



The Urgency of Human Rights in Development Sustainable Family Resilience

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ABSTRACT

Human rights have an important position in supporting the vulnerability of a family. In this writing I examine human rights in sustainable family resilience. Vulnerable families generally result in divorce, domestic violence, and children living on the streets or abandoned. This research explores more about human rights on family resilience in Indonesia. However, in this context, human rights often become vulnerable. Problems such as gender discrimination, abuse of children's rights, and domestic violence can damage family resilience and destroy the basic rights of family members. Therefore, a strong understanding and protection of human rights is the key to building and maintaining family resilience. The method used in this research is literature review research. Research obtains literature sources from journals, books or articles. The research results show that currently there is no urgency in dealing with family resilience problems. Meanwhile, Indonesia itself is a country that upholds human rights. strong understanding and protection of human rights is key to building and maintaining family resilience.

Keywords: Resilience Family, Human Rights, Sustainability.

INTRODUCTION

Sustainable family resilience is an important concept that emphasizes establishing and maintaining stability in a family over time (Conz & Magnani, 2020; Singh et al., 2022). This concept encompasses many interrelated aspects and directly impacts the quality of life of family members, ranging from economic well-being to the mental and physical health of family members. Economic well-being, for example, is essential in creating a stable and supportive environment for family members (Chatterjee et al., 2022; Xu et al., 2020). Without economic stability, families may face challenges in meeting basic needs, such as food and shelter, which can affect the health and well-being of family members. Mental and physical health are also important components of sustainable family resilience. Family members who are physically and

mentally healthy are better able to contribute to their families and communities and are better able to deal with the challenges they may face in life.

The proposed study's unique contribution lies in exploring the intersection between sustainable family resilience and human rights, explicitly investigating aspects or dimensions that have yet to be extensively examined in the existing literature. While the concept of sustainable family resilience has been discussed, the study aims to delve deeper into how human rights can contribute to building and sustaining such resilience within families (Li et al., 2022; Marcil et al., 2021).

The research will investigate how human rights principles can be applied to ensure equal rights and access to resources and opportunities for every family member, regardless of age, gender, or social status. This includes exploring the right to education, decent work, adequate healthcare, and a safe and healthy living environment for all family members. By guaranteeing these rights, the study aims to uncover how they can contribute to sustainable family resilience (Marcal, 2022; Upadhyaya et al., 2021).

Moreover, the study will explore novel strategies to support families in the face of various challenges, whether economic, social, or environmental. This may involve promoting gender equality in education and employment, striving for equitable access to healthcare, or protecting the rights of children and parents within families. By examining these dimensions, the research seeks to shed new light on the potential of human rights in bolstering family resilience and addressing the needs of diverse family members.

Overall, the study's novelty lies in its focus on the relationship between sustainable family resilience and human rights, investigating dimensions that have yet to be extensively explored in the existing literature. Through this exploration, the research aims to contribute to a deeper understanding of how human rights principles can be leveraged to support and enhance the resilience of families in the face of various challenges.

For example, promoting gender equality in education and employment helps ensure that all family members have equal access to opportunities while ensuring equitable access to health care. This can help ensure all family members get the care they need to maintain their health. Meanwhile, protecting the rights of children and parents ensures they get the protection and support they need. Thus, exploring the potential of human rights in building sustainable family resilience is an important step in ensuring long-term family well-being and stability.

RESEARCH METHODS

(Waruwu, 2023) all studies require data collection methods. Research methods are methods of collecting and analyzing data. Usually, the approach used in research is determined depending on the purpose of the study. In research that requires hypotheses, quantitative data is usually used. The collection of this research data through books, journals, or library

publications to be analyzed and classified. The research approach is generally based on the study's objectives.

The method carried out in this scientific article is literature review research (systematic literature review) (Mengist et al., 2020; Takalo & Tooranloo, 2021). Collecting reference materials is carried out by using literature studies derived from relevant previous research reference sources such as journals or books classified and analyzed by previous research experts. The sources of this research reference are books, national journals, and applicable regulations. Data is analyzed by classifying them, looking for similarities and differences, gaining insights, and combining them.

In general, the steps used in literature review research are as follows: First, the researcher determines the selection of the focus of the study, where this scientific focal point is happening significantly. Many events are now circulating on social media or electronic media. Next, the second step is to look for relevant information before the researcher finds out whether the information is true, how many cases are taking place, and whether it impacts the country. Third, reviewing relevant theories, after finding out the information, researchers look for theories that are on current events or information circulating. After reviewing the relevant theory, the final step is to make the conclusions obtained.

RESULTS AND DISCUSSION

Family Resilience

Family resilience is maintaining and restoring family welfare when facing challenges, stress, and pressure. It involves adaptation, recovery and positive growth in the face of adversity. Some may argue that the quality of family life declines due to divorce (Jusliati et al., 2018; Mhongera & Lombard, 2020; Shevell & Denov, 2021).

Research shows that the high divorce rate is partly caused by a lack of mental readiness, maturity, and the ability to assume responsibilities in the family, considering the amount of responsibility that the bride-to-be will carry. This is due to the lack of preparation and emotional maturity of the bride and groom, so many of them finally stop in the middle of starting a family. Therefore, from a psychological point of view, the question arises whether the age of 18 deserves to be the minimum age for marriage.

According to the Statistics Indonesia report, throughout 2023, there will be 463,654 divorce cases in Indonesia, down 10.2% compared to 2022 (year-on-year / yoy). This is the first decline since the COVID-19 pandemic. Previously, in 2021 and 2022, the number of cases continued to increase, as shown in the chart. In 2023, most divorces in Indonesia will be divorces where the wife files for divorce and is approved by a religious court. Based on divorce data, it reached 352,403 cases or 76% of the total number of divorce cases nationally. Then, 111,251 cases, equivalent to 24% of divorces, were caused by talaq, where the divorce was filed by the husband/spouse and approved by the local religious court. The most divorce cases by the

province in 2023 occurred in West Java, with 102,280 cases, in addition to East Java and Central Java, with 88,213 and 76,367 cases, respectively. More details can be seen in the table of divorce rates in Indonesia, as follows.



Figure 1. Total Divorce Rate in Indonesia in 2019-2023

Source: central statistical agency, 2024.

Marriage and family are important places to advocate for women's rights, especially the elimination of discrimination and sexual violence. The results of monitoring conducted by the Women's Committee, or National Commission on Violence Against Women, show that family members are often the main advocates of justice and recovery for women victims of violence. At the same time, reports of violence committed by family members against women continue to increase. Komnas Perempuan (2018) stated that 71 out of 13,384 cases reported to partner service providers were incidents of domestic violence (domestic violence) (Perempuan, 2018).

Based on data from the Central Statistics Agency (BPS), it is stated that in Indonesia alone, the number of divorces reached 516,334 cases in 2022. This number increased significantly by 15% compared to 2021 of 447,743 cases, while the main cause of disputes or quarrels reached 284. 169 cases (63.41%). Disputes or quarrels generally no longer have harmony in the household, no one succumbs to one party, egos are still high, differences of opinion so that disputes occur in complicated situations, and lack of communication between two parties.

The second most common reasons for divorce were "economic reasons," at 110. 939 cases (24.75%). Furthermore, as many as 39,359 cases (8.78%) followed by leaving a partner. In this case, it usually occurs because the couple cannot meet physical and spiritual needs, and the couple is unprepared for finances, family relationships, and the work of each partner. The next case, namely domestic violence, has as many as 4,972 cases (1.1%). This case is the most public grabbing now, usually due to patriarchal culture, third-party interference and differences in

principle. In addition, 874 cases (0.19%) were caused by polygamy, and 690 cases (0.15%) were caused by infidelity.

Divorce will certainly hurt the educational process and intellectual development of children because elementary school students still need enough love and attention from their parents. This is evidenced in the following discussion, which discusses the impact children feel due to changes in their parents. Divorce makes children victims.

According to Law No. 35 of 2014 concerning Child Protection Article 2 concerning providing child protection by guaranteeing, protecting and giving rights to children to develop, grow, live and be able to participate based on respecting human dignity and dignity as well as possible. All activities are aimed at protecting against violence, experiencing violence and discrimination.

Efforts to protect and recognize children with the same human rights as others often face challenges. This is because the child himself is at risk and cannot protect himself from treatment that is not to his condition.

(Tâm et al., 2016) mentioning the Indonesian laws on rights, looking at the Indonesian laws and regulations on children's rights shows that the law is not implemented properly, and many gaps interfere with children's rights. In Indonesia, there are still many cases of violence against children, including physical and mental violence, sexual violence, economic exploitation, out-of-school children, street children, and others. Children's rights are still poorly protected and not fully fulfilled, especially for children from minority and isolated groups. This shows that the implementation of child protection laws has not been comparable to the existence of the law.

(On the other hand, some factors motivate children to live on the streets. Seeing that, in-home life is very influential on children, so it becomes an important factor. Abandoned children come from families that have experienced disputes, such as divorce, discord, the presence of a father or stepmother, parental absence, death or neglect.

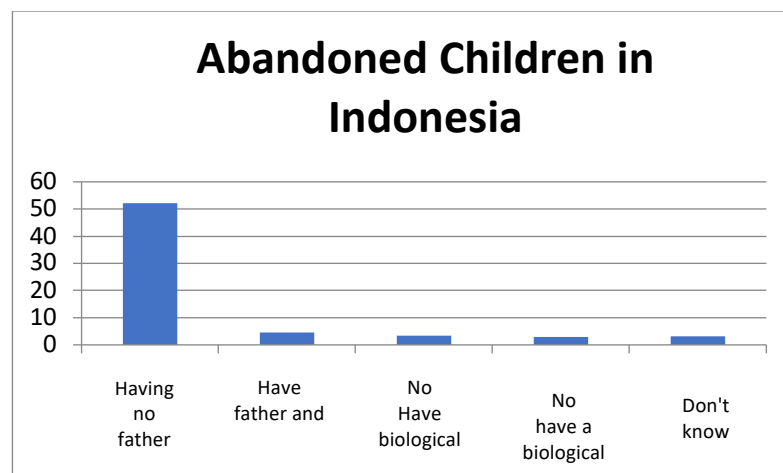


Figure 1. Abandoned Children in Indonesia

Source: central statistical agency, 2024.

Based on data from the Central Statistics Agency (BPS), it states that in Indonesia alone there were 4.59 abandoned children in Indonesia in 2021. The definition of neglect occurs when parents fail to adequately meet a child's physical, mental, and social needs and neglect their responsibilities. BPS found that the vast majority (52.12%) did not have a biological father or biological mother. The second cause had a biological father and mother but was abandoned as much as 4.5%. Then, there are those who do not have a biological father as much as 3.45% and do not have a biological mother as much as 2.96%. Furthermore, as many as 3.11% did not know the whereabouts of their parents. BPS added that young children, especially those living in poor households, are a vulnerable group. They are faced with various vulnerabilities that can limit young children's ability to meet their social and economic needs.

The Concept of Family Resilience according to New and Old Laws

(Maurović et al., 2020) Family resilience is a concept that has broad and deep roots, ranging from the development of the concept of individual resilience, family systems theory and related treatment models, to the postulates of general systems theory, including research on family stress and coping. Integrating these roots into a comprehensive theory is still incomplete. Therefore, there are still significant uncertainties in the conceptualization and operationalization of the concept of family resilience.

Family is ideally something very valuable. His existence is missed and each of its members has very strong emotional and economic ties. This ideal condition will be fulfilled if happiness, the need for comfort, and other human rights are guaranteed. However, not all families meet ideal conditions, in fact, it is not uncommon for someone to get violence, discrimination, and excessive burden.

Community welfare is a tool for population development and prosperous families in fulfilling their role obligations. Families that play an optimal role and reach their maximum potential are called resilient and independent families. The Family Resilience Development Catalog defines family resilience as a means to meet at least basic needs, such as adequate access to adequate food, clean water, health services, educational opportunities, housing, and social inclusion in accordance with Law No. 10 of 1992. In addition, families that play an optimal role in realizing all their potential are families that have high flexibility and independence. Family resilience is indicated by the adequacy and continuity of family income and resources. There is a requirement in building a family and population with resilience and welfare, namely that a family must be independent in developing itself, so that the family can live better physically and spiritually in line with Law No. 52 of 2009 paragraph 1.

(Nawawi, 2021) explained about the family resilience bill from the National legislation program in 2020-2024 where article 25 on family resilience states that women "return" to different provisions of their husband's duties. While the article contradicts the Human Rights Law

regarding the responsibility of married couples to equal positions and rights in the family. Therefore, the protection of women and children in the calculation of family power is discussed in this chapter.

Family Resilience Development

The rapid development of technology has a great impact on the life of today's society. Not only the good side of this development, but also the bad side. Therefore, it is important to activate family resilience. Challenges in the AI era include technology dependence, privacy and security, and technology gaps. The development of technology not only affects work and daily activities, but can also affect ethics and morals. Family resilience can overcome many challenges.

(Amalia et al., 2018) explained that several aspects included in family resilience as self-satisfaction both financially, spiritually, mentally and socio-culturally are their obligations and rights. Physical endurance, in this endurance obligations or needs needed in the form of good clothes, healthy food, and a decent fragile place.

Non-physical resilience, in this endurance that must be met are psychological and spiritual needs. Couples must help each other in meeting these needs so that the family is formed harmoniously where the couple and their children feel a feeling of comfort and security, calm, full of love, and peace-sakinah Mawaddah wa rahmah. So that both parties must work hand in hand to fulfill these rights and obligations.

Flexibility resilience, this resilience is expected that someone can continue to maintain or maintain their relationship functionally with the family such as parents, spouses, relatives and the surrounding community. Being consistent with religion and law means that one must obey the teachings according to religion and law and fulfill their respective rights and obligations.

(Musfiroh et al., 2019) In the face of society's social problems, family resilience is very important. The ability of a family to meet all basic needs is called family resilience. To see patterns of family resilience in the community, initiatives, policies, and programs are needed that help families meet basic needs and remain strong. Increased activity that contributes to the improvement of people's quality of life.

Family Resilience Policy

The implementation of family resilience development policies should be a priority program that is implemented effectively and successfully to build resilient and prosperous families among prosperous families. In accordance with the mandate given in the Law on Family Development and Family Development Number 52 of 2009 concerning Sustainability and Family Welfare.

As for the basis of a family's resilience policy, it can be done as follows: Improve the quality of children through education, counseling, parenting, and child development, as well as care. Increase the strength of vulnerable families by providing protection and assistance to develop on par with other families. Maintain the quality of the surrounding family environment. Develop

innovative ways to help poor families more effectively. The implementation of poverty alleviation, especially for women heads of families.

Family Resilience Program Plan

(Megawanty & Hanita, 2021) The strategy of resilience is adaptation, recovery, change and tactics. Adaptation is the personal and family ability to adapt, challenge, and overcome any difficult situation. Change is the ability of an individual/family to survive shocks and transform shocks to learn more resilience. Erect back is the ability of an individual or family to recover from the shock of dropping them and overcome any disturbance caused by the shock. Tactics are the ability of individuals or families to find ways to avoid and cope with the impact of a shock when another shock occurs.

As for the program design that can be done as follows: Preparation of regional regulations or governor regulations by conducting trials of 10 families per region. Conducting training for BKB (Bina Keluarga Balita), BKR (Bina Keluarga Remaja), and BKL (Bina Keluarga Lansia) programs. Implementation of counselor assignments in the community. Preparation of a tough family content curriculum for kindergarten-high school. Teacher training in the implementation of the BKR program. Education for parents. Conduct a manten candidate course. Conduct youth entrepreneurship training.

CONCLUSION

As a small group within society, the family plays a crucial role in supporting and upholding human rights. From a human rights perspective, family resilience is the family's capacity to protect and promote these rights among its members. This encompasses fulfilling basic needs such as food, education, care, and healthcare while fostering an environment encouraging freedom of opinion and expression. Therefore, family resilience about human rights is indispensable in ensuring the sustainability and advancement of a healthy and just society. However, it is essential to critically examine the challenges and complexities that may arise in achieving sustainable family resilience in the context of human rights. Furthermore, exploring the potential tensions between family resilience and broader societal structures is essential. By critically engaging with these questions and challenges, we can deepen our understanding of the complex dynamics and identify strategies to foster sustainable family resilience in human rights. Through ongoing research, dialogue, and collaboration, we can strive towards a society where every family member fully realizes their rights, contributing to our communities' overall well-being and progress.

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