



## Family Resilience Reviewed from The Psychosocial Diversity of The Residents of Kampung Kb Cipta Rasa Cirebon City

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### ABSTRACT

Family resilience refers to a family's ability to adapt and thrive amid challenges. Psychosocial factors—such as social support, communication, and emotional well-being—play a critical role in fostering resilience. This study analyzes family resilience in relation to psychosocial diversity among families with adolescent children. Using a cross-sectional survey design, data were collected through a 23-item instrument assessing family belief systems, organizational patterns, and communication processes. Content validity was evaluated by two reviewers using Aiken's Content Validity Index (CVI). A total of 129 respondents from fisherman, laborer, and private employee families in Kampung KB, Cirebon City, were selected via proportionate stratified random sampling. Data normality was tested using the Kolmogorov–Smirnov method. Results revealed significant differences in resilience across occupational groups. Fisherman families scored highest in belief systems and organizational patterns, attributed to cultural values of cooperation and solidarity. Private employee families scored highest in communication, reflecting their professional experience with effective interpersonal interaction. These findings highlight the influence of psychosocial diversity on family resilience.

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## 1. INTRODUCTION

Globalization's rapid development has influenced the order of eastern culture, including in Indonesian society. This has driven changes in values, attitudes, culture, and other aspects of life. The existence of individuals and families has been facing various threats resulted from the impacts of the social transformation process that is taking place very quickly and unavoidably. The negative impacts of social transformation can erode the existence of individuals and families so that they become vulnerable or even potentially have no resilience. Therefore, each member of the family needs to develop resilience through empowerment efforts, especially those related to strengthening the structure, function, and role of the family in the society.

Family resilience in the context of psychosocial diversity (Lerner & Steinberg, 2004) refers to the family's ability to adapt healthily and competently despite facing various challenges and difficulties. Resilience is not a static trait (Cosco et.al., 2017; Walsh, 2016; Jennifer & Joseph, 2019) but rather a dynamic process involving individuals, families, and communities. Family resilience is best understood through an integrative theoretical lens. Walsh's (2016) family resilience framework highlights three key dimensions: belief systems, organizational patterns, and communication processes. This model aligns with Bronfenbrenner's ecological systems theory, which posits that resilience is shaped by interactions between individual, family, community, and societal factors. Additionally, Masten's (2001) concept of 'ordinary magic' suggests that resilience emerges from everyday adaptive processes rather than extraordinary interventions. In the context of Kampung KB Cipta Rasa, these theoretical perspectives illustrate how families dynamically adjust to economic instability, cultural shifts, and environmental challenges. By integrating these models, this study offers a more holistic understanding of how psychosocial diversity influences resilience outcomes.

Psychosocial diversity (Masten & Powel, 2003; Ungar, 2005) is a crucial determinant of family resilience, encompassing ethnic identity, religious values, spirituality, and multicultural competence. Families with strong cultural and religious identities often develop unique coping mechanisms that enhance their resilience. For instance, spiritual beliefs provide emotional support during crises, while ethnic traditions foster a sense of belonging and shared responsibility within the community. Furthermore, multicultural competence plays a role in shaping adaptive family behaviors, as it allows families to navigate diverse social environments with greater flexibility and acceptance. By understanding these psychosocial dimensions, it becomes evident that resilience is not only an individual or familial trait but also a community-driven process influenced by collective experiences and shared social values.

Ideally, the family is a place to build affective responsiveness, as well as a place to discuss and solve problems. Experts (Van Breda, 2001; Ungar, 2018; Gottman et.al, 1997; Siegel & Hartzell, 2003) emphasize family resilience on autonomy, coherence, cohesion, affective responsiveness, communication, flexibility, adaptability, spirituality, values, family identity, family rituals, boundaries and hierarchies, social support, and problem solving. The family is the first educator and the vanguard to realize optimal human resources (Lerner & Castellino,

2002; Geldard & Geldard, 2011; Parke & Gauvain, 2009). The family is such an important part that it functions as the smallest organization in the structure of society that also influences the character and mentality of the nation. Thus, a strong nation depends on good family development so that the family is able to become a pillar of development.

In this research, family resilience does not only depend on individual factors, but also on the quality of relationships and support received from the wider social environment. Families with high resilience (Khanlou & Wray, 2004; Ungar, 2018; Kim & Gold, 2019) are able to integrate collective awareness, empathy, and creative solutions to deal with social and economic pressures, while maintaining the well-being of their family members. This resilience is not only a representation of individual resilience, but also indicates the group's ability to work together to overcome problems and grow positively in the face of change. Family resilience (Lietz, 2006; Lietz & Strength, 2011; Walsh 2016) is the capacity of a family to face, survive, and recover from difficult situations, changes, and the pressures of everyday life. Success in building family resilience is highly dependent on various psychosocial factors in its environment. These factors include interpersonal dynamics, economic conditions, social support, and cultural values adopted by the family.

Research on family resilience in the context of psychosocial diversity in residents of coastal areas is becoming increasingly urgent given the unique living conditions and challenges they face. First, coastal areas have complex challenges as they are often a meeting place for various ethnic groups, cultures, and socio-economic backgrounds (Agung, 2017), which creates a very diverse psychosocial environment. This diversity, although enriching, also adds complexity to the family's efforts to survive and thrive amidst various difficulties.

Second, the psychosocial diversity in coastal areas includes various aspects (Dewi, 2018) such as differences in language, customs, cultural values, and religious beliefs. These differences can be a source of strength but can also pose challenges in communication and understanding between family members and between families and the wider community. In this context, the ability of families to develop resilience is greatly influenced by their ability to adapt.

Third, multicultural competence is key to understanding and supporting family resilience in coastal areas. Interventions that are tailored to culture and respect for diversity can help families develop effective adaptation strategies. Research shows that a culturally sensitive approach (Jenniper & Joseph, 2019) can increase the effectiveness of interventions and social support provided to families.

Fourth, social support from local communities is essential in building family resilience in coastal areas (Bradley et.al, 2013; Dzulkarnian, 2009). Strong and positive relationships between family members, neighbors, and communities can provide the emotional and material resources needed to face challenges. An inclusive and supportive community can be a strong bulwark in helping families overcome difficulties and promote collective well-being.

Fifth, trauma and adversity, that is families in coastal areas often experience trauma and adversity (Sutrisno, 2014) such as natural disasters (floods, tsunamis), loss of livelihoods, and

forced migration. This trauma can have long-term impacts on the mental health and well-being of family members. Therefore, it is important to understand the risk and protective factors that influence family resilience in dealing with these situations.

Referring to the rationale above, this research aims to describe the family resilience in coastal areas based on psychosocial diversity, specifically in the residents of Kampung Keluarga Berkualitas (Kampung KB/Quality Family Village) Cipta Rasa, Cirebon City. In addition, this research also aims to identify effective strategies to support families in developing adaptive abilities. Factors such as economic instability, climate change, and limited access to health and education services are some of the many problems that must be faced yet the residents do not give up. Moreover, the culture of mutual cooperation that is inherent in their lives makes them stronger.

This statement was also made by Suwarso Budi Winarno, head of the DPPPAPPKB office of Cirebon City, during the observation and interview on April 19, 2024. He stated that families in the residents of the Kampung KB Cipta Rasa showed unique resilience, which was formed through the interaction between traditional wisdom and contemporary psychosocial dynamics. Moreover, it was also revealed that various life experiences of these residents showed a communal ethos of 'mutual cooperation', which is the foundation for families to survive the pressures of modern life.

Kampung KB Cipta Rasa is located in the Kesepuhan Village, Lemahwungkuk District, Cirebon City, West Java Province. Geographically, the Kampung KB Cipta Rasa is an area that is mostly lowland in the coastal area. Kampung KB Cipta Rasa borders Kesunean, the Java Sea coast area, to the north, and the large Kriyan River to the west. Demographically, the area and population are dense. The population density in the Cipta Rasa KB village tends to be higher than other areas in the Kesepuhan village.

Based on population data, the Kampung KB Cipta Rasa as of December 2023 had 4,402 heads of families with a population of 12,836 people. The number of Fertile Age Couples was 2,238 and the number of Fertile Age Women was 2,114 (<https://kampungkb.bkkbn.go.id/kampung/75255/kampung-kb-cipta-rasa>). Religiously, the majority of the population of Kampung KB Cipta Rasa were Muslims. The majority of the population of the Cipta Rasa KB village are fishermen, but there are also laborers, private employees or freelancers.

The dense population is closely related to psychosocial diversity. From Erickson's perspective, psychosocial can be interpreted as a dynamic interaction between the psychological aspects of individuals and their social context throughout the life span. In this case, in the psychological aspect, human psychological development takes place through a series of stages, each of which has its own challenges and development tasks. In the social aspect, human development does not occur in a vacuum, but is strongly influenced by interactions and expectations. Erikson's psychosocial approach emphasizes the importance of understanding individuals in their social context in order to understand human development and behavior holistically.

In this study, the aspect of family resilience refers to Walsh (2016), namely: family belief system, organizational patterns, and communication process. The family belief system and psychosocial are closely related and complex. The family belief system which indicators of positive views, giving meaning to difficulties, and spirituality, plays an important role in shaping the psychosocial development of individuals in the family. Family belief systems provide individuals with coping mechanisms and strategies to face life's challenges and crises. Spiritual beliefs, for example, can provide comfort, hope, and meaning in the midst of adversity. Family values such as perseverance and togetherness can also strengthen resilience in the face of adversity. Family organizational patterns and psychosocial are closely related and influence the development of individuals within the family. Family organizational patterns, which include indicators of social support and socio-economic resources, shape the dynamics of interaction and influence the psychosocial well-being of family members. Family communication patterns and psychosocial are closely related and have a significant influence on the development and well-being of each family member. Communication patterns within the family include indicators: clarity or clarification; expression of emotion; and collaborative problem solving.

## 2. METHODS

The research method employed in this study is a survey with a cross-sectional design, following Creswell (2022). This design involves collecting data from the sample at a single point in time. A cross-sectional survey was chosen to describe family resilience based on psychosocial diversity within the population. This design is widely used for gathering information on attitudes, beliefs, opinions, and behaviors, offering the advantage of quick data collection.

The research procedures included instrument testing, instrument validation, data collection through the redistribution of family resilience instruments, data tabulation, and data analysis. The study was conducted in Kampung KB Cipta Rasa, Cirebon City. The population consisted of 162 families with adolescent children, distributed across three Community Units (Rukun Warga). The sampling technique used was proportionate stratified random sampling (Iliyasu & Etikan, 2021), ensuring equal sampling fractions across strata/groups to provide equal representation.

A total of 129 respondents were selected, representing three key occupational groups: fishermen (57), laborers (40), and private employees (32). This sampling method was chosen to capture variations in family resilience across different socio-economic backgrounds while maintaining proportionality within the study population. The sample size was determined using Slovin's formula, ensuring a 95% confidence level while accounting for a 10% dropout rate.

The research instrument was a family resilience questionnaire adapted from Walsh (2016) (see **Table 1**), assessing three key dimensions: (1) Family Belief System: Positive views, meaning-making in adversity, and spirituality; (2) Organizational Patterns: Social support and socio-economic resources; (3) Communication Processes: Clarity, emotional expression, and collaborative problem-solving.

Two experts assessed the questionnaire: Dr. Jaja Suteja, M.Pd.I. (Family Education) and Bambang Setiawan, M.Pd. (Family Counseling). Content validity was evaluated using Aiken's

formula ( $V = \sum S/[n(c-1)]$ ). The validation process included: (1) Content validation by expert reviewers, analyzed using the Content Validity Index (CVI) technique (Lewis R. Aiken); (2) Item testing to assess item difficulty, discrimination power, reliability, and measurement error.

The Aiken validity index ranged from 0.667 to 1.00. Out of 36 items, 24 were valid, and 12 were deemed invalid. These methodological steps ensure the reliability and applicability of the study's findings in understanding family resilience dynamics.

**Table 1.** Family Resilience Instrument

Aspect	Indicator	Item		Total
		F	UF	
Family Belief System	Positive View of Family	3	7	2
	Giving Meaning to Difficulties		5, 8, 7	3
	Spirituality	1, 2, 4		3
Organizational Pattern	Social Support	9, 10	15, 16	4
	Utilization of Social and Economic Resources	11, 17	13, 14	4
Communication Process	Clarity	12	23	2
	Expression of Emotions	18, 19		2
	Collaborative Problem Solving	20	21, 22	3
<b>Total</b>		12	11	23

### 3. RESULTS AND DISCUSSION

The Family Resilience Instrument with 23 items was tested on 129 people, consisting of: fishermen families (57), laborers (40), and private employees (32) who had adolescent children aged 13-15 years. In the context of fishermen families who have adolescent children aged 13 to 15 years, the relevant developmental stage according to Erickson (Feist & Feist, 2010) is Identity vs. Role Confusion. At this stage, an identity crisis occurs, in this case the family plays an important role in supporting adolescents through this crisis. A supportive environment and good communication within the family help adolescents feel accepted and understood, which is important for healthy identity development.

By understanding Erikson's theory (Feist & Feist, 2010) and resilience factors in fishermen families, it can be seen how emotional support, good communication, and community involvement play an important role in helping adolescents through their identity crisis and strengthening overall family resilience. The results of showed a general picture of family resilience in the Residents of the Kampung KB Cipta Rasa, Cirebon City as follows in **Table 2**.

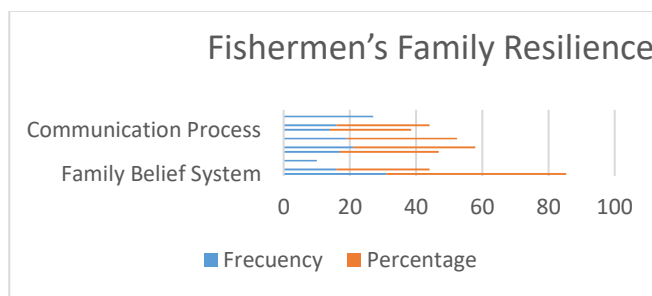
**Table 2.** reveals that the majority of fishermen's families exhibit high resilience in the family belief system (54.39%), indicating a strong presence of shared values, positive worldview, and spirituality. These findings align with the cultural context of fishermen communities, which are often rooted in collective traditions and religious beliefs. Only 17.54% of families fall into the low category in this dimension, suggesting that belief systems are generally well-established and function as a psychological buffer against adversity. However, a more fragmented pattern appears in the organizational pattern dimension, where 35.84% show high resilience, but 33.33% score low. This suggests that while some families are able to

access and utilize social and economic resources effectively, others remain isolated or under-resourced. The communication process dimension shows the greatest vulnerability, with 47.37% categorized as low and only 24.56% as high. This indicates that despite strong communal and spiritual bonds, interpersonal communication within the family particularly clarity, emotional expression, and collaborative problem solving is limited.

**Figure 1** visually underscores these disparities, particularly the weak communication process, which may undermine otherwise strong cultural coping mechanisms. The results suggest that traditional resilience assets in fishing communities may not fully compensate for challenges in modern family interaction, especially as adolescents navigate developmental transitions.

**Table 2.** Categories of Fishermen’s Family Resilience

Aspect	Resilience Category	Score Range	Frequency	Percentage
Family System	High	$X > 62$	31	54.39
	Medium	$40 \leq X \leq 62$	16	28.07
	Low	$X < 40$	10	17.54
Organizational Pattern	High	$X > 62$	21	35.84
	Medium	$40 \leq X \leq 62$	17	29.83
	Low	$X < 40$	19	33.33
Communication Process	High	$X > 62$	14	24.56
	Medium	$40 \leq X \leq 62$	16	28.07
	Low	$X < 40$	27	47.37



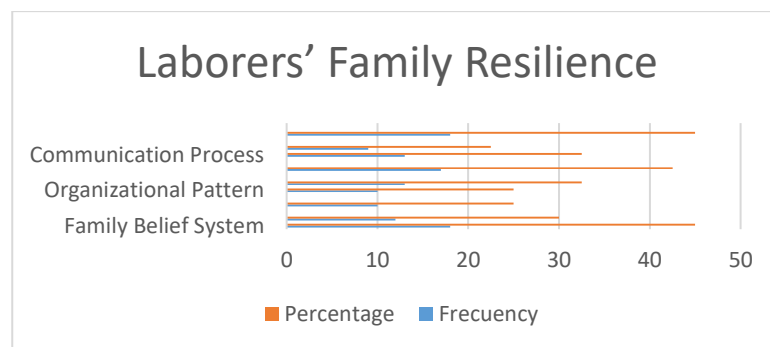
**Figure 1.** Resilience of Fishermen’s Families

As shown in **Table 3**, 45% of laborer families demonstrate high resilience in the belief system, affirming the internal strength derived from personal and cultural values. However, similar to fishermen, the organizational pattern is a concern, with 42.5% of families falling into the low category. This reflects the economic instability and limited access to structured support systems that often characterize labor-intensive occupations. Most notably, communication processes remain problematic, with 45% of respondents scoring in the low category and only 32.5% categorized as high. These results suggest that laborer families, often facing economic pressure and long work hours, may lack the time, resources, or emotional energy to maintain healthy communication dynamics.

**Figure 2.** supports these findings, highlighting the overall low resilience across organizational and communication domains. The internal strength of belief systems may not be sufficient to sustain family resilience in the absence of external support and effective interpersonal functioning. This points to a critical need for targeted interventions that improve access to resources and strengthen communication skills in low-income labor communities

**Table 3.** Categories of Laborers’ Family Resilience

Aspect	Resilience Category	Score Range	Frequency	Percentage
Family System	High	$X > 62$	18	45
	Medium	$40 \leq X \leq 62$	12	30
	Low	$X < 40$	10	25
Organizational Pattern	High	$X > 62$	10	25
	Medium	$40 \leq X \leq 62$	13	32.5
	Low	$X < 40$	17	42.5
Communication Process	High	$X > 62$	13	32.5
	Medium	$40 \leq X \leq 62$	9	22.5
	Low	$X < 40$	18	45



**Figure 2.** Resilience of Laborers’ Families

**Table 4.** presents a contrasting picture. While only 34.37% of private employee families score high in the belief system dimension, a majority fall into the medium range (40.63%), and a smaller proportion (25%) into the low category. In terms of organizational patterns, most families are in the medium category (43.75%), indicating stable but not exceptional access to resources and social support. The most striking finding lies in the communication process, where 53.12% of families score high and only 9.38% fall into the low category. This suggests that private employee families benefit significantly from environments that promote structured interaction, problem-solving, and emotional regulation—skills likely transferred from professional contexts into the home.

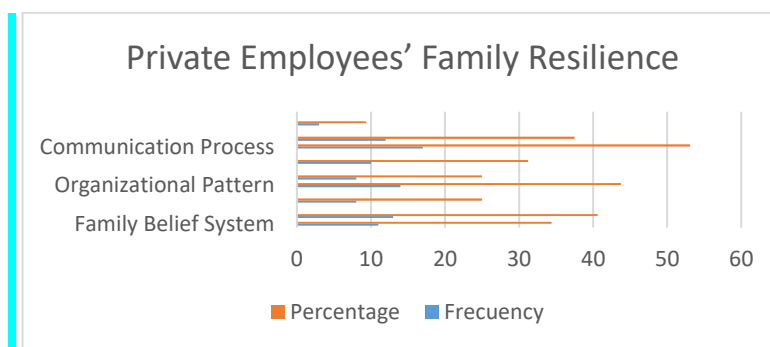
**Figure 3.** vividly illustrates this strength in communication, distinguishing private employees from the other two groups. The ability to communicate effectively serves as a

powerful protective factor, enabling families to navigate stress and conflict more adaptively. Access to educational resources, exposure to workplace dynamics, and regular work schedules contribute to this advantage.

The research results showed a general picture of family resilience from fishermen, laborers, and private employees. Family resilience refers to the family’s ability to adapt and continue to function effectively despite facing pressure and challenges. The level of resilience of fishermen’s families in terms of belief systems and organizational patterns is higher compared to the laborers or private employees for several cultural, economic, and environmental reasons. This is because the families are accustomed to being in an economically unstable phase, so parents in that place always emphasize a positive view of every phase they face.

**Table 4.** Categories of Private Employees’ Family Resilience

Aspect	Resilience Category	Score Range	Frequency	Percentage
Family System	High	$X > 62$	11	34.37
	Medium	$40 \leq X \leq 62$	13	40.63
	Low	$X < 40$	8	25
Organizational Pattern	High	$X > 62$	8	25
	Medium	$40 \leq X \leq 62$	14	43.75
	Low	$X < 40$	10	31.25
Communication Process	High	$X > 62$	17	53.12
	Medium	$40 \leq X \leq 62$	12	37.5
	Low	$X < 40$	3	9.38



**Figure 3.** Resilience of Private Employees’ Families

Furthermore, fishermen’s families are included in strong communities with close social relationships. This is what helps them face difficulties together, such as natural disasters or economic changes. Community support provides a significant social safety net. Even the

thoughts of experts (Pomeroy, et al, 2007; Adger, 2000) emphasize that fishermen's families have:

- a. **Historical and Cultural Experience:** Many fishing communities have long history and culture rich in the values of togetherness and mutual cooperation. These values are instilled from an early age and form a strong foundation for building family resilience.
- b. **Adaptation to Nature:** Fishing families live close to nature and are accustomed to dealing with uncertainty, such as bad weather or unpredictable seasons. This experience teaches them to be more flexible and adaptive in dealing with change.
- c. **Economic Independence:** Although income from fishing is often uncertain, they have greater control over their work compared to laborers or private traders who are more dependent on employers or markets. This level of independence provides a greater sense of control and resilience.
- d. **Sustainability of Local Resources:** Fishermen often rely on sustainable local natural resources. Good resource management and local knowledge of marine ecosystems can support their long-term economic sustainability.

Meanwhile, the level of resilience of private employees in the community in terms of communication patterns is higher. Based on observations, private employees generally have a higher level of education compared to laborers and fishermen. Higher education is often associated with a better understanding of the importance of communication in the family, including better communication skills.

The findings were also reinforced by statements from experts (Galvin et.al, 2015; Rocci & Sassure, 2016) who stated that private employees who are part of coastal communities tend to have:

a. **Economic Stability**

Private employees tend to have a more stable income compared to laborers or fishermen. This economic stability can reduce financial stress in the family, allowing family members to communicate more calmly and effectively.

b. **Influence of the Work Environment**

Private employees usually work in an environment that emphasizes effective communication, collaboration, and professional development. This experience can be applied in their family life, improving communication patterns in the household.

c. **Access to Resources and Information**

Private sector employees' families often have better access to resources and information about parenting and family dynamics, whether through media, books, seminars, or training that can help improve family communication skills.

d. **Regular Work Schedule**

Private sector employees tend to have more regular work schedules compared to laborers or fishermen, who often work irregular hours. This regular schedule allows for more quality time for family communication.

#### **4. CONCLUSION**

This study highlights the significant influence of psychosocial factors on family resilience among residents of Kampung KB Cipta Rasa, Cirebon City. Family belief systems, organizational patterns, and communication processes play a crucial role in shaping resilience. Fishermen's families demonstrate strong resilience in belief systems and organizational patterns due to their deeply rooted culture of mutual cooperation and collective values. In contrast, private employees exhibit higher resilience in communication processes, shaped by professional environments that emphasize structured interaction and

collaboration. Social support from the local community further enhances resilience by fostering strong emotional and material support networks. However, psychosocial diversity in coastal environments presents both challenges and opportunities for families, particularly in adapting to economic instability, climate change, and limited access to essential services such as health and education.

Further research should explore specific psychosocial factors that contribute to family resilience in diverse contexts, particularly coping strategies and meaning systems, including how cultural values, beliefs, and spirituality shape resilience. Expanding research methodologies, such as longitudinal studies or mixed-method approaches, would provide deeper insights into resilience dynamics over time. Additionally, the development of targeted interventions is essential to support families in strengthening their adaptive capacities. Lastly, applying a Systemic Framework would offer a more comprehensive understanding of how resilience is shaped by interactions at multiple levels (individual, family, community, and societal) allowing for more effective policy and program development.

## 5. AUTHORS' NOTE

The authors declare that there is no conflict of interest regarding the publication of this article. Authors confirmed that the paper was free of plagiarism.

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