

## Economic and Social Resilience of Muslim Families during a Pandemic and Its Implications for Family Counseling

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**Abstract:** The purpose of this study was to provide resilience to the economic and social resilience of Muslim families during the pandemic and their interactions with family counseling in Pantai Cermin District, Solok Regency. This study uses a quantitative descriptive approach. The population of the study was the entire community of Pantai Cermin sub-district, Solok Regency. Sampling is by using a cluster random sampling system, by categorizing jorong which is rarely populated with densely populated areas. Some samples are chosen randomly or randomly from some of these clusters. Respondents were given a family resilience questionnaire to fill out in order to collect data for this study. Validating Instruments with an expert judgment system. The results showed that 46.1% of families had low economic resilience and 19.4% of families had low social security. This shows that there are still many families who have low economic resilience and there are still families who have low social resilience. As a result, it can be said that it is very necessary for the family to have economic and social resilience in facing various problems and under any conditions. In this case, it has very implications for family counseling, because through family counseling, assistance can help in solving it. Through family counseling, families are able to overcome their problems and are expected to create family resilience.

Keyword: Family Economic Resilience, Family Social Resilience, Pandemic, Family Counseling

### PRELIMINARY

In a family will not be separated from the problems that occur, so to make the family strong and ready to face problems it is necessary to have family resilience. In Law no. 10 of 1992 stated that family resilience is a dynamic condition in which the family has the tenacity, toughness, and material, mental, and spiritual abilities to live independently, build a family to live in harmony, and improve physical and spiritual well-being (Aisyah, 2020). In addition, Walsh said that family resilience is the ability of each family to survive in the face of adversity, then develop in response to these changes, recover from crises, and even grow stronger (Hidayati, 2020). Family resilience, according to Walsh, is a construct consisting of three basic domains: belief systems, organizational patterns, and communication and problem solving. Briefly, the capacity of families to create meaning is referred to as their belief system (Duncan et al., 2021). Thus, the problems that occur in the family are largely determined by the resilience of the family.

The COVID-19 pandemic has caused anxiety in the community, especially in the family economy. Based on the results of a survey conducted by Euis Sunarti, as many as 77% of people are worried about being exposed to the corona virus, and this is the main anxiety that is being felt by the community, then 57.7% are worried about the economic condition. (Euis Sunarti, 2003). In addition, research conducted by Pratiwi regarding the level of public anxiety in Samsaman Kelod Banjar found that the majority of residents experienced severe anxiety, namely 60.2%, moderate anxiety (27.2%), and mild anxiety (12.6%), indicating that the majority of Samsaman residents experienced severe anxiety. Kelod is experiencing problems as a result of the high number of cases of Covid-19 infection (Pratiwi, 2021). There are many impacts that arise due to the Covid-19 pandemic, such as the economic impact, education, and others. (Nasution et al., 2020). Everyone is seriously affected by the Covid-19 outbreak. This outbreak disrupts activities. This epidemic has impacted many areas, including the Indonesian education system (Nafrin & Hudaidah, 2021). Many things cause family problems, including low economic income, social problems, and low levels of education (Callan, S., Baggaley, M., Bolton, D., Farmer, P., Fonagy, P., Frank, I., Gill, M., Gray, R., Leach, P., McAttram, M., & Thompson, 2011). Many problems arise during the pandemic, including the problem of economic resilience and family social security.

Family economic resilience refers to the ability of the family to remain resilient in the face of various risks, difficulties, disturbances, both internal and external, either directly or indirectly when a family economic problem occurs (Shahreza & Lindiatatie, 2021). That is, under any conditions when there are economic problems in the family, a family must have the strength to survive, in the sense of having family economic resilience. The pandemic period caused economic problems for the family, as research conducted by Shahreza and Lindiatatie during the pandemic the family economy in Depok experienced a decline in terms of economy, income and ability to meet family needs. Whereas before the pandemic 74 percent of families were able to meet their demands, this number dropped to 56 percent. This shows that the family economy during the pandemic was reduced by 18 percent (Shahreza & Lindiatatie, 2021). Therefore, a plan is needed so that families can survive when facing a pandemic. According to Istiqlaliyah, an IPB Family Economics expert, there is a need for a coping strategy so that families can try to overcome problems by changing behavior, environment, and controlling emotions (Kompas.com, 2020).

In addition, the problem of family social resilience is also one of the problems that occur during the pandemic. Social resilience is a dynamic process consisting of a number of symptoms that must be adjusted significantly that affect the course of a person's life (Siahaan, 2012). That is, social resilience is something that requires success to be able to adapt when there is a threat in life that affects the course of one's life. There are many problems that arise in families during the pandemic, including economic and social problems, so in this case the family must be able to overcome them. In this case, it has implications for family counseling, because through family counseling, problems can be helped in solving them.

Family counseling is used as an intervention technique for problems that interfere with family unity. To achieve family harmony, family counseling aims to bring together people who can regulate their emotions, families who always communicate well, and intimate relationships between them. Family counseling can help families solve various problems (Yanti, 2020). In essence, family counseling is the use of counseling in unique circumstances. Family problems and their implementation, including family members, are the main topics of family counseling. To understand the causes and solutions to family problems, family counseling is a way that focuses on increasing the ability of each family member to build domestic harmony. Every couple who starts a family dreams of having a lasting marriage. However, in the family can not be separated from problems. Through family counseling can help families solve problems that occur (Fitria et al., 2021). Those who marry and start a family aim to achieve family harmony because that is something important. A solid foundation for managing a household is built through awareness of roles and responsibilities and acceptance of living conditions. To maintain and develop family

harmony, domestic problems must be resolved immediately. Problems that disturb family harmony are handled through family counseling (Putri et al., 2019). In addition, Islam also regulates every aspect of life, including the idea of resolving family conflicts (Al Bajuri, 2020). Through family counseling, problems in the family can be helped to solve them, so that the family is able to create family resilience.

The economic and social resilience of the family during the pandemic certainly has implications for the implementation of family counseling. By analyzing the problems and obstacles that occur in the family caused by the low economic and social resilience of the family, this of course has very implications for the implementation of family counseling, so that when the implementation of family counseling is able to assist families in increasing the economic resilience of their families. Through family counseling services, individuals can be fostered and assisted in achieving independence to create family economic resilience. Based on the problems that have been described, the authors are interested in conducting research with the title "Economic and Social Resilience of Muslim Families during the Pandemic and its implications for family counseling".

## **METHOD**

This research is a quantitative descriptive study, which in this study describes the economic and social resilience of Muslim families during the pandemic. This research was conducted in 2021 during the COVID-19 pandemic. The population of this research is the entire community of Pantai Cermin sub-district, Solok Regency, with a total population of 1,645 families, of which Pantai Cermin sub-district consists of two Nagari, and from the two Nagari there are 28 jorong.

Sampling is done by using a cluster random sampling system, by categorizing jorong which is sparsely populated with densely populated ones. Several samples were chosen randomly from the clusters, which were taken from Jorong, which was densely populated and which were sparsely populated, then randomly selected so that a sample of 180 families was obtained.

Respondents were given a questionnaire to fill out in order to collect data related to family resilience during the pandemic. The distribution of the instrument is carried out directly and also through the google form, this is because there are still obstacles to meeting the public due to the influence of the covid pandemic. Validating the instrument with an expert judgment system. Furthermore, the data is processed using SPSS. Furthermore, from the data on family economic and social resilience during the pandemic, it will be analyzed how the implications for family counseling will be.

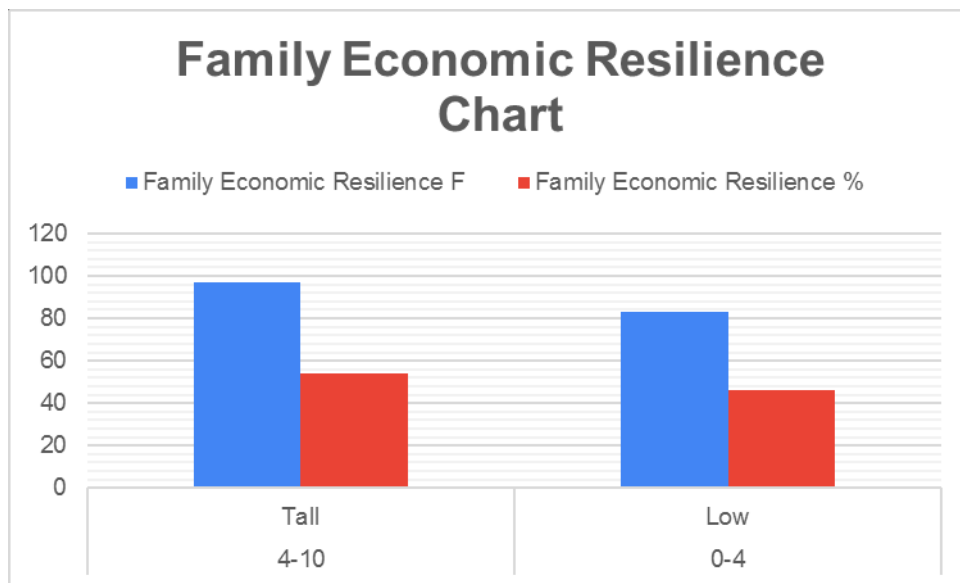
## **RESULTS**

After the recapitulation of answers from the respondents has been collected, the next step is to calculate the processing of the results of the questionnaire. The calculation of the processing of the questionnaire is done by finding the percentage of high and low economic resilience of the family. From several questions, respondents were given 2 options, namely "YES" and "No". So it can be analyzed as follows.

**Family Economic Resilience Table**

Scor	Category	Frequen	%
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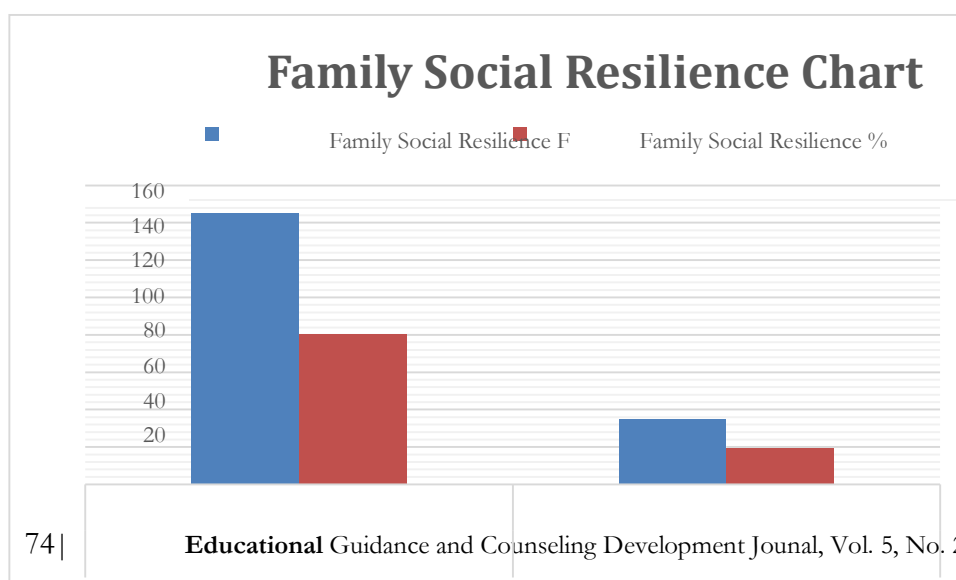
5	Tall	9	5
0	Low	8	4



Based on the table and graph above, describing the responses of respondents regarding the economic resilience of the family as many as 97 respondents (53.8%) have high economic resilience, and as many as 83 respondents (46.1%) have low economic resilience. This identifies that there are still many people who have low economic resilience, and of course this if left unchecked will certainly become a problem for the family, in other words it needs to be helped so that the family has high economic resilience in any situation.

Family Social Resilience Table

Scor	Category	Frequen	%
10-20	Tall	145	80,5
0-9	Low	35	19,4



0	Tall	Low
	10-20	0-9

Based on the table and graph above, describing the responses of respondents regarding family social resilience, 148 respondents (80.5%) have high social resilience, and 35 respondents (19.4%) have low social resilience. This indicates that there are still people who have low family social resilience. Although this is seen with a percentage of only 19.4% who have low social resilience, but of course this also cannot be left alone, and of course this if left unchecked will certainly be a problem for the family, in other words it is necessary to help the family to have a better life. high social resilience in any situation.

## **DISCUSSION**

The COVID-19 pandemic that has occurred in the world has changed people's lives, especially families. Many problems have arisen due to the COVID-19 pandemic. Based on the results of research conducted in 2021, it can be seen that 46.1% of families have low economic resilience, and 19.4% of families have low family social resilience. This shows that there are families who have low family economic and social resilience that need to be considered, so that problems do not arise in the family. However, many problems arise during the pandemic, such as when research is carried out and given statement items with alternative answers "Yes" and "No" to families related to "Does the pandemic cause the family economy to decrease?", from the results of the study obtained from 180 families who were given questions obtained 140 (77.8%) families answered "Yes". Furthermore, related to social resilience, the statement "Do family members participate in social activities such as recitations, community service and so on during the pandemic?" from the results of this study obtained from 180 families who were given questions obtained 156 (86.7%) families answered "No". From the statements given to respondents related to economic resilience and social security, it can be seen that there are 77.8% of families experiencing problems with a reduced family economy, which means that families have economic problems, and as many as 86.7% of families no longer participate in social activities during their lifetime. pandemic. If it is associated with the statement item "Does during the pandemic there are frequent fights between family members?", from the results of the study, it was found that from 180 families who were given questions, 158 (87.7%) families answered "Yes". From the statements given to respondents, it can be concluded that families have economic and social problems during the pandemic, and these affect household harmony.

Family economic resilience refers to the ability of the family to remain resilient in the face of various risks, difficulties, disturbances, both internal and external, either directly or indirectly when a family economic problem occurs (Shahreza & Lindiatie, 2021). That is, when in any condition when the family faces economic problems, the family must be able to remain strong and strong. Meanwhile, social resilience is a dynamic process consisting of a number of symptoms that must be adjusted significantly that affect a person's life journey (Siahaan, 2012). That is, social resilience is something that requires success to be able to adapt when there is a threat in life that affects the course of one's life. When there are problems in the family, of course there needs to be a strategy to solve these problems in order to create family resilience.

There are various factors that must be considered in order to form social resilience in families with diversity, including; first, developing harmonious social interactions that will result

in social harmony. Humans will live in harmony if they are able to maintain balance, respect differences, and act rationally. Families that can perform their roles effectively will be able to offer greater resilience. Social resilience is generated when the family is able to coordinate and align their skills well (Umam, 2020). Furthermore, according to the IPB Family Economics Expert, Istiqlaliyah, the factors that need to be considered to form family economic resilience are the need for coping strategies so that families can try to overcome problems by changing behavior, environment, and emotional control (Kompas.com, 2020). In addition, families must be able to manage in managing family finances so that economic resilience can be maintained (Shahreza & Lindiawatie, 2021). This means that there is a need for a strategy to form family economic and social resilience so that a harmonious family is formed that is able to form family resilience.

Family counseling is the implementation of counseling in unique circumstances. Family counseling is counseling that is more focused on problems related to family conditions which in its application involve family members. Through family counseling, it can be seen what causes the family to have problems and how to solve the problems faced by the family. Family counseling is counseling that is more focused on increasing the ability of each family member to build household harmony. Building effective communication between families will increase harmony in the household (Yanti, 2020). That is, problems that occur in the family, of course need help if the problem is no longer able to be solved by family members. In this case, in order to form family resilience when the family experiences problems that cannot be solved by family members, counselors can help through family counseling, because family counseling is counseling that focuses on family problems and seeks solutions to family problems.

According to Satir, in the implementation of family counseling, the counselee is assisted by the counselor in helping to solve the problem, then the role of the counselor is: 1) the counselor helps the client to be able to understand himself and their own behavior clearly and objectively, 2) the counselor performs treatment by setting the role of interaction, 3) Efforts to eliminate self-defense and family, 4) make counselees able to act more mature, responsible, and exercise self-control, 5) Counselors mediate conflicts and communication gaps and interpret the intentions conveyed by counselees or family members, 6) Counselors refuse actions of assessment and help become congruence of what family members respond to (Yanti, 2020). There are steps taken in the implementation of family counseling, the purpose of which is to help find solutions to the problems of family members in order to form family resilience.

## **CONCLUSION**

Family resilience or family resilience is the ability of families to survive when facing problems and changes that occur, and with these changes are able to adapt and bounce back, and even rise for the better. So in this case, when families face problems and changes during the pandemic, a family can overcome these problems. And this has very implications for family counseling. By analyzing the problems and obstacles that occur in the family caused by the low economic and social resilience of the family, this of course has very implications for the implementation of family counseling, so that when the implementation of family counseling is able to assist families in increasing the economic resilience of their families. Through family counseling services, individuals can be fostered and assisted in achieving independence to create family economic resilience. Family counseling will work effectively to overcome problems that occur if all family members are willing to change old habits that are the source of problems in new ways as solutions to problem solving. So that through family counseling, families are able to overcome

their problems and are expected to create family resilience, especially family economic and social resilience.

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