Keeping Family Harmony
in the Time of the Covid-19 Pandemic
(A Review of Family Communications)

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ABSTRACT

The emergence of the Corona virus or called Corona Virus Disease or abbreviated as Covid 19 at the end of 2019, has had an impact on every aspect of human life, not only health aspects but also on other aspects such as economic, social, political, cultural. This paper is a literature review of several articles and news from the media to describe family harmony during the Covid 19 pandemic from a review of family communication. Data were collected through literature searches that were relevant to the themes written, both in the form of scientific articles in journals and news in the media. The data obtained from the literature illustrates that the presence of the Covid-19 outbreak has an impact on all aspects of human life, including aspects of family life. The existence of the PSBB policy has required people to always stay at home and implement work from home and study from home. In dealing with this situation, creating harmony in the family is something that needs to be done and this requires the cooperation of all components in the family. Each family member carries out their duties and functions properly in order to build a harmonious relationship. In addition, in the family there is a need for openness, empathy, support, a sense of positivity and equality. This needs to be used as a guideline to be applied in order to maintain family harmony during the pandemic.

Keywords: *Family Communication, Covid-19 Pandemic, Family Harmony*

1. INTRODUCTION

1.1. Research Background

At the beginning of 2020, the world was shocked by the emergence of a new outbreak called the Coronavirus or Corona Virus or abbreviated as Covid 19. This virus was first discovered in Wuhan City, China, and spread to other regions and several countries [1]. This virus first appeared in the country of Wuhan. This virus works by attacking the human respiratory system and the transmission is very fast and massive.

On March 11, 2020, the world health organization, the World Health Organization (WHO) announced and designated Covid 19 as an epidemic and the world experienced a pandemic. The Covid-19 pandemic is a global crisis that not only threatens public health physically but also mentally.

In a very short time, which is less than three months, the COVID-19 virus spread to almost all countries in the world and infected 7,055,6196 people, 403,755 died and 3,446,882 were declared cured. While in Indonesia, as of June 7, 2020, the number of infected people reached 31,186 people with the number of dead and recovered as many as 1,851 and 10,498, respectively[11].

The widespread of the virus has led to lockdown policies in many countries as an effort to break the chain of spreading the virus. This of course has a broad impact, where the policy makes activities very limited.

In Indonesia itself, the government ultimately sets the policy Large-Scale Social Restrictions (PSBB). Large-Scale Social Restrictions (PSBB), is one of the government's efforts to break the chain of the spread of COVID-19. Several regions in Indonesia have proposed

and implemented PSBB. The implementation of PSBB is regulated in Government Regulation Number 21 of 2020 which was signed by President Jokowi. https://indonesiabaik.id/infografis/penerapan-psbb-di-sejumlah-wilayah-indonesia

The policy PSBB requires the limitation of direct interaction so that the activity changes. Workers are required to work from home, students study online as well as other restrictions.

The policy of work from home and online learning has made more frequent meetings between family members. In addition, by being at home more often, each family member also takes advantage of this moment to create family harmony such as doing activities together. If before Covid 19, each family member was busy with their respective activities, then with the WFH policy and online learning, the intensity of meetings between family members is getting more intense. Of course, this is a positive value.

However, over time, it cannot be denied that the high intensity of family gatherings can also lead to conflict, plus psychological problems due to the COVID-19 virus. Since the implementation of the PSBB and other policies aimed at breaking the chain of the spread of Covid 19, the intensity of gatherings between family members has increased. This is because the majority of activities are done from home. Interaction and communication between family members are becoming more and more frequent. As the smallest unit in society, the impact of the COVID-19 pandemic can be seen from two sides, both negative and positive. Cnn Indonesia Team, 2020, Dampak Positif-Negatif Pandemi pada Hubungan Keluarga, CNN Indonesia [2].

On the positive side, this condition provides more time to meet and communicate more intensely between family members. However, this condition is also prone to causing various problems. The more often family members meet, the more friction occurs. The COVID-19 outbreak has also greatly impacted family harmony.

This article aims to describe how to maintain family harmony during the Covid-19 pandemic, from the point of view of Family Communication. Optimizing communication is one of the keys to maintaining harmony.

As stated by family and marriage psychologist, Dr. Budi Andayani, MA, that during a pandemic everyone needs to understand the function of the family in life. According to him, a family is a place of sharing, shelter, and as a fortress, so that every family member must be able to maintain functions [3].

2. LITERATURE REVIEW

Several studies are used as primary data in this article, such as the research conducted by Fauziah and Stevany [12]. The results of his research illustrate that covid 19 has an impact on the system of life in the family, such as the dysfunction of family roles and functions which ultimately affects family harmony. Family harmony can be formed when all family members feel comfortable, calm, happy, and feel protective of each other. Things like this need to be maintained during the Covid 19 pandemic. Optimizing communication is one of the keys to maintaining harmony [12].

Furthermore, research from Kuswanti [11] on family communication management strategies during the COVID-19 pandemic. The results of his research show that the COVID-19 pandemic is testing the resilience of families. For this reason, a family communication strategy is needed to create a harmonious and prosperous family, carry out interpersonal communication, responsibility to the environment and family, intensity and direction of communication with a harmonious atmosphere, healthy living parenting even in an atmosphere of physical distancing or maintaining distance according to government recommendations.

Communication is the process of sharing meaning through verbal and nonverbal behavior. Deena R. Levine and Mara B Adelmen [4]. Communication occurs if at least a source generates a response to the recipient through the delivery of a message in the form of a sign or symbol, either verbal (words) or nonverbal (non-words), without having to ensure beforehand that both parties have a system. the same symbol. Andrea L.Rich [4].

Family communication is a process of developing intersubjectivity and impact by using codes that are carried out to intimate group members to produce a home atmosphere and member identity, equipped with the power of loyalty and emotion, and have a history and future [5].

According to Montgomery [5] communication in the family has its qualities, namely openness, confirmation, interaction management, and adaptability. Openness means that the family can express feelings and attitudes to other members of the family.

3. METHODOLOGY

The writing of this article uses a literature study, namely data collected through searching relevant library sources such as text books, scientific articles in journals, results of previous research, as well as news in the mass media. Before conducting a library review, it must first be ensured that the library sources are truly relevant and scientific and can be used as a reference source.

4. RESULT AND DISCUSSION

4.1. The Covid-19 pandemic and its impact on families

The Covid-19 outbreak has had an impact on every aspect of human life, not only health aspects but also other aspects such as economic, social, political, cultural. The Covid-19 outbreak has also had an impact on the family environment. Due to the massive spread, the government has taken several policies to break the chain of the spread of Covid 19, namely: Large-Scale Social Restrictions (PSBB). PSBB also requires staying at home and studying online. This policy indirectly causes more intense interaction than usual among family members. On the one hand, the high intensity of meetings can lead to intense communication and can increase family harmony. But on the other hand, because the duration of time is long enough to stay at home, it is not uncommon for conflicts to arise between family members.

The family is the smallest unit in a society consisting of husband and wife, or husband and wife and their children, or fathers and children, or mothers and children. The family is a system, where the family has four things, namely objects which are elements or variables in the system, attributes which are the qualities or properties of the system and its objects, internal relationships between objects in the system, and the surrounding environment that affects the system [6].

The family has the functions of the role played by each family member. Roles are built in a family, developing employing communication such as discussion, dialogue, and negotiation between family members [7]. Based on this explanation, it can be seen that the role of the family and the rules of communication in a family are two things that are interrelated and influence each other.

Evelyn Suleman, (1990: 34) limits the concept of family communication, namely the delivery of communication messages in the family as a communication process carried out between fathers, mothers, and children, such as children's future, children's work, children's education and household expenses. ladder. Suwardi Idris, (1990: 60) in his book entitled: Family Communication A brief introduction, limits the concept of family communication as a communication process that occurs to create good relationships among family members.

From the above definition, it can be explained that family communication is a social communication process that takes place in the context of the family to create good relationships and family harmony. Suwardi Idris, (1990: 60) in his book entitled: Family Communication A brief introduction, is referred to as follows: "Family communication is a communication process that occurs to create good relationships among family members. Family harmony is the dream of every individual. Family harmony will be realized when individuals in each family can carry out their functions properly.

The function of communication in the family is not much different from the function of communication in general. There are at least two communication functions in the family, namely the social function and the cultural function. The function of communication as social communication at least implies that communication is important to build self-concept, self-actualization, to obtain happiness, to avoid pressure and tension. In addition, the following are some of the functions of family communication:

1. Provide understanding for each family member to build openness from simple things to very important things.

2. Provide opportunities for each family member to have an opinion and make choices based on an agreement with the family.

3. Provide opportunities to understand each other's, family members.

4. A deeper understanding of who the real partner is. Every

5. Eliminate "assumptions" in the mind that are not always true. In communication with other family members, it can increase knowledge about something that we can see from the other person's point of view.

6. Accelerate love and trust in the family. Every family has love, whether between husband and wife, parents and children, or between children and children. Communication can lead to trust between other family members because each member tries to give that trust [8].

In general, three patterns of communication take place in the family, namely authoritarian patterns, permissive patterns, and authoritative or democratic patterns. These three patterns can be applied based on the situation and conditions. This means that at certain times one of the three patterns can be more

According to Yusuf [9] the authoritarian family communication pattern is a communication pattern in which parents forbid their children with several rules from the parents. In this case, parents tend to have a low attitude of acceptance but high control, like to punish and require their children to do something without any compromise between parents and children.

Permissive or liberating family communication patterns are communication patterns that are characterized by the freedom given by parents to their children to act and behave according to what their children want.

The pattern of democratic communication as the name implies, in this family communication pattern generally between parents and children have an open attitude, where parents and children jointly make rules that are also mutually agreed upon.

Based on this explanation, the most effective pattern that can be applied by a family is the democratic pattern, because this pattern provides opportunities for children to express opinions but parents still play an important role in a decision. This democratic pattern is related to the pattern of circular communication. Circular communication patterns are communication patterns with a round or circular shape, meaning that communication that takes place in this pattern will always occur feedback

from people who carry out the communication process. This is in line with the democratic family communication pattern which always creates feedback in communication between parents and children.

4.2. The urgency of family communication during the Covid 19 pandemic

According to Achdiat, 1997:30, family communication is an organization that uses words, gestures, voice intonation, actions to create image expectations, express feelings and share mutual understanding. From this understanding, it can be emphasized that words, gestures, voice intonation, and actions, have the intention of teaching, influencing, and providing understanding. . Communication in the family can also be interpreted as a readiness to talk openly about everything in the family, both pleasant and unpleasant.

The presence of the COVID-19 pandemic has caused various mental, physical, health, spiritual, economic, and other problems. The government has carried out its duties by making various policies to break the chain of the spread of Covid-19, such as a ban on gathering, staying at home, social distancing, and so on. The Covid-19 pandemic has given rise to an important role for the community to support each other, not only with government policies but individual awareness of each community is needed to break the chain of the spread of Covid-19.

The family is the first institution as a place for education to take place and has a major role and great responsibility, especially during the COVID-19 pandemic, especially in conditioning their children, relatives, or their output to comply with government regulations related to health protocols and efforts to break the chain of the spread of COVID-19.

While the purpose of communication in the family is nothing but to strengthen human relations, known as human relations. Relationships that focus more on the satisfaction of both parties in communicating. The creation of human relations will minimize personal conflicts that occur.

According to DeVito [10] there are 5 important things to measure the effectiveness of communication, namely openness, empathy, supportive attitude, positive attitude, and equality. Everyone has varying relationships in terms of their social penetration. Some things such as openness

to each other, empathy, the support given, positive feelings, and similarities have, become important things in building communication in a family. The following are the components of effective communication [10]:

1. Openness

In this case, there must be a willingness to openly disclose information that is usually hidden, in the sense of being open and honest about information, as well as each other's opinions without being afraid and worried to reveal it. Ideally, every family member adopts this attitude. A husband is honest and open to his wife, the wife does not hide anything from her husband, parents must tell the truth to their children, and vice versa, children must always be taught to be honest and not hide anything from their parents.

2. Empathy

Empathy is no less important in a family. Efforts to project yourself on what other family members feel. Although it is not easy, to understand and pay attention, this indicator is important. The tendency to feel something that other people feel when they are in that person's position.

3. Support

The support given to each other is also an equally important part. Gordon in Lestira (1991) explains that support is carried out in simple ways, namely providing opportunities to talk, listen, and resolve conflicts together, even by teaching children to communicate and be good listeners.

4. Positiveness

Creating positive feelings is done by starting to think positively about ourselves so that we will begin to learn to think positively about others. Minimizing suspicion of partners, not accusing children of doing negative things without any evidence, especially without being supported by humanist communication.

5. Equality

The success of communication in a family is also marked by a common understanding, communication and similarity are positively related. Although it is undeniable that every individual must have differences from one another, it is very possible to minimize it.

5. CONCLUSION

A harmonious family is everyone's dream. Good and maintained communication is a must that must be held and implemented as well as possible. Creating harmony in the family requires the cooperation of all components in the family. Each of them carries out their duties and functions well to build a harmonious relationship. In addition, in the family, there is a need for openness, empathy, support, a sense of positivity, and equality. This needs to be used as a guideline to be applied to maintain family harmony during this pandemic.

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