

Family Resilience and Mental Health During the COVID-19 Pandemic: Systematic Literature Review

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Abstract

The COVID-19 pandemic not only has an impact on health crises, but also threatens family resilience which results in high levels of anxiety, depression and mental health in the family. This study aims to conduct systematic literature on efforts to build family resilience and mental health in families during the COVID-19 pandemic. The literature study uses research articles from the 2020-2021 range published in Scopus, Google Scholar, ScienceDirect, APA PsycNet and EBSCO. The characteristics of the articles reviewed were English-language articles, the study participants were families with children, focused on family resilience and mental health during the COVID-19 pandemic. The results of the 8 articles reviewed showed that symptoms of stress, anxiety and mental health were negatively related to family resilience. Changes in routine during a pandemic have a negative impact on the psychological health of parents and can pose significant risks to the well-being and resilience of their children. The results of the literature study want to show that research on family resilience is important because family resilience is currently very relevant, especially in conditions when facing the Covid-19 outbreak such as today, family resilience is something that all family members need to strive for optimally. Future research needs to dig deeper into the factors and intervention programs that function to increase family resilience and family mental health during the COVID-19 pandemic.

Keywords

Mental health, family resilience, parents, child, COVID-19

1. Introduction

The COVID-19 pandemic is a global pandemic that has occurred since the end of 2019 and has provided many changes in every aspect of human life. The existence of the COVID-19 pandemic has had a profound impact on various sectors of life ranging from the economic, health, social, education and various other aspects (Sukmana et al., 2020). The impact of the pandemic led to policies to quarantine and carry out all activities from home, including school, work and worship. The length of time that quarantine at home can have a negative impact on people's mental health (Wang et al., 2020). Isolation and quarantine as well as extreme changes in daily life can increase the risk of depression. Studies conducted on adult populations have highlighted that social isolation measures may negatively impact psychological health (Liu et al., 2020). People who are in quarantine are more likely to show psychological symptoms and mental health problems, such as anxiety, anger, sleep disturbances, depression and post-traumatic stress disorder (Brooks et al., 2020). Every family and even family members have their own problems and challenges, especially in the COVID-19 pandemic situation. Based on a literature review conducted by (Brooks et al., 2020) regarding psychological function during quarantine, it shows an increase in depressed mood and lower general well-being.

Not only do individuals need to adapt to a pandemic situation, but families also need to adapt quickly in order to be able to jointly tackle the challenges faced today. Various studies conducted during the COVID-19 pandemic found that children and adolescents are more likely to manifest external symptoms, such as inattention, constant questioning, irritability, and symptoms such as anxiety and depression to hyperactivity (Di Giorgio et al., 2020; Jiao et al., 2020). During the quarantine period, Cusinato et al (2020) explained that like their children, adults also face various causes of stress related to the quarantine period. In particular, parents have to cope with social distancing and changes in daily routines, such as working from home or unemployment, as well as caring for their children during school hours (Cusinato et al., 2020). Patrick et al (2020) explained that parents reported deteriorating mental health since the onset of the COVID-19 pandemic. Regarding mental health, research conducted by Wu et al (2010) states that during the COVID-19 pandemic, parents' mental health is influenced by various demographic factors such as marital status, social support, family harmony and stress felt by children at school (Wu et al., 2020).

The same research conducted by Wijoyo and Surya (2020), it is known that parents during the COVID-19 epidemic experienced an unusual thing, namely mental distress where children carry out the learning process at home and parents will act as teachers. If parents are unable to properly manage negative emotions such as stress and fatigue, it will affect the psychological condition and well-being of their children. Several exposures to problems during the COVID-19 pandemic, suggest that resilience plays an important role in maintaining stability in the family. Family resilience is the ability of a family to respond to life's challenges, to continue living after hardship or stress and is the key to the development of a mentally healthy human being (Casmini, 2020). Family resilience is seen as a process that is carried out throughout family life so that families need to work together in living life (Kristiyani & Khatimah, 2020).

Resilience during a pandemic has an important role for mental health and psychological well-being of families. More research is needed on resilience in more specific families. Research that discusses resilience and mental health in families has been carried out for a long time, however, there is still little research on family resilience and mental health in the era of the COVID-19 pandemic. This study aims to gather various studies related to family resilience and mental health in parents and children during the pandemic so that it can be a useful reference and thus can see family efforts in building resilience in facing challenges during the COVID-19 pandemic.

2. Literature Review

2.1 Family Resilience

According to Walsh (1996), family resilience is considered as the perceived ability of a family to withstand crises that interfere with their normal life and can be a protective factor against stress and negative influences (Brivio et al., 2021). Walsh (2006) explains that family resilience refers to the process of coping and adaptation in the family as a functional unit, which is more specifically defined as the capacity to recover from strengthened difficulties and more resources as an active process of resilience, a growth response to crises and challenge (Caldwell & Senter, 2013). Family resilience can be seen as a trait, which means that individuals can see protective factors as the main key for families to survive and rise from adversity. The protective factor can be found in the family, in the form of positive qualities that can encourage the family to get out of a crisis situation (Ike Herdiana, 2019). Black & Lobo (2008) explained that there are several factors in family resilience(I Herdiana et al., 2018), including:

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

2.2 Mental Health

Mental health includes the key aspects defined by the WHO, namely regarding positive emotions and positive functioning (Galderisi et al., 2015). According to Keyes (2014) there are three components of mental health, namely emotional well-being, psychological well-being and social welfare. Emotional well-being which includes happiness, interest in life, and satisfaction. Psychological well-being means that you like most of a person's personality, are good at managing the responsibilities of daily life, have good relationships with others, and feel satisfied with their own life. Meanwhile, social welfare refers to a positive function and involves having something to contribute to society, feeling part of the community, believing that society is a better place for everyone and believing in the way society works makes sense for them.

Based on the explanation of this theory, family resilience is defined as the ability and capacity of the family to survive and recover in the face of challenges and changes that help to become a resilient family against disturbances in facing change and adaptive in facing crisis situations. Meanwhile, mental health in conclusion can be defined as positive and negative emotions in which there is emotional well-being, psychological well-being and social well-being.

3. Methods

This study used a systematic literature study method which was arranged systematically with guidelines from Preferred Reporting Items for Systematic Reviews an Meta-Analysis (PRISMA). The research was conducted to answer the following research questions: (a) what is the picture of mental health and family resilience during the COVID-19 pandemic?; and (b) how do families build resilience in the family in the era of the COVID-19 pandemic? From each paper, the answer score will be given below for each of the questions above. 1 Y (Yes): for problems and methods written in journal papers within 2020; and 2. T (No): for problems and methods that are not listed. Data collection in the research was obtained through several stages, including observation (observation), literature study to conduct data assessment studies related to the SLR Method in journals obtained from Scopus, Google Scholar, ScienceDirect, Scimago, APA PsycNet and EBSCO, and documentation by saving articles found into Mendeley's software.

4. Data Collection

In this study, the data taken are journals originating from search engines (Google Chrome) with the website addresses of Scopus, Google Scholar, ScienceDirect, APA PsycNet and EBSCO. This is because the Scopus Google Scholar, ScienceDirect, APA PsycNet and EBSCO provide complete facilities, the data found is easy to search, because it has a year that can be adjusted according to the events based on the needs of the researcher, and

the data displayed can be adjusted according to needs. The data was collected using keywords in accordance with the topic of the title of this study literature review, namely "Mental Health" AND "Anxiety" AND "Depression" AND "Resilience" AND "Parents" AND "Child" AND "Family" AND "Family Resilience".

5. Results and Discussion

The process of searching for articles was carried out on February 15-17, 2021 and obtained 28 articles. Furthermore, articles are selected based on title, abstract and keywords as well as the overall content of the text. From the selection process, there were 22 articles that did not meet the inclusion criteria, so 6 articles were selected to be reviewed. Of the 22 articles that were dropped, some of them were because there were several articles whose research subjects were not parents who had children. The search was again carried out on February 18-19, 2021, and obtained 2 research articles according to the title, abstract, keywords and also the entire text, so that a total of 8 research articles were selected for review. The process and results of searching for research articles are shown in Figure 1.

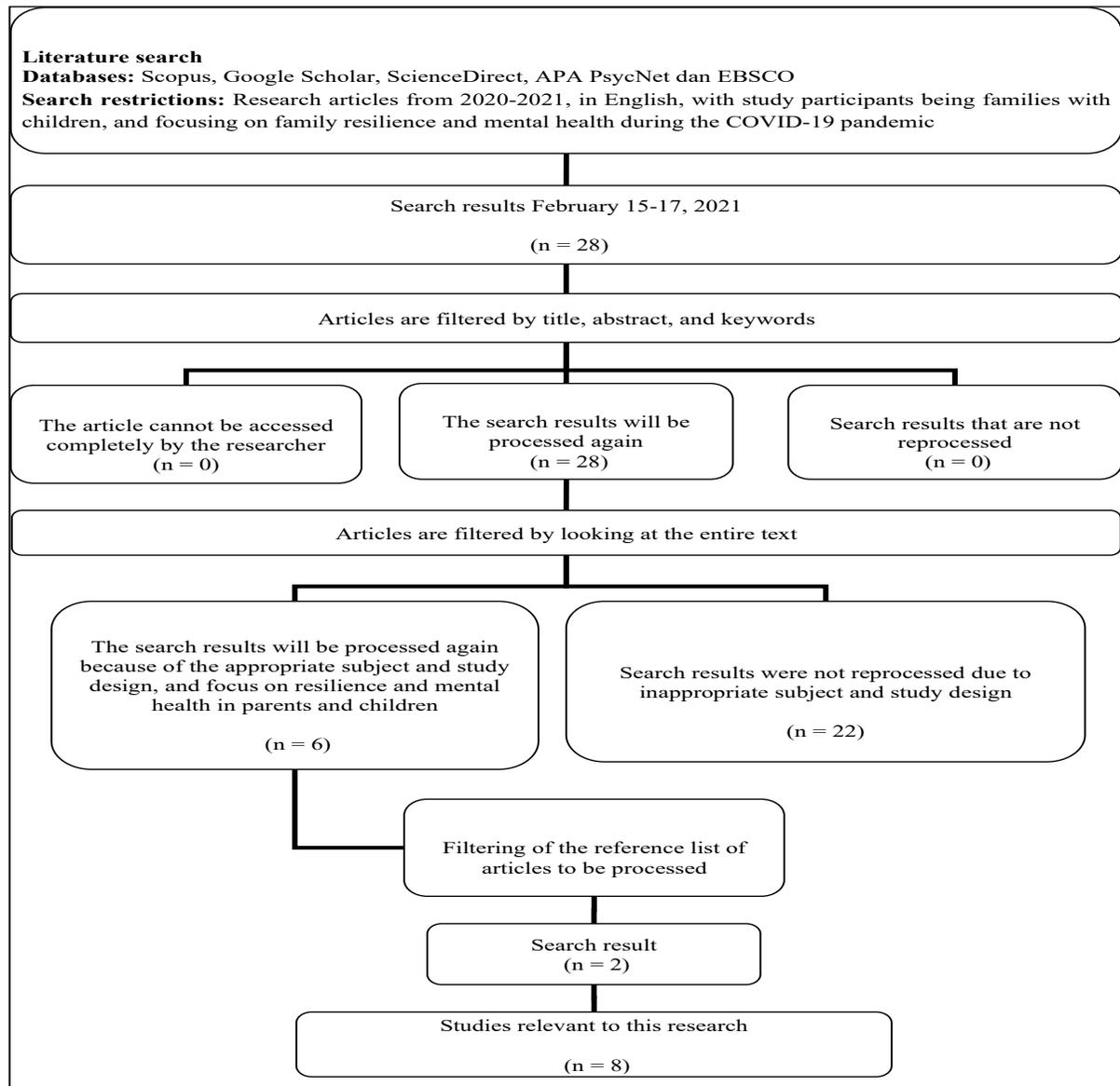


Figure 1. Stages of Search for Research Articles

Table 1. Summary of Article Reviews

No	Author	Variabel	Participants	Result	Country
1.	Cusinato, et.al (2020)	Stress in parenting; Child resilience; Well-being in parents; Psychological health in the COVID-19 pandemic	A total of 463 participants were parents and children aged 5-17 years	The results show that quarantine for COVID-19 is a challenging period for both children and parents. Changes to daily routines negatively impact the psychological health of parents and expose children to significant risks for their well-being and resilience.	Italia
2.	Brivio, et.al (2020)	Family resilience; Coping flexibility; Stress, depression, anxiety during the COVID-19 pandemic	A total of 250 female respondents have children	The data highlighted that family resilience, coping flexibility, and locus of control significantly contributed to managing positive and negative effects in 250 women who were cancer patients during the COVID-19 pandemic in Italy.	Italia
3.	Sholeh Muhammad, et.al (2020)	Family resilience; Quality of care; Psychological maturity during COVID-19; Islamic law	A total of 296 families and young people who became respondents	The results showed that psychological maturity had an indirect impact on family resilience. By leveraging the qualities of parenting and personal financial management it impacts the resilience and ability of families to survive and recover from stressful lives in COVID-19.	Indonesia
4.	Labrenz, et.al (2020)	Family resilience; Parenting stress; The COVID-19 pandemic	A total of 523 parents and children were respondents	The findings from this study suggest that parenting and parental resilience, as well as other protective factors of parenting, are strongly linked.	Texas, Amerika Serikat
5.	Koskela, et.al (2020)	Parents' concerns; Family resilience, Distance school, COVID-19	A total of 316 parents and children aged 7-16 years	The results showed the experiences of parents regarding family resilience and the support provided by schools to children and parents. Parents expressed that they were no longer worried about their children doing "school from home" activities and claiming abilities in themselves and their families. The results also reflect successful collaboration between parents and teachers to support effective and inclusive teaching practices.	Finlandia
6.	Tso Winnie, et.al (2020)	Psychosocial well-being problems; Resilience; Parental stress during COVID-19	A total of 29,202 large-scale cross-sectional population respondents. Where the respondent is having a family with children aged 2-12 years.	This study shows that parents of children with SEN are more likely to experience increased stress during prolonged school closures due to COVID-19. This study identifies vulnerable groups of children and highlights the importance of strengthening coherence and resilience in the family.	Hongkong
7.	Sunarti, et.al (2020)	Family Resilience; Stress symptoms; Social welfare; Economic pressures	A total of 1,331 research respondents were men or women	This study found that economic pressure was significantly negatively related to family resilience. Stress symptoms have a significant negative effect on family	Indonesia

		during COVID-19	who were married	resilience. The food coping strategy in this study has a negative relationship with family resilience. Such as economic stress, stress symptoms, coping strategies, family problems, and strategies are also negatively related to family resilience.	
8.	Alfrojems, et.al (2020)	Resilience of parents; Stress and depression; Children's needs; COVID-19.	A total of 455 respondents are parents and have children aged 0-18 years	Based on the results obtained, it turns out that parents have relatively good resilience or good in the midst of a pandemic like today, besides that there are also systematic and concrete efforts to be able to help parents in dealing with their children's needs because most of their potential stress is an effort to meet their children's needs. .	Indonesia

The first literature source conducted by Cusinato et al (2020), to evaluate the well-being and resilience of children during quarantine, explained that the results obtained did not show a significant difference in well-being between children (ages 6-10) and the population normative. As for the value of parental welfare and parental stress during the COVID-19 pandemic, the results show that the mothers included in the sample mostly reported lower levels of well-being and self-control as well as higher levels of anxiety compared to the normal population. The relationship between child resilience and psychological health in the parents, in this hypothesis is only partially confirmed and the correlation between the CYRM-R scale and PGWB, although significantly low, shows a negative relationship between child resilience and parental stress.

Negative feelings that arise during the COVID-19 pandemic and resilience in family members are not only felt in family members who are physically healthy, but based on research on the second source of literature conducted by Brivio et al (2021) on the subject of elderly people with cancer breasts and already have children. A study conducted by Brivio et al (2021) found data highlighting that family resilience, coping flexibility, and locus of control contributed significantly to managing positive and negative effects in 250 cancer patients during the COVID-19 pandemic in Italy.

Based on the third literature source, research conducted by Sholeh et al (2021) explains that the most influential factors of family resilience are parenting quality, personal financial management and awareness of Islamic law about marriage which are factors that affect family resilience. These results mean the quality of parenting, personal financial management, and awareness of Islamic law about marriage have an impact on family resilience at the same time around 29.6%. By utilizing the quality of care and personal financial management, it has an impact on family resilience and the ability of families to survive and recover from a life full of challenges during the COVID-19 pandemic.

In the fourth source literature conducted by Labrenz et al (2020) the study examines how parents experience parental resilience and protective factors during COVID-19, and the relationship between one's childhood exposure to adversity and resilience. The findings of this study suggest that parenting and parental resilience, as well as other protective factors of parenting, are strongly linked. Taking into account the relationship between parental exposure to adversity during their childhood and protective factors in their current household, it may be important for organizations to adopt an informed framework when engaging and providing services to families in times of crisis.

In many cases, parents must reflect on their role as facilitators of their children's learning. Based on the fifth literature source conducted by Koskela et al (2020), one of the difficulties described is the concern and anxiety of parents about their children's learning and parents' concerns about the welfare of their children. Koskela et al (2020) explain that parents should adjust their own activities and agency in a relatively short time within the family and in relation to outside expectations of school and work life. The results of the study explain that parents reveal that they are no longer worried about the condition of their children doing school activities from home and claim abilities in themselves and their families so that the ability of parents to reflect on the situation and needs of their children increases family resilience.

An explanation from the next literature source is a study conducted by Tso Winnie et al (2020) The results of the study show that parents of children with Special Educational Needs (SEN) are more likely to experience increased stress during prolonged school closings due to the COVID-19 pandemic. The study also found that parental stress was significantly higher in single-parent families, whereas families with parents who lived together experienced less stress regardless of their socioeconomic status. The findings in this study suggest that shared parenting responsibilities among family members may play an important role in protecting families against stress during a pandemic, hence the importance of strengthening coherence and resilience in the family (Tso et al., 2020).

Based on the seventh literary source, research conducted by Sunarti et al (2020) the study found that during this pandemic, many families experienced economic pressures, such as decreased income and lost jobs. The results show that the family in this study has a relatively high resistance. More than 95% of respondents have all indicators of family resilience. The family believes that they can solve the problems caused by the outbreak, communicate well, prevent conflict, face uncertainty, and are confident that their family can recover after the pandemic.

Research from the latest literature sources is research conducted by Alfrojems et al (2020) which explains that this study aims to obtain an overview of the situation of parents' resilience to childcare in the midst of the COVID-19 pandemic situation, which can be seen from the emotional, intellectual, and physical, and social development. The results in this study found that parents have relatively good resilience or good in the midst of a pandemic like this, besides that there are also systematic and concrete efforts to be able to help parents in dealing with their children's needs because most of their potential stress is an effort to meet their children's needs.

The results of a review regarding resilience in the era of the COVID-19 pandemic are briefly written in Table 1. Based on the literature review that has been carried out, changes in families during the COVID-19 pandemic that occurred rapidly have triggered various mental health problems such as anxiety, fatigue, worry, depression. Spinelli et al (2020) explain that parents must manage themselves the time during quarantine while balancing the personal, work and educational lives of their children without any external assistance. This situation has the potential to increase the risk of parents of personal pressure to sacrifice their own well-being for the well-being of their children.

Changes that occur during a pandemic require various efforts so that families can rise up and adapt to current conditions. One of them is by maintaining interaction in the family. Herdiana (2018) states that the family resilience process is built on the success of the family in implementing coping strategies to deal with the stress they are facing in life, where the family response is in a crisis with many components that make the family feel stronger, empowered, and more confident in life. build the ability to solve the problem at hand (Ike Herdiana et al., 2018). According to Herdiana (2019), the main key to increasing family resilience is to identify potential, as well as attitudes and other sources that can develop family growth and respond to undesirable circumstances (Ike Herdiana, 2019).

6. Conclusion

The results of the literature study want to show that research on family resilience is important because family resilience is currently very relevant, especially in conditions when facing the Covid-19 outbreak like today. Family activities during the COVID-19 pandemic have undergone many changes, due to changes in school, work and worship activities that are currently being carried out at home. So that quarantine measures at home have a negative impact on psychological health. Resilience plays an important role in maintaining family stability. Various efforts have been made by the family to be able to rise in the midst of adversity during the COVID-19 pandemic. Families believe they can solve the problems caused by the pandemic by communicating well with other family members, working to prevent conflict, dealing with uncertainty, and having confidence that their families can recover after the pandemic. Thus, family resilience is something that all family members need to strive to maximize. Future research needs to dig deeper into the factors and intervention programs that function to increase family resilience and family mental health during the COVID-19 pandemic.

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