the obligations of parents. Every parent wants and wants the best for their child. They start from providing food, determining the food menu, cooking food for children, preparing food for children, feeding children, and putting children to sleep.

Mothers who live a Long Distance Relationship (LDR) life providing food for their children prefer buying than cooking food. This choice is made for various reasons, including being lazy, not running out, and children being less hungry to eat because they are busy and do not have time to cook. However, some mothers prefer to provide food for their children by cooking for themselves for cleaner and healthier reasons. Thus, in providing food for children, mothers who live a Long Distance Relationship (LDR) life are adapted to their circumstances, desires, and busy lives. The time for serving food increase because of the child's wishes for various reasons including, the child is full of milk, sometimes once an hour if the child eats a little with the aim that the child eats according to the schedule, namely three times a day, sometimes the child also eats up to 4 times a day.

Mother prefers to feed their children with the excuse and immediately because there is still much work. Sometimes the child takes a long time to eat, so the food runs out, the child will not eat without being fed. The child cries when he cries told to eat. There are various activities carried out between mother and child before going to bed, including brushing teeth before going to bed, urinating before going to bed, and telling about their activities the entire day. Other activities are telling

stories using books, reading books to children, role-playing, and even watching youtube before sleeping.

If the child is sick, parents prefer not to immediately take the doctor but wait for one to three days if it is only fever, cough, or flu unless there are additional illnesses. Parents prefer to treat children with traditional medicine by covering the child's whole body with red onion that has been mixed with the Telon oil, taking paracetamol as a fever reducer, and for vitamins giving children lots of fruits. Mothers who undergo a Long Distance Relationship (LDR) have different ways and times to introduce and teach children about worship for prayer and recognize the letters Hijaiyah. Some start at the age of two, and some are as young as six. They are introducing prayer and Hijaiyah letters through various ways, including through letter cards, songs, Iqra books, and by habituation and reminding children to pray so that students have a sense of responsibility to carry out worship. In instilling religious values, Long Distance Relationship (LDR) parents have their methods or methods. The interviews show various ways that parents who are Long Distance Relationship (LDR) do, including mothers, teach themselves through habituation by giving examples, and children learn Al-Qur'an in the Al-Qur'an Educational Institute (TPQ).

Mrs. MH prefers to align herself through habituation to children to pray, recite, and memorize daily prayers because Ibu MH is responsible that a mother is the main Madrasa for children. The following is an excerpt from the interview, *usually I teach my child by myself. I think I have to be the main madrasa for my child. Usually after every Maghrib prayer and before going to bed I get my child to read a prayer for both parents, a prayer before eating, after eat, before going to bed and prayer to wake up. I also ask my children to memorize short letters of Qur'an such as Alfatihah, Al-Ikhlash, An-Nas, Al-Falaq, Al-Kausar as the prayer readings. Alhamdulillah my son can read early tahyat, late tahyat, and prayer Iftitah, I also guide my child to be able to read the Al-Qur'an and memorize the pillars of Islam, and now they have reached the second level of Iqra* (an interview with Mrs. MH).

In contrast to the method used by Mrs. MW. She prefers to give a model to her child. Mrs. MW guides the child to pray by giving an example first to the child, and then the child automatically wants to follow the prayer movement carried out by his mother. The following is an excerpt from the researcher's interview with Mrs. MW. *I don't ask my children to pray. I pray first and then the child automatically wants to follow the prayer movement carried out. Sometimes, the first child Mrs. MW doesn't want to join to pray* (an interview with Mrs. MW).

Mrs. NU also has her own way of instilling religious values in children. Mrs. NU prefers to enroll her children in Al-Qur'an Educational Institutions, so that children are accustomed to praying, can recite the Qur'an, and memorize daily prayers. The following is an excerpt from the interview that the researcher conducted with Ms. NU: *My child have started to be taught to pray since 6 years old. They are*

enrolled in the TPQ Institute to learn and recite the Qur'an. I'm enrolled my child to the Islamic Kindergarten I haven't be able to focus to educate my child. I have to think about my job, take care of children, take care of my mother, too. I want my children understand and be able to pray, recite the Qur'an, and memorize the Dua for prayers. Therefore, my husband and I agreed to enrolled our children to TPQ's. Well... the result of learning from TPQ was deposited with his father (an interview with Mrs. NU).

Based on the results of interviews that researchers have obtained, parents who have Long Distance Relationships (LDR) have their methods or ways of instilling religious values in their children. For example, Mrs. MH prefers to teach herself through habituation after every Maghrib prayer and before going to bed so that children are accustomed to praying, can read daily prayers, memorize short letters, read Iqro, know the pillars of Islam.

Mrs. MW also has her method that children get used to praying, namely by giving examples. Ms. MW first prayed without inviting the child to join in the hope that the child would automatically join in the prayer.

Mrs. NU also has her way of instilling religious values in children, such as praying, reading the Qur'an, and memorizing daily prayers. Mrs. NU is choosing to include child TPQ Institutions with the aim that children are more focused and understand what children learn because the Mrs. NU has full time to guide the children to worship.

Even though the father cannot live with his child for a while due to work, the father can still work with the mother to carry out his obligations as a parent in instilling religious values in his children through telephone and video calls. Likewise, what is done by Mrs. MW's husband in instilling religious values to his children who are far apart by monitoring by telephone or videocall about activities carried out by children including praying, reading prayers, and learning to read the Qur'an. The following is an excerpt from the researcher's interview with Mrs. NU: *Sometimes my husband ask my son "have you prayed, son? My husband usually ask the children about their recited of Qur'an and about their study. When my husband come home, we are pray together. Therefore, my children always have memorized about their father.*

Mrs. MW's husband instilling religious values to his children by telephone or *videocall*. Her husband asking the children about their activities including praying, reading prayers and learning to read the Qur'an. The following is the result of the interview with Ms. MW: *My husband usually ask my child, "What are you doing? Don't disturb your mother for praying, if you want to join in the prayer, come along. Don't mess around with your prayers!* (Interview with Ms. MW).

The researcher also observed that Ms. MW's child was making video calls with his father. His father reminded him to pray following his mother's movement. The following are the results of the field notes that the researchers obtained: Mrs. MW's children are playing with their younger brother while making video calls with their fathers. Their father reminded

them to pray, advised their children not to disturb their mothers, and reminded them to pray by following their mothers' movements.

The husband of Mrs. MH did the same thing in instilling religious values through the telephone. The following is an excerpt from an interview with Ms. MH: By telephone. *Usually, my husband asked his child when he was on the phone. Then he often asks his son to say daily prayers or educational letters. Then the father praises him like a great daddy's son* (interview with Ms. MH)

Based on the results of interviews and observations that researchers have done, a father can still carry out his obligations in monitoring children's activities to instill religious values such as praying, reading the Koran, memorizing prayers via telephone or video call even though they are far apart. In addition, father and son ask questions about rote memorization or activities that children have carried out. This activity is one form of a father's attention to his child.

Families who undergo a Long Distance Relationship (LDR) when they are together are things that a mother and her children look forward to each other. Many activities are carried out together, including praying in the congregation, fathers reading books to children, accompanying and listening to children memorizing daily prayers, short letters as the family of Mrs. NU did. When her husband came home, NU's mother's family held congregational prayers, listened to and accompanied the children to recite the memorized prayers and short letters.

Based on the results of interviews that researchers have done, that a family who has Long-Distance Relations (LDR) when they gather is a precious moment for them, many activities are carried out by a father when he comes home/gathered together and took advantage of the time together including praying together, reading some books. For children, books about the Prophet Muhammad, books on dental health, books for orphans. Togetherness is a moment to establish closeness and give affection, give direct attention to children. However, some parents do not force their children to pray and recite the Koran because the child is still too young so that there are no special activities carried out to instill religious values when gathering together and fostering mutual love.

Cultivating a sense of mutual love in the family means no special activities because mutual love has grown by itself. However, there are habits made by parents so that the feeling of mutual love is getting more vital, including through the habit of sharing if they have something, advising children if they fight, getting children used to getting medicine if their parents are sick, and often say loving words to children. In addition, when children and families feel homesick or have something to say, they will call or video call. Videocall is one media used by families undergoing Long Distance Relationships (LDR) to interact with their father, who is far away due to work.

4. DISCUSSION

Families have their responsibilities, especially parents. Parents are responsible for their children, providing food, drink and physically protecting the children and their families. In addition to the physical, which is no less important, the family must maintain their mentality so that love grows. No less important than the physical and psychological family. Together, bear the great responsibility of saving the family from the torment of hellfire. The husband's obligation as the head of the family is to protect himself and his family from the fire of hell [7]. On the other hand, children should love their parents, obey their parents according to their religious teachings. Children are obliged to obey their parents' orders and respect them as long as they do not deviate from religious teachings [8]. Religious teachings always require a harmonious family life employing mutual understanding between spouses or as parents. Parents or partners who are far apart must have mutual understanding because no human in this world does not have a sense of love. No matter how small, it must be in the heart of each human being to have that feeling [9]. Love manifests in various ways according to how each person manifests itself, namely from an attitude of mutual understanding by communicating well.

Communication is an activity needed in the family. Communication is the key to living in a household. Therefore, in whatever activities, difficulties, and pleasures, a decision making must be compromised in the family through communication [10]. Communication is essential and human life will not completed without a communication. Communication is all-in-one and full of meaning. Furthermore, communication also gives us an understanding of delivering information from one party to another. There is someone who acts as a source, and from that source will convey information to the recipient of the information [11]. Information obtained in communication provided by a partner or family through video calls can lead couples to solve problems or provide news to partners [12]. As a spouse or parent, they must work together among family members, families who live a Long-Distance Relationship (LDR) life must work together to educate children, cooperate in economic matters [13]. With cooperation, the work will feel light so that it does not cause a sense of disloyalty, anger, and disappointment so that the family feels happy and creates a harmonious family [14]. In harmony family, all family members feel happy, reduced tension, disappointment, and satisfaction with all of their circumstances and existence.

Family harmony created by the functions in the family can be carrying correctly, and there is a balance in the family system. A harmonious family is characterized by good communication between parents and children, husband and wife, and between children and siblings who are open to each other. Openness in communication and interaction is an effort towards a harmonious family because of mutual honesty, caring, loving, protecting, being responsible, and knowing the functions in the family.

Psychologically, the family functions as (1) providing a sense of security for children and other family members, (2) a source of fulfillment of needs, both physically and psychologically, (3) a source of love and acceptance, (4) a model of appropriate behavior patterns for children to learn to be good members of society, (5) guide the development of socially appropriate behavior, (6) shape children in solving social problems they face in order to adapt themselves to life, (7) guide in learning motor skills, verbal and social skills needed for adjustment, (8) a stimulator for the development of children's abilities to achieve achievement, both at school and in the community, (9) a mentor in developing aspirations, and (10) a source of friendship/playmates for children until they are old enough to make friends outside the home, or when friendship outside the home is not possible [15]. The roles and functions between husband and wife are constructing in the form of rights and obligations inherent. Rights are inherent and must be accepted or owned by someone, while obligations are something that must be given and fulfilled by someone to another person. correctly [16]. Husband and wife have their respective obligations for the sake of the family, namely: 1) Biological, personal relationships between men and women to continue offspring. 2) Economy, a family, consisting of husband, wife, and children who have their respective obligations based on the division of labor, the husband does all tasks outside the home and fulfills economic needs while the wife should care for, raise children, and perform household tasks regularly every day [17]. Another form of cooperation, namely the attitude of hearing or seeing the family in economic difficulties, difficulty in doing something, is social cooperation that teaches life to help other people or families feel that they are not a union of individuals, but a unity of one form for all and all for one. [18]. This feature shows by the habit of thinking that help is a necessity, always giving help to others who need help, by all means, they help someone out of trouble, especially if they are a relative or have become their friend and even they are willing to sacrifice themselves for the sake of the community. Maintaining Family Harmony For Long Distance Relationships, the researchers concluded that establishing a harmonious household is the dream of all couples. It is not easy to achieve. It takes great effort to make it happen. Measuring household harmony requires an understanding of the meaning of harmony itself. The things that have to maintain in building a harmonious family are trust, loyalty, openness, honesty, and communication.

5. CONCLUSION

The results of the analysis of the psychological resilience of the LDR family concluded that in order to remain harmonious in the Long Distance Relationship (LDR) family, there were several things that shall to do, namely always fostering affection between spouses or families, being open, honest, responsible, understanding, communicating and working together.

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