

# Communication in Family Resilience

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**Abstract**—Family is the smallest unit in society to be a place for the process of learning and the formation of human character. Families with resilience will give birth to Indonesian people who are of high quality and competitiveness. Communication by family members will influence family harmony. This is because communication is very important to support the relationship between parents and children. Therefore, communication will provide a basis for family resilience. The study aims to see communication carried out by parents and children in the community in West Java, identification of the implementation of eight family functions, and family communication patterns to build family resilience. Research respondents in the first year were people in the city of Bekasi as cities that received child-worthy city awards. The number of respondents was 35 families consisting of father, mother and child, so that the total respondents were 105 people. The results of the study illustrate that communication between father, mother and child is well established. Respondent's family expands Equality Pattern between family members. Furthermore, the family in the city of Bekasi as research respondents have carried out family functions as a foundation for family harmony and resilience. The interactional communication pattern was developed by the respondent's family to build family resilience.

**Keywords**—family; communication; family resilience

## I. INTRODUCTION

Communication is something that is always done by humans in interacting, as well as in families. Communication done by family members or known as family communication will give effect to family harmony. This is because communication is very important to support the relationship between father, mother and child. Miller's research on the development of children who grew up with nuclear families compared to foster families found a positive potential in children with parenting by their families compared to children in other family care patterns [1]. In addition, the results of research by Fardiah and Rinawati found that interpersonal communication which includes openness, empathy, positive attitudes, mutual support, and equality developed in the family supports the understanding of children to be alert and can prevent child sexual violence [2].

Therefore, communication will provide a basis for family resilience. Family security according to Law No. 52 of 2009 the amendment to Law No. 10 of 1992 is a dynamic condition of a family that has tenacity and resilience, and contains

mental, physical and material physical and mental abilities to live independently, and develop themselves and their families to live harmoniously and improve inner and outer well-being [3]. Development of Family Resilience through family communication is thus necessary. This study discusses "How is Communication done in Building Family Resilience in Communities in West Java?"

## II. LITERATURE REVIEW

### A. Family Communication

The presence of the family as the smallest community has important and strategic meaning in the development of a wider community. Therefore, harmonious family life needs to be built on the basis of a conducive interaction system. The conducive interaction in question is a process of mutually beneficial communication between family members. The expression of affection between parents and children or vice versa can be the beginning of the creation of a harmonious family. Family communication is a process of communication carried out by members in a family.

There are two characteristics that are the focus of family communication research in parent-child relationships. First, communication that controls, namely the act of communication that reinforces the authority of parents or egalitarianism of parents-children. Second, supportive communication which includes approval, encouragement, expression of affection, giving assistance, and cooperation.

Every family member has a different way of communication depending on gender, level of education, type of work, age of parents, age of the child. Parents are often more dominant talking to children because they feel responsible for directing their children to the better, children feel they must always hear what parents say because it is part of respect for parents. In using social media (WHATSAPP, SMS) often mothers often convey messages with long sentences, while fathers simply answer briefly.

Understanding the family according to Law no. 52 of 2009 concerning Population Development and Family Development is explained "as the smallest unit in the community consisting of husband and wife, or husband, wife and children, or father and children, or mother and child" [4]. The role of father, mother and child in a family is certainly different, each person has different responsibilities and duties. In addition, differences

will also appear in the character, feelings, knowledge and experience of each family member.

Family communication is carried out by members by looking at family members for communication [5]. Fitzpatrick explained that there are two types of families regarding the communication organization, namely: first, address the conversation (conversation orientation); second, or comority orientation. These two divisions can explain the process of communication in a family based on activity or busyness in each family member and based on the availability of time to conduct communication activities. Father, mother and child have different activities every day and this provides a different atmosphere of communication for a family.

Based on the behavior of parents and children who often appear in the family, the communication patterns that often occur in family communication consists of:

1) *Response stimulus models (S-R)*: This pattern addresses communication as a very simple "action-reaction" process. This pattern assumes that verbal messages (verbal-writing) and nonverbal messages (outside oral and written) will stimulate others to respond in certain ways.

In everyday life, parents often see giving verbal and nonverbal messages to stimulate children to respond especially when they are babies. When mothers breastfeed their children, mothers often give a touch of affection in the form of caresses, kisses and smiles.

In verbal messages like parents giving orders with soft language and simple sentences can usually be carried out by children. Conversely, if the child begs for something with polite communication to the parents, then the parents usually grant.

2) *ABX model*: This model illustrates that someone (A) tells (B) about something (X). According to this model if A and B have a positive attitude towards each other and towards X, this relationship is a symmetrical relationship. Likewise, if A and B hate each other and one of them likes X, the relationship is still symmetrical. But if A and B like each other and hate X, the relationship is not symmetry.

In the husband's family (A) - wife (B) often talks about his child (X). Whether it's a matter of children's attitudes and behavior, child interactions, children's clothing or food problems, children's education problems, and so on. When the conversation between the two parents took place, the child did not know at all. The child is not involved in the conversation. As an object that is talked about, just waiting for the results and maybe carrying it out as far as it can.

3) *Interactional model*: This model is more active than the S-R model, in an interactional model it is considered that humans (family members) are more active in communicating. In this model, the process of communication is full of interpretation of the meaning of all family members. Father will give an interpretation of the message conveyed by mother and child, so the child will give an interpretation of the message from father and mother. In this model the communication process can be started from anyone and is very

active and dynamic. A dialogical atmosphere is more open, because those who actively convey certain messages not only from parents to children, but also from children to parents or from child to child.

There are four communication patterns that can be developed in the family, namely:

- **Equation Communication Pattern (Equality Pattern)**. In this pattern, each individual shares the same rights in the opportunity to communicate. The role of each person is carried out evenly. Communication runs honestly, openly, directly, and is free from power sharing. Everyone has the same rights in the decision-making process. Families get the highest satisfaction when there is equality.
- **Separate Balanced Communication Pattern (Balance Split Pattern)**. Relationship equality is maintained, but in this pattern, everyone has a different area of authority. Everyone is seen as an expert in a different field.
- **Unbalanced Split Pattern** In this pattern one person dominates, one person is considered as an expert more than the other. One person is in control, this person usually has higher intellectual intelligence, wiser, or higher income.
- **Monopoly Pattern** A person is seen as a holder of power. This person is more like giving orders than communication.

#### B. *Family Resilience*

Family strength or family resilience is a condition of adequacy and continuity of access to income and resources to meet various basic needs, including: food, clean water, health services, educational opportunities, change, time to participate in society, and social integration [6].

The Regulation of the Minister of Women's Empowerment and Child Protection, number 6 of 2003 concerning the implementation of Family Development states that the concept of family security and welfare includes [7]:

- The foundation of family legality and integrity.
- Physical endurance.
- Economic resilience.
- Psychological Social Security.

Socio-cultural resilience the five dimensions of the ministry also refer to as a dimension of measuring family resilience. has formulated 24 (twenty-four) characteristics that represent the level of family resilience. More complete tables of family resilience are made below (source: book "Development of Family Resilience", Ministry of Women's Empowerment and Child Protection in 2016)

### III. METHOD

This research uses descriptive method with a quantitative approach. The research target is the community in the city of

Bekasi. The selection of Bekasi city is based on the predicate that is obtained as a child-friendly city in West Java. Furthermore, the research respondents were obtained by using purposive sampling. Respondents of this study were father, mother, and child in the family of 35 families, so that the total number of respondents was 105 people. Research data was obtained using a questionnaire

#### IV. RESULT AND DISCUSSION

Families need to communicate between parents and children in order to discuss various problems faced by the family. Family communication that was built by respondents in the research location is a process of sharing meaning between parents and children as family members. This is in accordance with the explanation from Dedy Mulyana which explains that communication occurs especially in families when people (family members) give meaning to the messages shared.

Various meanings that occur between family members are certainly intended in order to achieve the same perception of things in the family. This happens in understanding the communication developed in the family. The findings of the study show that there is a common perception between father, mother and child regarding communication activities. Respondents consisting in one family have the same meaning, that the communication carried out by the brand is in a high category.

The findings of this study mean that their families agree on frequent communication among family members. The research findings also provide meaning that among family members are open to communication. Therefore, communication that develops in the respondent's family from research findings can be categorized as deliberation and consensus communication. Communication in consensus and consensus is of course developed by family members with the aim of achieving common meaning or common perception of various problems communicated.

Family communication that occurs in respondents from research findings shows that communication functions socially as a means of interaction between father, mother and child. The family members understand each other's needs and expectations which are then communicated to be able to share with each other. The social function of family communication can ultimately build self-concept in the family, especially children.

The communication function contained in the respondent's family communication activities as well as the research findings in accordance with the explanation of William I. Gordon. Other communication functions in the respondent's family are: expressive functions. Communication conducted in the respondent's family becomes a tool for conveying our feelings (emotions) both verbally and nonverbally between parents and children. The expression of affection raised in the respondent's family is one example of the expression function in the family.

Furthermore, the ritual function occurs in the respondent's family communication. The results showed that the respondent's family had routines and rituals performed in the

family. Breakfast or eating together and sharing information or communicating is one of the morning rituals conducted by the respondent's family. The results of the study also show that rituals on special or special days such as birthdays which say each other "Happy Birthday" become evidence of the communication carried out in the respondent's family having the ritual function.

The last communication function found in the respondent's family is an instrumental function. Communication in the respondent's family means that communication between parents and children has the purpose of informing, teaching, encouraging, changing attitudes and convincing. In addition, communication that occurs between family members is also done in order to change behavior and also to entertain.

Research findings that show the high communication carried out by the respondent's family related to the conversation orientation and suitability orientation. Family communication carried out by respondents is thus in the category of conversation orientation. Besides that, the family also developed a suitability-oriented communication model. The category of family communication found from the study is in accordance with the explanation from Rinawati, which states that family communication is carried out by members by looking at family members for communication [5]. The first type of family communication is the conversation orientation. The communication orientation of the communication in the respondent's family based on the findings of the study is high. Fitzpatrick explained that families who have high conversation orientation, the family will be happy to communicate with family members, which is characterized by high communication frequency.

The second orientation in family communication according to Fitzpatrick is the conformity orientation. In conformity orientation, families that have a high suitability orientation, the family will walk side by side, in this case the parent as the leader. In addition to this high suitability orientation family, togetherness is a priority.

Another important research finding is that the respondent's family from the results of the study include families who have carried out family functions well. The family is indeed built by two people who are bound in marriage, and then have a goal to create a family of *sakinah* (peaceful, calm, comfortable), *mawaddah* (love, hope) and *wa rahmah* (love). The purpose of this family is as one of the bases for family formation, which includes creating good and complete offspring by forgiving that is very necessary in building a family and developing offspring; Think positively, focus on something that is good; and run a family system based on the lineage of the father line.

Besides that, the basis of family formation is also done through adjusting attitudes between husband and wife in terms of personality, resolution strategies, ways of being grateful, spiritual. Develop a spiritual family by increasing spiritual activities for mentoring, praying, and increasing gratitude. The family goals proclaimed by the respondent are certainly upheld by good family functions. The family's function consists of: religious aspects, culture, love, protecting, relating to reproduction, socialization, education, economic functions, and related to environmental development.

The family functions developed by these respondents will be the basis for the formation of family resilience. This is in accordance with Law No. 52 of 2009 amendment to Law No. 10 of 1992 concerning population development and family development which explains that family resilience is a dynamic condition of a family that has resilience and resilience, and contains mental, physical and material physical and mental abilities to live independently and develop themselves and his family to live harmoniously and improve physical and spiritual well-being [3].

The family function developed by respondents from the research findings is in accordance with the function that is mandated by the National Family Planning Coordinating Board as an institution tasked with carrying out population control and family planning. The family function stated by this institution consists of 8 functions in the lives of family members. The family function is:

- The function of religion.
- Socio-cultural functions.
- Function of love and compassion.
- Protection function.
- Reproduction function.
- Function of socialization and education.
- Economic function.
- Environmental functions.

The family resilience built by the research respondents found in this study is in the moderate to good category. The categories found show self-resilient families from: the foundation of family legality and integrity, physical resilience, economic resilience, and social resilience of psychology in accordance with the Regulation of the Minister of Women's Empowerment and Child Protection number 6 of 2003 concerning the implementation of Family Development [7].

Family resilience that has been built by the respondents of this study will eventually make the family a strong or strong family. Strong family can be identified from the six characters that must be fulfilled, namely:

- Have a commitment. Every family member is committed to helping each other achieve success, so that his enthusiasm is "one for all, all for one".
- There is a willingness to express appreciation.
- There is time to get together. The quantity of interaction time between parents and children in childhood becomes an important foundation for forming quality relationships during the next child's development.
- Develop spirituality.
- Resolve conflicts and deal with pressure and crisis.

Have a rhythm. Strong families have routines, habits, and traditions that provide direction, meaning, and structure to the flow of daily life.

In the end the research findings of the respondent's family are related to the pattern or model of communication developed. Family communication conducted by respondents shows that there is a consensus deliberation category. This confirms that communication that occurs in the respondent's family is communication that is full of democracy, where parents discuss with children about various things that happen or problems in the family.

The findings of this study are in line with the results of the research conducted by Ismatulloh regarding religious families [8]. The findings of his research state that family happiness will emerge in the household if it is based on piety, relationships that are built on conversation and mutual understanding, affairs carried out by deliberations between husband, wife, and children

The findings of this study also show that the developed communication model is an interactional model in which all family members interact through communication. This interactional communication model allows each family member to share meanings without coercion or domination from one party. Parents who are often an authoritarian party and do not see the interests of children, this is not found in the respondent's family. The findings of this study explain that the communication patterns developed by the respondent's family are similarity patterns. This is in accordance with the explanation from Fitzpatrick which states that through equality pattern allows all family members to be seen in communication. In this pattern, each individual shares the same rights in the opportunity to communicate. The role of each person is carried out evenly. Communication runs honestly, openly, directly, and is free from power sharing. Everyone has the same rights in the decision-making process. Families get the highest satisfaction when there is equality.

## V. CONCLUSION

The results of the research carried out can be concluded in several ways that are in accordance with the identification of the problem being carried out. This conclusion is high communication is carried out by families at the research location. High communication occurs between parents (father, mother) and children. Conversion category is a characteristic of communication carried out by the respondent's family. The respondent's family's eight functions have been carried out by the respondent, so the respondent's requirements to build family resilience. Family resilience as the goal of family formation has been achieved by the respondents, so that the resilience of the family that is built is in the good category. Interactional communication as a communication model and Equality Pattern was developed by the respondent's family at the research location.

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