Factors Affecting Family Resilience of Health Workers During the COVID-19 Pandemic: A Systematic Literature Review

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Abstract

The results of the study indicate an increase in the prevalence of mental health disorders among health workers during the emerging COVID-19 pandemic. This study aims to conduct a systematic literature review of the factors that influence family resilience of health workers during the COVID-19 pandemic. The method used in this study is a systematic literature study. The literature study uses journal articles ranging from 2020-2021 published in Scopus, Google Scholar, ScienceDirect, APA PsycNet, and SpringerLink. The characteristics of the articles reviewed were English articles, the research participants were COVID-19 health workers, and focused on factors that affect family resilience. A total of 7 articles on family-related resilience among COVID-19 health workers met the inclusion criteria. The results of this systematic literature study indicate that several factors that influence family resilience include a positive outlook and family routines that can maintain family relationships for health workers. Forms of family support during pandemic can be in the form of online communication such as telephone and regular texting. Research on family resilience to health workers is needed at this time because it is relevant to the condition of health workers with their families. In addition, further research is expected to develop interventions that function to increase family resilience to health workers during the COVID-19 pandemic.

Keywords
Family, Resilience, Health Workers, and COVID-19 pandemic.

1. Introduction

The current pandemic is an example of a public health crisis, which is associated with significant health risks, accompanying stress, fear, decreased sense of control and uncertainty (Wald, 2020). The COVID-19 pandemic is a global pandemic that has occurred since the end of 2019 which affects many aspects of human life around the world, including affecting physical health and psychological well-being. Health workers who are at the forefront of facing this pandemic also feel a tremendous impact. As in a study by Chersich et al., (2020) in Italy, as many as 10,000 health care workers must undergo quarantine, where there will be a feeling of fear of transmitting the virus to a loved one so that it has a significant negative impact on their mental health. In addition, there is a study that found as many as 1,257 health workers in China, where about half of the participants had psychological symptoms such as anxiety and depression (Lai et al., 2020).

In line with research conducted by Kim et al., (2020), mentioned that health workers in hospitals are 2 to 3 times more likely to experience distress, anxiety, and depression than people who work in non-hospital settings. It found that healthcare professionals in Chinese hospitals had a high rate of depressive symptoms at 45%, anxiety at 45%, insomnia at 34%, and distress at 72%. A recent study looked at 578 health workers in Canada, and found that 47% reported a need for psychological support and 67% reported feeling anxious, 49% feeling insecure, 40% overwhelmed, 29%

feeling helpless, and despair by 28% (Lai et al., 2020). On the other hand, the presence of the COVID-19 pandemic has put the families of health workers under unusual pressure (Feng et al., 2020). Their family also has concerns about a family member who works as a health worker who has to put patients first during the pandemic.

Based on the psychological symptoms mentioned in the previous research, it is important for the hospital and the health workers in it to plan next steps based on searching for relevant data, with the aim of overcoming mental health problems due to the pressure felt during the impact of the COVID-19 pandemic. It has been widely reported that resilience is a tool in overcoming psychological problems. Broadly speaking, resilience is conceptualized as a tool that functions adaptively in dealing with mental difficulties felt by individuals. (Barzilay et al., 2020). There are several factors of resilience, namely trait resilience, family function, social support, and social participation, which are related to mental health issues and welfare outcomes (Coulombe et al., 2020). Family function is one of the supporting factors or influencing the resilience of individuals, which can be an important factor in increasing resilience in a family.

Furthermore, it is in line with the research conducted by Daks et al., (2020) related to family resilience, namely in the broader perspective of the family system, where the psychological state of one family member can affect various aspects of the family system. This requires families to be able to adapt strategies (psychological flexibility) to changes during the COVID-19 pandemic. It is hoped that the skills in implementing adjustment strategies for the family will be the right way to overcome challenges and difficulties; can increase tolerance between family members; and can develop family acceptance of the changes that have occurred during a pandemic, which in turn will develop resilience in the family to minimize the level of family stress during the pandemic (Daks et al., 2020). The current situation experienced by health workers is relevant when viewed using the concept of family resilience, because there is a concern that this pandemic could hamper the system in families where one of its members works as a health worker.

There have been quite a lot of previous studies discussing the resilience of health workers, but few studies that specifically discuss family resilience of health workers affected by COVID-19 have been carried out. So that research with systematic literature studies is expected to be useful for reviewing the factors that affect resilience in families with one of its members working as health workers, who can then build resilience to face the challenges of changes that occur during the COVID-19 pandemic.

2. Literature Review

2.1 Family Resilience

Family psychology is a larger specialized area of psychology that is based on unique ways of understanding and implementing interventions to change human behavior. Instead of looking at each individual, family psychology looks at the relationships that occur between humans as the core unit in conducting analysis and a path for change (Thoburn & Sexton, 2016). There is a shift in the viewpoint of family resilience, which initially sees the family as a capital for individual resilience, then changes to seeing a family as a unit of resilience itself, and then becomes resilience at the community level (Becvar, 2013). Family resilience is defined as the capacity that a family has, as a functional system to survive and recover from the challenges of life which is full of stress (Walsh, 2016). Family resilience is an important approach to find out how the family is defined as a system of navigating risk, protection and vulnerability in the family which can produce an important approach for the family in the short and long term (Henry et al., 2015).

The concept of family resilience extends the theory of development in the family and is related to research related to family stress, coping, and adaptation. Resilient family approach studies also try to describe the family by looking at their response to life changes and calamities (McCubbin & McCubbin, 1988). Family resilience theory, research, and practice are based on the family research system and are concerned with well-functioning transactional processes in families. As with individual resilience, family resilience is also used as a protective factor and the main key for families to survive and rise from adversity (Herdiana et al., 2018). This protective factor is found in the family in the form of positive traits in encouraging the family to get out of the crisis.

Furthermore, family resilience is a family effort followed by a process of adaptation and success in facing pressures, both problems that come in the present and come in the future. Therefore, it can be said that family resilience is an active process in building, enhancing, and optimizing a positive response to conditions of crisis and opposition

(Walsh, 2016). It takes a variety of professionals to be able to provide crisis intervention, as a way to guide families regarding the struggles in making transitions, adjustments, adaptations, and transformations they face (L. D. McCubbin & McCubbin, 2013). According to Black and Lobo (Herdiana et al., 2018), each family has differences in family resilience, setbacks, and risk severity, effective protective factors are those that can be taken by the family. These factors, among others, are listed in Table 1 below.

Table 1. Factors of Family Resilience (Black & Lobo, 2008)

	Resilience Factor	**Family Characteristics**
1.	Positive outlook	Optimism and conviction, a sense of humor
2.	Spirituality	There is a shared value system
3.	Cohesion family members	A coherent family in upbringing, discipline, avoiding conflict / hostility in the family
4.	Flexibility	The role of a family that can adapt to existing situations and developments
5.	Family communication	Clarity in communication, openness in expressing emotions, and collaborative problem solving
6.	Sound financial management	Can manage family finances healthily, still maintain family warmth despite financial problems
7.	Family time	Creating togetherness in daily tasks / activities
8.	Recreation together	To develop family social skills and adaptability
9.	Routines and rituals	Doing activities that can increase the closeness of family relationships; maintenance even in times of crisis
10.	Support network	Consisting of individuals, families, and communities to share existing resources, which will be important for families experiencing poverty

From the description above, it can be seen that family resilience has many influencing factors. Especially in the condition of the COVID-19 pandemic, where the resilience of a family where one member works as a health worker will be useful to make adjustments to the changes. Judging from the factors of family resilience according to Black dan Lobo (2008), a family with one of its members working as a health worker can overcome psychological pressures during the COVID-19 pandemic from several factors such as positive outlook, flexibility, family communication, etc. develop resilience in the family. In addition, family resilience will also protect family members regarding their mental health problems during the pandemic.

3. Methods

This study used a systematic literature study method compiled with guidelines from Preferred Reporting Items for Systematic Reviews an Meta-Analysis (PRISMA). This research was conducted to answer the following research questions: (a) what is the state of resilience in a family with a member who works as a COVID-19 health worker? and (b) what are the factors that affect the resilience of a family where one of its members works as a COVID-19 health worker?

4. Data Collection

Data collection in this study was carried out using several journal databases. The databases used in the data collection process of this research are Scopus, ScienceDirect, Google Scholar, SpringerLink, and APA PsycNet. In the search process for research articles that meet the inclusion criteria in the study, researchers use keywords that match the topic of the systematic literature study titles, namely "Family" AND "Resilience" AND "Workers" OR

"Employee" AND "Pandemic" OR "COVID- 19 ". In the first stage, the researcher filtered all titles and abstracts generated from the database search. In the second stage, the articles to be reviewed are filtered again by looking at all the articles that have been obtained. Research articles that meet the criteria are research articles in English ranging from 2020 to 2021; and research participants are health workers affected by COVID-19. In this case, it is necessary to consider what factors can affect the resilience of the family in overcoming the challenges and difficulties that occur during this pandemic. In the current state of the COVID-19 pandemic, families are experiencing many changes and unexpected things that are reported to be a cause of stress for health workers and their families. Especially for health workers who are required to carry out quarantine so as not to transmit the virus to the family. The research design that fulfills inclusion is a research article with a quantitative and qualitative study design, which focuses on factors that affect the resilience of the family of COVID-19 health workers.

5. Results and Discussion

The process of searching for data in this article was carried out from 15-20 February 2021. A total of 31 research articles were found, then the articles were selected based on duplication, title, keywords, and the entire journal article text. A total of 24 articles did not meet the inclusion criteria. This is caused by inaccessible articles, not research articles, and subjects that do not meet the inclusion criteria. So that 7 articles were selected for review. The process of searching and reviewing articles in the study will be presented in Figure 1 and Table 2 below.
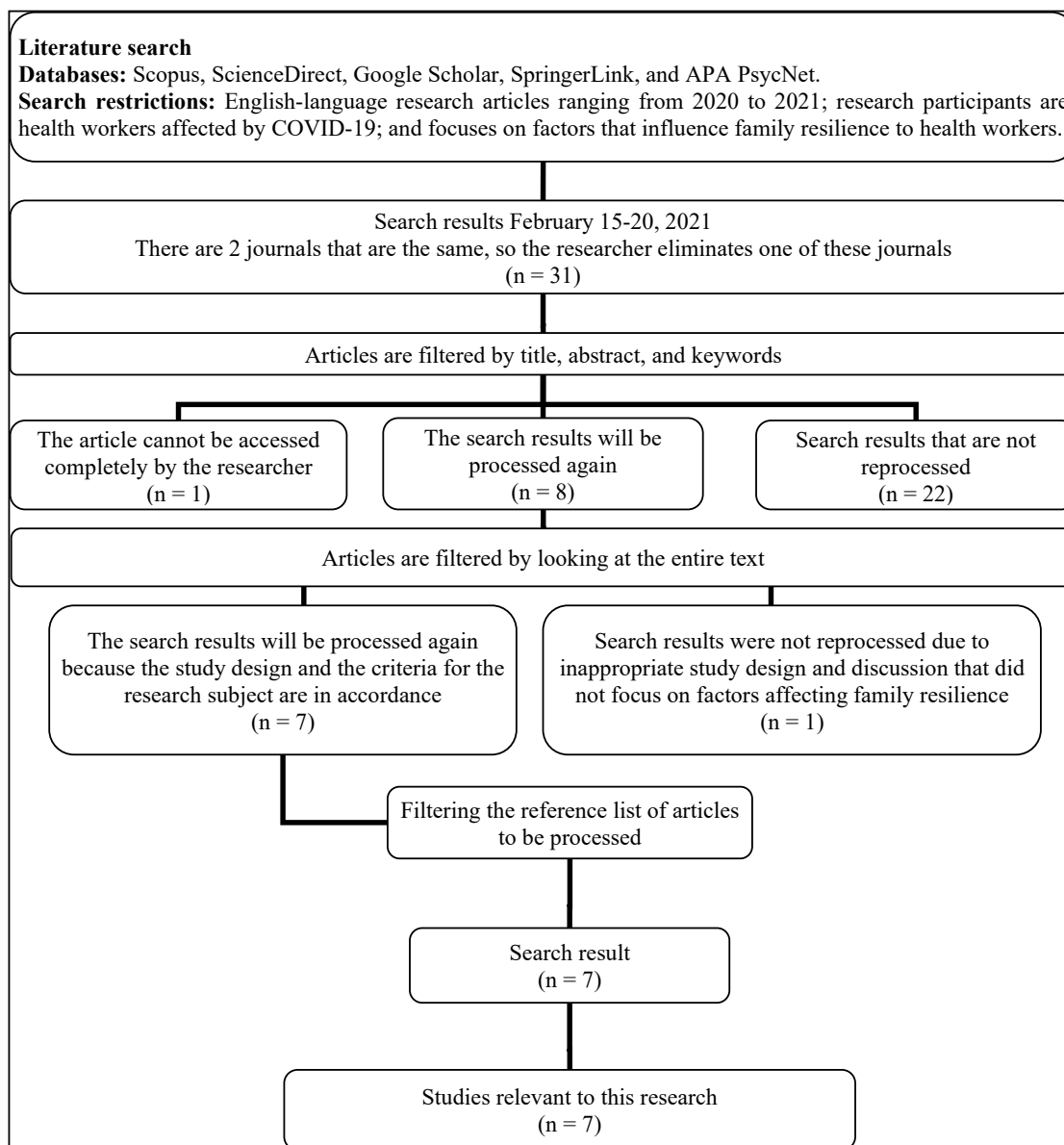
Literature search
Databases: Scopus, ScienceDirect, Google Scholar, SpringerLink, and APA PsycNet.
Search restrictions: English-language research articles ranging from 2020 to 2021; research participants are health workers affected by COVID-19; and focuses on factors that influence family resilience to health workers.

Search results February 15-20, 2021
There are 2 journals that are the same, so the researcher eliminates one of these journals
(n = 31)

Articles are filtered by title, abstract, and keywords

The article cannot be accessed completely by the researcher
(n = 1)

The search results will be processed again
(n = 8)

Search results that are not reprocessed
(n = 22)

Articles are filtered by looking at the entire text

The search results will be processed again because the study design and the criteria for the research subject are in accordance
(n = 7)

Search results were not reprocessed due to inappropriate study design and discussion that did not focus on factors affecting family resilience
(n = 1)

Filtering the reference list of articles to be processed

Search result
(n = 7)

Studies relevant to this research
(n = 7)

Figure 1.Stages of Search for Research Articles

Table 2. Summary of Article Reviews

	Author's Name	Variable	Participants	Results	Country
1.	Moreno et al., (2020)	Posttraumatic stress disorder; anxiety; depression; burnout; resilience	A total of 1422 health workers had direct contact with patients, consisting of 1228 women (86.4%) and 194 men (13.6%).	One of the strategies for health workers to increase resilience is to maintain online communication with families. The results showed that the resilience of health workers was at a moderate level, which is one of the factors causing the results, namely the feeling of not being too worried that their family members contracted COVID-19 because they were not directly related to them.	Spanish

2.	Coulombe et al., (2020)	Mental health; well-being; resilience	A total of 1122 participants who worked in Canada, including health workers.	The strength or weakness of resilience in this study is influenced by several variables such as family function and social support. One of the social support comes from the families of COVID-19 health workers. It was found that social support can improve sleep quality, reduce feelings of anxiety, and increase feelings of self-efficacy in the work of health workers.	Canada
3.	Barzilay et al., (2020)	Resilience; COVID-19 related stress; anxiety; depression	The total number of participants was 3042 participants from the United States and Israel.	There are several concerns that are felt by health workers, one of which is the concern that the virus will spread to their family members. So that the factor that affects the resilience of health workers in this study is feeling worried. US participants tend to worry more about themselves if they contract the COVID-19 virus. Meanwhile, Israeli participants tend to worry about other people such as family if they are infected with the COVID-19 virus.	United States and Israel
4.	Kim et al., (2020)	Anxiety; coping mechanism; deprssion; stress	There are 1397 nursing school alumni who become nurses in California, United States.	Family function, resilience and spirituality predict the emergence of stress, anxiety or depression. Resilience, spirituality and family function are good coping mechanisms for nurses to fight stress, anxiety and depression during a pandemic.	United States
5.	Goh et al., (2020)	Challenge; impact of COVID-19	A total of 17 nurses in a tertiary hospital.	There are several phases of impact felt by nurses during the face of this COVID-19 pandemic. One of its phases is support for nurses. These findings highlight the importance of a strong support system for health care professionals. The nurses in this study showed resilience and professionalism despite the challenges of the COVID-19 pandemic.	Singapore
6.	Bender et al., (2020)	Collective trauma; social support; emotional connection	A total of 89 participants who worked in health care.	This study focuses on how health workers feel connected/ emotional connectedness with their relatives and families, which is useful for promoting resilience among health workers. Participants described various behaviors in maintaining relationships with loved ones from the pandemic, such as using technology and sending gifts and cards by mail.	United States
7.	Arslan et al., (2021)	Anxiety; depression; resilience; physician	A total of 671 doctors participated.	The resilience score in this study was significantly high in those who were married and had children, who had worked for 15 years or more, and had received training on COVID-19. The rates of depression and anxiety were found to be significantly lower in	Turkey

				physicians with greater resilience.	

The first source of literature is research from Moreno et al., (2020). The study aims to analyze post-traumatic stress, anxiety, and depression during the COVID-19 pandemic, which is associated with resilience in healthcare workers affected by COVID-19. The results showed that the resilience of the health worker participants was at a moderate level. One of the factors of this result is the feeling of not being too worried that their family members have contracted COVID-19 because they are not in direct contact with them. When associated with factors that influence family resilience from Black dan Lobo (2008), the family resilience of participants in this study tends to be supported by positive outlook factors that develop optimism from crisis situations, and flexibility in adjusting for changes that occur during the pandemic.

Furthermore, for the second literature source from Coulombe et al., (2020), where this study aims to determine resilience factors such as trait resilience, family function, social support, and social participation related to mental health and welfare in workers, one of which is labor. health of Canada during the COVID-19 pandemic. In research, it was found that social support can improve sleep quality, reduce feelings of anxiety, and increase feelings of self-efficacy in the work of health workers. Family functions and support are also mentioned as social support which affects the resilience of the worker's family. The function and support of the family in this study are expected to be a form of routine and ritual for the family to increase the closeness of the relationship and maintenance between health workers and their families in times of crisis.

The third source of literature is a research article from Barzilay et al., (2020). This study aims to determine the resilience of COVID-19 health workers by investigating their independence, emotional regulation, patterns of interpersonal relationships, and their environment during a pandemic. Judging from the research, there are several concerns felt by health workers, one of which is the concern about transmitting the virus to their family members. So that the factor that affects the resilience of health workers in this study is their feeling of worry about the condition of the family. Most of the participants believed that keeping a distance from their family could increase the health workers' sense of security in transmitting the COVID-19 virus to their families. The positive view in the form of optimism and beliefs that they believe can be a factor to increase family resilience in this study.

Then, for the fourth literature source using research articles from Kim et al., (2020). This study aims to determine the impact of various factors that affect the mental health of nurses during the COVID-19 pandemic. Research shows that resilience, spirituality, and family functioning predict stress, anxiety or depression. Resilience, spirituality and family function are good coping mechanisms for nurses to fight stress, anxiety and depression during a pandemic. These three factors can be included in the factors that affect the resilience of the nurse's family in adjusting to the situation and developments that occurred during the COVID-19 pandemic. Especially if the nurses as participants in this study have to temporarily separate from their families to reduce the level of virus transmission.

The fifth research article is from (Goh et al., 2020), where this study uses a qualitative method that aims to explore the experiences of nurses working in tertiary hospitals during the COVID-19 pandemic. There are several phases of impact felt by nurses during the face of this COVID-19 pandemic. One such phase is support for nurses. The research shows the importance of a strong support system for nurses in hospitals affected by COVID-19 in caring for their mental health. One of the sources of support they get, such as from their families, is predicted to increase their work resilience and professionalism in providing health services. Support from the family can become a routine and ritual for nurses with their families in terms of maintaining / caring for their health in times of crisis as a factor that can affect family resilience.

The next discussion uses the sixth research article from Bender et al., (2021). Research using this qualitative method examines how health professionals define emotional connection during the COVID-19 period and their adaptive emotional connection strategies. Emotional connection for them is useful for promoting resilience among health workers. Participants described various kinds of behavior in maintaining relationships with their families during a pandemic, such as using technology to communicate and exchange news. In this study, family communication using technology is a factor that affects family resilience, where communication is also needed to be able to express emotions and solve problems together in the family even though they have to be separated during the COVID-19 pandemic.

The last discussion uses the seventh literature source from Arslan et al., (2021). The aim of this study was to assess anxiety, depression levels, and psychological resilience in physicians working during the COVID-19 pandemic and to evaluate factors associated with resilience. The resilience in this study was significantly high in those who were married and had children; those who have worked for 15 years or more; and have received training on the COVID-19 pandemic. Related to the family resilience of the participant who works as a doctor is a coherent family factor, especially in family care because some of the participants are already married and have children. Family coherence can be a factor influencing the level of family resilience (Black & Lobo, 2008), such as the participants in this study.

Based on the systematic literature review that has been carried out, the changes that families experience during the COVID-19 pandemic can trigger various psychological problems, such as anxiety, psychological fatigue, to depression. Health workers who are at the forefront of facing this pandemic will also not be free from mental health risks as long as they provide health services to the public. The running of a transactional process in a good family system will help families increase resilience, which is useful in efforts to rise up and overcome the difficulties and challenges faced during the COVID-19 pandemic (Walsh, 2016).

Similar to individual resilience, families can also share the resilience process to develop resilience in response to stress or change (Black & Lobo, 2008). Family resilience has various factors that can affect the systems and individuals in the family. Of the seven research articles in the systematic literature study on factors that influence family resilience in COVID-19 health workers, several factors were found, such as a positive outlook, spirituality, cohesion of family members, flexibility, family communication, and family routines and rituals. , is carried out in an effort to develop the resilience of a family where one of its members works as a health worker (nurse, doctor, or health service staff) during the COVID-19 pandemic.

6. Conclusion

Similar to individual resilience, family resilience is also used as a protective factor for families to survive and rise from adversity. This protective factor is in the form of positive traits to encourage the family to come out and rise from the crisis they are experiencing. Family resilience is a family effort followed by a process of adaptation and success in dealing with pressures, both problems that come in the present and come in the future. Family resilience can be influenced by various factors, such as positive outlook, spirituality, cohesion of family members, flexibility, family communication, sound financial management, family time, recreation together, routines and rituals, and support networks. It is hoped that the factors that influence family resilience can be used as skills for health workers in finding strategies to develop family resilience during the COVID-19 pandemic.

The limitation of research related to factors that affect the resilience of health workers' families during the COVID-19 pandemic is based on several journal articles, namely the results of research, most of which still discuss resilience extensively. So further studies are needed to discuss specific family resilience. Based on the results of this systematic literature study, researchers hope to be the first step in further research in providing interventions to health workers and their families related to family resilience and influencing factors. Researchers provide suggestions for future researchers to be able to examine the specific resilience of health workers' families during the COVID-19 pandemic.

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