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The Role of Interpersonal Communication in Building Family Resilience

Fadyla Ayu Wardhany[1], A.A.A Bintang Kesuma Dewi[1] and Deti Rizki Nabawiyati[2]

[1]Department of Psychology, State University of Surabaya, Surabaya
[2]Department of Psychology, State University of Surabaya, Surabaya
[3] Department of Psychology, State University of Surabaya, Surabaya
Fadyla.21024@mhs.unesa.ac.id; anak.21125@mhs.unesa.ac.id; deti.21176@mhs.unesa.ac.id

Abstract: The purpose of this study was to determine the resilience of interpersonal communication in building a family. This article research uses the literature study method by looking for theoretical references that are relevant to the cases or problems found. From several literature studies on theoretical references that have been carried out, the results and conclusions are as follows: interpersonal communication can strengthen family function in facing challenges, there is a significant relationship between interpersonal communication in families and juvenile delinquency, interpersonal communication carried out by parents can affect opportunities increasing religious knowledge in children. The results of the study show that interpersonal communication can build family resilience but the level of communication between parents and children still tends to be low.

1   INTRODUCTION

Relationships in the family both between parents and children, between each child and husband and wife are relationships that are built based on communication. The family is the first place for a child to learn anything about life, including norms, religion, and social processes, so effective communication needs to be created to build a harmonious relationship between parents and children (Amalia & Natsir, 2017). In a family, of course, communication will be very frequent. However, one thing that needs to be realised is that effective communication is not only measured by the level of frequency of communication but also by the quality of the communication itself (Fensi, 2018). There are still many communication errors that occur in the family, communication between families starting from children who are still at an early age is also very influential on the development of this child later. Communication between families must also be paid close attention to maintain family harmony, especially when children experience development and growth in their teens, where children will experience a period of transition from children to adults and will be vulnerable to juvenile delinquency. Moreover, in the era of fast-paced world development, both technology and the internet today, also influence communication between families. This is by following with (Thariq, 2018) states that the era of globalisation has an impact on increasing individualism, and increasingly weak social control so that it makes the burdens faced even greater. In the all-digital era, direct communication between the surrounding environment, including parents, will decrease. It can be seen that many problems that arise in the family are rooted in a lack of communication in love between parents and children, as well as between husband and wife. It can also be said that the motive of the problem can be solved through communication that is realised through exemplary. If the relationship pattern is disrupted, there will most likely be a problem. The excessive use of digital devices and applications then takes up family time to sit together and have direct conversations, then it will hurt harm children such as become anti-social and less sensitive to their surroundings, if both parents just let this happen and ignore this, then over time the communication problem gets more complex (Sampe, 2019).

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This is by following per under (Siregar et al., 2017) who state that the harmonious factor of parent-child communication is also a cause of juvenile delinquency, parents are often accused of being busy as the reason for the breakdown of communication between parents and children. (Surya, 2001; Dewi & Sudhana, 2013) said that harmony is a condition of interpersonal relationships and communication that underlies a happy family. Family harmony is a manifestation of the condition of the quality of interpersonal relationships and communication both within and between families. This implies that family resilience and harmony are difficult to obtain without interpersonal communication. Communication between parents and children within the family sphere, including in interpersonal communication groups (Fensi, 2018). The family enters the scope of interpersonal communication because the family is a core part of the life of a child as well as both parents. Joseph de Vito stated the definition of interpersonal communication is the process of sending and receiving messages between two or more people, formally or informally. Interpersonal communication requires actors to meet face to face between two or more people by bringing verbal and nonverbal messages so that each can understand each other and interact effectively (Fensi, 2018). Families are where most people first learn how to communicate (Bruner, 1990), and Campbell, Converse, and Rodgers (1976) found that people's sense of well-being and level of life satisfaction are strongly correlated with the quality of their family ties. Therefore, parents and family members need to gain an understanding of the importance of the role of interpersonal communication in the family. Reaffirmation of the importance of the role of interpersonal communication within the family to maintain family resilience.

2   MATERIALS AND METHODS

This research is a type of literature review research by looking for theoretical references that are relevant to the cases or problems found. According to (Creswell, John. W., 2014 ; Hasby, 2017) states that a literature review is a written summary of articles from journals, books, and other documents that describe theory and information both past and present organising literature into the topic and documents required.

The type of data used by the author in this study is data obtained from literature studies, literature study is a method used to collect data or sources related to the topic raised in a study (Hasby, 2017). The data that has been obtained is then analysed using the descriptive analysis method. The descriptive analysis method is carried out by describing the facts which are then followed by analysis, to provide sufficient understanding and explanation

3   RESULTS

No.	Title	Researcher's name	Purposes	Method	Result
1.	Building Family Security With Interpersonal Communications	(Thariq, 2017)	Interpersonal communication can build a family of endurance in the face of even greater challenges"? The authors use a qualitative method and use careful collection of data such as observation, intimacy, and documentation	The research method used is qualitative-descriptive. A qualitative approach helps describe reality, family conditions, relationships, and actions in society	This study found that interpersonal communication was essential to implement family resilience and to strengthen the family function in facing challenges.
2.	The effectiveness of interpersonal communication in establishing family harmony in the meskom fisherman community of bengkalis	(Arwan, 2018)	This study aims to determine the effectiveness of interpersonal communication in realizing family harmony in the Bengkalis Meskom Fishermen's Community.	This study uses a qualitative approach. The goal is that the researcher wants to describe the phenomena that occur in the field and must go into the area so the truth can be accounted for. This means that	The study found that to create harmony in family life, the fishing community in Meskom village tried to make communication in their family life, namely between husband, wife, and children.

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				the data is collected using instruments in the form of interviews and then processed and analyzed qualitatively using descriptive.	
3.	Installation of islamic value through parents interpersonal communication in children	(Rizky, & Moulita, 2017)	In Islam, parents are responsible for providing education under their nature, namely faith in Allah SWT. This fitrah is the primary operational concept of the process of human creation. It contains the potential power to grow and develop optimally and direct it to achieve the purpose of its creation	The method used in this research is the descriptive qualitative method. This research was conducted through observation and interviews.	Based on the results of the study, it was found that interpersonal communication carried out by parents affects the success of instilling religious knowledge in children because if parents always remind and give good advice and do not get angry, children will do what parents want and in investing religious knowledge in children is not only giving directions or guidance, but examples in real life such as helping each other and being polite to everyone
4.	Interpersonal Communication between Parents and Adolescents and Adolescent Self-Identity: A Study in Parupuk Tabing Adolescent Family Development, Koto Tangah, Padang, West Sumatra	(Irianto et al., 2018)	The purpose of this study was to describe interpersonal communication between parents and their adolescent children and the attainment of adolescent identity for the development of the Youth Family Development (BKR) program by officers and counsellors.	This research is a development research (research & development). The development procedure applied in this research follows the development steps according to the ADDIE model which includes Analyze, Design, Development, Implementation, and Evaluation	The analysis results show that the level of communication between parents and their teenagers is still moderate and tends to be low. The story of material feasibility is in the very feasible category. For this reason, it is necessary to develop modules that can be used by parents and their adolescents, which can form effective interpersonal communication between parents and their adolescents.
5.	Building interpersonal communication between parent with children in the family	(Fensi, 2017)	While honest communication is a communication model that is delivered to foster self-respect in children.	This community service activity is carried out through counselling methods and joint discussions. Parents, especially mothers in RW 018, Pejagalan Village, Penjaringan District, North Jakarta, were	This activity concluded that there are many interpersonal communication patterns parents can use to deal with today's children's problems.

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				gathered and invited to discuss	
6.	Relationship between interpersonal communication in the family with adolescent determination	(Amalia & Natsir, 2017)	The purpose of this study was to find out (a) the description of interpersonal communication between parents and adolescents in families in Kampung Cimpu, (b) the description of juvenile delinquency in Kampung Cimpu, (c) see the relationship between interpersonal communication in families and juvenile delinquency in Kampung Cimpu, Kenagarian Surantih, Sutera District, Pesisir Selatan District.	This research is a quantitative type of correlational research. Correlational research is research intended to determine whether there is a relationship between two or several variables. In this study, the variables examined were interpersonal communication as a variable (X) and juvenile delinquency as a variable (Y).	This study's results indicate a significant relationship between interpersonal communication within the family and juvenile delinquency.
7.	The role of interpersonal communication in the family to grow the character of early children	(Handayani, 2016)	After knowing that interpersonal communication is a process of instilling character in early childhood, all forms of communication between parents and children need to be planned so that they are expected to achieve the goal of forming children's character.	These studies also show that schools with effective methods are mostly starting to realize the importance of involving parents in the academic process at school.	Universal education can be made uniform, but the noble culture that is local wisdom is appropriate to be maintained, for example, togetherness in the family, shame when violating applicable norms, and fear of making mistakes.
8.	The Relationship Between Couples' Interpersonal Communication and Harmony in Marriage	(Dewi & Sudhana, 2013)	This study aims to determine the relationship between interpersonal communication between married couples and harmony in marriage.	This research is a quantitative research using the product moment correlation method.	Based on the results of the study, a correlation value (r) of 0.649 was obtained with a probability of 0.000 (p <0.05), indicating that there is a positive relationship between married couples' interpersonal communication and harmony in marriage.
9.	Parents interpersonal communication patterns on children's cognitive development	(Junaidin & Hartono, 2020)	This study examines how parents' interpersonal communication patterns affect children's cognitive development in Surya Islam Kindergarten,	The data collection methods used in this study are observation and interview methods. The subjects used were three mothers who were parents of students at	The results of his research state that interpersonal communication patterns such as trust, supportive attitude, and parental openness impact good children's cognitive

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			Sumbawa.	the Surya Islam Sumbawa Kindergarten.	development, such as perception, memory, thoughts, symbols, reasoning, and problem solving. As well as a harmonious relationship full of understanding and love

4   DISCUSSIONS

The results of this study show that interpersonal communication is very important in building family resilience. From several studies that have been conducted, interpersonal communication can strengthen family functions to deal with challenges. Realizing family harmony by creating a communication in family, between husband, wife, and children. Advantages and disadvantages between husband and wife are used as motivation and self-introspection to complement each other and not to blame each other. Mutual respect and affection between families are instilled in all family members from an early age (Arwan, 2018).

The results of this study also showed that there was a significant relationship between interpersonal communication in the family and juvenile delinquency. The involvement of parents in the family is very influential in shaping personality and can also form self-confidence in adolescents. Interpersonal communication has an important role to form a good personality in children and provide a positive influence from parents to children. Parents interpersonal communication with adolescents will determine whether family education can work well to provide supervision, guidance, and direction to adolescents. The better the family function, the lower the rate of juvenile delinquency (Amalia, 2017). After knowing that interpersonal communication is a process in instilling character in early childhood, all forms of parent and child communication need to be planned to be as expected in achieving the goal of forming children's character (Meni, 2016).

There are many interpersonal communication patterns that parents can do in dealing with children's problems. Listening communication, open communication, and honest communication are alternative models of empathic communication in which children feel part of the process of self-discovery in social life with their parents (Fabianus, 2017). These three communication models, in addition to being the most important way to find solutions to problems faced by children, are also a way to fight the tendency of parental self-egoism. With these communication patterns, parents are able to absorb what children expect. And, in that way, children feel understood and valued by their parents.

Interpersonal communication carried out by parents can affect the success of instilling religious knowledge in children. Interpersonal communication of parents in instilling religious knowledge in children can be well understood and carried out well if parents are able to create closeness with children. If parents always remind and give good advice and not angrily, children will do what parents want. Parents not only give direction or guidance, but examples in real life such as mutual help and courtesy to everyone.

Interpersonal communication patterns such as trust, supportive attitudes, and open attitudes of parents have an impact on children's cognitive development, namely the development of intellectual functions or the process of developing children's abilities or intelligence such as perception, memory, thoughts, symbols, reasoning, and problem solving. The importance of early childhood cognitive development requires understanding various basic concepts taught in school or kindergarten. With good and intense interpersonal communication from parents, children's cognitive development at an early age can help children understand these concepts. And with good cognitive development, early childhood also understands the surrounding world or its environment (Junaidin, 2020). Because family communication successfully mediates or moderates the effects of other dimensions on important outcomes of family members, family communication is a crucial process useful in predicting important outcomes. Because, it is only through understanding how families communicate that it is possible to comprehend how other, more distant factors affect families and specific family members, family communication is therefore a crucial outcome variable in and of itself (Caughlin et al., 2011).

However, from the various positive impacts found with the occurrence of interpersonal communication, the results showed that the level of communication between parents and children is still moderate and tends to be low. For this reason, it is necessary to develop modules that can be used by parents and children that can form effective interpersonal communication between parents and children. The interpersonal communication component of parents and children with aspects of openness, positive behaviour, empathy, and supportive behaviour is also considered to be able to develop interpersonal communication skills of parents and children. This aspect needs to be used as a basis for media development in the form of modules.

5   CONCLUSIONS

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The conclusion of this study is that there are many positive impacts that can be obtained by establishing good interpersonal communication within the family to face challenges. With interpersonal communication within the family is able to shape the character of children, family resilience, so as to achieve a harmonious family life. Delivering messages by communicating between parents and early childhood is important to shape their character after adulthood. However, the application of interpersonal communication in the family is still low so that modules are needed that can be used by parents and children to form effective interpersonal communication. Further researchers are expected to conduct different studies and be enriched in methodology and studies to see, about other developments such as language development, socioemotional, psychomotor, moral and spiritual development of children.

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