

INDIVIDUAL ADAPTATION BASED ON FAMILY DEVELOPMENT STAGE

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Abstract-The family is the smallest environment of a society. Every family has unique and different stages of development. There is a general pattern at each stage of family development, but there are also patterns in particular. The stages or development phases discussed in this study are based on the stages of family development proposed by Duvall which include, among others (a) the beginner's family (also towards the married couple or the marriage stage), (b) the family is taking care for the child (the oldest child is a baby until age 30 months), (c) family with preschool-aged children (oldest children aged 30 months to 6 years), (d) families with school-age children (oldest children aged 6 to 13 years), (e) Families with teenagers (eldest children aged 13 to 25 years), (f) families who release young adults (including the first child to the last child) who leave home, (g) middle-aged parents (without position, retirees), (h) family in retirement and elderly. Each stage of family development shows a different level of responsibility, so that it can be used as an indicator of the role of someone in the family. However, not all individuals are able to face every challenge in the stages of family development well. For individuals who have already children, the obstacles in each stage will be related to the responsibility for the child existence which is socially influences the domestic role of parents, especially in terms of parenting.

Keyword- *Adaptation, family development stage*

I. INTRODUCTION

Government Regulation Number 21 of 1994 Chapter I paragraph 1 states that the family is the smallest unit in the community consisting of husband and wife, or husband, wife and children, or father and child, or mother and child. This is in line with the opinion expressed that families are a collection of two or more individuals who have share a place to stay or are close to one another, have emotional ties, have involvement in social positions, interrelated roles and tasks and have a sense of love and belonging.

Forming family concepts in a marriage is not easy because each has a different principle. The synchronization of the principles of each partner is important in the family so that the goals of the family are achieved.

A whole and happy family is one of the desires of every family member. One factor that influences family happiness is the presence of a child. The presence of children in the family will certainly affect every aspect of the life of the husband and wife, such as social relations, finance, resting habits, and sexual needs. The children condition that continue to grow and develop provides a challenge for parents to be able to face every stage of child and family development. Parents certainly have an obligation to stimulate every aspect of development optimally. It requires high patience and adaptation from parents to play a role in every stage of family development. There are several dimensions behind the adaption process such as communication between partners, individual attitudes when facing a problem, and the ability to manage conflict. The dynamics adaptation between one person (parent) and another tend to be different. There are some easy and there are also have the difficulty in the adaption process. If this adaptation process cannot be handled well with properly, it will bring many disadvantages to himself and his family.

II. METHOD

The method used in this scientific paper is literature study. The sources of this scientific paper was taken from books and research journals. Journals searching are online by searching for some keywords like adaptation, stages of family development, and Duvall's theory. After reading a number of references, the writer then makes the journal selection that will be used as a reference for this scientific work.

III. THEORETICAL REVIEW

The stage of family development is the stage of continuity of a family related to the existence of fundamental differences by categorizing families experiencing the same event, facing the same crisis and trying to achieve the same developmental task, which is determined based on the presence and age of the first child.

The stage of family development (Family life cycle) tries to explain the fundamental differences in several types of families with the presence of children. According to [1]the concept of family development stages is used to compare variations in family work demands when a person enters adulthood, related to the child's

presence and age. This concept provides a way to categorize families that experience the same event, face the same crisis and try to achieve the same developmental task.

The family development stage cycle [2] consists of eight stages:

A. Early married stage (newly married)

At this stage the couple has just been married and have not had children. This stage usually lasts for 2 years. The task family development that is generally faced are adapting to the newly formed family life, preparing for pregnancy and becoming a parent. [1] mentions three psychological attitudes of parents in providing optimal nurturing environment, they are (1) a sense of appreciation from parents, (2) the ability of parents to interact with others positively and mutually, especially with partners and (3) the ability of parents in solving problems flexibly.

In addition, parents also have to prepare several things such as; building mutually beneficial marriages, connecting the brotherhood network harmoniously, building intimate relationships and mutual satisfaction, setting out a common goals, building relationships with other families, friends, and social groups, making children planning by implementing a family planning program, adjusting pregnancy and preparing to be a parent [3]

In this newly married couple there are only husband and wife, each of them adjusts the role and function, each learns to live together and adapt to their own and partner's habits, such as diet, sleep patterns, early rises, dress habits, traveling, etc. The new couple will experience good times when entering the phase of romantic love, but will also experience a period of tension when in the disappointment or distress phase.

B. Stage of family with baby (birth of the first child)

At this stage the family has a baby (up to 30 months of age) can be one or two children. This stage usually lasts for 2.5 years. The family development task faced are preparing for the baby's development, managing income and expenses to care for the baby, providing a comfortable home for parents and babies. Furthermore [4] explained that there are four main tasks of parent babies in this age, including; (1) growth parenting such as providing food and giving protection, warmth, and affection to the children, (2) material parenting such as : giving some objects stimulation and exploitation opportunities to the baby, (3) social parenting such as: engaging and interacting with babies like hugging, calming, and making babies comfortable singing and playing, (4) didactic parenting such as stimulating baby's interest and understanding the outside world by introducing objects and providing information around them.

At this time parents often feel stressed about their children attitude. The Stress that arises on parents then will create a positive attitude to the children so that parents will be tough, limiting dan demanding to children. However, based on the results of the study, it is not the wrong stressor but rather a negative parenting strategy that will have an impact on the child's development and an increased risk of problems in behavior [5] According to [5] the parenting characteristics in this period includes the following

matters: (1) to be sensitive and responsive caregivers who maintain safe attachment to children, (2) help children understanding the rules and regulate their behavior, (3) help children manage frustrations and challenges so they can feel success, (4) stimulate growth and competence children through books, games and activities, (5) train their children to have difficulties in activities and other people, (6) provide assistance for children in conversations and games and (7) get and if not available advocate for environmental services for children and families.

C. Family stage with preschool children.

At this stage the family has children with preschool age (ages 30 months to 6 years). This stage generally lasts 3.5 years. The task of family development faced are setting the income and expenses fit for their children's needs, and stimulating their child's growth and development. According to [6] there are also many adaptaions that parents have to do, they are: (1) parents are child interaction partners, (2) parents are direct instructors and (3) parents are providers of activities and opportunities that stimulate child growth. In the middle of parents' activity, parents must still be able to carry out their duties as interaction partners, instructors and must provide optimal stimulation of child development.

Parents have made a lot of adaptation at this stage compared to the previous stage. Family conditions become more complex. There is a status as husband and wife, father and mother status, and toddler's behaviour that makes parents more busy. Families who have more than one child will create a dynamic atmosphere. In some families with more than one child, the atmosphere is dynamic. Parents will feel a very busy than before.

D. Family stage with school-age children (family with children in school).

At this stage the family has school-age children (ages 6-13 years). This stage usually lasts for 7 years. The task of family development faced is to prepare themselves to be good parents, to set additional income and expenses to fulfill children's needs, manage physical, social, emotional, intelligence development and education of school-age children. Thus the need for parents to adjust to this stage in a way; (1) giving attention, being present and responsive, using authorized care and exemplifying desirable behavior, (2) monitoring and guiding children's behavior from a distance, (3) arranging routine at home and daily so that children have a healthy lifestyle, (d) Encouraging independence, ability and new activities, and fostering interest in friends, (5) maintaining family rituals, (6) acting as a translator of children's experiences in a wider world, (7) participating in children's activities outside the home, (8) sharing activities at leisure and having fun inside and outside the house.

The forms of adjustment that need to be done are to devote more attention to the child's activities in the school. At this stage the family usually reaches the maximum amount, so the atmosphere becomes busy. For example if the first child is in grade 6 elementary school, the second child may be in grade 3 elementary school and the third child may be PAUD. If the family conditions are like this, then the level of busyness, hassles, and family

noise is very high. Mothers and mothers must prepare for the needs of school children, accompany work on assignments, as well as the distribution of attention to the three children. On the other hand, husband and wife have reached a more "high" position in their work or career, so this makes the level of busyness more crowded.

E. Family stage with teenagers (family with teenagers)

At this stage the family has children aged teenagers (13-20 years), this stage lasts an average of 7 years. The task of family development faced is to be a good parent, balance freedom with responsibility and emancipation in her teenage children, maintain family harmony for mental development, emotional and intelligence of teenagers.[7] conducted research to understand how parents react and adapt to various kinds of chaos in the teenage years by observing 204 families for three years. As a result there are six aspects of adolescent behavior that can trigger emotional reactions from parents, namely: puberty and physical changes, sexual maturity, dating, increased independence, lack of emotional ties and an increase in negative ideal images of parents. Based on the research, Steinberg suggested that there are several things that parents must pay attention to facing the stages of family development in this stage, including: (1) parents must have other satisfying interests outside of being parents, (2) parents not to be emotionally separated with children, (3) try to adopt a positive view of youth and how children change and, (d) do not be afraid to discuss feelings with a partner, friend, or professional counselor. Other things that also need attention, including; balance freedom and responsibility when adolescents become adults and become more independent, refocus marital relationships, communicate openly between parents and children, provide balanced and responsible freedom, maintain intimacy, open communication between children and parents, avoid debate, be suspicious, and hostility, and prepare for changing roles.[2].

At this stage, parents must begin to provide responsibility and better education to prepare the child for maturity both biologically and psychologically. Teenagers have distinct personality and character. Indonesian families often encounter the phenomenon of juvenile delinquency, which is a problem that must be faced in families. There are many other examples of families in Indonesia who have teenagers schooled or study in boarding schools or boarding schools. When a child enters a dorm or a pesantren, it means that the child has left home since adolescence. Interactions that are intertwined with parents are reduced, changing with interactions in dormitories or boarding schools. The family's condition certainly changes, because there is a decrease in family members. Even so, parents still have the responsibility to educate teenagers, even though they are studying in dormitories and boarding schools.

F. Family stage with children leaving family (family as launching center)

At this stage one by one the child leaves the family. Starting from the oldest child and terminated by the smallest child, usually lasts an average of 8 years. The task

of family development faced is to prepare themselves to be left behind by children, prepare themselves to communicate with children as adults, further improve husband and wife relationships and prepare themselves to be good in-laws, grandfathers, grandmothers.

In line with this, other things from family development tasks that need to be prepared; including: expanding the family cycle by including new families obtained from the marriages of children, continuing to renew and readjust marital relationships, helping elderly parents from the husband or wife. [3]The things that need to be done at the stage of family development with children who leave the family, namely by expanding the nuclear family into extended families, maintaining partner intimacy, helping parents of sick husbands or wives and entering a period old, preparing children to live independently and accept the departure of their children (building a new family), rearranging the facilities and resources available to the family, acting as husband and wife, and preparing the role of grandparents, as well as creating a home environment that can be an example for his children.

The most striking adjustment is to have to accept the conditions of children who have to leave home; for further study or work. There are many changes in family composition. There is a reduced family composition because children must work or continue their education in other cities. However, there is a time to increase, when the child is married. After the child is married, the family has a new status, the son-in-law. Plus there is a new family relationship, namely besan. There are also patterns of interaction that are small or enlarged, narrowed or expanded.

Family composition will change again when married children have children. So, there are "new" children whose status is grandchildren in the core family. This change is real, and the new things that emerge at this stage are son-in-law, besan, and grandchildren. Children in the nuclear family also experience change, because they already have brother-in-law and niece. So, all family members must adjust to these changes.

G. Stage of middle-aged parents (parent alone in middle years)

At this stage all children have left the family, the only husband and wife with middle age (age up to retirement), the average lasts for 15 years. The family development task that must be carried out is to prepare yourself to enter retirement age, to prepare yourself to be good in-laws, grandfather, grandmother, to rebuild husband and wife relationships. More details, things that need to be prepared or adjustments that must be done include; providing an environment for improving health, maintaining satisfying and meaningful relationships with elderly parents and children, strengthening marital relationships, maintaining health, having more time and freedom in the sense of cultivating social interest and leisure time, restoring relations between generations and young people, intimacy with a partner, maintaining relationships / contacts with children and family, preparation for old age / retirement and increasing partner intimacy. [3]

In some couples, this stage of family development is considered difficult and severe due to changes in the mental atmosphere due to parents entering old age. There are many things that change, ranging from separation from children, where children begin to form their own families and begin their own developmental stages, to the aging process which in some cases is accompanied by a feeling of failure as a parent. For example in the case of a messy family, children who behave are not like parents' expectations, so today the parents feel a failure in educating children.

H. Stage of elderly families (aging family members)

At this stage the husband and wife are old aged until they die (they have retired), lasting on average for 10 years to 15 years. The task of family development that must be carried out is to prepare yourself to live alone, fill retirement with useful activities, arrange expenses according to pension money, prepare to lose a partner and deal with diseases and generative disorders. To be able to take place at every stage of a good family life cycle, each family has certain tasks that must be carried out. Other things that need to be prepared at this stage of development, including maintaining a satisfying life arrangement, adjusting to decreased income, maintaining marital relationships, adjusting to losing partners, maintaining intergenerational family ties, continuing to understand their existence (study and integration of life), maintaining a "happy" home atmosphere, adapting to changes in losing a partner, friend, physical, income, maintaining intimacy, husband and wife relationships and caring for each other, carrying out a review file, accepting the death of a spouse, friend, and preparing for death. [3]

There are fundamental cultural differences that exist in western countries and Indonesian families, in western countries, when couples have passed away, many decide to spend the rest of their lives in nursing homes. With consideration, in nursing homes there are managers and nurses who are ready to help live their daily lives, rather than at home alone in conditions that are old and weak. Whereas families in Indonesia have a family gathering tradition at a certain moment, for example during Eid or Christmas or during a holiday together, where all children and grandchildren visit parents or grandparents. This event is a matter of fun entertainment for elderly couples, or for men and women who have lived alone because of a spouse's death.

Based on the explanation above, each stage of family development shows a different level of responsibility, so that it can be used as an indicator of the role of someone in the family. In this case it relates to the responsibility for the existence of children, which socially influences the domestic role of parents, especially in terms of care. According to [8] each stage represents that the family starts a different pattern of behavior. During life in the family stage, important changes occur not only in composition but also in other characteristics of each group that can be measured.

IV. INDIVIDUAL ADAPTATION

Self-adjustment is basically the ability of a person or an individual to manage the unpleasant feelings they face

or the pressure of something that is an impulse of need, this adjustment is also related to how the individual attempts to maintain the relationship between himself and reality or reality.

The characteristics of someone who is able to do the adjustment process according to [9] include: (a) lack of excessive emotion, (b) lack of psychological mechanisms, (c) lack of personal frustration, (d) rational consideration and self-directed ability, (e) the ability to learn, and (f) the ability to use past experience.

While the factors that determine individual adjustment according to [5] include: the ability of parents to balance their need to be independent with the need to feel close to others, especially with their spouses and children. While the inhibiting factors or factors of parents who are at risk of experiencing difficulties are those who are unrealistic about the changes that babies bring, have negative views on their partners and their marriages, and feel most pessimistic about solving problems.

There are several ways that parents can do to be able to facilitate the process of transition or adjustment to parenthood at each stage of development, including: (a) sharing expectations, (b) paying attention to a partner, (c) finding time to talk with each other, (d) negotiate the discussion on a particular issue, if one partner experiences a problem, (e) learn from experience, (f) not ignore sex and intimacy, (g) provide support in the initial stages after birth, (h) talk with friends or hopefully, (i) Finding pleasure in meeting the needs of both parents and children. Children will grow well when parents have a strong and positive relationship [10].

V. INDIVIDUAL ADAPTATION BASED ON FAMILY DEVELOPMENT STAGE

Every human or individual will undergo a variety of developmental stages of his life. Some are able to go through to the end but even so, some are not able to complete the phase or stage of development as a whole. In each phase of life, each individual will experience different dynamics. The ability of individuals to deal with various kinds of challenges, pressures or things that are felt unpleasant will be experienced throughout the life of the individual. Because in fact the process of adjustment takes place throughout life.

Self-adjustment is basically the ability of a person or an individual to manage the unpleasant feelings they face or the pressure of something that is an impulse of need, this adjustment is also related to how the individual attempts to maintain the relationship between himself and reality or reality. The ability to make individual adjustments tends to vary, some are able to adjust quickly, but there are those who find it difficult so that it takes a long time. The number of obstacles to self-adjustment is a reflection of one's difficulty in making adjustments [9]. Even with individual adjustments to family development, when individuals enter each stage of family development as stated by Duvall, individuals will experience eight stages of family development. Each stage of family development has different tasks that must be done by individuals (in this case parents). With different tasks at each stage, parents have their own challenges to be able to go through each stage as well as possible. Adjustment to a partner and adjustment to

the child are things that must be done. Individual adjustment tends to be attached to each stage of its development. In order to be able to facilitate the transition process or adjust to being a parent at every stage of its development there are several efforts that can be done, among others: unconditional acceptance, meeting the need for love, caring consciously, increasing the ability to actively listen, and willingness to help resolve problems experienced. Another strategy that can be done is by: (a) sharing expectations, (b) paying attention to a partner, (c) looking for time to talk with each other, (d) Negotiating a conversation on a particular issue, if one partner experiences a problem, (e) learning from experience, (f) not ignoring sex and intimacy, (g) providing support in the initial stages after birth, (h) talking with friends or colleagues, (i) Finding pleasure in meeting needs both in this case parents and children . Thus the child will grow well when parents have a strong and positive relationship [10]

VI. CONCLUSION

Parenting is a mutual interaction between parents and children. The presence of children in the family will affect every aspect of the life of the husband and wife, social life, finances, habits to rest, and sexual needs. The adaptation process of each family or partner is different. Some of them are able to get through it quickly and some are slow. Based on Duvall's theory, there are eight stages of family development. Each stage has different characteristics. Parents need to make an adaptation process at each stage. Adaptation is something that must be done in order to create harmony between individuals and reality. As a basic strategy for parenting at each stage, parents need to involve a number of things such as unconditional acceptance, fulfillment of love needs, parenting, active listening, and willing to help the problems faced.

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