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The Relationship between Family Resilience, Social Support, and Well-being Families with Disabled Members (A Literature Review)

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Abstract: This literature review examines the well-being of families in Indonesia raising family with disabilities. By analyzing existing research, the study aims to understand the challenges faced by these families, the support systems available, and the factors influencing their resilience. Key findings highlight the significance of social support, family resilience, and the interplay of parental stress and coping mechanisms in the lives of these caregivers. Additionally, the review explores the impact of different types of disabilities on families and the importance of understanding the unique experiences of each family. The study concludes by emphasizing the need for continued research and support to improve the well-being of families raising children with disabilities in Indonesia and suggests directions for future research.

Keywords: *Family Resilience, Social Support, Family Wellbeing, Disabilities*

INTRODUCTION

Well-being is a universal goal desired by all people, including persons with disabilities. Persons with disabilities are individuals who experience long-term physical, intellectual, mental, and/or sensory limitations that, in interacting with the environment, can encounter obstacles and difficulties in participating fully and effectively with other citizens based on equal rights (Law No. 8/2016). Since 2011, the Indonesian government has committed to ensuring the fulfilment of the rights of persons with disabilities through its commitment to participating in the Convention on the Rights of Persons with Disabilities (CRPD). In 2006, the United Nations formulated the Convention on the Rights of Persons with Disabilities (CRPD) as a joint commitment to realise inclusive development that is friendly to persons with disabilities. This convention has been ratified by 188 countries (2023) in the world to then create their own national plans in the form of work programs to support the implementation of respect for the rights of persons with disabilities. In the Convention on the Right of Persons with Disabilities (CRPD) in 2007 in New York, United States, the CRPD stated that there must be a paradigm shift regarding individuals with disabilities. The purpose of this convention is to promote, protect and ensure the full and equal enjoyment of all human rights and fundamental freedoms by all persons with disabilities, and to promote respect for their inherent dignity. The CRPD then became one way for everyone, including persons with disabilities, to obtain equal rights, including the right to fulfil their well-being because by ratifying the CRPD, Indonesia must comply with the standards and

provisions contained in the convention. This includes ensuring accessibility, respecting the rights of persons with disabilities in all aspects of life (education, health, employment) and preventing discrimination. Thus ensuring the well-being of persons with disabilities, in addition to being a form of commitment to the CRPD, is able to create a more just and inclusive society.

Based on the CRPD implementation report in Indonesia (Cogburn, et al, 2017), the ILO states that the implementation of the right to work for people with disabilities is still not optimal, with the requirement to employ at least 1 percent of people with disabilities from the total workforce not being seriously enforced even though it is in the law. Lisa Schur, et.al. (2017) also mentioned that people with disabilities experience employment gaps that limit their income, security, and overall quality of work life. The well-being of persons with disabilities is inseparable from the support provided by their families as their closest sphere.

Family is the main source of support for individuals with disabilities to be able to live their lives; families of people with disabilities have a significant influence on the overall level of well-being of people with disabilities, because families are able to provide economic, social, and psychological resources that protect (and threaten) their members (Carr & Springer, in Aaron Resch, et al 2012). Based on a survey conducted by the National Alliance for Caregiving (2009), it was stated that parents who have children with disabilities spend an average of 29.7 hours per week helping their children's daily living activities and other supporting activities for people with disabilities, thereby limiting their ability to earn income outside

Table 1. Literature Search and Inclusion Criteria

| Database | Search Terms | Filters | Dates of Searching | Number of Results |
|------------------------------------|---|------------------|--------------------|-------------------|
| Publish or Perish - Google Scholar | <i>title:</i> family wellbeing <i>keywords:</i> disabilities; social support; family resilience; wellbeing; in indonesia | Year : 2019-2024 | 19.07.2024 | 8 |
| Publish or Perish - Google Scholar | <i>title:</i> family resilience <i>keywords:</i> disabilities; social support; family resilience; wellbeing; in indonesia | Year : 2019-2024 | 19.07.2024 | 158 |
| Publish or Perish - Google Scholar | <i>title:</i> social support <i>keywords:</i> disabilities; social support; family resilience; wellbeing; in indonesia | Year : 2019-2024 | 19.07.2024 | 468 |
| Publish or Perish - Google Scholar | <i>title:</i> disabilitas <i>keywords:</i> disabilitas; kesejahteraan; dukungan sosial; resiliensi. | Year : 2019-2024 | 19.07.2024 | 74 |
| Digital Garba | Reference <i>keyword:</i> "kesejahteraan disabilitas" | Year : 2019-2024 | 22.07.2024 | 0 |
| Digital Garba | Reference <i>keyword:</i> "resiliensi keluarga" or "disabilitas" | Year : 2019-2024 | 22.07.2024 | 3 |
| Digital Garba | Reference <i>keyword:</i> "dukungan sosial" or "disabilitas" | Year : 2019-2024 | 22.07.2024 | 1 |

the home. The presence of family members with disabilities can bring its own dynamics and pressures. These challenges can be in the form of an emotional burden in dealing with disability conditions, a financial burden for treatment and therapy, difficulties in accessing education and employment, as well as social stigma and discrimination which can affect social interaction and opportunities (Risksedas, 2018).

All of these factors can have a significant impact on the overall well-being of the family. The concept of family well-being covers various dimensions, including physical well-being (health), economic (fulfilment of basic needs), social (interaction and social support), and psychological (happiness, life satisfaction). However, families with members with disabilities often face greater and more complex challenges in achieving well-being than families in general (Saputri & Wulandari, 2021).

In facing these various challenges, family resilience is a very important protective factor. Family resilience is the ability of a family to adapt, survive, grow, and even become stronger in the face of adversity, stress, and life changes (Walsh, 2016). Families with high resilience are able to manage stress due to disability, find resources and effective coping strategies, and maintain family harmony and function in the midst of existing challenges (Ungar, 2019). So in facing these difficulties, resilience is able to act as

a protective factor for families in adapting and dealing with children with disabilities in everyday life.

Resilience refers to the ability of an individual or family to survive and adapt to the pressures and challenges faced. In addition to resilience, social support is also a crucial social capital for the well-being of families with disabilities. The well-being of families who have children or family members with disabilities tends to be consistently better when they have a strong and satisfying social support network around them (Dunst et al., 1997 in Penny, et al 2024). Social support, whether from family, friends, or the community, can help families with disabilities in dealing with difficulties and improving their well-being.

Social support from friends, extended family, and the community can provide a sense of acceptance, love, appreciation, and need, which is very important for the mental and emotional health of the family (Sarafino, 2017). Social support can also be in the form of practical assistance such as financial assistance, childcare, transportation, information, and assistance, which can ease the burden and increase family independence (Thoha, 2014). Based on the description above, this study aims to examine the relationship between family resilience, social support and the well-being of families with disabilities through a review of existing literature.

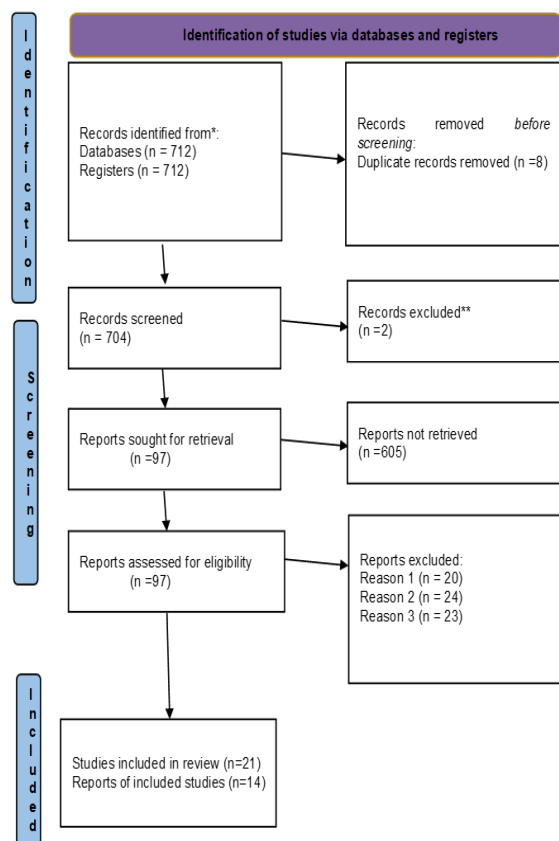


Figure 1. PRISMA Process

METHOD

This article is structured using a literature review method, grounded in the notion that existing knowledge is an accumulation of previous knowledge and that we can learn and build upon what other researchers have explored (Neuman, 2014). According to Neuman (2014), there are four primary objectives of conducting a literature review. First, to demonstrate familiarity with the subject matter and establish credibility. Second, to illustrate the trajectory of previous research and how it has evolved in relation to the current research topic. Third, to integrate and summarise what is known about a particular research topic. And fourth, as a means of learning and stimulating the generation of new ideas. Based on their types, Neuman (2014) categorises literature reviews into six types: context review, historical review, integrative review, methodological review, self-study review, and theoretical review. This article employs a context review, methodological review, and theoretical review. The literature review commenced with a search using the Google Scholar database via the Publish or Perish (PoP) app and Garuda (Garba Rujukan Digital) during the years 2019-2024, employing keywords such as “family wellbeing”, “family resilience”, and “social support”.

In Table 1 the PRISMA process used for study selection is outlined. A total of 712 unique articles

were identified from 2019 to 2024. The researchers used inclusion/exclusion criteria to screen all titles, resulting in 97 articles for abstract screening, with 97 abstracts selected for full-text extraction. Of the 97 selected, 76 articles were excluded using the following criteria: Articles did not discuss the scope in Indonesia, Articles discussed Resilience, Social Support and Well-being for Individuals with Disabilities, not in the context of Disabled Families, Articles discussed the empowerment of Persons with Disabilities. The final selection amounted to 14 papers. An Excel spreadsheet was used to capture extracted data from the studies in a systematic and standardised way (see Figure 1). Thematic analysis (Braun & Clarke, 2006) was used to analyse the final set of papers, and this thematic analysis structures the results shown in the evaluation section of this paper.

RESULT AND DISCUSSION

Result

This section presents 14 selected literatures related to the well-being of families with disabilities, family resilience, and social support for disabled families. Subsequently, the researcher will present the research findings to review the context, methodology, and theory, and then propose the urgency for further research based on the results of this literature review. The following is a description of the research articles, covering research objectives, methods used, and research findings.

Resilience in Families with Children with Disabilities (EW Rahayu, 2019)

Rahayu's (2019) literature review delves into the concept of resilience within families raising children with disabilities. By examining research from India, America, and Korea, the review highlights the challenges faced by children with disabilities and the pivotal role of family support in fostering resilience. The review draws upon the concept of family as a protective factor, suggesting that strong family bonds and support systems can mitigate the negative impacts of disability and promote resilience in children. Resilience acts as a shield, enabling families to navigate challenges and openly discuss their children's struggles. Children with disabilities encounter a range of physical, psychological, cognitive, and social challenges. However, strong and supportive family relationships significantly influence a child's development and potential for resilience. Understanding the experiences of these families is crucial for providing effective support. Moreover, studies on children with intellectual disabilities (categorised as “mild” and “moderate”) suggest that these children may exhibit heightened levels of resilience compared to their typically

developing peers. This finding further emphasises the importance of family support in nurturing resilience. This literature review employed a systematic approach to identify and analyse relevant research. The review included 11 studies that utilised a variety of research methods, including surveys, comparative analyses, and interviews. This diverse methodological approach allowed for a comprehensive understanding of the topic.

Family Resilience with Hearing-Impaired Children in Samarinda City (N Khairiah, M Ridho, 2021)

Khairiah and Ridho's (2021) qualitative study explored the resilience of families raising children with hearing impairments in Samarinda, Indonesia. Through purposive and snowball sampling, the researchers selected 165 participants from various age groups associated with SLB B Ruhui Rahayu, a school for children with hearing impairments. Using the concept of family resilience as a framework, the study examined how these families adapt and thrive in the face of challenges. Factors such as positive outlook, spirituality, communication, financial management, and social support were assessed. While families exhibited similar levels of resilience in areas like adaptability, communication, spirituality, and social support, differences were observed in positive thinking, family time, and financial management. Five families demonstrated positive attitudes towards their children's hearing impairments and employed strategies like effective communication, quality family time, financial management, and strong social support. However, only two families fully met the criteria for resilience, characterized by strong social support and financial security. Communication styles varied among families, with some lacking harmony in communication with their deaf children. This study provides valuable insights into the experiences of families raising children with hearing impairments and highlights the factors that contribute to their resilience.

Literature Review: Social Support for Mothers with Disabled Children, (SM Khoeriyah, 2021)

Khoeriyah's (2021) literature review examines the critical role of social support for mothers raising children with disabilities. The review analyzes existing research to explore the impact of social support on these mothers' well-being. The review highlights the Multidimensional Scale of Perceived Social Support (MSPSS) as a valuable instrument for measuring social support in this context. It also emphasises the strong connection between social support and mental health, particularly in mothers of children with Autism Spectrum Disorder (ASD) and Down syndrome. The review findings suggest that strong social support can positively influence a mother's ability to care for and

educate a child with a disability. However, a lack of social understanding and support remains a significant challenge for families with disabled children. Ultimately, social support is crucial for the well-being of both children with disabilities and their mothers, particularly in fostering healthy family relationships. Research indicates a link between a mother's mental health and her perceived level of social support, especially for mothers of children with ASD and Down syndrome.

Quality of Life of Parents of Children with Intellectual Disabilities: A Qualitative Study (A Bellaputri, FD Purba, 2022)

Bellaputri et al.'s (2022) qualitative study provides a nuanced understanding of the quality of life experienced by parents raising children with intellectual disabilities (ID) in Indonesia. Focusing on parents whose children attend a special school in Bandung, the study employs in-depth interviews to explore the multifaceted experiences of these caregivers. While the study does not explicitly mention a specific theoretical framework, it draws upon the concepts of caregiver burden and social support. Caregiver burden encompasses the physical, emotional, and financial challenges associated with caring for a child with a disability, while social support emphasizes the importance of a supportive network. Through in-depth interviews with ten parents of children with ID, the study reveals a complex picture of their quality of life. While parents reported positive aspects such as maintaining personal activities, receiving support from professionals and others, building positive relationships with their children, and experiencing personal growth, they also highlighted significant challenges, including physical and mental stress as well as financial pressure. The study emphasizes the importance of understanding individual variations in intellectual disability to provide tailored support to parents and children. It highlights that quality of life is multifaceted, encompassing both individual well-being and the challenges of caregiving. Ultimately, the study concludes that caregiver stress significantly impacts physical and mental health, underscoring the need for interventions and support systems to address the emotional needs of both parents and children with ID. This research contributes to a deeper understanding of the experiences of parents raising children with intellectual disabilities and provides valuable insights for policymakers and service providers.

Social Support Through Family Coping Mechanism For Children With Mental Retardation in Special Needs School (SLB) in Banda Aceh (N Desreza, Y Putra, N Wedia, 2023)

Desreza, Putra, and Wedia's (2023) study investigated the relationship between social support

and coping mechanisms employed by families raising children with intellectual disabilities (referred to as “mentally retarded” in the study) in Banda Aceh, Indonesia. The study likely employed a quantitative research design, utilizing surveys or questionnaires to gather data from parents of children attending Special Needs Schools. Statistical tests were probably conducted to examine the correlation between social support and coping mechanisms. Drawing upon the concept of social support as a valuable resource for families facing challenges, the study found that instrumental support (providing tangible help) was the most commonly received type of social support (66%). Additionally, adaptive coping mechanisms (focusing on problem-solving and stress reduction) were the most prevalent (70%). A significant positive correlation was discovered between social support and coping mechanisms, indicating that families with stronger social support networks are more likely to utilize adaptive coping strategies. Emotional support was also found to be significant, with most parents receiving it and employing adaptive coping mechanisms. Overall, the study concludes that social support plays a vital role in helping families cope with the challenges of raising children with intellectual disabilities. By providing emotional and practical assistance, social support can enhance families’ ability to navigate difficulties and promote positive outcomes for both children and caregivers.

Husband’s social support for mother of children with autism spectrum disorder (DR Desiningrum, DR Suminar, ... , 2021)

Desiningrum, Suminar, and colleagues’ (2021) qualitative study delved into the lived experiences of mothers raising children with Autism Spectrum Disorder (ASD) in Indonesia. By conducting in-depth interviews with ten mothers in Semarang, the researchers focused on the mothers’ perceptions of their husbands’ social support. While the study did not explicitly mention a specific theoretical framework, it implicitly drew upon concepts of social support and family stress. Social support suggests that a supportive husband can buffer the stress associated with raising a child with ASD, while family stress theory highlights the potential strain on marital relationships due to communication difficulties and increased burden. The study found that communication challenges with ASD children were a significant source of stress for mothers, impacting their relationships with their husbands. Many mothers reported feeling burdened by their child’s hyperactivity, lack of direction, and irritability. However, emotional regulation and resilience emerged as crucial coping mechanisms for managing stress. Regarding spousal support, four out of ten participants reported their husbands’ involvement in childcare activities, such as pick-up and drop-off. Additionally, eight out of ten participants received some form of

social support from their husbands, with emotional support being the most desired. Factors influencing husbands’ support included their attitudes, workloads, education levels, and family finances. Despite the challenges and stressors, mothers expressed gratitude for their children and even small acts of support from their husbands. Religion was also identified as a source of strength for some mothers in coping with stress. This study provides valuable insights into the experiences of mothers of children with ASD in Indonesia and highlights the importance of spousal support in mitigating stress and promoting resilience.

Relationship Between Husband Social Support and the Resilience of Mother of Children with Autism Spectrum Disorder (ASD) (SA Saragih, MF Moeliono, 2021)

Saragih and Moeliono’s (2021) quantitative study investigated the relationship between a husband’s social support and the resilience of mothers raising children with Autism Spectrum Disorder (ASD) in Bandung, Indonesia. The study focused on mothers actively seeking therapy for their children and employed a correlational design. Using self-reported measures, the researchers assessed the mothers’ resilience and the social support provided by their husbands. The findings revealed a significant positive correlation between these two variables, suggesting that a supportive husband can play a crucial role in promoting resilience in mothers of children with ASD. Specific aspects of social support, such as providing advice on child development and therapy options, were found to be particularly correlated with higher resilience in mothers. However, the study did not find a significant relationship between the husband’s involvement in decision-making and childcare and the mothers’ resilience. Overall, the study’s findings emphasize the importance of a supportive husband in enhancing the resilience of mothers raising children with ASD. This research contributes to a growing body of literature highlighting the critical role of social support in promoting well-being and coping with the challenges associated with raising a child with a disability.

Online social support and psychological well-being of caregivers of children with Autism Spectrum Disorder (L Napitupulu, Y Kurniawan, 2023)

Napitupulu and Kurniawan’s (2023) quantitative study investigated the relationship between online social support and psychological well-being among caregivers of children with Autism Spectrum Disorder (ASD) in Indonesia. The study utilized a correlational design to examine how online social support, accessed through platforms like social media, influences the psychological well-being of these caregivers. A sample of 154 caregivers of children with ASD was

recruited through purposive sampling, focusing on individuals who actively use online social media for information related to ASD. Participants completed self-reported measures assessing online social support and psychological well-being. The study drew upon the concept of social support as a buffer against stress and a potential source of information and emotional connection. It also explored the idea that online social support might be particularly beneficial for caregivers with lower psychological well-being. The findings revealed a significant positive correlation between online social support and various aspects of psychological well-being, including personal growth, purpose in life, self-acceptance, and overall well-being. Notably, gender did not moderate this relationship, suggesting that the benefits of online social support are applicable to both male and female caregivers. Furthermore, the study found that self-acceptance plays a key role in influencing other aspects of well-being for both groups. Instrumental support, such as providing practical help, was found to have a stronger influence on personal growth and purpose in life for female caregivers. Overall, this study provides valuable insights into the positive impact of online social support on the psychological well-being of caregivers of children with ASD. The findings highlight the importance of leveraging online platforms to provide emotional and informational support to this vulnerable population.

Parenting stress, social support, self-compassion, and parenting practices among mothers of children with ASD and ADHD (YE Riany, A Ihsana, 2021)

Riany and Ihsana's (2021) quantitative study explored the parenting experiences of mothers raising children with Autism Spectrum Disorder (ASD) and Attention Deficit Hyperactivity Disorder (ADHD) in Indonesia. Through an online survey, 75 mothers participated, with 52% having children with ASD and 48% with ADHD. The study examined parenting stress, social support, self-compassion, and parenting practices. While no significant differences were found between mothers of children with ASD and ADHD in these areas, the study revealed several key relationships. Parenting stress was negatively correlated with social support, self-compassion, and positive parenting practices for both groups. Parental age was also found to be linked to parenting stress. Conversely, family support positively correlated with positive parenting practices and negatively with negative parenting practices. The study identified factors influencing parenting practices for each group. For mothers of children with ADHD, social support and stress significantly contributed to positive parenting practices. In contrast, for mothers of children with ASD, social support and stress influenced positive parenting practices, while marital status and stress influenced negative parenting practices. These findings highlight the interconnectedness of

parenting stress, social support, self-compassion, and parenting practices in the context of raising children with developmental disabilities. Understanding these relationships can inform interventions and support programs aimed at improving the well-being of mothers and their children.

Exploring the Relationship between Social Support and Parental Stress in Mothers of Children with Autism (S Musayaroh, RF Abadi, S Maslahah, ..., 2024)

The study surveyed 50 mothers, measuring their perceived social support using the Social Support Index (SSI) and their parental stress using the Parental Stress Scale (PSS). Statistical analyses, such as correlation and regression, revealed a significant negative correlation between social support and parental stress. This suggests that mothers with higher levels of social support experience lower levels of parental stress. While individual characteristics of mothers and children with ASD explain a small portion of parental stress, social support remains a crucial factor in mitigating its impact. The observed correlation is statistically significant, indicating a strong relationship between these two variables. Furthermore, the study found that mothers raising older children with ASD reported experiencing higher stress levels. This suggests that the challenges associated with raising a child with ASD may increase over time, highlighting the ongoing importance of social support for these mothers.

The effect of parenting self efficacy and family support on psychological well being of the mother who have children with special needs (AS Zulkarnaen, M Hanoum, A Ekasari, Al Muslimah, ... , 2022)

Zulkarnaen et al. (2022) conducted a quantitative study to investigate the relationship between parenting self-efficacy, family support, and the psychological well-being of mothers raising children with special needs. The study focused on mothers of children attending SLB-C Santa Lusia, a school for children with various disabilities. The researchers employed a correlational design, using self-reported measures to assess parenting self-efficacy, family support, and psychological well-being. The study found a significant positive correlation between parenting self-efficacy and psychological well-being, suggesting that mothers who believe in their ability to parent effectively are more likely to experience positive mental health outcomes. Furthermore, the study revealed that family support plays a crucial role in enhancing the positive impact of parenting self-efficacy on mothers' well-being. When considering family support as a factor, the relationship between parenting self-efficacy and psychological well-being becomes even stronger. Interestingly, the study did not find significant

differences in psychological well-being based on the type of disability the child had, indicating that the positive effects of parenting self-efficacy and family support are applicable across various disabilities. In conclusion, the study demonstrates that both parenting self-efficacy and family support are essential factors in promoting the psychological well-being of mothers raising children with special needs. By fostering these two elements, it is possible to enhance the overall quality of life for both mothers and their children.

Factors Impacted on Wellbeing in Adolescents who have family member Mental Disorder: a Literature Review (RD Tristiana, G Rumambo Pandin, A Yusuf, Moses, 2022)

Tristiana et al.'s (2022) literature review examines the multifaceted factors influencing the well-being of adolescents who have family members with mental disorders. By analyzing 398 studies, the review identifies seven key themes that impact these adolescents' mental health: caregiving responsibilities, perception of caregiving, access to support, coping mechanisms, caregiving burden, positive effects of caregiving, psychological impact, and adaptation. The review draws upon theoretical frameworks such as attachment theory, resilience theory, and social support theory. Attachment theory suggests that parental mental health problems can negatively impact parent-child attachment, affecting the child's well-being. Resilience theory emphasizes the role of factors like knowledge about the illness and access to support in promoting resilience in adolescents. Social support theory highlights the importance of social connections in buffering the negative impacts of caregiving. The review findings reveal that family structure, parental mental health education, and co-parent emotional support significantly affect adolescents' mental health. While caregiving can be a burden, it can also contribute to resilience in some adolescents. Peer connections, social support, and understanding the caregiver role are crucial for promoting mental health in adolescents. Additionally, the sleep quality of caregivers is another important factor influencing adolescent well-being.

The values of family and social sources resilience of disability children: a phenomenology study (S Muryono, K Suranata, 2022)

Muryono and Suranata's (2022) phenomenological study explores the concept of family resilience within families raising children with hearing loss in Bengkulu, Bali, Indonesia. By conducting in-depth interviews with parents and analyzing the data using coding techniques, the study identifies three core values that contribute to this resilience: tradition and religiosity, policy value, and universalism. These values play a significant role in fostering a supportive and inclusive environment for families with children who have hearing loss. The

community's emphasis on tradition and religiosity provides a sense of belonging and purpose, while its commitment to policy value ensures that all members, including children with disabilities, are supported. Additionally, the community's universalist values of understanding, tolerance, and protecting the well-being of all people create a welcoming and inclusive atmosphere. The study challenges the perception of children with disabilities as a burden, instead viewing their presence as a natural part of the community. Children with hearing loss are seamlessly integrated into social interactions and benefit from the community's inclusive approach. The findings of this study highlight the importance of understanding a community's values in developing effective interventions for families raising children with disabilities. By recognizing and leveraging these values, communities can create supportive environments that promote resilience and well-being for all members.

Family Resilience in ADHD Child Parenting (IC Destiyanti, 2020)

Destiyanti's (2020) qualitative study delves into the concept of family resilience within the context of parenting a child with Attention Deficit Hyperactivity Disorder (ADHD). Through in-depth interviews with seven families in Indonesia, the study explores how these families navigate the challenges associated with ADHD and potentially improve their child's well-being. While the study does not explicitly reference a specific theoretical framework, it implicitly touches upon the concept of family resilience. Family resilience refers to a family's ability to adapt and cope with challenges, such as raising a child with a chronic condition like ADHD. The study focuses on the experiences of families, rather than the children themselves, revealing the various limitations and struggles faced by children with ADHD. The study emphasizes the importance of therapy in managing ADHD symptoms and improving communication and focus in these children. Additionally, meaningful family activities are suggested as beneficial for children with ADHD. Although the study mentions improvements in hyperactivity and regulation in seven families, it does not delve into the specific methods employed by these families. The limited sample size also restricts the generalizability of the findings.

Discussion

This literature review examined 14 studies exploring the intricate relationship between family resilience, social support, and well-being in families caring for children with disabilities. The review revealed several key findings and highlighted areas requiring further research.

Key Findings:

Family resilience is crucial: Families with children with disabilities face numerous challenges. Resilience, characterized by adaptability, strong communication, and a positive outlook, emerged as a critical factor in navigating these challenges and promoting well-being (Rahayu, 2019; Khairiah & Ridho, 2021; Destiyanti, 2020).

Social support is essential: Social support networks, including family, friends, and community, provide emotional, informational, and practical assistance, significantly impacting family well-being and reducing parental stress (Khoeriyah, 2021; Desreza et al., 2023; Desiningrum et al., 2021; Saragih & Moeliono, 2021; Napitupulu & Kurniawan, 2023; Riany & Ihsana, 2021; Musayaroh et al., 2024).

The role of mothers is prominent: Many studies focused on mothers, highlighting the significant impact of raising a child with a disability on their well-being. Social support and resilience were found to be particularly important for mothers in coping with stress and promoting positive parenting practices (Khoeriyah, 2021; Desiningrum et al., 2021; Saragih & Moeliono, 2021; Napitupulu & Kurniawan, 2023; Riany & Ihsana, 2021; Zulkarnaen et al., 2022).

The impact on the whole family: While many studies focused on mothers, it is crucial to recognize the impact of disability on the entire family system, including fathers and siblings (Bellaputri et al., 2022; Tristiana et al., 2022).

Cultural context matters: The study by Muryono and Suranata (2022) highlighted the influence of cultural values on family resilience, emphasizing the importance of considering the cultural context in research and intervention efforts.

CONCLUSION

The findings of this review emphasize the complex interplay between family resilience, social support, and well-being in families caring for children with disabilities. While resilience and social support are crucial protective factors, families often require additional support to navigate the challenges they face. The review also highlights the need for a more holistic approach to research and intervention. Future research should: **Explore the experiences of fathers and siblings:** While mothers are often the primary caregivers, it is essential to understand the experiences of other family members and develop interventions that address their needs; **Investigate the impact of different types of disabilities:** Research should explore how specific disabilities and their severity may influence family dynamics and well-being; **Examine the role of professional support:** The review touched upon the importance of professional

support, but further research is needed to understand how different types of interventions and services can enhance family resilience and well-being; **Consider the long-term impact:** Research should investigate the long-term effects of raising a child with a disability on family well-being, including the transition to adulthood. By addressing these gaps in research, we can develop a more comprehensive understanding of the challenges and needs of families caring for children with disabilities. This knowledge will inform the development of effective interventions and support systems to promote the well-being of these families.

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