

# Pengaruh Strategi Coping terhadap Resiliensi Keluarga dalam Situasi Pandemi Covid-19 di DKI Jakarta = The Impact of Coping Strategies on Family Resilience in the Situation of the Covid-19 Pandemic in DKI Jakarta

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## Abstrak

Kapasitas resiliensi keluarga menjadi poin penting dalam menghadapi Pandemi Covid-19. Selama situasi krisis berlangsung, resiliensi berguna untuk membantu keluarga dalam beradaptasi dan bangkit dari berbagai kesulitan yang hadir. Perubahan akibat efek domino dari Pandemi Covid-19 telah dirasakan dalam berbagai aspek kehidupan. Banyaknya dampak negatif dari segi kesehatan, ekonomi, sosial, hingga kesehatan mental menjadi stressor bagi individu sebagai anggota keluarga dalam menjalani Pandemi Covid-19. Oleh karena itu, diperlukan adanya kemampuan strategi coping yang berguna dalam mengelola stres yang dirasakan selama masa Pandemi Covid-19. Adanya kemampuan strategi coping pada anggota keluarga diketahui dapat membantu timbulnya resiliensi keluarga di masa Pandemi Covid-19. Penelitian ini bertujuan untuk mengetahui kontribusi strategi coping pada individu yang tinggal bersama keluarganya pada masa Pandemi Covid-19 di kawasan DKI Jakarta. Konstruk resiliensi keluarga diukur oleh Family Resilience Questionnaire (WFRQ), sedangkan strategi coping diukur menggunakan Brief COPE. Berdasarkan hasil analisis dari 322 partisipan berusia 17-64 tahun di DKI Jakarta, ditemukan bahwa terdapat 6,3% kontribusi strategi coping terhadap pembentukan resiliensi keluarga.

.....The capacity of family resilience is an important point in dealing with the Covid-19 Pandemic. During this crisis, resilience is helpful to help families adapt and rise from the various difficulties that arise. Changes due to the domino effect of the Covid-19 pandemic have been felt in various aspects of life. The many negative impacts of health, economy, social, and mental health are stressors for individuals as family members undergoing the Covid-19 Pandemic. Thus, it is necessary to have the ability to use coping strategies that are useful in managing the stress felt during the Covid-19 pandemic. The coping strategies in family members are known to help the emergence of family resilience during the Covid-19 pandemic. This study aims to determine the contribution of coping strategies to individuals living with their families during the Covid-19 pandemic in the DKI Jakarta area. The Family Resilience Questionnaire (WFRQ) measured the family resilience construct, while the coping strategy was measured using the Brief COPE. Based on the analysis of 322 participants aged 17-64 years in DKI Jakarta, it was found that there was a 6,3% contribution of coping strategies to the formation of family resilience.