

The Role of Family Psychology in Improving Family Resilience in Career Women

Ahmad Abi Najih^{1*}

¹ UIN Malang, Malang, Indonesia, najihsaiful9@gmail.com

Abd Hamid Cholili²

² UIN Malang, Malang, Indonesia, Hamidcholili@uin-malang.ac.id

Miftahul Huda³

³ Universitas Islam Cordoba, Banyuwangi, Indonesia, miftahul@uicordoba.ac.id

Muhammad Syifaul Muntafi⁴

⁴ Universitas Islam Negeri Sunan Ampel, Surabaya, Indonesia,
muhammad.syifaul.muntafi@uinsa.ac.id

*E-mail: najihsaiful9@gmail.com

Abstract

Career women impact domestic life, husband and wife try to maintain household harmony so that their family's resilience is maintained. Family resilience is the family's ability to manage resources and problems family members face. The role of family psychology seeks to develop effective intervention strategies to strengthen healthy relationships and resolve conflict. This type of research is library research. Data sources were obtained from various written works such as books, magazines, and articles. The nature of this research is descriptive-analytic. The approach used in this research is a gender analysis approach. The data analysis technique in this research uses content analysis. Understanding family psychology can build harmonious family relationships. Ten aspects differentiate between happy couples and those who are not; five aspects are more prominent, namely communication, flexibility, closeness, personality compatibility, and conflict resolution. With the role of family psychology in increasing family resilience in career women, it can be concluded that five factors influence the happiness between husband and wife, especially the wife who works as a career woman.

Keywords: Psychology, Family, Resilience, Career women

Abstrak

Wanita karier berdampak pada kehidupan rumah tangga, suami istri berusaha menjaga keharmonisan rumah tangga agar ketahanan keluarga tetap terjaga. Ketahanan keluarga merupakan kemampuan keluarga dalam mengelola sumber daya dan masalah yang dihadapi anggota keluarga. Peran psikologi keluarga berupaya mengembangkan strategi intervensi yang efektif untuk memperkuat hubungan yang sehat dan menyelesaikan konflik. Jenis penelitian ini adalah penelitian kepustakaan. Sumber data diperoleh dari berbagai karya tulis seperti buku, majalah, dan artikel. Sifat penelitian ini adalah deskriptif analitis. Pendekatan yang digunakan dalam penelitian ini adalah pendekatan analisis gender. Teknik analisis data dalam penelitian ini menggunakan analisis isi. Dengan memahami psikologi keluarga dapat membangun hubungan keluarga yang harmonis. Sepuluh aspek membedakan pasangan bahagia dengan yang tidak; lima aspek lebih menonjol yaitu komunikasi, fleksibilitas, kedekatan, kecocokan kepribadian, dan penyelesaian konflik. Dengan adanya peran psikologi keluarga dalam meningkatkan ketahanan keluarga pada wanita karier, maka dapat disimpulkan bahwa ada lima faktor yang mempengaruhi kebahagiaan suami istri khususnya istri yang bekerja sebagai wanita karier.

Kata kunci: Psikologi, Keluarga, Ketahanan, Wanita karier

1. INTRODUCTION

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The development of science and technology in the era of globalization has blurred the differences in types of work between men and women. This situation encourages women to be more active in applying their intellectual abilities and contributing to the family economy through work in the public sector (Frida Nur Rizkia, 2018). In Indonesia, as a developing country, not only men but also women now play an active role in the workforce. This happens because of developments over time and the increase in women's independence, which makes patriarchal traditions increasingly fade. According to information from the Central Statistics Agency (BPS), in 2021, almost 50% of women were involved in work that required skills, an increase of 2.52 percentage points from the previous year, namely 48.76% (Mahdi, 2023). In addition, information also shows that 85.20% of families in Indonesia have a working partner, indicating that the dual career phenomenon is increasing every year in the country.

It is suspected that the dual career phenomenon began to appear in 1997 when Indonesia experienced an economic crisis (Rustham, 2019). The literature describes that a dual-career family refers to a family where both partners, both husband and wife, work outside the home. Usually, the husband's job in a working family is to provide for the household finances. Nowadays, many women or wives work to achieve careers that are equal to those of their husbands or men in the family.

Women's career roles have a big impact on their home lives. Women who have careers try to maintain balance in family life and build a balanced household, including meeting material needs, biological relationships, and other aspects. However, negative consequences for individual families may arise due to social changes in urban and rural environments. Many families have difficulty adapting to these changes, leading to social disorganization involving changes in family form, structure, function, and roles. A study conducted shows that family disturbances can have an impact on children's character growth (Last, 2013).

In the field of psychology, resilience is known as resilience, namely a person's ability to overcome problems and turn them into strengths (Cholily, 2014). Family resilience is the family's ability to manage resources and solve problems to achieve prosperity by meeting the needs of all family members (Sunarti, 2005). Family readiness assessment involves successfully carrying out tasks, roles, and obligations for the happiness of all family members. Individual and community behavior can influence the level of family resilience, as well as their knowledge and understanding (Gerungan, 1991).

With a deep understanding of how relationships within families interact, the field of family psychology creates effective intervention strategies to strengthen healthy relationships and help families overcome conflict. The role of family psychology is very important in supporting family welfare and dealing with serious problems such as domestic violence, divorce, and mental disorders. By analyzing the source of the problem and the factors involved, family psychologists can help find appropriate solutions and overcome the various difficulties families face.

The attention of many researchers has been focused on the phenomenon of career women who have multiple roles. Studies state that there has been a change in society's perspective on the role and position of women (Ermawati, 2016). The book *Women's Career Dilemmas by The Role of Family Psychology in Improving Family Resilience in Career Women: Ahmad Abi Najih, Abd Hamid Cholili, Miftahul Huda, Muhammad Syifaul Muntafi: Volume 1, No 3 2025*

Muhammad Talib outlines the motives behind women's decisions to work outside the home (Thalib, 1999). Research conducted shows the benefits that families enjoy when women participate in the work environment (Djazimah & Habudin, 2016). On the other hand, Zarina Akbar and Kharisma Kartika highlight various problems that arise from women's involvement in public spaces (Z. Akbar & Kartika, 2016). Dinnul Alfian Akbar concluded that the involvement of career women can cause conflict in the family, such as reduced time for family and community (D. A. Akbar, 2017). Based on this phenomenon, this research aims to explain ways to increase family resilience for career women from a family psychology perspective

2. METHODS

This study uses library research techniques, which focus on examining and evaluating literature or library materials. Data was collected from various sources, including books, magazines, and articles related to the research topic. This research method is descriptive-analytic, which means that the information collected will be processed, explained, and analyzed to facilitate further understanding and exploration. Gender analysis is applied as a means of understanding social reality (Moleong & Nasution, 2001). Gender analysis aims to provide interpretation, understanding, assumptions, and ideology and complement existing social analysis.

The data collection method in this research was carried out by carrying out documentation, namely looking for information about research variables from various documentation sources. The data analysis method used is content analysis, which includes grouping data based on certain ideas, as well as explanation, discussion, and evaluation of the data. The data is organized by category and carefully evaluated to produce a clear and satisfactory formulation. Uses this formulation as a basis for making conclusions that can answer the problems that have been raised (Moleong & Nasution, 2001).

3. RESULTS AND DISCUSSION

The family is the smallest unit in society and acts as the initial environment in introducing individuals to the socialization process. Through the family, members are taught about values such as compassion, religious morality, and socio-cultural norms. The family has an important role in individual growth so knowledge about family psychology is important to achieve healthy and harmonious relationships. Family psychology focuses on the relationships between family members and the roles and functions of each individual in the family (Soelaeman, 1994). Overall, the main goal of family formation is to achieve family prosperity and resilience, as stated by Hughes & Hughes (Altareb, 2008). Initially, the family wanted to create superior offspring through a process of forgiveness and positive thinking, as well as implementing a family system based on the father's lineage. In addition, it is important to strengthen a positive attitude by recognizing that children are a gift from God and underlining the important role of parenting in shaping children's

development. Third, adjust the attitudes between husband and wife in terms of personality, conflict resolution strategies, ways of expressing gratitude, and aspects of spirituality. Fourth, strengthen emotional bonds in the family through affection, mutual liking, and shared happiness, with a strong foundation in love for God which awakens affection between husband and wife. Increasing family love through eating together, communicating well, going on holidays together, celebrating special moments, and preserving family traditions. Sixth, carry out religious activities, pray, and give thanks to the family to increase spirituality. Improving the family's daily life with appropriate discipline, teaching children good behavior, and maintaining a sustainable quality of life.

Family resilience is the ability to manage resources and overcome various problems faced by family members to achieve prosperity with all needs met (Sunarti, 2005). According to Law No. 10 of 1992 concerning Population Development and the Development of Prosperous Families, a prosperous family is explained as a dynamic situation in which the family has the strength and resilience, both materially and physically as well as mentally and spiritually, to live independently, in harmony, and can improve the well-being of body and soul (Sunarti & Fitriani, 2010).

Family strength includes various vital factors. First, physical resilience is the family's ability to meet basic needs such as clothing, food, and shelter according to their capabilities. According to (Siahaan, 2012), families can achieve physical resilience by utilizing the strengths and protective factors they have. Apart from that, non-physical resilience is also included in meeting the mental and psychological needs of the family, such as providing a sense of security, peace, and love, which helps create harmony within the family. Husband and wife must provide emotional support and fulfill each other's rights. Third, the importance of the family's role in maintaining religious, and social values, customs, and norms to support optimal human resource development is emphasized by social resilience. Ni Wayan's research underlines that children's awareness of strengthening national cultural values is very important to support family continuity in the era of globalization (Suarmini et al., 2016). On the other hand, resilience in religious and legal aspects shows how important it is to obey religious and legal rules that regulate the rights and duties of a family, such as husband, wife, parents, and children.

In this phase, the relationship that is formed involves the connection between husband and wife. At the birth of the first child, a new relationship between parent and child emerges. Then, with the birth of other children, relationships between siblings are also formed. These three types of relationships are the main foundation of a nuclear family (Lestari, 2016). According to Alissa Wahid, Secretary of the Nahdlatul Ulama Family Benefits Institute (LKNU), a family consists of four main relationships and one additional relationship. First, is the marital relationship between husband and wife. Second, the relationship between parents and children is genetic. Links to extended family, such as grandparents, are third. Second, social relations between family and neighbors and the surrounding environment (Triono, 2024).

Family relationships are like a network of links that are connected both within the nuclear family and the extended family, which are formed through ties of blood or marriage (Nurnazli et al., 2020). Harmony between husband and wife is the basis that influences the relationships of all family members. Failure in these relationships is often the main cause of problems in many families. The skill of constant change between partners is important to keep a marriage going. This adaptation process is dynamic and requires active involvement and the ability to think and act flexibly. According to Glenn (2003), there are three main signs of marital adjustment, namely conflict, communication, and division of household obligations (Lestari, 2013). Conflict is not always detrimental to a marital relationship; the most important thing is how the conflict is resolved constructively. Positive communication is necessary to resolve conflicts well and also helps strengthen the emotional and intimate closeness between partners. A relationship that remains close indicates that the couple's adjustment process has gone smoothly (Lestari, 2016).

With time, marriage customs that delimit duties and responsibilities between husband and wife have changed. In ancient times, household duties and childcare were the responsibility of the wife, while the husband was responsible as the breadwinner. However, the complexity of modern life has driven the importance of sharing tasks and roles more evenly. Increased awareness of the important role of fathers and mothers in child development has also increased mutual involvement in the parenting process. The ability to work together in carrying out family tasks is an important sign in the adjustment of a couple's relationship (Lestari, 2016).

In today's modern era, more and more married couples have jobs outside the home together. This phenomenon not only occurs because life is becoming more complicated but is also related to personal growth and increasing individual talents. However, the high level of busyness in pursuing careers for both partners can cause potential problems if not managed wisely and appropriately (Ulfiah, 2016).

In the Islamic view, women having a career is nothing new. In Islamic history, women such as Umm Salim bint Malham, Siti Khadijah, and Raithah were involved in public work when the Prophet was alive.

A dual role is when someone performs two vital roles simultaneously, whether at home or outside of a career. Women who decide to work face difficulties in fulfilling their responsibilities at home and in the office. Being a wife and mother is not an easy task for a woman. Although work such as carrying out household tasks, providing attention to one's husband, and educating children is not always considered a productive economic contribution, these activities still have a very important value for the happiness of family members. Women who have these two roles are expected to be successful in both fields. In the home environment, women may need to act as fulfilling the family's needs by caring for their husbands and children, while in the workplace they must demonstrate an independent and proactive attitude (Suryadi et al., 2004) .

Family resilience involves the ability of an individual or family to use existing potential to overcome life's challenges, including the ability to return family function to its original condition after facing a crisis. The concept of Family Resilience involves a holistic approach to the family, by evaluating the resources and coping strategies used.

David H. Olson and Amy K. Olson noted ten factors that differentiate happy and unhappy couples, such as communication, flexibility, closeness, personality compatibility, and the ability to resolve conflict (Ulfiyah, 2016). Interactions within the family greatly influence family life and well-being, including harmony and health (Shen et al., 2017).

Mistakes in communication often cause disputes that are characterized by a negative communication style, such as expressing mistakes by using the word "you". On the other hand, positive communication shows an assertive attitude by expressing the effects of the partner's behavior without blaming using the word "I" (Ulfiyah, 2016). Effective communication skills greatly impact a couple's ability to resolve problems and strengthen their relationship as a couple. Therefore, it is important to understand and implement positive and effective communication to strengthen family relationships and overcome daily challenges.

A couple's ability to change and adapt according to needs is reflected in the flexibility in the husband and wife relationship. This includes the ability to adjust responsibilities and roles in the family according to needs, without being fixated on roles that have been rigidly determined (Lestari, 2016). The hope is that this flexibility can produce a feeling of closeness, unity, and harmony between family members, and make them feel appreciated, loved, and cared for. Therefore, flexibility can reduce the possibility of conflict and increase family resilience (Pangestika, 2024).

Character compatibility shows that differences in characteristics or hobbies between partners are not a problem as long as there is acceptance and understanding of each other (Lestari, 2016). Accepting personality differences that are difficult to change can increase happiness in relationships.

Resolving problems in a husband and wife relationship involves the couple's attitudes, feelings, and beliefs regarding conflict resolution. Effective ways to resolve conflict include identifying the root of the problem, discussing individual contributions to the problem, finding solutions together, and respecting each other's role in resolving the conflict (Lestari, 2016). It is necessary to avoid destructive tactics, such as blaming each other or discussing past problems, and rather use a constructive approach to reach a satisfactory resolution for both parties. By increasing flexibility, closeness, personality compatibility, and the ability to resolve conflict well, couples can improve the quality of their relationships and strengthen the resilience of the family as a whole.

Resolving conflict between partners requires the involvement of attitudes, emotions, and beliefs in resolving the problem. Successful steps in resolving conflict include identifying the core problem, discussing individual contributions, finding solutions together, and respecting each person's role (Lestari, 2016). Avoiding destructive strategies and choosing a constructive approach is very important to find a satisfactory solution for all parties, apart from blaming each other and bringing up past problems.

By increasing flexibility, closeness, personality compatibility, and the ability to resolve conflict effectively, couples can improve their relationships and maintain family resilience.

5. CONCLUSION AND SUGGESTIONS

Women who work are those who pursue careers by their knowledge and talents. The role of family psychology in increasing family resilience for career women involves five main factors that can influence the happiness of married couples, especially for working women.

First, effective communication is very important in strengthening families. Second, flexibility shows the couple's ability to adjust to the marital relationship. Third Partner Closeness: The level of emotional closeness and balance between separateness and togetherness is reflected in this closeness. Fourth, Personality Compatibility: This compatibility indicates that the personal characteristics or actions of one partner are not considered bad by the other partner. 5th, resolving conflict: Involves a person's views, emotions, and beliefs regarding solving problems in interactions.

By paying attention to and following these five factors, couples can increase the happiness and strength of their family

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"Tidak ada"

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