

# Family Resilience and Psychological Well-Being in Dual Career Type Families: Children's Perspective

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**Abstract.** The condition of families with dual careers creates limitations for parents in assisting children's development due to the limited time they have with their families. *Study aims:* to determine the contribution of family resilience to psychological well-being in dual career families from the child's perspective. *Method:* the sample in this study was 100 children whose parents worked, aged 18-21 years (late adolescence). Two measurement instruments were employed in the study, Walsh Family Resilience Questionnaire (WFRQ) which consists of 32 items ( $\alpha = 0.879$ ) and Ryff's Psychological Well-Being Scale (short-version) which consists of 15 items ( $\alpha = 0.85$ ). Data were analyzed with simple linear regression techniques using the JASP version 18.1 program. *Result:* The results showed a significant positive relationship between family resilience and psychological well-being ( $r_{xy} = 0.542$  with  $p < 0.001$ ), which means that the higher the family resilience, the higher the psychological well-being of children. The effective contribution of family resilience to psychological well-being is 29.4%. *Conclusion:* family resilience has been proven to be a predictor of the psychological well-being of adolescent children in dual career families.

**Keywords:** family resilience, psychological well-being, child, dual career family

## 1 Introduction

Humans tend to spend most of their time in two areas: work and family. Although different, they are interrelated as they both contribute to the fulfillment of one's life. In the past, the division of roles in the family was very clear, with the husband as the breadwinner and the wife as the housewife. However, along with the times, working opportunities are not only open to men but also women, so the traditional family structure has begun to change. This shows that the phenomenon related to working mothers is familiar because there is an evolution of gender roles in a family with the emergence of dual career families [1], [2]. The dual career family phenomenon is characterized by the increasing number of mothers who work outside the home. As the results of the Survei Angkatan Kerja Nasional (Sakernas)

show, there is an increase in the number of female labor force from 58.84% in 2022 to 60.18% in 2023 [3].

The condition of families with dual careers creates limitations for parents in assisting children's development due to the limited time they have with their families. According to [4], the various challenges faced by dual-career families can cause stress for parents, which can then affect children's psychological well-being due to lack of interaction with parents<sup>1</sup>. Long-term exposure to stress, such as frequent parental absence due to work commitments, is considered a significant stressor from the child's perspective [5]. A literature study conducted by [6a] shows that dual career families have a negative impact on children's psychological well-being, such as bad mood, depression, anxiety, irritability, aggression, bad behavior at school and various other negative behaviors<sup>2</sup>.

Specifically in adolescents, dual career families have a negative impact that can trigger behavioral problems. Adolescence is the stage of life where they begin to seek or form their identity. It is also often considered a vulnerable period as they tend to face risky behaviors if their well-being is compromised. Families play an important role in adolescent development, as the quality of the relationship between parents and adolescents is closely related to adolescents' positive development. However, in dual career families, parents often experience stress due to work. If the stress is transferred to adolescents, it can predict an increase in internalizing and externalizing problems. This is because during this period, individuals experience many changes in biological, social, cognitive and emotional aspects [7].

According to the WHO, mental health or psychological well-being is defined as a state in which an individual recognizes their ability to handle life's challenges and stressors, while also being able to make positive contributions to society [8]. Some researchers define psychological well-being as pleasant experiences, feelings of happiness, and the absence of life pressure [9], [10]. The high and low psychological well-being of children can be influenced by various things, one of which is family resilience. As previous research has shown, resilience plays a role in adolescents' psychological well-being [11a]<sup>3</sup>.

Compromising with change and creating balance is one of the important abilities for humans, called resilience [12]. Resilience is said to be a vital protective factor in dealing with stress and crisis in life and can reduce the negative impact of stress. Family resilience is defined as the adaptation and coping process of a family, which is a functional unit in the face of stress

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<sup>1</sup> Huda M. and Sa'diyah E. H., "Peranan Dual Earner Family pada kesejahteraan Psikologis Anak: Literatur Review," *Journal of Education, Social Sciences & Humanities*, vol. 2, no. 1, 2024. Available: <https://doi.org/10.58355/dirosat.v2i1.54>

<sup>2</sup> Rustham T. P., "Dual Earner Family dan Pengaruhnya pada Kesejahteraan Psikologis Anak: Sebuah Studi Literatur," *Insight: Jurnal Ilmiah Psikologi*, vol. 21, no. 1, p. 23, 2019. Available: <https://doi.org/10.26486/psikologi.v21i1.757>

<sup>3</sup> Sagone E. and De Caroli M. E., "A correlational study on dispositional resilience, psychological wellbeing, and coping strategies in university students," *Am. J. Educ. Res.*, vol. 2, no. 7, pp. 463-471, 2014. [Online]. Available: <https://doi.org/10.12691/education-2-7-5>

[13a]. Family resilience is important to maintain in order to achieve a harmonious family [14]. Resilient families will show positive behavior patterns and good functional abilities in the recovery process by maintaining integrity and well-being [15]. If the family are not able to cope well with the challenges faced, then the family can experience negative impacts such as health problems, disruption in daily activities and disruption in social relationships in the family [16]. The enhancement of family resilience is believed to support both physical and mental health by mitigating the negative effects of stress or crises, while also improving psychological well-being [17]. This shows the importance of effectively managing challenges in dual-career families in order to minimize the negative impacts that may arise. All family members need to have or develop skills related to adaptive adjustment and management of challenges in the family, known as family resilience.

There are three components of family resilience according to [18], namely belief systems, organizational patterns, and communication<sup>4</sup>. The belief system itself includes how the family sees and interprets problems positively, is optimistic about the future and has a strong spirituality. Organizational patterns pertain to the family's adaptability in managing change, the strength of relationships among family members, and the social and economic resources available to the family. While the communication component includes how the family communicates in expressing problems and emotions well, as well as the family's ability to solve problems collaboratively. These three components are important to understand how families can survive and recover from the pressures or crises they face.

Family resilience is generated through the dynamic interaction between risk factors and protective factors [19]. Dual-career couples, as highlighted by [6b], often face excessive workloads and role conflicts, which can increase family stress levels and disrupt children's psychological well-being<sup>5</sup>. Despite these challenges, dual-career families also possess protective factors elements that prevent negative outcomes when facing difficult situations [20], [21]. These protective factors are crucial, as research continues to show that dual-career families offer significant psychological and developmental benefits for both parents and children. Such families contribute to the enhancement of psychological well-being and personal growth for all members [22]. Recent findings link self-esteem and well-being to the dynamics within dual-career families [23]. Additionally, work-family balance promotes the psychological well-being of working mothers, which in turn fosters a nurturing environment for children [24], [25]. Children in dual-career families gain independence and support by observing their parents successfully managing both career and family responsibilities, illustrating that positive role models provided by parents enhance children's psychological resilience and personal development [26], [27].

Family resilience has a significant impact on child development. The behavior displayed by children tends to reflect the family conditions in which they grow and develop. If children

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<sup>4</sup> Walsh F., "Successful aging and family resilience," *Annu. Rev. Gerontol. Geriatr.*, vol. 32, no. 1, pp. 153–172, 2012.

<sup>5</sup> Rustham, *Op.cit.*

exhibit resilient behavior, it is likely to be influenced by the positive conditions and stimulation applied in the family. Conversely, if a child exhibits problematic behavior, it is likely to be caused by the conditions of a vulnerable family environment [28]. This emphasizes the importance of a healthy family environment to support children's development. According to some experts, children are able to sense or assess the extent of their family's resilience. This indicates that family resilience not only affects children directly through experiences and interactions, but also provides a picture or model for children on how to face challenges in life. Coyle argues that children can observe and understand how their family solves a problem. Children can also see the effects of depression experienced by their parents or family. The presence of depression is considered an indicator that the family does not have a good level of resilience. This suggests that the family environment and the family's way of coping can affect children's mental wellbeing [29].

The valuation of family resilience can vary depending on the perspective and experience of individuals in the family. Walsh suggests that family resilience can be assessed from the perspective of one family member only (uniperspective), or from several family members at once (multiperspective) [13b]. In this study, family resilience will be reviewed based on a uniperspective from the child's perspective. As Greeff, et al. emphasized that children's involvement in assessing family resilience is very important to identify the quality of family resilience, redefining positive stress and social support [30]. The purpose of this study is to determine the relationship between family resilience and psychological well-being in children who have dual career parents.

## **2 Method**

### *Study design*

This study employed quantitative research methods. Quantitative research is a structured approach that focuses on numerical data, which is then generalized and used to objectively test theories by examining the relationships between variables. These variables are measured using instruments and analyzed statistically [31]. The research design used is a cross sectional study. The meaning of a cross-sectional study is that the subject will only be observed once and research data collection will only be carried out at one time [32]

### *Participant*

The participants in this study were 100 late adolescent children (18-21 years old) whose parents worked. Determination of the sample in this study used non-probability sampling with quota sampling type. According to Sugiyono quota sampling is a technique for determining samples from a population that has certain characteristics up to the desired number (quota) [33]. Determination of the sample quota in this research refers to the guidelines provided by Roscoe (1975), which states that the ideal sample size ranges from 30-500 people. Based on these guidelines, the researchers set a sample size of 100 people.

### *Instruments*

The instrument used to measure family resilience is the Walsh Family Resilience-Questionnaire (WFRQ) developed by Walsh with a value of  $\alpha = 0.879$ , which has been adapted by Permatasari [34], consisting of 32 items with four alternative answer choices "Strongly Disagree" to "Strongly Agree". This instrument is constructed based on 3 dimensions, namely family belief system, family organization pattern, and communication process. While the instrument that will be used to measure psychological well-being is Ryff's Psychological Well-Being Scale (short-version) with a value of  $\alpha = 0.85$  and has been adapted by Soffa [35]. This scale is based on 6 dimensions, namely self-acceptance, positive relations with others, autonomy, purpose in life, personal growth, and environmental mastery. This scale consists of 15 items with seven alternative answer choices, namely "Strongly Agree" to "Strongly Disagree".

### *Data Analysis*

The collected data was analyzed using JASP software version 18.1 using a simple linear regression analysis technique whose function is to test and show the direction of the relationship between variables [36].

## **3 Result**

### *Participant's characteristics*

In general, the majority (67.5%) of participants were women and the remainder (32.5%) were men (aged 18-21). 40 of them are high school students and the other 60 are college students.

### *Data analysis*

**Table 1. Simple Linear Regression Hypothesis Test**

Variabel	Coefficients				
	B	95%CI	$\beta$	T	Sig.
(Constant)	21,080	[4,809, 37,352]		2,571	0,012
Resiliensi Keluarga	0,486	[0,335, 0,636]	0,542	6,386	<,001

Simple linear regression test results showed that family resilience significantly predicts psychological well-being in late adolescent children whose parents work ( $\beta = 0.542$ ;  $t(100) = 6.386$ ;  $p < 0.001$ ; 95% CI [0.335, 0.636]) (alternative hypothesis accepted). To determine the amount of effective contribution of family resilience to psychological well-being, it can be seen from the *R Square* value stated in the following table:

**Table 2. Value of Regression Determination Coefficient**

Model	Model Summary	
	R	R Square
1	0,542	0,294

In table 2. it can be seen that the *R* value of 0.542 indicates a strong relationship between family resilience and psychological well-being. The *R square* value of 0.294 indicates that family resilience contributes 29.4% to psychological well-being, while the other 70.6% is influenced by other factors outside this study. The results of the analysis also show that family

resilience is able to significantly explain a large proportion of changes in the variance of psychological well-being,  $R^2 = 0,294$ ;  $F(1;98) = 40,787$ ;  $p < 0,5$ . This indicates that the regression model used in this study is significant. The positive regression coefficient indicates that the higher the family resilience, the higher the psychological well-being of late adolescent children in dual-career families.

## 4 Discussion

The purpose of this study was to explore the relationship between family resilience and psychological well-being. The results showed a positive and significant relationship between family resilience and psychological well-being of adolescent children whose parents work. As known, the family environment plays an important role in the development of adolescent children [37], where resilience resources are obtained from environmental factors, one of which is the family<sup>6</sup>. The presence of parents for adolescents plays a role in the formation of self-identity [38]. If parents cannot continue to be present in the lives of adolescents because they have to work, especially if their jobs are far away, the formation of adolescent identity will be influenced by their peers and tend to have a negative self-identity. Zakiyah et al. emphasized that resilience contributes to realizing a positive self-identity in adolescents [39]. Adolescents with positive self-identity will have a healthy personality and are associated with dimensions of psychological well-being [40].

The concept of resilience initially focused on the adaptability of individuals in difficult circumstances and was later explored at the family level [41]. Family resilience refers to the family's ability to strengthen bonds and enable the process of personal growth of family members under stressful conditions. Families with high resilience are characterized by clear and efficient communication between family members, positive attitudes, the ability to find meaning in difficult situations, good spirituality and the use of resources owned [42]. In this case, the family is one of the main sources of child socialization, considering children, especially adolescents, as a sensitive group [43]. Therefore, it is important to know what family characteristics can predict children's mental health and psychological well-being.

In this study, we found that family resilience is one of the family characteristics that can predict children's psychological well-being. The results show that family resilience makes an effective contribution of 29.4% to psychological well-being, which means that the higher the family resilience, the higher the psychological well-being. Conversely, the lower the family resilience, the lower the psychological well-being. In line with previous research by Fatya and Setiadi (in Haliza et al.) found that one of the factors that determine adolescent mental health is parenting, where adolescents who come from families with high resilience tend to be more capable and skilled in dealing with stress, managing time and having good adaptation skills [44]<sup>7</sup>. Leon et al. also found that individuals with high resilience showed lower stress levels and higher mental health [45].

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<sup>6</sup> McKinney C. and Renk K., "A multivariate model of parent-adolescent relationship variables in early adolescence," *Child Psychiatry & Human Development*, vol. 42, pp. 442-462, 2011.

<sup>7</sup> Haliza S. N., Nasichah N., Afifah L., Aisah N., and Wahid R., "Resiliensi Keluarga Terhadap Kesehatan Mental Mahasiswa UIN Syarif Hidayatullah Jakarta," *JIP: Jurnal Ilmu Pendidikan*, vol. 1, no. 7, pp. 1225-1233, 2023.

The effect of resilience on psychological well-being shows a fundamental role and is considered effective in improving psychological well-being [11b]. Recent research by Edriyani et al. also found that resilience has a positive and significant effect on improving psychological well-being [46a]<sup>8</sup>. Resilient individuals will be able to develop their competence and social abilities in dealing with problems, including traits such as self-esteem, self-efficacy, autonomy and optimism, which improve their psychological well-being [46b]. Ryff added that resilient people will be better at maintaining physical and psychological health, which can provide more strength to recover faster from stressful conditions [47]. Therefore, it can be concluded that resilience is able to predict individual well-being.

## 5 Conclusion

Family resilience was found to predict psychological well-being by 29.4% in late adolescents with dual career parents. The regression coefficient value is positive, which means that the higher the family resilience, the higher the psychological well-being of adolescents, and vice versa. Therefore, dual-career families who have late adolescent children should be able to build and strengthen positive relationships between family members, such as doing activities or activities together to increase emotional bonds. Parents can also attend training designed to increase family resilience, including family communication skills, conflict management, and stress reduction techniques. Families are expected to build a strong social support network from extended family, friends and the community to help dual-career families overcome the challenges they face. In addition, parents are also encouraged to be able to prioritize time with children because it supports children's psychological well-being. The coefficient of determination shows that family resilience is a predictor of psychological well-being, but it is not the only contributing factor because there are also other factors that have not been studied in this study. Future research should conduct longitudinal studies to see how family resilience and children's psychological well-being develop over time in dual-career families. In addition, future research could explore other factors and involve intervening variables, as this study only considered one directly related predictor. It is also necessary to analyze gender roles and cultural context differences to determine whether or not there are significant differences. Finally, it is important to look at family dynamics from the perspective of other family members, such as the father, mother, or both, as this will provide a more comprehensive view.

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<sup>8</sup> Edriyani D., Sutatminingsih R., and Siregar R. H., "The effect of resilience and gratitude on psychological well-being of male Afghanistan refugees in Medan," *International Journal of Progressive Sciences and Technologies*, vol. 24, no. 1, pp. 163–166, 2021.

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