

RESILIENCE THROUGH PARENTING: A COMMUNITY-BASED APPROACH IN URBAN JAKARTA

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ABSTRACT

The purpose of this study is to explore the differences in how much parental resilience perceives children can successfully cope with diverse parenting challenges. The event took place with the cooperation between the Faculty of Psychology, Mercu Buana University and Karang Taruna Kelurahan Duri Kepa DKI Jakarta which was participated by at least 50 parents in that area. There were 44 participants who completed the pretest and posttest from a pool of 50, but only about 24 left after culling data that could be statistically analyzed (in terms of completeness). They had a mean age of 41 years and had obtained elementary to high school education. Results of study-priority measures were improved post-training ($M = 110.50$, $SD = 10.07$, $p = 0.002$). These results point towards a post-training difference. The perception of parental resilience towards children increased.

Keywords: Resilience, Attachment, Parenting, Mental Strength, Community Empowerment

1. INTRODUCTION

Children in Duri Kepa, West Jakarta have to deal with high-density population, economic hardships and limited playgrounds. Children face adversity at the hands of these factors, which are necessary to build resilience. A secure parent-child attachment is crucial for promoting resilience. The attachment theory by Bowlby and Ainsworth highlights how having a secure emotional link with caregivers becomes the building block of psychological safety. Lestari and Hermawati (2024) research also indicates that a positive attachment increases the capacity of the child to face academic and emotional stress. Many parents in Duri Kepa are unable to engage much in supportive parenting because they have to spend so much time and effort on economically demands, such as going out selling drinks, pedicabs or scavenging. As a general tendency most parents are authoritarian or permissive, both deprived of responsive emotional interaction. This program was therefore created as a way of filling that gap by increasing the awareness and skills of parents to use resilience-building parenting strategies

2. METHOD

The study was conducted by a community-based service program, which uses an approach based on the principles of participatory action research to address psychosocial challenges in parenting that are common among urban families. The activity was held in Duri Kepa, West Jakarta, as an area that has high population density, economic risk and low access to psychological parenting resources. The target group were the parents of local community organizations like Karang Taruna. The initial phase of the program consisted in a situational analysis through on-field observations and informal interviews with local actors, such as community leaders and members of the West Jakarta City Council. These interactions provided the research team with insight from parents on the sociological struggles they face in raising resilient children, especially in an urban environment fraught with constant stress. These results guided the development by the team of a training module that was theoretically grounded in theories of attachment and positive psychology, focusing on four key areas: the nature of resilience, strategies to promote secure emotional connection between parents and children, communication skills for parents and their children, and how social structures affect child development. To ensure all materials were culturally tailored and translated into plain language, we used pictures, case examples, images and simplified words to help people understand what the program was about.

The primary intervention was a two-hour experiential parenting workshop offered face-to-face to over 50 parent participants. Teaching was delivered through a combination of lectures, group discussions, role-playing simulations, psychoeducational games and guided reflection. The facilitators were lecturers from the university and co-facilitators, moderators, as well as documentation officers from psychology students. To help the training turn into actual behavioral change, one of the phase in program was mentoring follow-up. Participants could ask questions and share parenting experiences, with ongoing feedback from facilitators. Tool for assessment both pre and post. All responses to items were obtained by using the same Likert scale. It was developed in strong partnership with local stakeholders. The West Jakarta City Council and Karang Taruna mobilizers and facilitators had open communication with the participants, also while providing logistical assistance; Their participation served to further the program beyond the training day, by introducing peer-led discussion groups and continued engagement within the community. Solutions Oriented Parenting Education delivered an evidence-based parenting programme that is feasible for delivery in low-resource urban communities and this approach addresses community-identified needs, builds on local resources and is inclusive of both maternal knowlege and child well-being.

3. RESULTS AND DISCUSSION

A total of 50 parents in the Duri Kepa area, West Jakarta also participated in a resilience training workshop. Of these, 44 completed pre- and post-test instruments. A total of 24 valid responses entered the final analysis after data screening in completeness. The study participants were aged 27 to 56 years. Five resilience dimensions on an assessment tool for parenting: family communication, the parental role in fostering child resilience, emotion regulation in parenting, perception of children's emotional intelligence, and adjustment to aging or future planning in late life. These dimensions represent the constituent elements of parent resilience for urban sociocultural context.

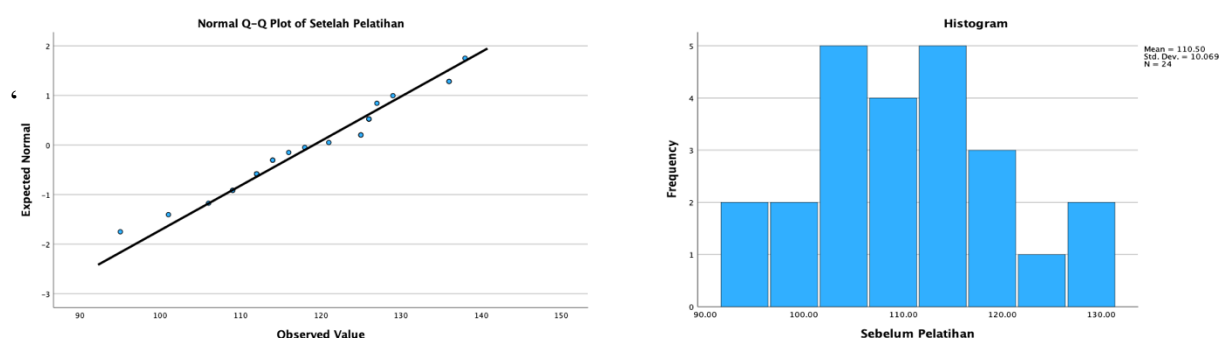


Figure 1. Test of Normality

Normality tests using Shapiro-Wilk showed both pre- and post-test data were normally distributed ($p = 0.474$ and $p = 0.567$ respectively). A paired sample t-test showed significant improvement in total score from pre-test ($M = 110.50$, $SD = 15.07$) to post-test ($M = 119.13$, $SD = 11.13$), with an average increase of 8.63 points ($t(23) = -3.422$, $p = .002$). The 95% confidence interval of the difference was between -13.84 and -3.41. Effect size calculations indicated medium to large impact with a Cohen's d of -0.698. This was coupled with the pre- and post-test score correlation, which was weak and non-significant ($r = 0.325$, $p = .121$), suggesting the improvements observed were training effects and not baseline comparability.

Measure	Value
Descriptive Statistics	
- Pretest Mean (SD)	110.50 (10.07)
- Posttest Mean (SD)	119.13 (11.13)
- Mean Difference (SD)	-8.63 (12.35)
Paired-Sample t-Test	
- $t(49)$	-3.42

Measure	Value
- <i>p</i> -value (2-tailed)	.002
- 95% CI of Mean Difference	[-13.84, -3.41]
Correlation	
- Pearson's <i>r</i>	0.325
- <i>p</i> -value	.121
Effect Sizes	
- Cohen's <i>d</i>	-0.698 [95% CI: -1.140, -0.245]
Hedges' <i>g</i>	-0.675 [95% CI: -1.102, -0.237]

The results of this study suggested the usefulness of implementing community-based psychoeducational interventions for improving parental resilience. Although the sample size is small, the significant positive trends in post-test scores indicate that parents experienced real-life changes in emotion management, self-efficacy and family communication. Participants also spoke of greater mindfulness about the ways in which their parenting behaviors, especially emotional and communicative responses, can impact the resilience and emotion regulation skills of their children. Instantiation of these findings are also in line with previous research about the practice of psychoeducation to boost family resilience (Duckworth & Eskreis-Winkler, 2013; Yuhenita & Indiaty, 2021; Southwick & Charney, 2018; Pradini et al., 2024).

Moreover, the structure of the intervention - with group activities, reflective discussions and emotion-focused exercises - promotes a supportive environment for learning and changes. This is consistent with resilience theory, which highlights the role of social coordination and protective factors (Masten, 2021; Ungar, 2021). Specific techniques such as stories, mindfulness-based breathing and confirmation practice contributed to the cultivation of more adaptive cultivation of more adaptive coping mechanisms among participants. These results resemble Campbell-Sills et al. Findings (2021), which shows that strength-based, socially implemented interventions can provide permanent benefits in psychological resilience. In the end, the program not only improved individual resilience score, but also strengthened a network of parenting support - necessary to meet the requirements of urban parenting.

4. CONCLUSION

Parents play a crucial role in fostering resilience for children. Through supportive parenting, open communication, and active involvement in their children's lives, parents can help build strong coping mechanisms and emotional strength. Community-based support and evidence-based parenting education further enhance parents' capacity to effectively nurture resilience in their children.

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