

The Role of Family Resilience on Family Functioning With Family Communication As Mediator In Generation Z

Peran Ketahanan Keluarga Terhadap Fungsi Keluarga Dengan Komunikasi Keluarga Sebagai Mediator Pada Generation Z

Zamralita¹, Anastasia Putri Leleng Wilis², Stephanie Angelina³

¹Faculty of Psychology, Tarumanagara University, Jln Letjen S. Parman No. 1, Jakarta*
Email: Zamralita@fpsi.untar.ac.id

²Faculty of Psychology, Tarumanagara University, Jln Letjen S. Parman No. 1, Jakarta
Email: Anastasia.707232014@stu.untar.ac.id

³Faculty of Communication, Tarumanagara University, Jln Letjen S. Parman No. 1, Jakarta
Email: Stephanie.707232017@stu.untar.ac.id

Received date: 12-06-2024, revised date: 06-11-2024, accepted for publication date: 17-12-2024

Abstract

The COVID-19 pandemic has profoundly changed the social landscape for younger generations, affecting their communication styles and consequently their mental health. This research investigates the critical role of family resilience in improving family communication and its impact on family functioning, specifically as a strategy to strengthen mental well-being in generation Z. Family resilience is defined as the ability of a family to adapt, recover and thrive amid adversity, which promotes emotional support and shared strength among its members. Family communication includes the exchange of thoughts, feelings and information, which facilitates understanding and connectedness within the family unit. Family functioning refers to how families cope, communicate and interact, involving critical dimensions such as cohesion and flexibility that are important for maintaining healthy relationships. This study used a non-experimental quantitative research design. Data collection used convenience techniques and obtained 251 participants aged 17 to 24 years. The measurement tools used in this study include: Family Assessment Device (FAD) to evaluate family functioning, Walsh Family Resilience Questionnaire (WFRQ) for family resilience, and family communication scale to measure communication dynamics. The results showed a significant positive correlation between family resilience and family functioning ($r = 0.90$), family resilience and family communication ($r = 0.80$), and family communication and family functioning ($r = 0.83$). Family communication was shown to act as a partial mediator in the relationship between family resilience and family functioning. The findings of this study emphasize the importance of building family resilience and family communication to strengthen family functioning, ultimately contributing to improved mental health for generation Z after the COVID-19 pandemic.

Keywords: family resilience, family communication, family functioning, generation z

Abstrak

Pandemi COVID-19 telah mengubah secara mendalam lanskap sosial bagi generasi muda, memengaruhi gaya komunikasi dan akibatnya kesehatan mental mereka. Penelitian ini menyelidiki peran penting ketahanan keluarga dalam meningkatkan komunikasi keluarga dan dampaknya terhadap fungsi keluarga, khususnya sebagai strategi untuk memperkuat kesejahteraan mental pada generasi Z. Ketahanan keluarga didefinisikan sebagai kemampuan sebuah keluarga untuk beradaptasi, pulih, dan berkembang di tengah kesulitan, yang mendorong dukungan emosional dan kekuatan bersama di antara anggotanya. Komunikasi keluarga mencakup pertukaran pikiran, perasaan, dan informasi, yang memfasilitasi pemahaman dan keterhubungan dalam unit keluarga. Fungsi keluarga merujuk pada bagaimana keluarga mengatasi masalah, berkomunikasi, dan berinteraksi, melibatkan dimensi kritis seperti kohesi dan fleksibilitas yang penting untuk mempertahankan hubungan yang sehat. Penelitian ini menggunakan desain penelitian kuantitatif non-eksperimental. Pengumpulan data menggunakan teknik convenience dan diperoleh 251 partisipan yang berusia 17 hingga 24 tahun. Alat ukur yang digunakan dalam penelitian ini antara lain: Family Assessment Device (FAD) untuk mengevaluasi fungsi keluarga, Walsh Family Resilience Questionnaire (WFRQ) untuk ketahanan keluarga, dan skala komunikasi keluarga untuk mengukur dinamika komunikasi. Hasil penelitian menunjukkan adanya korelasi positif yang signifikan antara ketahanan keluarga dan fungsi keluarga ($r = 0.90$), ketahanan keluarga dan komunikasi keluarga ($r = 0.80$), serta komunikasi keluarga dan fungsi keluarga ($r = 0.83$). Komunikasi keluarga terbukti berperan sebagai mediator parsial dalam hubungan antara ketahanan keluarga dan fungsi keluarga. Temuan penelitian ini menekankan pentingnya membangun ketahanan keluarga dan komunikasi keluarga untuk memperkuat fungsi keluarga, yang pada akhirnya berkontribusi pada peningkatan kesehatan mental bagi generasi Z setelah pandemi COVID-19.

Kata Kunci: ketahanan keluarga, fungsi keluarga, komunikasi keluarga, generasi Z

Introduction

In 2019, the whole world experienced a crisis due to the COVID-19 pandemic, especially in the health and economic sectors. (Kementrian Keuangan Republik Indonesia, 2020). The COVID-19 pandemic has also significantly impacted the social and psychological state of individuals in the long term. (UNAIR News, 2023). The status of the COVID-19 pandemic has been declared over in 2023 and changed to endemic in accordance with the decision of Presidential Regulation No. 17 of 2023. (Rusman, 2023). Although the status has become an epidemic, the effects of COVID-19 are still being felt by some people. (Physicians Postgraduate Press, 2022). During COVID-19, there are limitations to socialize, explore new activities, and even communicate due to lockdowns so that all activities are carried out virtually. Referring to Erikson's theory (1959), theory states that adolescents aged 12-18 years are in the stage of searching for self-identity, but if the process of exploring things to find self-identity is hampered, it will have an impact on children so that they become indecisive and uncertain about the field they want to pursue in the future. Meanwhile, those aged 19-40 years are at the stage of building a loving relationship, but if they do not succeed in building a loving relationship, it will have an impact on their feelings such as feeling lonely or alone (Erikson, 1959).

Based on the explanation of the conditions during COVID-19 and Erikson's stages of development (1959), this is supported by a survey from Gitnux (2023) regarding the feelings felt after COVID-19 to people aged 12-27 years or included in Generation Z, namely: (a) 45% of Gen-Z felt a negative impact on their mental health, (b) 67% of Gen-Z felt more lonely after COVID-19, and (c) 95% of Gen-Z felt worried about the consequences of economic recovery after the pandemic. However, for all the negative impacts of the COVID-19 pandemic, there are also positive impacts on families. Especially during the pandemic there is a quarantine at home so that each family member has time to interact more than before the pandemic. This result is supported by Ramadhana et al. (2022) which showed that communication in the family increased by 80%. According to Tam et al. (2021) closeness between family members and the way the family overcomes problems is an important part of minimizing the impact of COVID-19 such as loneliness and how a person deals with unwanted situations (coping). The closeness between family members and the way the family can overcome problems is part of the family functioning dimension. Therefore, family functioning plays an important role in dealing with post-COVID-19 problems.

Family functioning is how a family can solve problems, has patterns of interaction and communication, and the systems that run in it (Olson, 2000). According to the Circumplex Model (Olson, 2000) family functioning has three dimensions, namely: (a) Cohesion: an emotionally connected feeling that is interrelated between family members. Cohesion focuses on how the family has a balance in independence and togetherness; (b) Flexibility: the family's ability to change the system, leadership, roles of family members, and rules to deal with problems that interfere with family relationships or developments in the family system. Flexibility focuses on how families change the roles of their family members to adjust to the circumstances being experienced; (c) Communication: the means used to achieve cohesion and flexibility. Good family communication is characterized by openness, clarity, mutual respect, mutual care, and the family being a good speaker and listener.

Family functioning has an important role in mental health, especially in adolescence and early adulthood such as college students, supported by Berryhill & Smith (2021) who found that families who do not have good family functioning will tend to experience higher levels of poor mental health, especially depression. A person's tendency to behave in risky situations is the impact of family functioning, the role of family functioning determines how a person has a decision-making style so that individuals can be more critical and adaptive in behaving in risky situations (Rezaei & Soltanifar, 2023). Family functioning also has an impact on addiction to internet use, especially in young adults, this is evident in Marzilli et al. (2020) who found that someone who has an internet use addiction tends to have low family functioning. Effective family communication, characterized by interdependent use of various communication modes, enhances relational satisfaction, closeness, and psychological well-being, while reducing loneliness in parent-adult child relationships (Buehler et al., 2022).

In the development of Gen Z, who act as children and also adolescents to young adults, they need good family functioning to develop and become assets in life (Dou et al., 2023). To understand and find out about understanding related to mental health conditions can be viewed from the state of individual family functioning (Milburn et al., 2019). The condition of Gen Z has a poor condition in mental health (Gitex, 2023) makes it necessary to have important support from the family, especially in overcoming difficulties in life. With a family that can guide and nurture strength and help to grow and see a positive view of a problem can make children survive in more positive emotions (Hawley, 2000). Good family conditions, or having the ability to adapt and face difficulties can have an impact on good and more positive family functioning (AlHorany et al., 2024).

A capacity in a family that has a functional system that aims to survive and rise in the face of stressful life problems and challenges (Walsh, 2016) is called family resilience. In previous research found a relationship between family functioning and family resilience (Desrianty et al., 2021; Zarei & Fooladvand, 2022; Sabah et al., 2023), so that good development of family functioning and family resilience is very important. In good family functioning, having open communication between family members can help families to jointly identify problems, plan solutions, and support each other in coping with stress and crisis (Johnston & Lee-Flynn, 2011). High cohesiveness in the family can strengthen the bonds between family members, thereby increasing the family's ability to cope with stress and challenges and family resilience (Walsh, 2016). And parents' involvement in family life and providing emotional support to children are important factors in increasing family resilience (Conger & Conger, 2002).

Families can provide social and emotional support to individuals. Based on the theory of family resilience (Walsh, 2003) close family relationships or having good communication can make individuals in the family feel loved and accepted and this is very necessary in the development of the self-concept of the individual. The development of good family functioning greatly affects the mental health of individuals, so that individuals can survive in difficult circumstances and be able to adapt. This individual's ability is the result of individuals who are effectively involved in the family, able to interact well and realize the need for family assistance in helping with their difficulties (Desrianty et al., 2021).

In overcoming life problems to increase resilience and increase positive emotions possessed by Gen Z can pay attention to the condition of communication patterns in the family. Body individuals from families who have open communication, have a tendency to be able to withstand challenges in dealing with stress and problems in life (Walsh, 2016). Efforts to make children become resilient are not only done individually, but can be pursued with the family (Buzanko, 2024). With several factors, namely active listening, validating emotions, conflict resolution, this can have an impact on children to empathize and make family relationships stronger (Buzanko, 2024). Family resilience and family communication are a unity, where parental communication with children has an important role for children to socialize (Theiss, 2018).

Family communication is a multifaceted process that encompasses both verbal and nonverbal exchanges among family members, significantly influencing the family dynamic and overall functioning. It is shaped by various contexts, including cultural, social, and emotional factors, which dictate how family members share information, express feelings, and navigate conflicts. The concept of family communication includes the establishment of norms and practices that foster openness, trust, and support, which are essential for healthy family interactions. Communication theories such as the Systems Theory highlight the interdependence of family members and how their interactions create a complex web of relationships, where changes in one part of the system can impact the whole. Similarly, the Social Penetration Theory suggests that as family members communicate, they gradually disclose more personal information, deepening their relationships. Research indicates that effective family communication is linked to positive outcomes such as enhanced resilience, emotional support, and problem-solving abilities (Galvin et al., 2015; Rinawati et al., 2018). Moreover, it acts as a crucial mediator in the interplay between family resilience and overall family functioning, enabling families to adapt and thrive during challenging times (Rinawati et al., 2018; Zarei & Fooladvand, 2022; Sabah et al., 2023). In essence, family communication is not merely an exchange of information but a fundamental process that nurtures family bonds and fosters resilience in the face of adversity.

From the explanation above, it can be concluded that the importance of family functioning to improve family resilience in the family so that it can make the condition of family members better and increase positive emotions, and to see the effectiveness of the two variables can be done by looking at the mediation results of family communication. The purpose of this study is to further examine the role of family resilience on family functioning mediated by family communication. It is hoped that the results of this study can provide benefits that can be used by academics for additional references and to enrich knowledge related to the topic. The results of this study can be used by professionals, practitioners or professions as well as ordinary people to be able to find insights on related topics and can be applied as needed.

Hypothesis Development

H₁ : Family resilience is positively related to family functioning

Previous research found a relationship between family resilience and family functioning (Rinawati et al., 2018; Sabah et al., 2023). Where when individuals have good family functioning, it can make family members able to face problems and be able to get through the difficulties experienced. The relationship between the two variables can be seen based on The Circumplex Model (Olson & Olson, 1986) in viewing *family functioning* is that the family has the ability to interact, communicate and be able to adapt well. So that it has an impact on warmth as a result of the support and involvement provided between members and this can help family members to adapt more easily, overcome stress and increase more positive emotions. The Circumplex Model sees that the healthier a family functions, the

more cohesiveness and flexibility it has, supported by a warm, supportive and adaptive environment.

H₂ : Family resilience is positively related to family communication

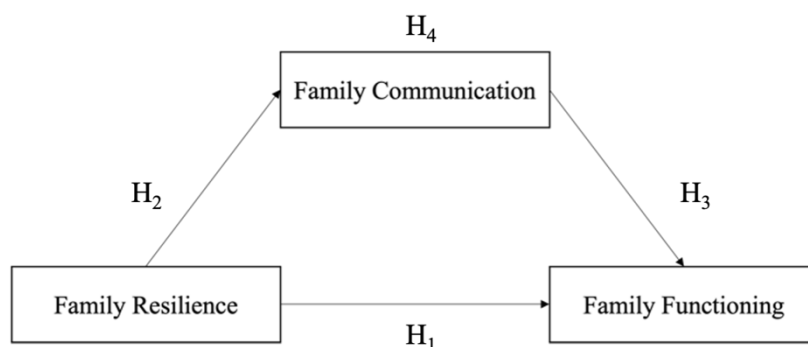
Families that have effective family communication have a role in increasing family resilience, this can be seen from open communication patterns so that family members can express thoughts and feelings and empathize (Galvin et al., 2015). In the theory of family resilience (Walsh, 2003) states that communication in the family is very important for development. With open and supportive family communication can strengthen family resilience in the family, and family communication is very important in families to deal with changes and overcome existing problems (Walsh, 2003). Furthermore, the importance of family resilience is an important factor in building and maintaining family communication.

H₃ : Family communication is positively related to family functioning

In the research of Berryhill et al. (2018) found that when families have good family functions, it reflects that family communication is also good. This is supported by the Circumplex Model (Olson, 2000) which explains that communication is the foundation for achieving family cohesion and flexibility (family functioning) so that the end result is that family members have good psychological abilities. If the family does not have adequate family communication, the family tends not to have harmony and cannot complete cohesion and flexibility (family functioning) so that the system in the family will be more difficult to repair or even get worse. Family communication is also an important part so that family members can share feelings, perceptions, views so that family members have continuity and can understand each other (Schrodt, 2005).

H₄ : Family communication can be a mediator in the relationship between family resilience and family functioning.

In the research of Galvin et al. (2015) found that family communication has a relationship with family resilience. This is supported by Theiss (2018) who explains that communication at the individual level, namely between parents and children, is very important to instill values and norms so that children have adaptive thinking both emotionally and behaviorally, especially children know how to behave when faced with stressful situations. In the family, communication is an important part of achieving understanding of thoughts between family members, agreement within the family, and the responsibility needed when the family faces difficult situations. (Theiss, 2018). Sabah et al., (2023) also found that family communication plays an important role in achieving family functioning. This is supported by the Circumplex Model (Olson, 2000) explains that family communication acts as an intermediary to achieve good family functioning. Therefore, it is assumed that family communication can be a mediator in the relationship between family resilience and family functioning.



Picture 1: Research Model

Methods

This research uses quantitative and non-experimental methods. Because generation Z dominates the age of students, namely 17-24 years old, this study uses convenience sampling because data is taken only in one faculty at one university. The characteristics of participants in this study are as follows: (a) Active students of university X and (b) Active students of psychology undergraduate study program. The variables examined in this study are: (a) Family resilience as the independent variable, (b) Family functioning as the dependent variable, and (c) Family communication as the mediator variable. Data analysis was conducted using Confirmatory Factor Analysis (CFA) and Structural Equation Modeling (SEM).

The research questionnaire was formed online through google form and had six sections and took approximately 10-15 minutes to complete. The first section was an introduction, explanation of the purpose of the questionnaire, criteria for participants and informed consent. If the participant did not agree to the informed consent, the participant would not continue to the second part, the questionnaire filling was immediately terminated. The second section is demographic data which includes initials, gender, place of residence, number of family members, how many children, and family structure. The third through sixth sections contained measurement tools on each of the three variables.

To measure the dependent variable, namely family functioning using the Family Assessment Device (FAD) developed by Epstein et al. (1983). This measuring instrument is used to evaluate the function of the family, the assessment is carried out from family members to the family to see how far they agree with the family function Epstein et al. (1983). This study uses only the general functioning dimension. There are 12 questions, one of which is "In my family, we pour out our hearts to each other". For answer choices using a 4-point Likert scale, namely strongly agree (1), agree (2), disagree (3) and strongly disagree (4).

Family resilience as an independent variable is measured using the Walsh Family Resilience Questionnaire (WFRQ) developed by Walsh (2017). In this measuring instrument there are three dimensions, namely belief system, organizational process and communication process. This measuring instrument is used to see the level of resilience of family members, in this measuring instrument can identify family resources that have an impact on how to overcome stress and challenges (Walsh, 2017). In this measuring instrument there are 32 questions, one of the items is "My family celebrates success and learns from mistakes". The answer options use a five-point Likert scale, including almost always (1), often (2), sometimes (3), rarely (4), and never (5).

In measuring the mediating variable, namely family communication, using the Family Communication Scale developed by Olson et al. (2006). This measuring instrument uses to evaluate the function of the family by looking at the level of cohesion and flexibility possessed, statements include aspects of family relationships (emotional support, participation in the family), the ability to respond to change and stress (Olson et al., 2006). This measure has 10 statement items, one of which is "My family members are very good listeners". This measure uses five Likert scales, including strongly disagree (1), disagree (2), neutral (3), agree (4), and strongly agree (5).

Results and Discussion

Participants

Table 1. Participant Demographics Table

Category		Frequency
Gender	Male	30
	Female	221
Age	17	4
	18	71
	19	113
	20	48
	21	10
	22	5
Force	2022	83
	2023	168
Marital status	Not married	249
	Married	2
Place of residence	On your own	60
	With parents (both parents)	144
	With a single parent (Dad or Mom)	26
	With biological parents (Father or Mother) and conjoined parents (Stepfather or Stepmother)	1
	With relatives (Grandparents/Uncle/Aunt)	6
	With friends	2
	With siblings (Brother/Daughter)	11
	With spouse and children	1

Number of nuclear family members	2	3
	3	43
	4	82
	5	89
	6	26
	7	6
	8	1
	12	1
Children by birth order	Single	5
	1	86
	2	89
	3	60
	4	8
	5	3
Family structure	Birth parents (Both parents)	210
	Step-parent (stepfather or stepmother)	8
	Single parent (Father or Mother)	17
	Orphans/Underprivileged	16

Result

The results of the Confirmatory Factor Analysis (CFA) for family resilience, based on three dimensions: belief system, organizational process, and communication process, show that all 32 items are valid. Model fit is acceptable (p -value > 0.05), with all factor loadings positive and t -values exceeding 1.96, confirming item validity.

Table 2. Confirmatory Factor Analysis (CFA) Family Resilience

Indicator	Item	Factor Loading	T-Value	Test Item
Belief System	FR 1	0.60	0.00	Valid
	FR 2	0.74	9.47	Valid
	FR 3	0.61	8.20	Valid
	FR 4	0.78	9.79	Valid
	FR 5	0.64	8.57	Valid
	FR 6	0.68	8.92	Valid
	FR 7	0.84	10.34	Valid
	FR 8	0.78	9.85	Valid
	FR 9	0.67	8.84	Valid
	FR 10	0.79	9.95	Valid
	FR 11	0.52	7.31	Valid
	FR 12	0.81	10.08	Valid
	FR 13	0.61	8.21	Valid
Organizational Process	FR 14	0.73	0.00	Valid
	FR 15	0.81	12.98	Valid
	FR 16	0.89	14.34	Valid
	FR 17	0.85	13.68	Valid
	FR 18	0.83	13.33	Valid
	FR 19	0.75	11.99	Valid

	FR 20	0.63	9.96	Valid
	FR 21	0.66	10.50	Valid
	FR 22	0.55	8.58	Valid
Communication Process	FR 23	0.65	0.00	Valid
	FR 24	0.75	10.52	Valid
	FR 25	0.84	11.56	Valid
	FR 26	0.60	8.76	Valid
	FR 27	0.77	10.81	Valid
	FR 28	0.78	10.93	Valid
	FR 29	0.85	11.70	Valid
	FR 30	0.80	11.11	Valid
	FR 31	0.79	11.00	Valid
	FR 32	0.68	9.71	Valid

The results of the Confirmatory Factor Analysis (CFA) for the Family Functioning variable indicate that all 12 items included in the measurement model are valid, as evidenced by a good model fit ($p\text{-value} > 0.05$), positive factor loadings for each item, and statistically significant t-values exceeding 1.96. These findings suggest that the construct of Family Functioning is well-represented by the selected items, demonstrating strong validity and reliability within the analysis.

Table 3. Confirmatory Factor Analysis (CFA) Family Functioning

Indicator	Item	Factor Loading	T-Value	Test Item
Family Functioning	FF 1	0.53	0.00	Valid
	FF 2	0.70	8.11	Valid
	FF 3	0.71	8.14	Valid
	FF 4	0.66	7.78	Valid
	FF 5	0.62	7.48	Valid
	FF 6	0.64	7.69	Valid
	FF 7	0.79	8.64	Valid
	FF 8	0.79	8.62	Valid
	FF 9	0.66	7.79	Valid
	FF 10	0.65	7.71	Valid
	FF 11	0.68	7.94	Valid
	FF 12	0.80	8.66	Valid

The results of Confirmatory Factor Analysis (CFA) for Family Communication variables for all 10 items are valid (model fit $p\text{-value} > 0.05$; positive loading factor; $t\text{-value} > 1.96$).

Table 4. Confirmatory Factor Analysis (CFA) Family Communication

Indicator	Item	Factor Loading	T-Value	Test Item
Family Communication	FF 1	0.50	0.00	Valid
	FF 2	0.75	7.97	Valid
	FF 3	0.88	8.55	Valid
	FF 4	0.76	8.06	Valid
	FF 5	0.84	8.40	Valid

FF 6	0.86	8.50	Valid
FF 7	0.86	8.48	Valid
FF 8	0.81	8.27	Valid
FF 9	0.88	8.57	Valid
FF 10	0.67	7.53	Valid

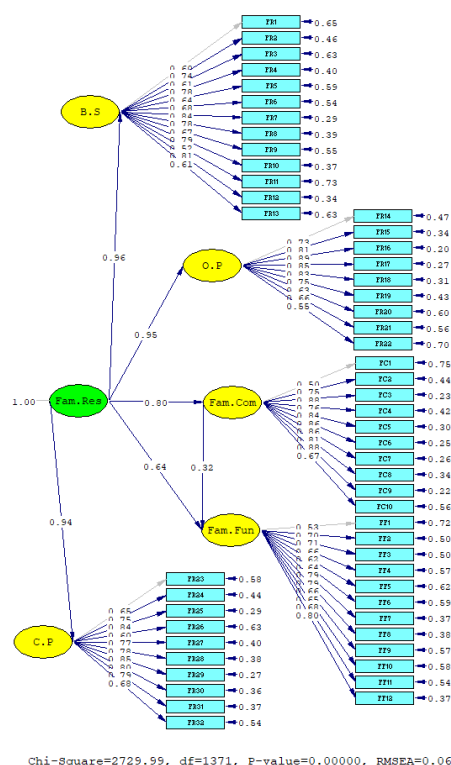
The result of Goodness of Fit Statistics for the Root Mean Square Error of Approximation (RMSEA) variable = 0.063. From the RMSEA results, it is categorized as fit or feasible ($RMSEA \leq 0.05$). With the results of the Normed Fit Index (NFI) = 0.97, the NFI compares the hypothesized model with the basic model (null model). NFI values range from 0 to 1, with values ≥ 0.90 indicating a good fit. A value of 0.97 indicates that the model has an excellent fit. Non-Normed Fit Index (NNFI) = 0.98, NNFI values ≥ 0.90 indicate good fit. A value of 0.98 indicates a very good fit. Parsimony Normed Fit Index (PNFI) = 0.93, PNFI values ≥ 0.50 are considered good, with higher values indicating better fit in the context of a more parsimonious model. A value of 0.93 indicates an excellent and parsimonious fit. Comparative Fit Index (CFI) = 0.98, CFI values range from 0 to 1, with values ≥ 0.90 considered to indicate a good fit. A value of 0.98 indicates an excellent fit, Incremental Fit Index (IFI) = 0.98, ≥ 0.90 indicates a good fit. A value of 0.98 indicates an excellent fit. Relative Fit Index (RFI) = 0.97, A value ≥ 0.90 indicates a good fit. A value of 0.97 indicates an excellent fit. Root Mean Square Residual (RMR) = 0.045 can be declared fit and Standardized RMR = 0.051, SRMR values ≤ 0.08 are generally considered to indicate a good fit. A value of 0.051 indicates a very good fit.

The correlation test results found a positive and significant relationship between family communication, family functioning and family resilience ($p > 0.01$).

Table 5. Correlation Matrix

Variables	Family Functioning	Family Resilience	Family Communication
Family Functioning	1		
Family Resilience	0.90	1	
Family Communication	0.83	0.80	1

Note. Correlation is significant at the 0.01 level (2-tailed)



Picture 2: Structural Equation Model Results

From the results of the study found that family resilience can predict family communication by 80% ($R^2 = 0.80$) and family resilience can predict family functioning by 64% ($R^2 = 0.64$). This study family communication can be proved as a mediator. Family communication in this study becomes a partial mediator, because it can have significance in both variables. So family communication as a mediator variable partially explains how family resilience affects family functioning but family resilience still has a direct effect on family functioning which is not fully explained by family communication.

Discussion

Hypothesis 1 in the study has been answered by showing positive results between the relationship between *family resilience* and *family functioning* at $r = 0.90$ ($p < 0.05$) so that the relationship is significantly positive. These results indicate that when the family has resilience in dealing with problems, the family has good interactions, routines, and closeness. These results are in line with Openshaw's research (2011) which shows that family resilience is positively related to family functioning in *vocational rehabilitation clients*.

Hypothesis 2 in the study has been answered by showing positive results between family resilience and family communication at $r = 0.80$ ($p < 0.05$) so that the relationship is significantly positive. These results show that when families have good resilience when facing problems, families tend to also have effective communication, mutual listening to each other, and understanding. These results are in line with research by Zhang et al. (2024) and Theiss (2018) which show that

family resilience is positively related to family communication in parents who have adolescent children who are depressed.

Hypothesis 3 in the study was also answered by showing that family communication is positively related to family functioning at 0.83 ($p < 0.05$) so that the relationship is significantly positive. Families who actively listen, empathize, and openness tend to have good family functioning such as family members supporting each other, having clear roles, and effective communication. This result is in line with the research of Cyril et al. (2016) which shows that family communication and family functioning in African Migrant parents and children in Victoria, Australia.

Hypothesis 4 in this study shows that family communication can be a partial mediator in the relationship between family resilience and family functioning with an indirect effect of 0.26 and a total effect of 0.32. This is in line with the circumplex model theory that communication can be a facilitator when the family will take an action (Olson, 2000). When families have good communication, it tends to allow families to resolve conflicts, make decisions together without anyone objecting, family members can show feelings and expectations in the family. This result is in line with the research of Sabah et al. (2023) that family communication can be a partial mediation in the relationship between family resilience and family communication conducted in Arab countries in the context of the COVID-19 pandemic.

From the findings, this research still requires development to enrich the results. Some of the limitations of this research are that it requires data diversity, especially for gender, because this research is dominated by women. This study looks in general and lacks detail, to see more complete results, qualitative research methods can be used. For future research it is recommended to use variables outside of family relationships to see other factors that can predict family functioning. It can be seen from cultural factors, the environment, peer relationships, economic conditions, etc.

Conclusion

From this study it can be concluded that family resilience has a relationship with family functioning and family communication. And from the results of the mediator test it can be concluded that family communication can be a mediator variable in the role of family resilience on family functioning. Based on the results of the study, practical suggestions that can be given are as follows (1) Building open and honest communication, with each family member being able to be honest about feelings and difficulties experienced can help each family member also to provide appropriate support. (2) Active listening, one of these active listening methods can help each family member to feel valued, one of the things that can be done is to respond to nods to each statement given. (3) Building a sense of togetherness, in the family must provide time to do activities together, this can create a sense of intimacy, respect, and strengthen the emotional sense between family members. (4) Improve cooperation and coordination, by having a good cooperation system in the

family can make each family feel connected, supported and ready to face challenges.

Acknowledgments

The authors would like to thank the participants and the Institute for Research and Community Service (LPPM) of Tarumanagara University who provided assistance in the research completion process.

References

- AlHorany, A. K., Hassan, S. A., Juhari, R., & Aljaberi, M. A. (2024). Effectiveness of Integrative Structural Family Therapy and Double ABCX Model on Marital Adjustment and Parenting Stress Among Parents of Children with Autism: Randomized Controlled Trial. *Child & Family Behavior Therapy*, 1–31. <https://doi.org/10.1080/07317107.2024.2395296>
- Berryhill, M. B., Harless, C., & Kean, P. (2018). College student cohesive-flexible family functioning and mental health: Examining gender differences and the mediation effects of positive family communication and self-compassion. *Family Journal*, 26(4), 422–432. <https://doi.org/10.1177/1066480718807411>
- Berryhill, M. B., & Smith, J. (2021). College student chaotically-disengaged family functioning, depression, and anxiety: The indirect effects of positive family communication and self-compassion. *Marriage and Family Review*, 57(1), 1–23. <https://doi.org/10.1080/01494929.2020.1740373>
- Buehler, E. M., Crowley, J. L., Peterson, A. M., & Jackl, J. A. (2024). Family communication patterns, mediated communication, and well-being: A communication interdependence perspective on parent–adult child relationships. *Journal of Social and Personal Relationships*, 41(5), 1113–1135. <https://doi.org/10.1177/02654075221145628>
- Buzanko, C. (2024, Januari 4). *The art of resilience: Enhancing communication within the family*. LinkedIn. <https://www.linkedin.com/pulse/art-resilience-enhancing-communication-within-family-buzanko-srd3c/>
- Conger, R. D., & Conger, K. J. (2002). Resilience in Midwestern families: Selected findings from the first decade of a prospective, longitudinal study. *Journal of Marriage and Family*, 64(2), 361–373.
- Cyril, S., Halliday, J., Green, J., & Renzaho, A.M.N. (2016). Relationship between body mass index and family functioning, family communication, family type and parenting style among African migrant parents and children in Victoria, Australia: a parent-child dyad study. *BMC Public Health* 16, 707. <https://doi.org/10.1186/s12889-016-3394-1>
- Desrianty, M., Hassan, N.C., Zakaria, N.S., & Zaremohzzabieh, Z. (2021). Resilience, family functioning, and psychological well-being: Findings from a cross-sectional survey of high-school students. *Asian Social Science*, 17(1). <https://doi.org/10.5539/ass.v17n1p77>

- Dou, D., Shek, D.T.L., Tan, L., & Zhao, L. (2023). Family functioning and resilience in children in mainland china: Life satisfaction as mediator. *Frontiers in Psychology*, 14:1175934. <https://doi.org/10.3389/fpsyg.2023.1175934>
- Erikson, E. H. (1959). *Identity and the life cycle*. International Universities Press.
- Epstein, N.B., Baldwin, L.M. and Bishop, D.S. (1983). The mcmaster family assessment device. *Journal of Marital and Family Therapy*, 9:171-180. <https://doi.org/10.1111/j.1752-0606.1983.tb01497.x>
- Galvin, K. M., Braithwaite, D. O., & Bylund, C. L. (2015). *Family communication: Cohesion and change*. Routledge.
- Hawley, J., & Williams, A. (2000). The Emergence of Universal Owners: Some Implications of Institutional Equity Ownership. *Challenge*, 43, 43-61. <https://doi.org/10.1080/05775132.2000.11472161>
- Johnston, C., & Lee-Flynn, S. C. (2011). Family functioning. In S. W. Evans & B. Hoza (Eds.), *Treating attention deficit hyperactivity disorder: Assessment and intervention in developmental context* (pp. 1–25). Civic Research Institute.
- Kementrian Keuangan Republik Indonesia. (2020). *Website PEN*. Pen.Kemenkeu.Go.Id. <https://pen.kemenkeu.go.id/in/page/sosialekonomiglobal>
- Lindner, J. (2023). *Must-know Gen Z anxiety statistics [latest report]*. Gitnux Marketdata Report. <https://gitnux.org/gen-z-anxiety-statistics/>
- Marzilli, E., Cerniglia, L., Ballarotto, G., & Cimino, S. (2020). Internet addiction among young adult university students: The complex interplay between family functioning, impulsivity, depression, and anxiety. *International Journal of Environmental Research and Public Health*, 17(21), 1–15. <https://doi.org/10.3390/ijerph17218231>
- Milburn, N.G., Stein, J.A., Lopez, S.A., Hilberg, A.M., Veprinsky, A., Arnold, E.M., Desmond, K.A., Branson, K., Lee, A., Bath, E., Amani, B., & Comulada, W.S. (2017). *Journal of Child and Adolescent Trauma*, 12(1). <https://link.springer.com/article/10.1007/s40653-017-0157-9>
- Olson, D. H. (2000). Circumplex model of marital and family systems. *Journal of Family Therapy*, 22(2), 144–167. <https://doi.org/10.1111/1467-6427.00144>
- Openshaw, K. P. (2011). *The relationship between family functioning, family resilience, and quality of life among vocational rehabilitation clients* [Doctoral dissertation]. <https://digitalcommons.usu.edu/etd/1099>
- Physicians Postgraduate Press. (2022). *Survey: 42% of Gen Z diagnosed with a mental health condition*. psychiatrist.com. <https://www.psychiatrist.com/news/survey-42-of-gen-z-diagnosed-with-a-mental-health-condition/>
- Ramadhana, M. R., Soedarsono, D. K., & Setyorini, R. (2022). The role of family communication: Family health and welfare during pandemic covid. *Jurnal Kajian Komunikasi*, 10(1), 121–132. <https://doi.org/10.24198/jkk.v10i1.39251>

- Rezaei, A., & Soltanifar, F. (2023). Family functioning and risky behaviors among female adolescents: Mediating role of emotion dysregulation and decision-making styles. *Current Psychology*, 42(18), 15323–15335. <https://doi.org/10.1007/s12144-022-02799-4>
- Rinawati, R., Fardiah, D., Drajat, M.S., & Syafianugraha, M.S. (2019). Communication in family resilience. *Advance in Social Science, Education and Humanities Research: 1st Social and Humaniora Research Symposium*, 307. <https://doi.org/10.2991/sores-18.2019.105>
- Rusman. (2023). *Keppres 17/2023: Berakhirnya status Pandemi COVID-19*. JDIH Kemenko Bidang Kemaritiman Dan Investasi. <https://jdih.maritim.go.id/berita/keppres-172023-berakhirnya-status-pandemi-covid-19-di-Indonesia>
- Sabah, A., Aljaberi, M.A., Hajji, J., Lin, Fang, C-Y., Lai, Y-C., & Lin, C-Y. (2023). Family communication as a mediator between family resilience and family functioning under the quarantine and covid-19 pandemic in arabic countries. *Children*, 10, 1742. <https://doi.org/10.3390/children10111742>
- Schrodt, P. (2005). Family communication schemata and the circumplex model of family functioning. *Western Journal of Communication*, 69(4), 359–376. <https://doi.org/10.1080/10570310500305539>
- Supratman, L., P., & Wahyudin, A. (2023). Family communication model on preserving romance for elderly spouse. *Jurnal Komunikasi*, 15(2). <https://doi.org/10.24912/jk.v15i2.23085>
- Tam, W. W. S., Poon, S. N., Mahendran, R., Kua, E. H., & Wu, X. V. (2021). Impacts of COVID-19 and partial lockdown on family functioning, intergenerational communication and associated psychosocial factors among young adults in Singapore. *BMC Psychiatry*, 21(1), 1–11. <https://doi.org/10.1186/s12888-021-03599-z>
- Theiss, J. A. (2018). Family communication and resilience. *Journal of Applied Communication Research*, 46(1), 10–13. <https://doi.org/10.1080/00909882.2018.1426706>
- UNAIR News. (2023). *Kajian dampak COVID-19 terhadap kesehatan, ekonomi, pekerjaan dan kehidupan sosial masyarakat di Indonesia*. Unair.Ac.Id. <https://unair.ac.id/kajian-dampak-covid-19-terhadap-kesehatan-ekonomi-pekerjaan-dan-kehidupan-sosial-masyarakat-di-indonesia/>
- Walsh, F. (2003). Family Resilience: A Framework for Clinical Practice. *Family Process*, 42, 1-18. <http://dx.doi.org/10.1111/j.1545-5300.2003.00001.x>
- Walsh, F. (2016). Family resilience: a developmental systems framework. *European Journal of Developmental Psychology*, 13(3), 313–324. <https://doi.org/10.1080/17405629.2016.1154035>
- Walsh, F. (2017). *Strengthening Family Resilience*, 3rd ed. Guilford Publications: New York
- Zarei, S., & Fooladvand, K. (2022). Family functioning and life satisfaction among female university students during COVID-19 outbreak: the mediating role of hope and resilience. *BMC women's health*, 22(1), 493. <https://doi.org/10.1186/s12905-022-02103-3>

Zamralita, Anastasia Putri Leleng Wilis , Stephanie Angelina:
The Role Of Family Resilience On Family Functioning With Family Communication As Mediator
In Generation Z
Peran Family Resilience Terhadap Family Functioning Dengan Family Communication Sebagai
Mediator Pada Generation Z

Zhang, Y., Hu, Y. & Yang, M. (2024). The relationship between family communication and family resilience in Chinese parents of depressed adolescents: a serial multiple mediation of social support and psychological resilience. *BMC Psychol*, 12,33. <https://doi.org/10.1186/s40359-023-01514-7>