

Effectiveness Of Implementing The Exemplary Wives School Program In An Effort To Increase Family Resilience

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Abstract

The family serves as the primary platform for individual growth and development, influencing the quality of human resources and, consequently, a nation's progress. Modern societal changes have led to shifts in familial roles, functions, communication patterns, and parenting approaches, contributing to prevalent issues such as communication breakdowns, economic challenges, differing opinions, role adjustments, and parenting conflicts. These problems often culminate in divorce, domestic violence, teenage delinquency, sexual violence, and substance abuse.

Indonesia, reflecting global trends, faces an escalating rate of divorces, with 516,344 cases reported in 2022. The country also witnesses a surge in domestic violence cases, attributed to economic factors, child marriage, and legal awareness. In response to these challenges, the Sawahlunto City government initiated the Exemplary Wife School (SILO) program in 2021, designed to enhance family resilience. The program aims to address diverse issues through a comprehensive curriculum covering topics like family financial management, child development, and balanced nutrition.

Results indicate positive impacts on the city's targets, such as a decline in cases of violence against children and women, a reduction in divorce rates, and improvements in human development and gender development indices. However, challenges persist, particularly in managing family finances and guiding children's use of technology. The study underscores the importance of ongoing program refinement, encouraging male participation, and addressing specific indicators for comprehensive family resilience.

In conclusion, the Sawahlunto City Exemplary Wife School Program demonstrates promise in enhancing family resilience. While positive outcomes are evident, continuous efforts are required to optimize the program's effectiveness and address specific family dynamics, thereby contributing to the broader goal of building resilient families in the community.

Keyword: Family resilience, Family functions, Child development

1. Introduction

The family is the main and first forum for growth and development, good family conditions will create quality human resources and will determine the country's development. With the times, family conditions have experienced shifts in roles, family functions, parenting patterns and family communication. This causes problems in the family where the problems that often arise in this modern era are communication, differences of opinion, economics, adjusting roles and tasks, parenting patterns, having children, interference from parents/in-laws, infidelity, work-live balance. Psychotherapist Annette Nuñez said that problems that often occur in families are toxic personalities, poor communication, heavy pressure from parents, different parenting patterns, economics, roles and functions in the family, arguments, distance, dependency, routine, intergenerational trauma. Problems that occur within the family will have an impact on divorce, domestic violence, delinquency among teenagers, sexual violence against teenagers, LGBT (Lesbian, Gay, Bisexual and transgender) drugs. (Iqbal, M. 2017).

According to data from the United States National Health Statistics Center, around 4-5 million people get married every year in the US and around 42-53% of these marriages eventually end in divorce. The most common reasons behind divorce include lack of commitment, frequent arguments, finances, and infidelity. Meanwhile, according to the World Population Review, there are the most divorce cases in the world per 1000 marriages is Maldives 5.52, Kazakhstan 4.6 Russia 3.9 Belarus 3.7 Belgium 3.7 Moldova 3.3, China - 3.2, Cuba - 2.9, Ukraine - 2.88, Denmark (tie) - 2.7, Latvia - 2.7, Lithuania (tie) - 2.7, United States 2.7. (<https://www.cnbcindonesia.com/lifestyle/20220808155805-33-362032/countries-with-the-highest-divorce-rates-in-the-world>)

Graph 1.1 Highest divorce rate in the world in 2022

FAMILY RESILIENCE QUESTIONNAIRE

NO	DIMENSIONS	INDICATOR	Qty			
			YES	%	NO	%
1	LEGALITY AND STRUCTURE					
1		HAVE A MARRIAGE LETTER	199	100	0	0
2		HAVE A BIRTH CERTIFICATE	178	89.45	21	10.55
3		LIVE TOGETHER/I ROOF	182	91.46	17	8.54
		AVERAGE VALUE	186.3	93.6	12.7	6.36
2	QUALITY OF PHYSICAL ENDURANCE					
1		ABLE TO EAT 2-3X A DAY WITH BALANCED NUTRITION	189	94.97	10	5.03
2		THERE ARE NO FAMILY MEMBERS WITH DISABILITIES/ACUTE/CHRONIC DISEASES	163	81.9	36	18.1
3		NO FAMILY MEMBERS HAVE NUTRITIONAL PROBLEMS	179	89.94	20	10.1
4		SEPARATE BEDROOM FOR PARENTS AND CHILDREN	189	94.97	10	5.03
5		NO CHILDREN AGED 5-17 YEARS ARE TO SMOKE	161	80.9	38	19.1
6		THERE ARE NO FAMILY MEMBERS SICK/INABLE TO ACTIVITIES	176	88.44	23	11.56
		AVERAGE VALUE	176.17	88.5	22.8	11.5
3	QUALITY DIMENSIONS OF ECONOMIC RESILIENCE					
1		THE FAMILY HAS A HOME	162	81.4	37	18.6
2		HUSBAND/WIFE HAVE A FIXED INCOME	155	77.89	44	22.11
3		HUSBAND/WIFE HAS SAVINGS	147	73.87	52	26.13
4		FAMILY MEMBERS HAVE HEALTH INSURANCE	181	90.95	18	9.05
5		THERE ARE NO FAMILIES IN ARRANGE TO PAY FEES / EDUCATION	167	83.9	32	16.1
6		NO CHILDREN HAVE OUT OF SCHOOL	188	94.5	11	5.5
7		WIFE WORKS	101	50.75	98	49.25
8		HUSBAND/WIFE MANAGE FINANCES TOGETHER	193	96.98	6	3.02
		AVERAGE VALUE	161.75	81.3	37.25	18.7
	SOCIAL PSYCHOLOGICAL QUALITY DIMENSIONS OF RESILIENCE					
1		NO VIOLENCE WILL OCCUR BETWEEN HUSBAND AND WIFE	199	100	0	0
2		NO VIOLENCE WILL OCCUR BETWEEN PARENTS AND CHILDREN	194	97.48	5	2.52
3		NO FAMILY MEMBERS ARE INVOLVED IN LEGAL PROBLEMS	196	98.49	3	1.51
4		FAMILY MEMBERS DO RECREATION TOGETHER	168	84.4	31	15.6
5		FATHER SPENDS SPECIAL TIME WITH THE CHILDREN	172	86.4	27	13.6
6		MOTHER SETS SPECIAL TIME WITH CHILDREN	199	100	0	0
		AVERAGE VALUE	188	94.5	11	5.5
	QUALITY DIMENSIONS OF SOCIAL CULTURAL RESILIENCE					
1		NO CHILDREN UNDER 18 YEARS ARE MARRIED	199	100	0	0
2		PARENTS TEACH CLEAN AND HEALTHY LIVING BEHAVIORS	199	100	0	0
3		FAMILY MEMBERS PARTICIPATE IN SOCIAL ACTIVITIES	199	100	0	0
4		FAMILY MEMBERS PROVIDE CARE TO THE ELDERLY	172	86.4	27	13.6
5		FAMILY MEMBERS PERFORM ROUTINE RELIGIOUS ACTIVITIES	199	100	0	0
6		ACCOMPANYING CHILDREN IN USING SOCIAL MEDIA	103	51.75	96	48.25
		AVERAGE VALUE	178.5	89.7	20.5	10.3

Divorce cases in Indonesia are also increasing every year, quoted by Katadata media work, showing statistical data on family divorce cases in Indonesia as many as 447,743 cases in 2021 and experiencing an increase in 2022 by 15.31% to 516,344 divorce cases, while the majority of divorces are cases of contested divorce as many as 75 .21% with 127,986 cases and 24.78% divorce divorce cases, where the most factors causing divorce were disputes and quarrels reaching 286,169 cases (63.41%), economic factors 110,939 (24.75%) factorsleaving one party as many as 39,359 (8.78%), domestic violence 4,972 cases (1.1%) and drunkenness 1,781 cases (0.39%), because of apostasy or changing religion 1,635 cases (0.36%) punished prison 1,191 cases (0.26%), gambling 874 cases (0.19) because of polygamy 690 cases (0.15%) and adultery 383 cases (0.08%), because of madat 383 cases (0.08), married force in 377 cases (0.08%) and physical disability in 309 cases (0.06%). Data on divorce cases in Indonesia are: Cases of domestic violence increase every year, a number of countries are reported to have cases of domestic violence, with various forms of human rights violations, ranging from domestic slavery to sexual violence. from the Mail&Guardian, the countries with the highest rates of domestic violence are Afghanistan with 4700 cases of violence, Argentina, 27 percent of women aged 18-69 years have experienced violence, Brazil 1,326 cases of murder caused by domestic violence, France where 26 percent of women aged 18-74 years have experienced sexual or physical violence by a partner and in Italy 19 percent of women aged 18-74 years have been victims of domestic violence. (<https://www.beautynesia.id/life/5-negara-dengan-angkat-kdrt-paling-tinggi-di-dunia-mirisnya-besar-dianggaran-wajar/b-264068>)

Domestic violence in Indonesia is increasing every year, this is motivated by a number of factors, namely the economy, child marriage and legal awareness. The three highest types of violence are sexual violence, psychological violence and

physical violence. The Ministry of Women's Empowerment and Child Protection (PPPA) reports that as many as 25,050 women will become victims of violence in 2022, this number has increased by 15.2% from the previous year of 21,753 victims. Meanwhile, from data from January to June 20 2023, 11,292 cases of violence were recorded, of which the number of female victims was 10,098 and 2,173 male victims. As many as 32% of victims came from the 13-17 year age group and the most common type of violence was victims of sexual violence with 5,053 cases.

One of the efforts to reduce cases of divorce and domestic violence is by strengthening family resilience. Family resilience is a dynamic process in managing and overcoming difficulties and crises that occur in the family. Family resilience refers to the family's ability to adapt, recover and develop in the face of external and internal pressures by involving the family's capacity to maintain roles, functions, stability and harmony in improving family welfare. (Stojadinović, 2023). According to Sunarti, 2010 Family resilience is the family's ability to manage the problems they face based on the resources they have to meet their family's needs, whereas in Law No. 52 of 2009, family resilience is the dynamic condition of the family in managing physical and non-physical resources in managing the problems they face to achieve their goals, namely the family. quality and resilience as the main foundation in realizing national resilience. (BKKBN, 2022).

Walsh's research, 2013, the main processes of family resilience are belief systems, organizational patterns of family life, and communication processes in problem solving. The belief system process is spiritual or belief/religious. The elements of family organization are flexibility, cohesion, social and economic resources. Flexibility is the ability to change roles, tasks or interaction patterns of family members, cohesion is a system of mutual support, involvement in family life, cooperation towards common goals and knowing the expectations of each family member and respecting individual autonomy in the family, elements of social resource mobilization and The economy includes the family's ability to obtain support and cooperation from close or distant relatives, neighbors and social institutions, ensuring financial security for the family and efforts to meet basic living needs, as well as ensuring family economic balance. Communication in problem solving is effective communication, communication that is focused on solving problems, dealing with stress, protecting the family from negative impacts and risks. Communication in problem solving efforts is relational communication, partnership, and an active listening process. (Duncan, J.M., Garrison, M.E., & Killian, T.S. 2021).

Family resilience can be measured using a systems approach which includes input components (physical and non-physical resources), processes (family management, solving family problems, coping mechanisms) output (fulfillment of physical and psychosocial needs) Family resilience (Sunarti 2010). Regulation of the Minister of Women's Empowerment and Child Protection of the Republic of Indonesia number 7 of 2022 concerning Improving the Quality of Families in the Development of Women's Empowerment and Child Protection states that family quality is a family condition that is determined from the dimensions of quality of legality and structure, quality of physical resilience, quality of economic resilience, quality of resilience. socio-cultural in realizing gender equality and children's rights. (PPA Ministerial Regulation no. 7, 2022).

The National Family Planning Population Coordination Agency (BKKBN) formulated 8 family functions that every family must have, namely religious function, socio-cultural function, love function, protection function, reproductive function, socialization and education function, economic function and environmental development function. The function of the family is essentially the education of character, social, citizenship, formation of habits, and intellectual education of a child. The family as the first education has 5 functions, namely affective function, socialization and social placement function, reproductive function, economic function, health care and maintenance function. (Anam Besari, 2022).

Family education is very important to provide. Women in a marriage have the role of wife to their husband, domestic role in raising children and social roles in the family and society. The position of women is as the face of a civilized society, as a pillar of the state, a pillar of the household, determining the next generation. and husband's partner in the family. In Indonesia, in 2021, the number of cases of divorce lawsuits is high, with wives demanding divorce from their husbands, 75.9% and 10,247 cases of domestic violence occurring among women. The forms of violence most often experienced by victims were physical (39.25%), psychological (30.11%), and sexual (11.56%). (PPA Ministerial Regulation, 7, 2022). Sawahlunto City is one of the cities in West Sumatra Province which consists of 27 villages and 10 sub-districts with a total population of 67,344 people. Divorce cases in the city of Sawahlunto increase every year, where in 2019 there were 123 cases, 2020 172 cases, in 2021 174 cases and in 2022 171 cases with divorce cases increasing, namely 78.4%.

Reported cases of domestic violence in Sawahlunto City will decrease in 2022, namely 22 cases, but there are still high cases of sexual violence against children at 31.8% and domestic violence against women/wives at 18.18%. There is a need for continuous efforts to reduce cases of domestic violence, especially against women and children.

Based on this, the Sawahlunto City government took the initiative to create a special school for wives called the Exemplary Wives School in Sawahlunto City in an effort to increase family resilience. The Sawahlunto Exemplary Wife School or SILO will be held from 2021 to 2023. The number of participants who have taken part is 1044 participants with 1,027 participants taking part in the graduation ceremony (98.37%). The material provided is in accordance with the module that has been prepared by the Sawahlunto City Government in collaboration with the Yasmina Foundation and trains motivators as resource persons. Meetings are held every week 15 times for 120 minutes each meeting with a total of 15-20 participants.

MEETING MATERIAL THEME MEETING MATERIAL THEME

- 1 opening socialization pre-test stunting and balanced nutrition
- 2 build a paradigm accompanying children in the digital era
- 3 know yourselfsex education in children
- 4 priority maternal and child mental health
- 5 the urgency of family resilience and being a happy wife family financial management and poverty eradication
- 6 build productive communication become a family counselor
- 7 child and adolescent development closing post test testimonial
- 8 parenting style graduation

From previous research conducted by researchers with the aim of finding out the effectiveness of the Model Wife School Program in increasing participants' knowledge, attitudes and perceptions in an effort to increase family resilience where there was a significant increase in knowledge, attitudes and perceptions before being given education and after being given education. A preliminary survey conducted by researchers conducted interviews with policy managers implementing the SILO program that the implementation of the SILO program was going well and had shown the results of an increase in the target of the Sawahlunto City program, namely reducing cases of violence against children in 2021 from 27 cases to 16 cases in 2022, cases of violence Women in 2021 5 cases to 4 cases in 2022, divorce cases decreased in 2021 174 cases to 171 cases in 2022, human development index (HDI) in 2021 72.88% increased to 73.73%, gender development index (IPG) 95.48% in 2020 increased to 95.73% in 2021 and the prevalence of stunting in 2021 21m1% decreased to 13.7% in 2022, from the success achieved by Sawahlunto City in efforts to increase family resilience in implementing The SILO program still has important elements that must be reduced, namely the divorce lawsuit rate which has increased to 74.1% in 2021, increasing to 78.4%. Apart from increasing participants' knowledge, perceptions and attitudes, there are other factors that really support strengthening family resilience, namely family quality indicators.

The family quality index or IKK is a family that has tenacity and toughness and contains material physical abilities to live independently and develop themselves and their families to live in harmony in increasing the welfare of physical and spiritual happiness. IKK is a benchmark for family quality which is shown by the achievement of 5 dimensions and 29 indicators, namely the legality and structure quality dimension, the quality dimension of physical resilience, the quality dimension of economic resilience, the quality dimension of social psychological resilience, and the quality dimension of socio-cultural resilience. (PPA Ministerial Regulation, No 7 2022) Walsh, 2002 created a questionnaire to measure family resilience called the WFRQ. The WFRQ questionnaire consists of three main scales: belief systems (13 items), organizational processes (9 items), and communication processes (10 items). By answering 32 questions, participants answer statements about how their families are dealing with the ongoing crisis and challenges. Walsh (2017) recommends using the WFRQ considering differences in culture, language, target population, and the nature of the crisis faced by certain groups.(Nadrowska, N et all. 2022).Based on this, researchers want to conduct research on the effectiveness of implementing the Sawahlunto City Model Wife School (SILO) program in an effort to improve the quality of family resilience in Sawahlunto City in 2023.

2. Methods

This research is qualitative research where in this research the researcher describes, summarizes, various situations and conditions or phenomena that are the object of research using data triangulation, namely in-depth interview techniques, focus group discussions, observation and documentation as well as providing a family resilience indicator questionnaire consisting of 5 dimensions and 29 indicators of family resilience in accordance with Ministerial Regulation for the Protection of Women and Children No. 7 of 2022. The informant is the regional government of Sawahlunto City as the implementer of the model wife school program, motivator as resource person and participant of the Sawahlunto city model wife school. Sampling was taken using a purposive sampling technique where the sample was selected based on special considerations, namely for in-depth interviews there were 6 informants, for focus group discussions there were 8 people and to fill in the questionnaire for Silo participants, researchers used the Slovin formula from the total population of Silo participants in 2022, which amounted to 394 people. with 199 informants.

3. Results and Discussion

Based on the results obtained in the field through observations and interviews along with questionnaires distributed to respondents, namely participants who have taken part in the Sawahlunto City Exemplary Wife School program in 2022. In-depth interviews and observations were conducted with exemplary wife school program implementers, namely the Head of Social Services, Community Empowerment, Women's Village and child protection in Sawahlunto City, the head of the division and implementer of the social services protection program, community empowerment, women's village and child protection in Sawahlunto City, totaling 6 people, where the results obtained in implementing the Sawahlunto City Model Wife School program are:

1. The implementation of the Silo program is an innovation of the Sawahlunto City government based on regional regulation no. 6 of 2022 concerning the implementation of Family Resilience, and Sawahlunto Mayor Decree no. 195 of 2022 concerning the determination of Motivators and locations for implementing Silos. The budget for implementing Silos has increased, namely IDR 175,125,678- in 2021 in 2022 IDR 193,312,500- and in 2023 it will be IDR 384,672,875. Human resources are the Sawahlunto City Government which consists of the mayor/deputy mayor, legislative members, a combination of women's organizations, sub-district, village and sub-district coordination forums, Silo motivators and the Sawahlunto city community. Silo meetings for location, facilities and learning infrastructure are facilitated by villages and sub-districts. Recruitment of Silo participants with criteria and conditions, namely: Married women with a maximum age of 45 years, have children with a maximum age of 18 years, participants are not cadres or administrators of Family Welfare Development (PKK) with Attach your willingness to take the class and your husband's permission letter.

2. The Sawahlunto City Exemplary Wives School Program has been implemented for 3 years from 2021-2023 with 1,044 participants and 1027 people attending the graduation ceremony (98.37%). Pre and post results from the Silo program showed an increase in knowledge of 94%, attitudes of 95.6% and perceptions of 92.4%. The impact of implementing the Silo Program on the targets of the Sawahlunto City Government is to reduce cases of violence against children by 30 cases in 2020, 27 cases in 2021 and 16 cases in 2022, 4 cases of violence against women in 2020, 5 cases in 2021. and in 2022 there will be 4 cases, 143 divorce cases in 2020, 174 cases in 2021 and 171 cases in 2022, 2021 human development index 72, 88 to 73, 73 in 2022, gender development index 95.48% in 2020 to 95.73% in 2021, and the prevalence of stunting in 2021 is 21.1 to 13.1.

3. Focus group discussions conducted with Silo motivators, totaling 8 people, showed that the teaching and learning process at Sawahlunto City's exemplary wife school was carried out in the classroom and outside the classroom, for 15 meetings, with a duration of 120 minutes and an average number of participants of 15 people. in class in the form of opening, singing Mars Silo, ice breaking, material, discussion, action assignments with participants and families according to the theme of the material studied, cooling down, closing. The material provided is opening and pretest, building a paradigm, knowing yourself, priorities, the urgency of family resilience and being a happy wife, building productive communication, child and adolescent development, stunting and balanced nutrition, accompanying children in the digital era, sex education for children, health. mother and child mental health, family financial management and eradicating poverty, becoming a family counselor and closing, namely posttest and testimonials from husbands regarding the impact of the exemplary wife school program on the family where 96.8% of husbands said the silo program had a positive impact on the family, many changes occurred for wives after participating in the Silo program, namely the ability to communicate, increasing abilities in parenting, being able to prepare a balanced nutritional menu, arranging family expenses by making a priority scale and participants are also able to increase the family's economic income by creating a business according to the participants' abilities, hobbies and interests.

To find out the effectiveness of the Sawahlunto city model wife school program, questionnaires were given to Silo participants in 2022, the results were:

1. Dimensions of legality and structure. In this dimension, the results showed that 96.85% of families met the family resilience indicators. The legality and structure dimensions have 3 indicators, the first indicator is that every marriage must have a marriage certificate issued by the religious affairs office where all respondents (100%) of the family have a marriage certificate, the second indicator is that every family member must have a birth certificate where the result is 89, 5% of families have a birth certificate issued by the population and civil registration service. Obstacles in obtaining birth certificates are caused by the fact that when you give birth it is not in the area where the existing family card is domiciled and health facilities are not yet networked with the online population and civil registration services. The third indicator is that every family member lives together under one roof and there is no separation with the result that 91.5% of families live under one roof. From the results of the interviews, it was discovered that families did not live under the same roof because of work and education so they could not live under the same roof.

Marriage according to Law No. 1 of 1974 is a physical and spiritual bond between a man and a woman as husband and wife with the aim of forming a happy and eternal family (household) based on the one and only God. Article 2 also explains that legal marriages are carried out according to religion and belief, where each marriage is recorded according to applicable laws and regulations in order to obtain legal protection and certainty. Population administration law states that every Indonesian resident has a birth certificate, identity card, family card and marriage certificate. A birth certificate is an authentic identity document that every Indonesian citizen must have. This document is legal proof regarding the status and event of a person's birth and includes the rights of every Indonesian child. Birth certificates are issued by the Population and Civil Registration Service (Disdukcapil). (Novi. Novera, 2021). Living under one roof in a household is one of the efforts to increase harmony in the household, where living together can increase interaction and communication between family members. (PPA Ministerial Decree 7. 2022)

2. Dimensions of quality of physical endurance. In this dimension, the results showed that 94.9% of families met the family resilience indicators. This dimension of the quality of physical resilience has 6 indicators, namely the indicator of eating 2-3 times a day with a balanced nutritional menu with the result that 95% of families have had their food needs met with a balanced nutritional menu and what has not been fulfilled is due to economic factors, and a lack of understanding about balanced nutritional menus and patterns. healthy eating for the family. For the second indicator, 81.9% of family members suffer from chronic/acute/disabled diseases. This indicator encourages family independence in efforts to provide care, assistance and treatment. The third indicator is that family members have nutritional problems, namely 10.1% of families, which are caused by premature birth, comorbidities, disabilities, and wrong eating behavior in the family. The fourth indicator is a separate bedroom between parents and children, namely 95%, which means 5% of families still sleep together in one room because the children are still small or toddlers and live with the parents of the husband or wife. The fifth indicator is that 19.1% of children aged 5-17 years smoke, this is due to family influences such as fathers or close relatives who smoke and environmental and social influences. The 6th indicator is family members who are sick or unable to carry out activities. 11.56% of this is due to chronic illness, age and disability.

Physical resilience is related to the family's economic capacity, namely the ability of family members to obtain economic resources from outside the family system to meet basic needs such as food, clothing, housing, education and health (BKKBN, 2022). Physical resilience indicators have a big influence on family resilience. Good eating frequency with a balanced nutritional menu will avoid all nutritional deficiency diseases and increase the ability to think and work. Acute and chronic diseases and disabilities in the family make the family vulnerable to health so that family independence is needed in promotive and preventive efforts as well as increasing healthy lifestyle patterns, healthy housing and separate rooms to protect children from the risk of sexual violence and is one of the efforts to protect children.

3. The quality dimension of economic resilience with a result of 87.01 meets the indicators of family resilience. This dimension has 8 indicators, namely the first indicator of families owning a house is 81.4%, the indicator for families owning a house is not yet optimal due to economic factors, work, other family determinants such as parents/in-laws. The second indicator is that the husband/wife has a fixed income of 77.89%. In general, the family/informant's occupation is private, civil servant, self-employed, farmer, laborer. Husband and wife have savings of 73.9%, this is due to low income and needs that are increasing day by day as well as a family culture of managing finances without a priority scale, prioritizing desires rather than needs and starting a family/living in debt. 91% of family members have health insurance, there are still families who do not have health insurance due to economic factors. There are no children who drop out of school 84%, the results of information from informants the causes of children dropping out of school are due to children's low interest and motivation in going to school, bullying behavior which still often occurs at school, and economic factors. Families are not in arrears in fees or education costs, 94.5 % of wives work 50.75%, husband/wife manage finances together, 96.98%.

Having a house is a basic family need and is a symbol of family stability. There are several government programs to provide housing financing assistance from the government or subsidized housing which really helps families who want to own a house. Income is the main requirement in meeting the family's daily needs. Family income has a positive effect on family welfare. Family savings as future funding to overcome income uncertainty. Health insurance is an indicator for protecting vulnerable families, especially the physical, health and psychological aspects. Ownership of health insurance contributes to increasing the Indonesian human development index. Education is the main indicator of the quality of human resources, children who drop out of school contribute to the low Indonesian human development index.

4. The quality dimension of social psychological resilience is optimal, namely 94%. Indicators for protection against family violence, especially women and children, are met 100%. There are no family members involved in the law 98.5%, family members spend recreation together 84.4%, fathers set aside special time with their children 86.4%, mothers set aside special time with their children 100%

The social psychological dimension is the most important dimension in family mental health. Bonding interactions between families will be well established if bonding between children and parents is created, recreational activities, discussions, telling stories, opinions are processes in strengthening the bonds of a family. In the concept of parenting there is a balance in the roles and functions of husband and wife so that children are a shared responsibility in providing care, compassion and nurturing. (BKKBN, Family development for toddlers, 2022)

5. The quality dimension of socio-cultural resilience is 89.9%. Indicators of unmarried children under 18 years of age and clean and healthy living behavior, carrying out religious services regularly have reached an optimal 100%. Family members who provide care for elderly families are 86.4%, and family resilience in accompanying children in using gadgets/social media is still low, namely 51.75%.

Sociocultural resilience is the family's ability to manage family life as social creatures and interact together in social life. Reproductive protection for women is by setting the marriage age above 19 years, which is strengthened by Marriage Law No. 16 of 2019. By setting the marriage age, it is hoped that there will be a reduction in maternal and infant mortality rates as well as stunting incidents. Assistance for children in using gadgets is very important in the current technological era, free access has led to many cases of game addiction, sexual harassment in cyberspace, rape due to the effects of pornographic sites, the need for assistance from parents in using gadgets. The current problem is that there are still many

parents who are unable to use Android/gadgets and therefore have an inability to regulate their children's use of gadgets. Educational demands cause children to frequently access the internet.

4. Conclusion

The many family problems that occur today are communication problems, differences of opinion, parenting patterns, interference from third parties such as parents/in-laws, infidelity and balancing work and roles in the family which causes divorce, domestic violence, delinquency in teenagers, HIV Aids , drugs and stunting. The need to strengthen families by optimizing family resilience. The city of Sawahlunto has an innovation, namely the exemplary wife school program (SILO) which will be implemented from 2021 to 2023. This research is to determine the effectiveness of implementing the Sawahlunto city exemplary wife school program in increasing family resilience. Qualitative research method to determine the effectiveness of implementing the Model Wife School program in an effort to increase family resilience in Sawahlunto City in 2023 by exploring information and social phenomena that occur in an effort to strengthen family resilience.

The exemplary wife school program has increased the knowledge, attitudes and perceptions of participants and has increased the targets of the city of Sawahlunto, namely reducing divorce cases, reducing domestic violence, especially women and children, reducing stunting and increasing the human development index and gender development index. For indicators of family resilience, known indicators On average, 5 dimensions have been met, but several indicators still need strengthening, namely in managing the family economy, accompanying children by husband/father and assisting children in using gadgets. There is a need to improve programs where school/education is not only for mothers but also for husbands/fathers so that the vision and mission of resilience in the family can be aligned and created.

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