(Research) Article

Literature Study of the Sociological Approach of the Family as a Pillar of Resilience and Preparedness to Face Disasters in Indonesia

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Abstract: Indonesia is highly vulnerable to natural disasters such as earthquakes, tsunamis, volcanic eruptions, and floods. In this context, families play a crucial role as pillars of resilience and preparedness for disasters. This study aims to review existing literature related to the role of families in building resilience and disaster preparedness in Indonesia. This study illustrates the importance of the family's role in facing various natural disasters that are common in Indonesia. The family not only functions as a basic unit in society but also as the first agent in disaster risk mitigation. Through this role, families can strengthen the capacity of individuals and communities in facing emergency situations. This literature review includes an analysis of various studies that have been conducted on family strategies in increasing resilience to disasters, including disaster education at home, provision of emergency equipment, and evacuation plans. In addition, it also discusses how government policies and community support can strengthen the role of families in disaster preparedness. The literature review shows that families with good knowledge and preparedness can reduce the negative impact of disasters. Families that have implemented disaster preparedness practices tend to be more able to survive and recover quickly after a disaster occurs. Government and community support are also found to be very important in strengthening family resilience. The purpose of this study is to provide a comprehensive overview of the important role of families in facing disasters in Indonesia and to identify factors that support family resilience. This study emphasizes that families have a vital role in disaster preparedness and resilience. With appropriate education, government support, and community involvement, families can be a key pillar in disaster mitigation strategies, which in turn will reduce losses and accelerate the post-disaster recovery process.

Keywords : Family resilience; Disaster preparedness; Family role; Disaster risk mitigation; Disaster education

1. INTRODUCTION

Indonesia, located on the Pacific Ring of Fire, is one of the countries most vulnerable to natural disasters such as earthquakes, volcanic eruptions, tsunamis, floods, and landslides. These plate boundaries are a series of world volcanoes, which encircle the Pacific Ocean, called the Pacific Ring of Fire Rahady & Kurniawan (2023). It frequently experiences floods and landslides, which significantly impact people's lives. This situation requires effective strategies to increase community resilience and preparedness in facing disasters. (Kurnio et al., 2021).

Resilience and preparedness *are two important concepts in disaster risk management. Resilience refers to the* ability of individuals or communities to prepare, respond, and recover quickly from the impact of a disaster. Preparedness refers to actions taken before a disaster occurs to reduce its risks and impacts (Niken & Andri Setyorini, 2020). Individual preparedness is dynamic, that is, it can increase or decrease with changes in time (Kurniawan, 2021), (Kurniawan &

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Fandayati, 2023). In this context, the family as the smallest social unit has a crucial role in building disaster resilience and preparedness. Education about disaster preparedness in the family is an important first step. Knowledge of disaster types, warning signs, and actions to take when a disaster occurs is crucial for improving family preparedness. Training programs that include disaster simulations and the development of family emergency plans have proven effective in improving preparedness. Furthermore, disaster mitigation at the family level includes various preventive measures such as preparing emergency equipment, establishing evacuation plans, and ensuring each family member understands their respective roles (Karimiziarani & Moradkhani, 2023).

Families who are actively involved in disaster mitigation activities tend to be more prepared and responsive when a disaster occurs. Social and emotional support between family members also plays an important role in strengthening family resilience in facing post-disaster stress. Research shows that families who support each other and have strong social networks are better able to cope with post-disaster stress and trauma. This support can be in the form of sharing information, providing emotional support, and working together to face challenges. (Setiadi & Frederika, 2022) Families who actively participate in community preparedness programs and collaborate with local institutions have a better capacity to respond to disasters. This study uses a literature review method with the following steps: first, identifying and collecting scientific articles, books, research reports, and related documents from online databases. Second, the selected articles and documents must be relevant to the topic of disaster resilience and preparedness and the role of families in that context. Third, using content analysis techniques to identify the main themes that emerge from the collected literature. Fourth, combining findings from various sources to produce comprehensive conclusions regarding the role of families in dealing with disasters (Wahyuni et al., 2021)

Research results show that family involvement in disaster mitigation activities, such as creating evacuation plans and providing emergency equipment, is crucial for improving preparedness. Regular education and training on how to deal with emergency situations also enhance preparedness. (Kurnio et al., 2021) Families that provide strong emotional and social support tend to be more resilient to post-disaster stress. Active involvement among family members in the recovery process also accelerates post-disaster rehabilitation. Families that collaborate with local communities and participate in community preparedness programs have better abilities to respond to disasters. (Sasmito & Ns, 2023)

This study emphasizes the importance of the role of families in improving disaster resilience and preparedness in Indonesia. Through active involvement in disaster mitigation activities, preparedness education, and strong social support, families can be the main pillar in facing disasters. The government and related institutions need to provide adequate support and training to families to strengthen their capacity in facing disasters. (BKNPB, 2007) Thus, the overall resilience of the community will increase, minimize the impact of disasters, and accelerate the recovery process. To increase the role of families in disaster resilience and preparedness, several recommendations that can be considered are: first, improving education and training programs. The government and non-governmental organizations need to develop

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education and training programs specifically aimed at families, with a focus on knowledge and Disaster coping skills. Second, provision of resources and mitigation tools. (Yatnikasari et al., 2021) provision of emergency equipment, preparedness guides, and other logistical support to families to ensure they have everything they need to respond quickly and effectively to disasters. Third, strengthening social and community networks. Encouraging families to participate in community activities and building strong social networks can improve emotional and operational support during disasters. Fourth, multisectoral collaboration. The government, private sector, and civil society need to work together to create an environment that supports disaster resilience and preparedness at the family level. (Hilmy Aziz, 2023)

This study aims to examine the role of families as pillars of resilience and preparedness in facing disasters in Indonesia through a literature review approach. This literature review focuses on identifying strategies and best practices that can be implemented by families to improve their preparedness and resilience in facing disasters. In this process, various literature sources such as scientific articles, books, research reports, and policy documents were analyzed to gain a comprehensive understanding of the role of families in disaster management. The results of this study are expected to provide insights and guidance for the development of better disaster mitigation policies and programs, with a focus on strengthening the role of families as pillars of resilience and preparedness in facing disasters in Indonesia. Support from various parties, including the government, non-governmental organizations, and local communities is essential to achieve this goal. Thus, community resilience to disasters can be increased, and the negative impacts of disasters can be minimized. (Ner et al., 2022).

2. RESEARCH METHODS

This study uses a literature review method to investigate the role of families in enhancing resilience and preparedness in facing disasters in Indonesia. The first step is to identify and collect relevant literature from various online sources and digital libraries with related keywords. After selection based on the established inclusion criteria, data from the selected literature is analyzed using content analysis techniques. Important information, including definitions, concepts, strategies, and case studies, is extracted to be synthesized into comprehensive conclusions about the role of families in facing disasters.

These findings are interpreted to identify practical implications and provide recommendations for policies and better disaster mitigation programs. The validity of the findings is strengthened through cross-referencing with other literature sources and consultation with experts in the field of disaster management and family resilience. The final step is to compile a research report that includes an introduction, research methods, results and discussion, as well as conclusions and recommendations, using an appropriate academic format and containing all important findings from this study (Bakic & Ajdukovic, 2021); (Rovelli et al., 2021); (Chen et al., 2023); (Siregar & Wibowo, 2019); (Sari & Satria, 2018) .
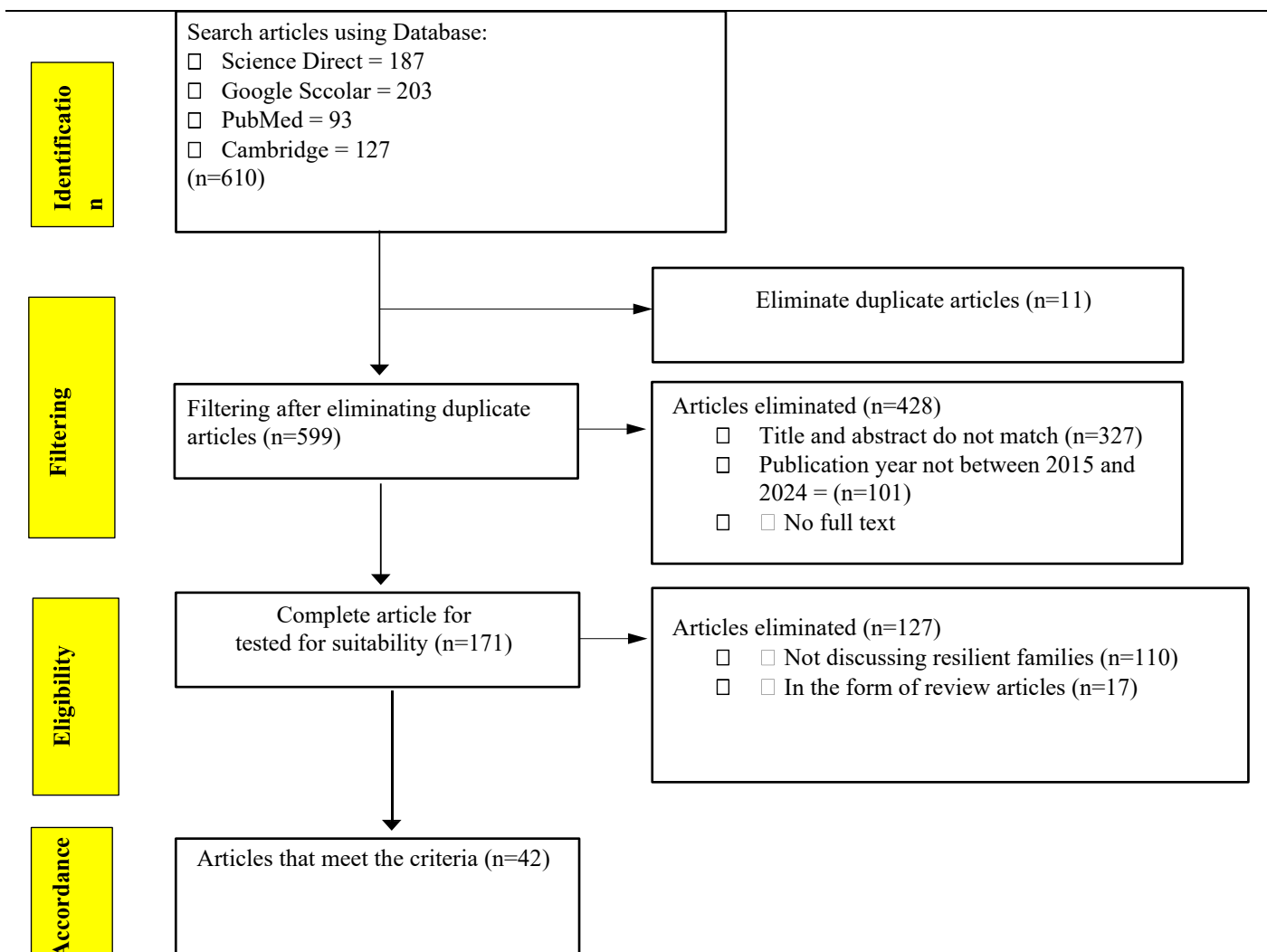
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Figure 1. Scoping review diagram with PRISMA selection process.

3. RESULTS AND DISCUSSION
The Context of the Family Sociology Approach to the Pillars of Resilience and Preparedness in Disasters

a. Disaster Resilient Family

Disaster-resilient families are families that have the ability to face, overcome, and recover well from disasters. They possess several characteristics and strategies that enable them to survive and return to normal after a disaster. This study found several key findings that families play a very important role in increasing disaster resilience and preparedness in Indonesia. Several characteristics and strategies that make families disaster-resilient are identified as follows: (Orru & Nævestad, 2023)

1) Effective Communication

Effective communication is a key characteristic of disaster-resilient families. They regularly discuss important information related to potential disasters, such as types of disasters and early warning signs. (Frasetya et al., 2021) These families have clear evacuation plans and involve all members, including children, in the discussions. Open communication ensures that each family member understands the steps to take before, during, and after a disaster. They also prepare emergency equipment and know how to use it. After a disaster, effective

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communication helps provide emotional support and participate in the recovery process. Good communication strengthens bonds between family members and increases their preparedness and resilience in the face of disasters. (Mathematics, 2016)

2) Education and Knowledge about Disasters

Disaster education and knowledge are crucial in building family resilience and preparedness. Recognizing disaster types and early warning signs allows families to better anticipate and respond to emergency situations. Educational programs, including disaster simulations and emergency response training, are effective in increasing awareness and capacity to cope with disasters. Developing a family evacuation plan is also crucial (Hariani Hariani et al., 2023), with each member understanding their roles and responsibilities. Knowledge of disaster warning signs allows families to take early precautions. Overall, disaster education and knowledge improve family preparedness in emergency situations, reduce the risk of injury and loss, and accelerate the post-disaster recovery process. Support from the government and relevant organizations is crucial to ensure adequate access to information and training. Through these efforts, family resilience in the face of disasters can be significantly improved (Shari et al., 2023).

3) Involvement of Sociology in Mitigation Activities

Sociological involvement in disaster mitigation activities increases family preparedness, both physically and psychologically. Steps such as developing evacuation plans, providing emergency equipment, and conducting regular preparedness drills are essential parts of this process. Each family member is involved in developing the evacuation plan to understand their roles and responsibilities. Providing emergency equipment, such as food, medicine, and first aid kits, along with training in their use, ensures a quick and effective response when a disaster occurs. Placing emergency equipment in strategic locations and establishing roles and responsibilities during a disaster are also important aspects of disaster mitigation. This active involvement helps reduce the risk and impact of disasters, increases physical security, and provides peace of mind for families. (Sakinah Anggun Estikawati, Nur Hidayah, 2021)

4) Emotional and Social Support

Emotional and social support strengthens family resilience in the face of disasters. Within families, emotional support between members helps reduce post-disaster stress and trauma, especially for children. Strong local communities and social networks also provide crucial support. Good neighbors can help each other and provide resources during emergencies, while local communities and formal institutions such as local governments and NGOs can provide assistance and resources for recovery. Research shows that families who receive emotional support have lower stress levels and better recovery. It is important for families to build and maintain strong relationships with neighbors, communities, and formal institutions to maximize this support. With strong support within and outside the family, each family member can better cope with post-disaster stress and trauma, contributing to a faster and more effective recovery. (Mabrouk & Han, 2023)

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5) Learning from Experience

Learning from previous disaster experiences is key to improving family resilience and preparedness. Evaluating previous responses allows families to identify weaknesses in their plans and improve them for the future. Furthermore, this learning helps them understand the types of disasters that may occur and the warning signs to watch for, such as experience with earthquakes, which enriches knowledge about appropriate actions. The skills and knowledge gained from training also enhance family preparedness. In addition to internal evaluation, sharing experiences with neighbors and community members helps build a more comprehensive preparedness strategy. With this approach, families can be more prepared, adaptive, and recover quickly after a disaster. (Ningsih et al., 2023)

6) Collaboration with Local Communities and Institutions

Collaboration between families and local communities and institutions is crucial for enhancing their resilience to disasters. Through community preparedness programs, families can practice evacuation drills and disaster mitigation activities together, enhancing collective preparedness. Collaboration with local institutions, such as rescue teams and fire departments, helps families obtain necessary assistance and training. Utilizing community resources, such as sports halls or school facilities, also accelerates families' emergency response. (Namirah, 2015) By participating in training organized by the government or non-governmental organizations, families can enhance their knowledge and skills in facing disasters. This collaboration strengthens individual family resilience and creates a more resilient community in the face of disasters. (*Charles Darwin University Community-Based Disaster Risk Management (CBDRM) Lassa, Jonatan; Pujiono, Puji; Pristiyanto, Djuni; Paripurno, Eko Teguh; Magatani, Amin; Parlan, Hening,* 2009)

7) Emergency Equipment Provision

Providing a complete and affordable emergency kit is a crucial step in disaster mitigation for families. This kit includes a first aid kit, food and water supplies, warm clothing, a flashlight, and spare batteries. It is important for every family member to understand how to use this kit and know where it is stored. Training on the use of emergency kits is also crucial to improving family preparedness. Local governments can provide guidance and training programs to help families prepare. Investing in emergency kits will help improve family resilience and preparedness in the face of disasters in the region. Support from the government and relevant institutions is needed to provide training, resources, and programs that strengthen the role of families in disaster management (Nasrullah et al., 2021) .

A series of efforts to build resilient and disaster-prepared families

Based on the research discussion, families play a crucial role in increasing disaster resilience and preparedness in Indonesia. The role of families is not only limited to physical preparation, but also includes equally important emotional and social aspects. The family, as the smallest unit in society, has great potential to be the main pillar in disaster preparedness and resilience. In this context, effective and relevant strategies for families in facing disasters need to be taken seriously. In this study, it was found that families have a crucial role in increasing disaster

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resilience and preparedness in Indonesia. The role of families is not only limited to physical preparation, but also includes equally important emotional and social aspects. Effective strategies for families include regular education and training, developing family evacuation plans, and emotional and social support. (Rahmanishati et al., 2021)

Regular education and training are crucial steps in improving family preparedness. Educational programs should involve all family members and include information about various types of disasters and preventative measures. Regular training, such as disaster simulations, helps family members understand the real-world conditions of a disaster and ensures that the knowledge and skills acquired remain fresh and ready to use. (Hidayat, 2023)

Developing a clear family evacuation plan that is understood by all family members is also important. The evacuation plan should include determining safe evacuation routes, assembly points, and the responsibilities of each family member. Conducting regular evacuation drills helps families address potential weaknesses in the evacuation plan and ensures that each family member knows exactly what to do in an emergency. Emotional and social support also plays a crucial role in increasing family resilience. Open and effective communication within the family helps reduce confusion and stress during a disaster. Strengthening social networks, both within the family and within the community, helps accelerate post-disaster recovery and provides necessary material and emotional support. (Setiawicaksana & Fitriani, 2021)

Collaboration with local institutions and participation in community programs are also important strategies in improving family preparedness. Community programs involving preparedness exercises, counseling, and disaster simulations help improve family knowledge and skills in facing disasters. Support from the government and related institutions is also needed to provide adequate training, emergency equipment, and preparedness guidance for families. Through joint efforts between families, local institutions, and the government, disaster resilience and preparedness in Indonesia can be significantly improved. Comprehensive support in the form of education, training, and adequate resources is key in preparing families to face disasters and minimizing their negative impacts (Sukarni et al., 2019).

Recommendations for Resilient and Disaster Prepared Families

To increase the role of families in disaster resilience and preparedness, several recommendations that can be considered are:

a. Improving Education and Training Programs

Improving education and training programs for disaster preparedness is crucial for families to be better prepared to face and respond to disasters. Governments and non-governmental organizations (NGOs) should develop specific programs that focus on knowledge and skills related to disaster preparedness. This includes educating families about disaster risk reduction, emergency response, and community-based disaster management. A study conducted by the International Federation of Red Cross and Red Crescent Societies (IFRC) found that disaster education can significantly reduce the impact of disasters on communities (IFRC, 2018). By providing families with the necessary knowledge and skills, they can take proactive steps to

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reduce the impact of disasters and protect themselves and their loved ones. (Rampangilei, 2018)

Education and training programs should cover topics such as:

1) Disaster risk reduction and mitigation, Emergency preparedness and response, Community-based disaster management, Evacuation procedures, Communication during disasters

2) These programs should be tailored to the specific needs of different communities and should be designed to be accessible, inclusive, and participatory. Governments and NGOs can collaborate to develop these programs, using a variety of approaches such as community-based training, workshops, and online resources. By enhancing education and training programs for disaster preparedness, families can develop the skills and knowledge needed to respond effectively to disasters, thereby reducing the risk of loss of life, property damage, and community disruption. (Scolobig & Balsiger, 2024)

b. Provision of Resources and Mitigation Tools

Providing emergency kits, preparedness guidance, and other logistical support to families is crucial to ensuring they have everything they need to respond quickly and effectively to a disaster. Here are some examples of resources and mitigation tools that can help increase family resilience in the face of disasters:

1) **Emergency Equipment** : Emergency equipment such as a first aid kit, food and water supplies, warm clothing, a flashlight, and spare batteries can help families prepare for a disaster. Government and non-governmental organizations can provide guidance and training programs to help families prepare. (Dimaputri & Mujahidin, 2023)

2) **Preparedness Guides** : Preparedness guides provided by government and non-governmental organizations can help families understand how to use emergency equipment and improve their preparedness. These guides can include information on how to identify disaster risks, how to anticipate disasters, and how to respond effectively to disasters. (Rahmanda & Dasanto, 2018)

3) **Logistics Support** : Other logistical support, such as food, water, and medical equipment, can help families cope with disasters. Governments and non-governmental organizations can provide this logistical support through emergency relief programs. (Rinawati, 2018)

4) **Multi-Sector Partnerships** : Multi-sector partnerships between the government, the private sector, and civil society can help improve family resilience in the face of disasters. These partnerships can help enhance the government's capacity to respond to disasters and improve the quality of life for the community. (Taufiq et al., 2017)

5) **Education and Training** : Education and training on emergency preparedness and response can help improve family preparedness. Governments and non-governmental organizations can provide these education and training programs to help families prepare. (Rampangilei, 2018)

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c. Strengthening Social Networks and Communities

Encouraging families to participate in community activities and building strong social networks can improve emotional and operational support during a disaster. Here are some ways to build strong social networks and increase community support:

1) **Participating in Community Activities** : Families can participate in community activities, such as sports clubs, physical activity programs, or arts and creative activities. This helps build strong social networks and improves physical and mental health. (Norzistya & Handayani, 2020)

2) **Building Social Networks Through the Community** : Participating in community activities and building strong social networks can help increase emotional and operational support during a disaster. Families can participate in events or discussion forums held by the community and help organize activities held by the community. (Tuti Budirahayu, 2019)

3) **Forming Working Groups** : Forming working groups or community groups focused on capacity building and community development can help build strong social networks. These groups can serve as platforms for sharing experiences and knowledge, as well as determining joint steps to build community capacity. (Sujadmi & Luna Febriani, 2019)

4) **Attending Events or Seminars** : Families can attend events or seminars held by the community and utilize social media to build a strong social network. This helps expand social networks and improve members' abilities and skills. (Yuliana, 2019)

5) **Building Social Networks through Social Activities** : Participating in social activities, such as volunteering for a non-profit organization, joining a club or group that shares a common interest or hobby, or attending an event or seminar on a topic of interest, can help build a strong social network and establish significant relationships with people who share similar interests and goals. (Tuti Budirahayu, 2019)

d. Multisector Cooperation

Multisectoral collaboration between the government, the private sector, and civil society is crucial in creating an environment that supports disaster resilience and preparedness at the family level. Here are some examples of multisectoral collaboration that can help improve disaster resilience and preparedness: (Namirah, 2015)

1) **Public-Private Partnership** : Partnerships between the government and the private sector can help improve the infrastructure and facilities needed to respond to disasters. For example, public-private partnerships in infrastructure development can improve the government's capacity to respond to disasters (Kasus et al., 2015). (Adiyoso, 2021)

2) **Multi-Sector Collaboration in Accelerating Stunting Reduction** : Multi-sector collaboration between the government, private sector, civil society, and communities is crucial in accelerating stunting reduction and eliminating tuberculosis. This collaboration helps improve the government's capacity to respond to disasters and improve the quality of life of the community. (Nisa, 2023) (Supirno et al., 2022)

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3) **Multisector Cooperation in Archipelago City Development** : Multisector cooperation between the government, private sector and civil society can help improve the government's ability to deal with disasters. for example, collaboration between the government and the private sector in developing Indonesian cities can increase the government's ability to deal with disasters. (Lessy & Bemba, 2019)(Sadat, 2019)(Syahrin et al., 2021)

4) **Multisectoral Cooperation in Public Policy Development** : Multisectoral collaboration between the government, the private sector, and civil society is crucial for developing effective public policies. This collaboration helps improve the government's capacity to respond to disasters and enhances the quality of life of the community. (Adiyoso, 2021)

With multi-sector collaboration, the government, private sector, and civil society can work together to create an environment that supports resilience and preparedness. disasters at the family level. (Kasus et al., 2015)

4. CONCLUSION AND SUGGESTIONS

The conclusion of this study is that families play a crucial role in facing natural disasters in Indonesia. Families not only serve as the basic unit of society but also as the first agent in disaster risk mitigation. With good knowledge and preparedness, families can reduce the negative impacts of disasters and strengthen individual and community resilience. Government and community support are crucial in strengthening the role of families in disaster preparedness. Appropriate education, government support, and community involvement can strengthen the role of families in facing disasters. Therefore, the role of families in disaster preparedness and resilience should be prioritized and enhanced through various strategies, including disaster education at home, provision of emergency equipment, and evacuation plans. Thus, families can be a key pillar in disaster mitigation strategies, which in turn will reduce losses and accelerate the post-disaster recovery process.

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