ANALYSIS OF SOCIAL SUPPORT AND BELIEFS TOWARDS RESILIENCE OF FAMILIES WITH CHILDREN WITH CHRONIC ILLNESSES

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Abstract
Families with children with chronic illness face very complex challenges that can potentially affect the emotional and functional stability of the family. The purpose of this research is to analyze of social support and beliefs towards resilience of families with children with chronic illnesses. This study uses a cross-sectional design, the population in this study were all families who have children with chronic illness. The sample in this study was calculated using the Slovin formula with a sample size of 77 respondents. The independent variables are social support and beliefs. The dependent variable is family resilience. The data collection technique uses a questionnaire instrument that has been tested for validity and reliability with valid and reliable results. Data analysis uses multiple linear regression tests with $\alpha = 0.05$ data analysis with SPSS software version 25. The result show social support and belief collectively influence the family resilience with p value 0,002. Families with children with chronic illnesses need to pay attention to the importance of social support and beliefs to improve their resilience and ositive beliefs provide calm, hope, and psychological strength to survive in adversity

Keywords: Social support; Belief; Family Resilience; Family; Chronic Illness Disease

1.   Introduction

Families with children with chronic illness face very complex challenges that can potentially affect the emotional and functional stability of the family. Lack of adequate social support, both from the surrounding environment and professional resources, can lead to social isolation and increased psychological burden (Wang et al., 2023). In addition, variations in family beliefs, such as lack of optimism or spiritual views, contribute to their ability to cope and adapt in difficult situations (Arief & Rachmawati, 2019). Low understanding of the importance of resilience is also a problem, because without appropriate support and interventions, families may struggle to develop the resilience needed to cope with the impact of their child's chronic illness (Gise & Cohen,

2022).

Globally, the prevalence of chronic diseases in children continues to increase. According to data from the World Health Organization (WHO), in 2020, an estimated 10 million people worldwide suffered from tuberculosis (TB), of which 1.1 million were children (Stenmarker et al., 2020b). In Indonesia, specific data on the prevalence of chronic diseases in children is still limited. However, several child health indicators provide a general picture. For example, in 2018, almost 3 in 10 children under five years old experienced stunting, and 1 in 10 experienced wasting. Although stunting and wasting are not chronic diseases, these conditions can increase a child's risk of developing chronic diseases later in life (Kemenkes RI, 2018)

Social support, faith, and belief have a significant impact on the resilience of families with children with chronic illness because these three factors provide the emotional, practical, and psychological resources needed to cope with difficult challenges (Nursyamsiyah, 2019). Social support, whether from family, friends, or community, provides a sense of not being alone and reduces feelings of isolation, which helps families manage stress and anxiety (Melguizo-Garín et al., 2023). Faith, whether in the form of spirituality or optimism, serves as a source of calm and hope, allowing families to see challenges as part of the journey of life that can be overcome. These two factors interact with each other, forming the foundation of family resilience to survive and thrive despite stressful situations (Lam et al., 2022)

Families with children with chronic illness and low resilience often face a range of negative impacts that affect their well-being. Without the ability to manage stress effectively, these families are vulnerable to anxiety and depression, which can interfere with their daily lives (Chaghazardi et al., 2022a). Conflict between family members can also increase due to differences in how they cope with stress, which can strain relationships within the household. Additionally, parents who feel overwhelmed often experience physical and emotional exhaustion, or burnout, which can impact their health. Social isolation is also a problem, as families with low resilience may withdraw from social interactions, exacerbating feelings of loneliness and inability to seek support (Chaghazardi et al., 2022b). These impacts not only affect the parents, but also the quality of care provided to the child, which in turn can impact the physical and emotional well-being of the child with chronic illness. Overall, low family resilience can worsen their quality of life and limit their ability to cope with the challenges they face. The purpose of this research is to analyze of social support and beliefs towards resilience of families with children with chronic illnesses.

2. Materials and methods

This study uses a cross-sectional design, the population in this study were all families who have children with chronic illness. The sample in this study was calculated using the Slovin formula with a sample size of 77 respondents. The independent variables are social support and beliefs. The dependent variable is family resilience. The data collection technique uses a questionnaire instrument that has been tested for validity and reliability with valid and reliable results. Data analysis uses multiple linear regression tests with $\alpha = 0.05$ data analysis with SPSS software version 25. This research has passed the ethical review at KEPK Chakra Brahmanda Lentera Institution with No.043/19/VI/EC/KEP/LCBL/2024.

3. Results and discussion

3.1 Results

Table 1. Characteristic Demography

Category of characteristic demography	f	%
Age		
Early adulthood (21-30	26	33,7

Category of characteristic demography	f	%
Late adulthood (31-40)	32	41,5
Early old age (41-50)	19	24,8
Total	77	100
Education		
Basic	6	7,7
Intermediate	60	77,9
High	11	14,4
Total	77	100
Profession		
Civil servants	15	19.4
Entrepreneur	30	38.9
House Wife	25	32.4
Does not work	7	9,3
Total	77	100

Table 2. Characteristic of variable

Category of variable	f	%
SOCIAL SUPPORT (XI)		
Low support	23	29
Medium support	17	22
Good support	37	49
Total	77	100
BELIEF (X2)		
Negative	31	41
Positive	46	59
Total	77	100
RESILIENCE (Y1)		
Low	14	18
Medium	28	36
Good	35	46
Total	77	100

Table 3. Result of analysis

Variable	R Square	F count	F table	Sig
X1,X2	16,4%	3,836	2,403	0,002

Based on the table 2 the results of multiple linear regression test show an R square value of 15.4%. This value shows that the variables social support and belief are able to explain the family resilience variable of 16.4%. The test results show that the calculated F value is 3.836 > F table, namely 2.403, which means that the

independent variable simultaneously influences the dependent variable and the significance value is 0.002, which means that the variables social support and belief collectively influence the family resilience.

    3.2   Discussion

SOCIAL SUPPORT

Social support is closely linked to the resilience of families with children with chronic illness because it provides much-needed emotional, practical, and psychological resources to cope with everyday stress and challenges (Nursyamsiyah, 2019). When families feel supported by their environment, whether from other family members, friends, or the community, they are more likely to be able to cope with crises without feeling isolated (Mediante & Mergal, 2019). Emotional support, such as moral encouragement and empathy, helps parents feel calmer and more optimistic despite the challenges they face (Gise & Cohen, 2022). Meanwhile, practical support, such as help with childcare, scheduling medical care, or even financial support, allows families to focus on caring for their child without feeling too overwhelmed.

Social support also plays a role in providing access to better information about the disease and treatment, which can strengthen the family's ability to make better decisions regarding the child's care (Melguizo-Garín et al., 2023). With adequate social support, families can share experiences with others who are facing similar situations, which provides a sense of not being alone and increasing a sense of control over the situation. This social support, overall, strengthens the family's resilience to deal with long-term stress and reduces the negative impact of stress, thereby increasing their resilience in caring for a child with a chronic illness (Alosaimi et al., 2022)

BELIEF

Beliefs are closely related to the resilience of families with children with chronic illnesses. Beliefs play a very important role in increasing the resilience of families with children with chronic illnesses because they provide psychological and emotional strength that allows families to survive major challenges (Onyishi et al., 2021). These beliefs can come from various things, such as spiritual beliefs, religious beliefs, or positive views about their own ability to overcome difficulties. When families have strong beliefs, they tend to see difficult situations as something that can be overcome, rather than as an unbearable burden. This helps them remain optimistic and persist even though their child's condition requires long-term attention and care (Alosaimi et al., 2022)

Faith also helps families find meaning and purpose in coping with chronic illness, whether through spiritual support that provides a sense of calm or through the belief that every challenge has a silver lining or lesson to be learned (Stenmarker et al., 2020a). With a deep sense of faith, parents can feel more empowered and better able to make good decisions about their child's care, without being overly affected by feelings of hopelessness or despair. In addition, strong beliefs enhance the family's ability to maintain their emotional balance, as they can rely on hope and self-confidence to overcome obstacles. This also affects the overall family dynamic, as positive beliefs can reduce stress and conflict within the family, creating a more supportive environment for the child undergoing medical treatment. Thus, beliefs serve as a foundation that supports family resilience, giving them the strength to move forward and face challenges with greater resilience and hope (Stenmarker et al., 2020b)

RESILIENCE

High family resilience is essential for families with children with chronic illnesses because these conditions present significant emotional, physical, and psychological challenges. Families with high levels of resilience are better able to cope with these difficulties, manage stress, and maintain the well-being of both the child and other family members (Walsh, 2016). High resilience allows families to be more adaptive in dealing with the

changes and uncertainties that arise along with a child's health condition requiring long-term care. Families with high levels of resilience tend to not only survive but also thrive in the face of stress, changing their perspective on difficult situations, and finding new ways to cope with challenges (Walsh, 2003)

Families with good resilience are able to maintain their emotional stability despite being under great stress (Wang et al., 2023). This is important because the emotional stability of parents and other family members contributes to the well-being of the sick child, reducing the anxiety or uncertainty that the child may feel (Chen et al., 2020). When families are able to function well, despite stressful situations, they create a more supportive and loving environment for the child to undergo the healing process or necessary treatment.

4. Conclusion

Social support and beliefs correlate with resilience of families with children with chronic illnesses. Families with children with chronic illnesses need to pay attention to the importance of social support and beliefs to improve their resilience. Strong social support can reduce stress, provide a sense of not being alone, and strengthen the family's capacity to overcome challenges. Meanwhile, positive beliefs provide calm, hope, and psychological strength to survive in adversity. By strengthening these two factors, families can build better resilience, maintain their well-being, and ensure that children receive optimal care despite facing difficult conditions.

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Conflict of interest

The authors declare there is no conflict of interest in this paper

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