

Resilience of farmer families affected by the Cianjur Earthquake: the impact vulnerability, economic stress, and coping strategies

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Abstract. The Cianjur Earthquake in November 2022 had a profound and lasting impact on the lives of the families affected. The objective of this research is to: (1) analyze the resilience of farmer families who survived the earthquake in relation to vulnerability, economic pressure, and coping strategies carried out by families, and (2) analyze the differences in the variables studied in two family groups (severely and lightly damaged houses). The study was conducted one year after the disaster, involving 162 farming families (81 families each with heavily and lightly damaged houses). All research variables had adequate reliability ($\alpha > 0.7$). Compared to those with lightly damaged houses, farming families with severely damaged houses had lower resilience and coping strategies, but higher subjective vulnerability and economic stress. The SEM-PLS test results show that vulnerability has a significant effect on family resilience, while coping strategies have an effect at a significant level of 8%. Family vulnerability also has a significant effect on subjective economic pressure and coping strategies. Vulnerability, economic pressure, and coping strategies contributed 31.2 percent to family resilience. These results show the central role of family vulnerability, so it is important to make efforts to mitigate and reduce disaster risk through reducing family vulnerability in disaster-prone areas. This study demonstrates that family resilience serves as a crucial factor in the effective incorporation of disaster risk reduction within the Sustainable

1 Introduction

One of the world's greatest tropical agricultural nations, Indonesia boasts a wealth of biodiversity. Due to favorable natural conditions, Indonesia produces a wide variety of agricultural goods. In Indonesia, the majority of people employed in the agricultural sector are fishermen and rice farmers [1]. However, Indonesia is also highly susceptible to natural disasters. Based on BNPB data (2022), there were 3,544 disasters in Indonesia in 2022. One of the biggest earthquake disasters that year was the earthquake in Cianjur Regency, which

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affected 16 sub-districts and 180 villages, with 602 fatalities, 114,683 displaced, and 56,548 houses damaged [2].

Farming families suffered losses as a result of the disaster. Earthquakes can damage agricultural land, irrigation systems, and supporting infrastructure such as roads and markets, thus hampering agricultural product production and distribution, ultimately reducing income significantly. Some families also have to experience role changes, where family members seek alternative jobs due to damaged land. Farming families in earthquake-affected areas need to allocate a lot of time and resources to rebuild their homes, which reduces their ability to restore agriculture and prolongs the time for economic recovery [3].

Family resilience in the context of disaster means returning to a stable condition after experiencing losses or trauma caused by natural disasters. Resilient families generally demonstrate effective communication, strong cohesion, and the ability to find positive meaning from bad events [4]. Resilience in families affected by earthquakes, primarily for farming families who depend on natural resources for their livelihoods, plays a critical role in post-disaster recovery and survival. Resilience supports families in dealing with the economic, psychosocial, and environmental challenges that emerge from disasters, enabling families to develop adaptation strategies and restore economic conditions and the well-being of family members [5]. Farming families with high levels of resilience can diversify livelihoods, strengthen disaster-resistant agricultural practices, and leverage social capital to accelerate recovery [6].

Farming families have a high level of vulnerability in dealing with disaster situations such as earthquakes due to their dependence on agricultural land as their primary source of livelihood and limited access to resources to support resilience. This dependence causes structural vulnerability that affects survival and recovery after a disaster [1]. Research shows that factors such as land functionality and socio-economic support significantly affect farming families' adaptive capacity and resilience. In addition, effective resilience and adaptation strategies in dealing with economic challenges are essential to mitigate the negative impacts on family well-being [7]. Subjective economic stress is an individual or family's perception of their financial situation, influencing coping strategies to deal with financial stress. Negative perceptions of economic conditions increase anxiety, prompting families to seek ways to manage financial constraints [8].

Coping strategies play an important role in dealing with the impact of disasters and influencing family resilience, especially in maintaining emotional and physical stability amid post-disaster uncertainty. Adaptive coping strategies, such as seeking social support and recovery planning, have been shown to increase resilience and help families adapt to challenging post-disaster conditions. In contrast, non-adaptive coping, such as withdrawal and destructive behavior, can worsen psychological conditions and hinder recovery [9].

This study discusses the influence of family vulnerability, subjective economic stress, and coping strategies on the resilience of earthquake survivor families in Cianjur. Previously, many studies have only focused on individual psychological problems or physical damage due to disasters without considering the subjective economic stress felt by families as an important factor. In addition, family coping strategies are often discussed in general terms and have not been closely linked to the family's ability to survive and recover after a disaster. This study also highlights family vulnerability, including physical, emotional, and social aspects, which are rarely studied comprehensively. By studying the interaction between vulnerability, economic stress, and coping strategies, this study provides a clearer understanding of family resilience in difficult situations. Focusing on the local context of Cianjur is expected to provide new insights and help survivor families face post-disaster challenges better. Thus, the purpose of this research is to examine the influence of

vulnerability, subjective economic stress, and coping strategies on the resilience of farmer families who survived the earthquake disaster in Cianjur.

2 Methodology

2.1 Research design, location, and time

This study uses an explanatory research design that aims to analyze the relationships between one variable and another by testing a hypothesis [23] and uses a cross-sectional study design, namely a research design that is carried out at a particular time and does not monitor changes over time [24]. The study was conducted in Gasol village, Nagrak village, Limbangansari village, Mekarsari village, Cianjur Regency, West Java Province, Indonesia. The research location was chosen purposively because the area was the epicenter of the tectonic earthquake disaster location that occurred on November 21, 2022, with the most severe damage and fatalities. Data collection for the study was carried out in October 2023.

2.2 Sampling procedure

The population of this study was farmer families who survived the earthquake disaster in Cianjur Regency with sample criteria, namely the family's livelihood is farming, intact families, and having children. The study sample was selected purposively. This study's respondents were wives of farmers who survived the earthquake in Cianjur Regency. The study involved a sample of 162 farmer families who survived the disaster.

2.3 Types and methods of data collection

The primary data in this study is primary data, obtained using an interview method using a structured questionnaire with an interview duration of 30 minutes, supplemented by in-depth interviews. The variables in this study include: (a) Vulnerability questionnaire measured using the SIREN-GA questionnaire (family vulnerability) developed by Sunarti (2021). The family vulnerability questionnaire has three dimensions: physical-economic vulnerability, social vulnerability, and psychological vulnerability, totaling 24 question, Cronbach alpha of 0.775; (b) Subjective economic pressure measured using TEKEN-GA questionnaire (family pressure) developed by Sunarti (2021) with 10 question items, Cronbach alpha of 0.876; (c) Coping strategy measured using a questionnaire developed using Folkman et al. concept. (1986). The coping strategy questionnaire has two dimensions, namely, problem-focused coping and emotion-focused coping, with 20 question items, Cronbach alpha of 0.780; (d) Family resilience was measured using the RESILIENCE-GA questionnaire (family resilience) developed by Sunarti (2021), which includes three components, namely, 1) values, beliefs and rules; 2) family organizational capacity; 3) family atmosphere with 30 question items, Cronbach alpha of 0.929.

2.4 Data processing and analysis

The editing, coding, entering, and scoring procedures were used to handle and analyze the data. Structural Equation Modeling-Partial Least Squares (SEM-PLS) was used for influence analysis, Microsoft Excel was used for data processing and analysis, and the Statistical Package for the Social Sciences (SPSS) 25.0 was used for descriptive and inferential analysis.

Vulnerability, subjective economic strain, and coping mechanisms for family resilience are examined using structural equation modeling-partial least squares (SEM PLS) methodology. In order to estimate structural models that are indirectly quantified by manifest variables, PLS was created as a general method. Before conducting an influence analysis, it is important to conduct a model fit test using the PLS test through two stages, namely a model fit test using the PLS test through two stages, namely meeting the requirements of the outer model (outer loading, AVE, composite reliability) and the inner model (R-square).

3 Results and discussion

3.1 Family characteristics

The study revealed that the husbands' ages ranged from 25–82 years, with an average of 47.56 years. As many as 58.6 113 percent of the husbands in the study were in the middle adulthood age group (41–60 years), while 30.9 percent were in the 114 early adulthood categories (18–40 years), and 10.5 percent were in the late adulthood category (>60 years). Wives' ages ranged 115 from 20–60 years, with an average of 40.81 years. Of the wives, 52.5 percent were in their early adult years (18–40 years), while 47.5 percent were in their middle adult years (41–60 years). The spouses in the research were married for an average of 117 and 20 years. The husbands' education varied from 3–16 years, with 58.0 percent of them elementary school graduates, 23.5 118 percent high school graduates, and only 3.7 percent having completed higher education. The wife's education ranged from 1-119 -18 years, where 59.3 percent were elementary school graduates, 21.0 percent were junior high school graduates, and 16.0 120 percent were high school graduates. The per capita income of the families in this study ranged from IDR 100,000--4,000,000, 121 with an average of IDR 735,908. In comparison, per capita expenditure varied between IDR 98,258 and 249,000, with a 122 average spending of IDR 770,141.

3.2 Family vulnerability

This study identifies family vulnerability across three dimensions: physical, economic, and social-psychological. The findings indicated that 4.9 percent of respondents fell into the high category of family vulnerability, 15.4 percent into the moderate category, 48.1 percent into the low category, and 31.5 percent into the very low category. The average family vulnerability index reached 27.2 percent, indicating that disaster survivor families' vulnerability is in the very low category. The difference test results showed a difference in family vulnerability between families with severely damaged houses and lightly damaged houses, with an average family vulnerability index higher in families with severely damaged houses (Fig 1). Disaster survivors whose homes are severely damaged are more vulnerable due to the loss of a safe place to live, forcing the family to reside in refugee tents. The family also loses essential belongings that support daily life. Additionally, psychological trauma from losing their home and valuable possessions increases stress and anxiety, worsening their emotional condition. Limited resources to repair or rebuild their homes prolong the recovery process, making it more difficult for the family to cope with the long-term impacts of the disaster.

Aspect of Physical Economic Vulnerability. Approximately 47.5 percent of respondents fell into the moderate physical and economic vulnerability category, while 9.9 percent were classified as high to very high in physical economic vulnerability. This was evidenced by

56.8 percent reporting income less than expenses, 92.0 percent lacking six months of savings for family necessities, and 51.9 percent experiencing challenges in meeting various financial needs. Dimension of Social Vulnerability. As many as 40.1 percent of respondents are in the low social vulnerability category; this is indicated by no family members violating morality (89.5%), knowing neighbors and neighborhood administrators (RT/RW) (95.7%), and not having difficulty carrying out daily prayer (90.1%). Psychological Vulnerability Dimension. As many as 74.7 percent of respondents are in the very low social vulnerability category; this is indicated by quickly feeling happy (85.8%), easily being grateful for existing conditions (92.0%), and believing that there is ease behind difficulties (93.8%).

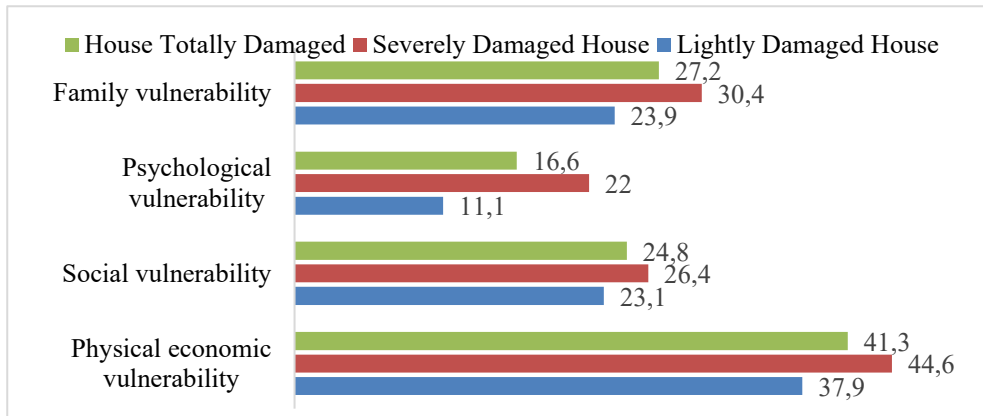


Fig. 1. Average index of family vulnerability

3.3 Subjective economic pressure

The study's results indicate that 9.3 percent of respondents reported experiencing high levels of subjective economic pressure, 38.9 percent reported moderate levels, 33.3 percent reported low levels, and 18.5 percent reported very low levels. The average subjective economic pressure index was recorded at 40.2 percent, suggesting that the economic pressure experienced by disaster survivor families is predominantly categorized as low (Fig 2). Indicators indicating low subjective economic pressure include the ability to pay for family health services (51.9%), the cost of improving life skills (61.7%), spending on social needs of the extended family (50.6%), participation in social activities (46.9%), and contributions to social donations (52.5%). However, there are several indicators with relatively higher economic pressure, such as purchasing family food needs (51.2%), home maintenance costs (58.0%), and the cost of accessing information and knowledge (42.6%). The difference test showed a significant difference in subjective economic pressure between families in severely and lightly damaged houses. The average subjective economic stress index was higher in severely (44.1) and lightly (36.3) damaged houses, especially for indicators such as purchasing family food needs, home maintenance costs, and costs of accessing information and knowledge.

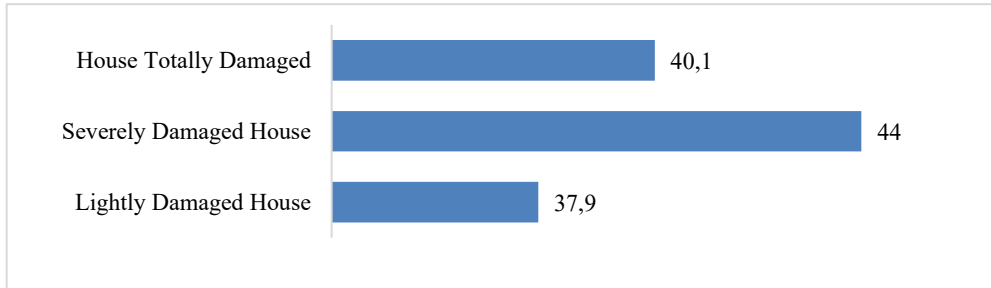


Fig. 2. Average index subjective economic pressure by categories

3.4 Coping strategies

Emotional focus and problem focus are the two dimensions into which coping strategies are separated in this study. 11 percent of respondents fell into the high coping strategy category, 61.1 percent into the medium category, and 27.8 percent into the low category, according to the results. Disaster survivors' coping techniques fell into the medium category, as seen by the average coping strategy index of 65.7 percent. The difference test results showed no difference in coping strategies between families with severely damaged houses and lightly damaged houses. However, the coping strategy index of families with severely damaged houses was higher (Fig 3). Disaster-affected families with severely damaged homes tend to exhibit higher coping strategies because they must quickly adapt to challenging circumstances. The loss of their home and possessions forces the family to find swift and effective ways to cope, whether by seeking temporary shelter, accessing humanitarian aid, or formulating long-term recovery plans. Social and community support also plays a critical role in enhancing coping strategies, as families with stronger social networks are generally better able to manage the impacts of the disaster.

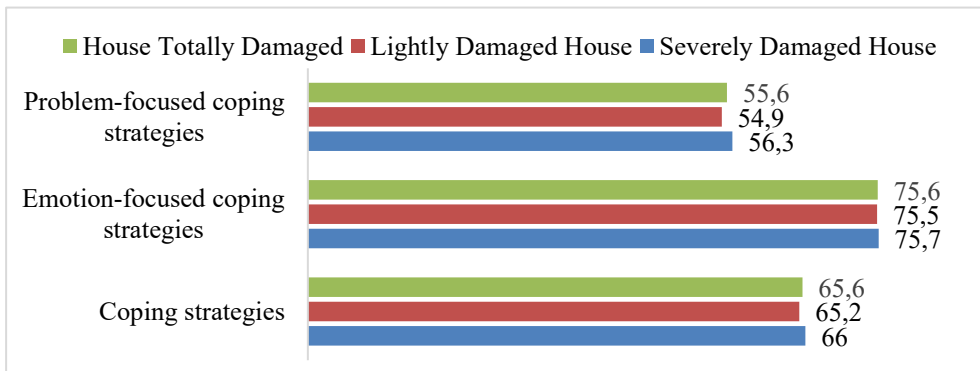


Fig. 3. average index coping strategies by categories

Dimensions of emotional focused coping strategies. The average emotion-focus coping strategy index reached 75.6 percent, indicating that the emotional-focus coping strategy of disaster survivor families was in the medium category. The moderate category of emotional focus coping strategies can be seen from the following indicators: getting closer to God (93.2%), feeling that this disaster/disaster has made positive changes (84.6%), hoping for a miracle (87.0%). Indicators of emotional-focused coping strategies that are in the low

category include not expressing feelings to others (33.3%) and not talking to someone who can understand the problems faced (27.2%). Dimensions of problem focused coping strategies. The average index of coping strategies reached 55.6 percent, which shows that problem-focused coping strategies in disaster survivor families are in the low category. Indicators that describe low-category problem-focused coping strategies include not seeking information about earthquake area rehabilitation or aid posts from the government and private sector (37.1%), not selling assets/goods owned (81.5%), not seeking loans from neighbors or relatives who are still able (71.6%). However, there are high indicators in problem-focused coping strategies, such as efforts to solve problems (61.7%), seeking solutions to overcome problems faced (72.2%), and taking opportunities even though they are high risk (79.6%).

3.5 Family resilience

Family resilience in this study includes three dimensions, namely values, beliefs, rules, organizational capacity, and family atmosphere. The results showed that 55.6 percent of respondents had family resilience in the high category, 43.8 percent in the medium category, and 0.6 percent in the low category. The average family resilience index reached 79.7 percent, indicating that the resilience of disaster survivor families was in the high category. The difference test results showed a difference in family resilience between families with severely damaged houses and lightly damaged houses, with the average family resilience index being higher in families with lightly damaged houses (Fig 4). Disaster-affected families with lightly damaged homes tend to have higher resilience because they still have a safe and protected place to live, providing both physical and psychological stability. The lesser extent of loss allows them to recover emotionally more quickly and more easily access basic services such as clean water, food, and healthcare. With fewer disruptions to their daily lives, these families also have more energy and capacity to manage stress and face challenges.

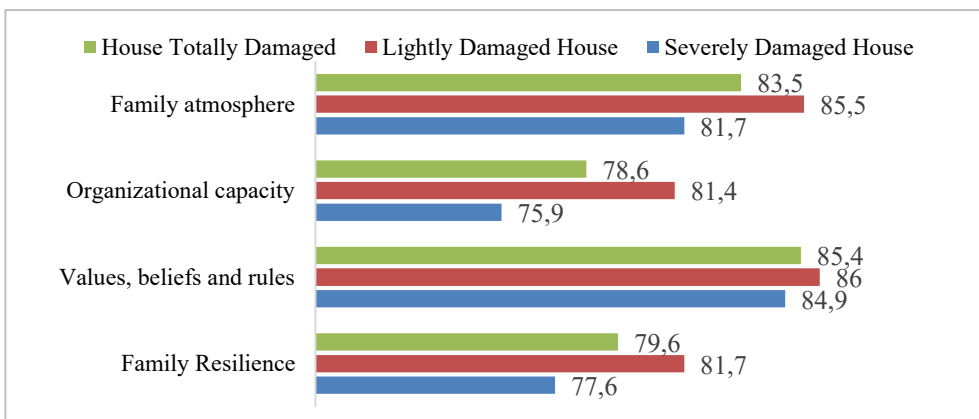


Fig. 4. Average Index Resilience by Categories

Dimensions of values, beliefs, and rules. The average value of the index of values, beliefs, and rules was 85.4 percent, meaning that the values, beliefs, and rules of disaster survivor families were in the high category. High-category values, beliefs, and rules can be seen in the following indicators: obedience and compliance with religious values and teachings (81.5%), regularity in carrying out worship (85.5%), commitment to making religion the

basis for decisions (80.2%), acceptance of disasters as His provisions (85.2%). Dimensions of family organizational capacity. The average value of the organizational capacity index is 78.6 percent, meaning that the organizational capacity of disaster survivor families is in the medium category. Medium category organizational capacity can be seen in the following indicators: the ease of families in adapting to change (61.8%), perseverance in struggling to achieve desired goals/results (79.6%), accuracy in making important family decisions (63.6%), accuracy and precision in using family resources (69.1%). Dimensions of family atmosphere. The average value of the family atmosphere index is 83.6 percent, meaning that the family atmosphere of disaster survivor families is in the high category. A high-category family atmosphere can be seen in the following indicators: closeness of emotional ties between family members (83.3%), generosity in sharing and caring for others (78%), ease of family to be happy (77.8%), joy and ease of humor in the family (74.7%), willingness to sacrifice for the family (85.8%).

3.6 Factors affecting family resilience

The findings of the measurement model fit test in this study indicated satisfactory outcomes, as they fulfilled the criteria for convergent validity, discriminant validity, reliability, and fit measures. The criteria for evaluating convergent validity tests include a loading factor value exceeding 0.7, an Average Variance Extracted (AVE) value, and a communality more than 0.5. The discriminant validity test requires a cross-loading value greater than 0.7 for each variable. In SEM PLS, a Cronbach Alpha value more than 0.6 and a Composite Reliability value greater than 0.7 indicate reliability (Table 1).

Table 1. Results of the empirical model fit test of the influence of vulnerability, subjective economic pressure, and coping strategies on family resilience

Size Type	Size Degree of Fit	Category	Description
Convergent validity test	1. AVE dan Communality	fit > 0,5	Good fit
Discriminant validity test	2. Cross Loading	fit > 0,5	Good fit
Reliability test	3. Composite Reliability (CR)	fit > 0,7	Good fit
	4. Cronbach Alpha	fit > 0,6	Good Fit
Fit measures	5. Goodness of Fit (GoF)	0.149	Medium Fit
	6. Standardized Root Mean Square Residual (SRMR)	0.07	Good fit
	7. Exact Fit Criteria d_ ULS and d_ G	0.22;0.15	Good fit
	8. NFI	0.642	Medium Fit

The table shows that the variables of vulnerability, subjective economic pressure, and coping strategies towards family resilience have met the requirements with Average Variance Extracted (AVE) > 0.5 (an AVE greater than 0.5 means that more than 50% of the variance in the indicators can be explained by the intended construct, indicating that the construct has good convergent validity); Composite Reliability > 0.7 (a composite reliability score greater than 0.7 suggests that the measurement instrument exhibits good internal consistency, and the construct can be relied upon to measure the intended variable); and Cronbach’s Alpha >

0.6 (a value above 0.6 indicates that the measurement instrument is sufficiently reliable for use in research).

Table 2. Presents the average variance extracted values, composite reliability, and cronbach alpha for the empirical model examining the impact of vulnerability, subjective economic pressure, coping strategies and resilience

Variable	Cronbach's Alpha	Composite Reliability	AVE	R-square
Vulnerability	0.607	0.835	0.717	0.000
Subjective Economic Pressure	1.000	1.000	1.000	0.110
Coping Strategies	0.756	0.891	0.803	0.216
Resilience	0.850	0.880	0.768	0.312

The following are the outer loading values of the empirical model of the influence of vulnerability, subjective economic pressure, and coping strategies on family resilience that have met the requirements (outer loading > 0.7). The physical-economic vulnerability dimension in this study has an outer loading value of <0.7, so it is not included in the SEM model because it does not meet the requirements (Table 3).

Table 3. Outer loading value table

Variable	Outer Loading
CS1 <- Coping Strategies	0.910
CS2 <- Coping Strategies	0.882
RE1 <- Resilience	0.828
RE2 <- Resilience	0.889
RE3 <- Resilience	0.909
SEP <- Subjective Economic Pressure	1.000
VU1 <- Vulnerability	0.867
VU2 <- Vulnerability	0.825

Table 4. Results of influence test

Direction of Influence	Direct Effect	Indirect Effect	Total Effect
Vulnerability -> Subjective Economic Pressure	0.332**		0.332**
Vulnerability -> Coping Strategies	-0.398**	-0.047	-0.445**
Subjective Economic Pressure -> Coping Strategies	-0.143*		-0.143*
Vulnerability -> Resilience	-0.476**	-0.067	-0.543**
Subjective Economic Pressure -> Resilience	-0.013	-0.020	-0.034
Coping Strategies -> Resilience	0.141		0.141

The resilience of earthquake survivor farmer families is seen from the direct effect influenced by family vulnerability. Family vulnerability negatively impacts family resilience ($\beta = -0.476 *$). This indicates that increased family vulnerability corresponds to decreased family resilience. Specifically, as families experience higher levels of vulnerability, their capacity to withstand, recover from, and navigate stressors, challenges, or crises diminishes. The direct relationship between variables indicates that family vulnerability significantly positively influences subjective economic pressure ($\beta = 0.332 **$). This suggests that an increase in the level of vulnerability experienced by a family correlates with an increase in the level of subjective economic pressure perceived by that family. Family vulnerability significantly negatively impacts coping strategies ($\beta = -0.398 **$), indicating that increased levels of vulnerability within a family correspond to a diminished capacity to employ effective coping mechanisms in response to challenges or stressors. Subjective economic pressure negatively impacts coping strategies ($\beta = -0.143 *$), indicating that increased feelings of economic pressure among individuals or families correspond to a diminished capacity to employ effective coping mechanisms (Table 4 and Fig 5).

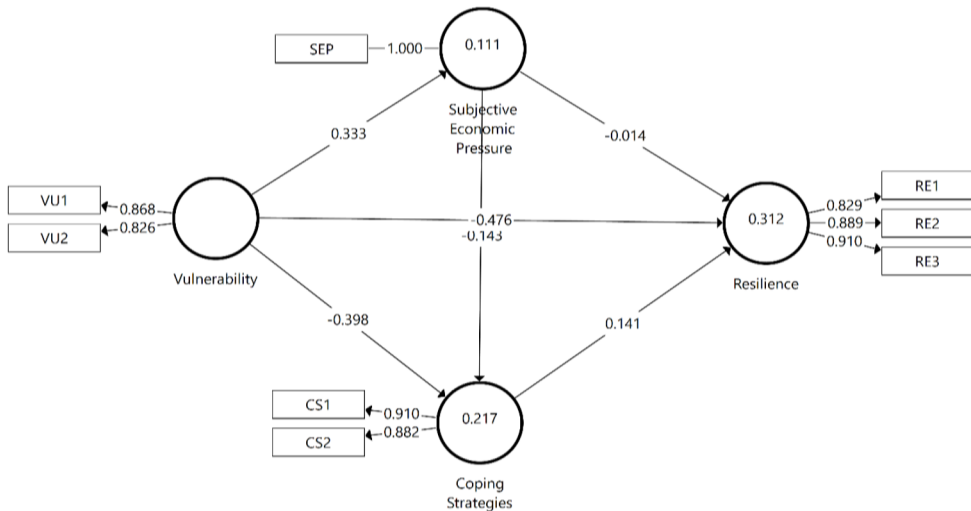


Fig. 5. Final model of SEM-PLS analysis.

4 Discussion

This study uses a structural, functional theory approach based on systems, social structures, functions, and balance. This is based on how individuals and systems influence each other and how family members function, interact, and relate to each other, especially in natural disaster conditions. The earthquake that occurred in Cianjur is one aspect that changed the balance of family structure and function, making families unable to carry out their duties, roles, and functions. Families that cannot carry out their roles become vulnerable to conflict. The failure of the family to function correctly risks the family becoming fragile or vulnerable [1]. The resilience of disaster survivor families is in the high category, such as regularity in carrying out worship, commitment to making religion the basis for decisions, persistence in finding solutions to problems faced, generosity in sharing and caring for others, and willingness to sacrifice for the family.

Family resilience is directly influenced by family vulnerability, meaning that the higher the level of vulnerability faced, the lower the family's ability to survive and adapt to

challenging situations. Vulnerability can weaken family resilience, making it more vulnerable to stress and crisis. This aligns with previous research showing that family vulnerability can reduce family resilience, especially in high-stress situations. The inability to manage resources and develop effective coping can hinder families from maintaining stability and positive function when facing challenges. Continuous pressure or stress can cause dysfunction in the family [10]. Family vulnerability can potentially reduce resilience, especially when facing crises that require rapid adaptation and joint solutions, so the support and development of family-strengthening strategies are crucial [11].

Vulnerability positively affects subjective economic stress, meaning that the higher the level of vulnerability, the greater the economic stress or burden subjectively felt by the family. Vulnerability makes families feel less financially secure or unable to meet their living needs, which ultimately increases feelings of anxiety or stress related to their economic condition. High family vulnerability can contribute significantly to increased subjective economic stress, creating a perception of inability to meet daily needs. This stress includes financial aspects and psychological perceptions that can worsen emotional instability and family well-being [12].

Vulnerability hurts coping strategies, meaning that families who feel vulnerable often have difficulty developing or using effective coping strategies to deal with stress or pressure. High levels of vulnerability in the family can affect the ability of family members to implement effective coping strategies. The family's vulnerability level can affect the choice of coping strategies used in dealing with stressful situations. Families with high levels of vulnerability tend to use less effective or emotion-focused coping strategies, which can reduce the ability to deal with problems constructively. These risks reducing psychological well-being and increasing the impact of stress in everyday life. More adaptive stress management is needed to improve the quality of life in challenging situations [13].

Subjective economic pressure hurts coping strategies, meaning that the greater the subjective economic pressure experienced by the family, the worse or less effective the family's way of dealing with problems or stress (coping strategies). This is consistent with previous studies that found a sharp decline in family income and per capita income following the earthquake, which had not returned to pre-disaster levels even after six months. Poverty also increased by 36.7% after the earthquake but nearly returned to normal after six months. Additionally, over 75% of families reported satisfaction with their well-being, except regarding income, assets, and the role of the government [14].

This study has a number of research limitations, including the fact that data collection was done in a short amount of time, which prevented it from capturing dynamics or changes over time; the possibility of researcher bias affecting data interpretation; the fact that the study was limited to four disaster-affected villages in the Cianjur district, which means it cannot be applied broadly to other populations; and the fact that the only respondents to the questionnaire were wives, meaning it only measured variables based on the perceptions of mothers and wives.

5 Conclusions and suggestions

According to this study, family resilience is in the high category, coping mechanisms are in the moderate category, subjective economic pressure is in the low category, and family vulnerability falls into the very low category. Family vulnerability has a negative impact on family resilience; that is, the more vulnerable a family feels, the less resilient the family is. The relationship between the study's variables reveals that while familial vulnerability has a negative impact on coping mechanisms, it has a good impact on subjective economic strain.

Additionally, family coping mechanisms are negatively impacted by subjective economic pressure. Based on the research, the suggestions that can be given to increase the resilience of disaster-surviving farming families are to focus on reducing family vulnerability by providing skills training and education for farming families so that they have additional abilities outside of farming, which can be an alternative or backup source of income when the agricultural sector is disrupted; encourage farming families to have side businesses outside of farming, such as crafts or small businesses; provide access to modern technology and the latest information on agricultural techniques; build a strong social support network between farming families, which includes solidarity groups or disaster-resilient communities, so that they can support each other and share resources or knowledge; provide psychological assistance programs and training in developing effective coping strategies so that farming families can deal with stress better and maintain mental resilience in difficult situations.

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