



Sparental Parenting Strategies in Resilience in Disaster Survivors Aged 7-12 Years in Lere Huntara

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Article Information:

Received Dec 26, 2024

Revised Dec 19, 2024

Accepted Dec 20, 2024

ABSTRACT

Parents play a crucial role in their children's lives, providing support in both joyful moments and challenging situations, such as the post-disaster conditions currently experienced by families in Lere Huntara. In such circumstances, effective parenting strategies are essential to help child survivors build resilience, enabling them to adapt and accept their current situation without being overwhelmed by it. However, findings from this study indicate that parents in Lere Huntara lack specific parenting strategies to foster resilience in their children. This is largely due to environmental limitations, including inadequate living conditions and the lack of proper play facilities for children. As a result, many parents in the refugee camp become more neglectful in their approach to raising their children, unintentionally hindering their emotional and psychological development. This research employs a qualitative approach, utilizing data collection techniques such as verbatim transcription, tabulation, and documentation. The study specifically focuses on parenting strategies for child survivors aged 7-12 years in Huntara Lere. The research subjects consist of parents residing in Lere Village, West Palu District, Palu City, where the disaster impact was particularly severe. The implications of this research highlight the urgent need for parents to adopt appropriate parenting strategies tailored to the needs of child survivors. By providing proper guidance and emotional support, parents can help their children develop resilience, ensuring they are better equipped to cope with the challenges posed by the disaster.

Keywords: *Disaster Survivors, Parenting Strategies, Sparental Parenting*

Journal Homepage <https://ejournal.staialhikmahpariangan.ac.id/Journal/index.php/judastaipa/>

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How to cite: Alimuddin, N & Rahmi, S. (2024). Sparental Parenting Strategies in Resilience in Disaster Survivors Aged 7-12 Years in Lere Huntara. *Journal International Dakwah and Communication*, 4(2), 294–304. <https://doi.org/10.55849/jidc.v4i2.760>

Published by: Sekolah Tinggi Agama Islam Al-Hikmah Pariangan Batusangkar

INTRODUCTION

Indonesia is a disaster-prone region. This condition causes Indonesia to be hit by disasters that come one after another every year. Based on statistical

data in 2018, it shows that in less than a year there were 958 natural disasters throughout Indonesia. The most intense incidents were tornadoes 360 times, floods 306 times, and landslides 249 times, the rest were divided into other natural disasters such as forest and land fires, tidal waves, earthquakes, and volcanic eruptions (BNPB, Tsunami Hits Palu Beach, Emergency Handling Continues to be Carried Out. Online <https://www.bnpb.go.id/tsunami-terjang-pantai-palu-penanganan-darurat-terus-dilakukan>). Salah one recent phenomenon is a natural disaster that occurred in 2019 in Central Sulawesi, precisely in the city of Palu on September 28, 2018, namely an earthquake measuring 7.4 Mw followed by a tsunami that hit the West Coast of Central Sulawesi Island. In the disaster there were 2101 fatalities, 1373 missing, 4,438 injured, 221,450 refugees, and 68,451 damaged houses. It must be realized that disasters have long followed human steps. From the various verses in the holy book of the Koran that tell about natural disasters, for example the Flood of Prophet Noah and the People of Luth, all of this was accompanied by a disaster that destroyed a generation and drowned all their possessions including the son of the prophet Noah himself who did not survive the flood disaster. As according to **Hafsah Al-Quran, Translation and Tafsir for Women Jus 1-30 p 567** in the word of Allah in QS Al-Haqqah verses 11-12, which means "Verily, We, when the water had risen (to the mountain) We took you (ancestors) into the ark, so that We might make this event a warning for you and that you might pay attention by ears that want to hear."

According to Ramli (2010), of the various types of damage and losses caused by natural disasters, psychological losses are the most severe losses for a victim to go through, especially children. This is because children are still very vulnerable to psychological conditions, the percentage of victims who come from children is quite large, both in terms of death rates and other impacts. According to Yulianti (2019), children who lose someone or something very close to them may show the same psychological symptoms as adults, but children find it more difficult to accept the events that have happened to them, so the presence of adults or parents is needed to help them recover and adapt well to the environment in which the child is. According to Marti (2019), the role and function of the family as an integral unit of society greatly determines how a child can recover after a traumatic event. This process, in psychological terms, is known as resilience. Resilience is a person's ability to overcome or adapt to extreme stress or adversity.

There are a number of factors that influence resilience, there are three factors that influence resilience, namely:

1. Individual Factors

Individual factors that influence resilience include individual cognitive abilities, self-concept, self-esteem, and social competence possessed by individuals. Cognitive skills have an important influence

on individual resilience. Through cognitive abilities, individuals can think that the cause of the disaster is not only due to negligence but also the will of God Almighty, as well as the consequences, individuals will think not to regret what happened and try to interpret it and try to develop enthusiasm and optimize thinking skills to recover as before.

2. Family Factors

Family factors include parental support, namely how parents treat and serve children. Emotional and spiritual connections between family members are essential in supporting the recovery of individuals experiencing stress and trauma. The attachment of family members is very influential in providing support to family members who experience disasters to be able to recover and view the incident objectively. Likewise, growing and increasing resilience. In addition to support from parents, family structure also plays an important role for individuals. A complete family structure consisting of father, mother and child will easily grow resilience and vice versa, being intact can inhibit the growth and development of resilience.

3. Community Factors

Community factors include poverty and limited employment opportunities. In adding two things related to community factors, namely;

- a. Gender contributes to individual resilience. The risk of vulnerability to emotional distress, protection against risky situations, and response to adversity are influenced by gender.
- b. Connections with culture include a person's involvement in activities related to local culture and adherence to the values believed in that culture. Resilience is strongly influenced by culture, both attitudes believed in a culture, values of goodness in a society. From the description above, it can be concluded that resilience is influenced by factors from within the individual (internal) and factors outside the individual (external). (Ifdil & Taufik: 2020)

According to Ifdil and Taufik (2020), Resilience is more broadly understood as the ability to cope well with high-level life changes, maintain health under stressful conditions, rise from adversity, overcome adversity, change lifestyles when old ways are no longer appropriate to existing conditions, and face problems without violence. Children with resilience will view their life's difficult events as a challenge in achieving success, so that when a child experiences a natural disaster in his life, he will become a child who continues to try to grow even in a disaster. According to Kusmawati (2019), one of the strategies that parents do to help their children survive the events that befall them is that parents must be able to provide an optimal development atmosphere such

as physical safety, a sense of belonging, opportunities to get recreational education, including opportunities to develop a child's abilities. It is further understood that in building resilience in children, parents must be able to overcome all the difficulties that children feel so that children can return to normal life.

Withand other forms of support received by children from the family in the form of encouragement, attention, appreciation, help and affection that can make children feel comfortable. In the lives of children, family members are the closest people to them, especially parents. When a child experiences stress and depression due to the disaster that befell them, parents are the key to a child's success in getting through the difficult times they face. Based on the description presented in the background, researchers are required to find out what parenting patterns are applied by parents to child survivors in the Lere Huntara refugee camp.

RESEARCH METHODOLOGY

PeThis study uses a qualitative research method, according to Sugiyono (2019), qualitative research as a research procedure that produces descriptive data in the form of written words, spoken words from people and observable behavior, Furthermore, from other studies in his book "Qualitative Research in Social and Religious Sciences" says that: "qualitative research is flexible, open, and can be conditioned based on the research field. The research location which is the destination of the researcher's research is located in the Lere Huntara Refugee Camp, because in that area it is the area with the highest number of child disaster survivors. Data collection techniques include interviews, documentation and tabulation, while data analysis techniques are with data reduction, data presentation and conclusions (verification). Sugiyono (2019)

RESULT AND DISCUSSION

This study was conducted from June 10 to June 21, 2024 in Huntara Lere, using interview guidelines and a cellphone as a voice recorder to obtain clearer information and avoid errors in the study. And this study involved 10 informants from parents and data reinforcement of 10 children in the Lere Huntara refugee camp. From the results of the study conducted by the researcher, it was found that there was an understanding of parenting strategies, obstacles and supporting factors faced by parents in Huntara Lere, for clearer research results, it is stated as follows:

Strategies used in caring for children in the Lere refugee camps. As stated by the informant

Banyak strategies that can be done by parents in building resilience in child survivors so that they can be ready to face the new normal situation after a disaster. Parents are able to provide the right parenting patterns for children and teach children to appreciate life, give meaning to life, a sense of being appreciated and eliminate feelings of being useless. However, this is not the case

with what was conveyed by the informant, that Usually if children go out of the house to play, they are just left alone, because here it is not far for children to play because they often gather at the prayer room". (informant 2; 23-27)

For the sake of moreover, statements from other informants, namely:

"If the child starts to get bored playing outside, invite him to watch TV or play with his older sibling so that the child doesn't complain easily because it's hot in the tent for too long, just take care of him, bro."(Informant 10; 12-19)

You Not much different from the previous informant, statements from other informants also said similar things, namely:

"I usually give my child a cellphone so that he doesn't leave the tent because the children often play far away if they are outside the tent, because there are lots of children playing here."(Informant 4; 25-30)

Yes From the results of the statements of each informant above, it is known that generally parents who are informants admit that they do not have any strategy to build children's resilience. Parents tend to be negligent in parenting. In parenting terms, the strategies used by these parents are included in permissive parenting, namely parenting that does not provide limits, or provides flexibility for children to grow and develop as the child wishes.

Obstacles faced by parents in raising children to build resilience in refugee camps

FaField data revealed that parents in Lere temporary shelters experienced obstacles in raising their children in building resilience. Parents felt that the situation and conditions in temporary shelters were the cause of failure in parenting. Limited space for movement in temporary shelters meant that parents and children no longer had personal space to develop themselves. This statement was taken from the following interview results:

"D" It's hard to look after the children in the tent because usually the children complain about the heat so they are often taken to the prayer room because it's a bit cooler in the prayer room, basically when it's already midday the children start to feel the heat in the tent, especially for a short time."(Informant 10; 33-42).

I Another informant also said something similar, that the condition of the Lere temporary shelters yesg limited space generally makes parents unable to freely control their children. The following is an excerpt from an interview: "Here, when it rains often, it floods, so at night we try to get the water out of the tent, often the rain enters the tent. It gets wet again. The tent is also hot if you are often in the tent for a long time. Not to mention the tent is quite narrow. So children easily fall ill. Usually children have a fever, cough" (Informant 9; 38-49).

Yes From the statement above, it can be concluded that there are many obstacles faced by parents in the Lere Huntara refugee camp, including the conditions they are currently facing, both in terms of environmental conditions that are less than supportive and the less than optimal parenting that they apply to their children.

Supporting factors that help parents build resilience in refugee camps

The limited conditions of the temporary shelters were not entirely interpreted as suffering by the survivors. Some of the parent survivors felt that there were positive aspects that were felt by both children and parents, namely:

"AlThank God, the prayer room is close by so my child can pray five times a day." Usually I do dhikr, the call to prayer at the prayer room with friends, I often invite each other with my friends, so I am diligent in my worship now" (Informant 6; 80-86)

Other informants also said something similar, that the condition of the Lere temporary shelters also had supporting factors, namely:

"TeamHis friends are close by if he wants to play so it's not difficult if he wants to play with his friends in this temporary shelter."(informant 9;59-62)

Based on the description of the research results, it can be concluded that It was concluded that the parents of child survivors in the Lere Huntara also had things that supported them in raising their children, both from places of worship (prayer rooms) that were close to the refugee tents and from children's playmates that were easy for them to reach.

Tabulation of Data on Parenting Strategies in Building Resilience in Lere Temporary Shelters

YesBased on the results of interviews conducted by researchers with ten (10) informants, it was discovered that many of the informants did not have any strategy for caring for their children while in the Lere temporary shelter area. To better understand, researchers presented this in the form of the following data tabulation:

YesI. Tabulation of Parenting Strategy Data in Building Resilience in Child Survivors

No	Aspek parental care	Indicator	Informationn										Tooutright	
			1	2	3	4	5	6	7	8	9	10		
1	Excuse mef	Focuss on the child's wishes	+	+	+	+	+	+	+	+	+	+	+	Ada is applied
		Suka Against	+	-	-	-	+	-	+	-	-	-	-	Nok There is applied
		Nok the existence of regulations	+	+	-	-	-	-	-	-	-	+	+	Nok There is applied
		Anak is King	-	-	-	-	-	-	-	-	-	+	+	Nok There is applied
2	Authoritat iver	Behavep cold	+	-	-	-	+	-	+	-	-	-	Nok There is implement	
		Embarrassingn child	-	-	-	-	-	-	-	-	-	-	-	Nok There is implement

		Giving punishment veso rough	-	-	-	+	-	-	+	+	-	-	Nok There is implem ent
3	Democrac ys	Independent	-	-	-	-	-	-	-	-	-	-	Nok There is
Trusta Self		-	-	-	-	-	-	-	-	-	-	-	Nok There is implem ent
Develop potentia self		-	-	-	-	-	-	-	-	-	-	-	Nok There is implem ent
Build cooperationa		+	-	-	-	-	-	-	-	-	-	-	Nok There is

Based on the tabulation results, it can be concluded that the parenting strategies that parents apply in the huntara in building resilience in children are more directed towards a permissive strategy or better known as giving children leeway in terms of children's needs and supervision. In other words, parents do not have a strategy in parenting their children to foster resilience.

4. Nileai-local values in parenting in Huntara Lere

LoQuality is a culture owned by a certain region that is different from the culture owned by the community in other places, which is believed to be able to fulfill the hopes of the community and in it there are values, attitudes, and procedures of the community that are believed to be able to fulfill the lives of the community. The local values themselves include:

a. Suka shouts at the child

Dalam a study it is common for parents to lose their patience at some point and end up getting angry at their children. However, this is different from parents in the Lere refugee camp who often shout at their children because they think their children have become more difficult to control while they are in the refugee camp.

b. Memgive children freedom to play

Dalam Parental care plays a very important role in supervising their children, but this is different for some parents in refugee camps, sometimes they give their children the freedom to play outside without their own supervision so that their children do not get too hot in the tent.

c. Yesaccompanying children to study

BeSome parents are very enthusiastic about accompanying their children to study so that they can understand their children's potential, but parents who are forced to be in refugee camps are very stressed by the existing shortcomings, so that they prefer to fulfill their daily needs and direct their children to study with their older siblings or study alone.

Resilience is a set of thoughts that allows for seeking new experiences and viewing life as progress. Resilience produces and maintains a positive attitude to

explore Individuals with good resilience understand that mistakes are not the end of everything. The building of resilience cannot be separated from the social support of people around the victim. Social support is a predictor of positive psychological adjustment after a disaster. Social support from parents and friends influences the high level of positive psychological adjustment in children who experience disasters. However, the facts in the field speak otherwise. The researcher's findings say that parents in the Lere transitional shelters do not have any strategy in building resilience. This fact in turn reveals another reality, that child survivors in the Lere transitional shelters are survivors who are not raised to become resilient children. From the results of the research that the author obtained in the field, parents in the Lere transitional shelters in raising children give more of what their children want and give children the freedom to choose their own path rather than trying to make children feel grateful and give advice that leads to the formation of resilience in children. Parenting applied by parents to child survivors in Lere temporary shelters is a permissive-based parenting behavior. This parenting emphasizes unlimited parenting. Children are asked to grow without guidance and control. Parenting with a permissive model cannot foster a resilient attitude in children. Because if it is drawn from the understanding of resilience itself, it is a positive adaptation or the ability to manage oneself by trying to regain a healthy mentality even though experiencing misfortune. (Muchlis: 2019)

MeIt is natural that parents in Lere temporary shelters have difficulty in raising their children to develop resilience. From research found in the field, parents have major obstacles in raising children's mental health in temporary shelters, including environmental conditions that are not supportive such as children often getting hot in the tent, when it rains the tent often floods, and there is no privacy between refugees. This unfavorable situation is the main reason parents neglect parenting to build children's resilience. A study states that someone who has good resilience can be influenced by a strong belief to achieve it, if a person's belief is uncertain it can make performance unstable, while to achieve good resilience requires high belief.

CONCLUSION

Based on the results of research conducted by the author in "Parenting Strategies in Resilience in Disaster Survivor Children in Lere Palu Temporary Housing, there is a permissive parenting type, namely parenting that does not provide restrictions on children and is more in accordance with what the child wants. The following are factors that hinder parenting in Lere Temporary Housing, namely environmental conditions, lack of children's play facilities, geographical location, parental talents and abilities. While the factors that support parenting are Near the prayer room, Many close families, Many children's friends who come from the same village, and Near playmates.

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