Family's coping strategies in the Covid 19 pandemic: systematic literature review

by Ika Febrian Kristiana

Family's Coping Strategies in the COVID-19 Pandemic: Systematic Literature Review

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ARTICLE INFO	ABSTRACT
	The COVID 19 pandemic has brought many changes to families and caused various problems related to mental health, especially stress. This study aims to see family's coping strategies in dealing with the challenges of the COVID-19 situation. The method used is a systematic literature review using the 2015 PRISMA guideline. This study uses articles obtained from the Scopus, Proquest, ScienceDirect, and Springerlink databases. The article search method was carried out by entering the keywords "Coping Strategies" AND "Family" AND "COVID 19". The inclusion criteria for articles used are articles written in English, published in peer-reviewed journals, discussing coping strategies for families during the covid pandemic, using quantitative, mixed methods, and qualitative design, published between 2020-2021, and no cultural boundaries. There are 6 articles on coping strategies carried out by families during the COVID 19 situation met the inclusion research criteria. The results found that the coping strategies used by families during the pandemic were included in the problem focused form of coping mechanism, including sharing tasks between family members, managing time between work and family, and asking help from other groups. Coping strategies have a positive impact on problems experienced by families. Other parts outside the family have an important role in the family's coping strategy by providing social support. Future research can focus on coping strategies on certain conditions and cultures during the COVID 19 situation.

INTRODUCTION

The COVID 19 pandemic has become a severe global crisis and can affect individuals' physical and psychological health. This pandemic managed to overwhelm the world due to the emergence of a new virus that originated in Wuhan, China and spread rapidly across the globe due to its highly contagious nature. The existence of COVID 19 has an impact on various sectors ranging from the economy, education, health, and social, to others (Sukmana et al., 2020). Lock-down rules imposed by the government to suppress the spread of the COVID 19. One of the efforts made is social restrictions, which are a risk factor for developing stress symptoms (Rachele et al., 2020).

Although some people in the world have demonstrated their ability to deal with the COVID 19 pandemic, this virus has the opportunity to cause various problems that cause stress for each individual (Horesh & Brown, 2020). The stress that occurs can have an impact on the psychological condition of a person who can experience anxiety and even depression. In addition to psychological stress, it can also have an impact on a person's physiology such as appetite disorders, heart rhythm disorders, sleep disorders, and disturbances in activities (García Alvarez et al., 2020). To minimize the long-term effects of COVID 19, individuals need to have the capacity to make positive adaptations when experiencing

stressful situations (Adler & Saboe, 2017). With psychological resilience, individuals can deal with and reduce the effects of stress well (Hou et al., 2017).

One of the efforts to reduce stress is to improve individual coping abilities. Coping ability will increase when the coping strategy used is adequate (Sari & Sari, 2020). Coping strategies consist of problem-focused coping and emotion-focused coping. A coping strategy is an attempt by someone to overcome the problems that occur so that it has an impact on solving a problem (Ye et al., 2020). Lazarus & Folkman, (1984) suggested that problem-focused coping is an effort to deal with stress that is focused on problem-solving. While emotional focused coping is an effort to reduce stress by regulating emotional responses to adapt to the impact of conditions that are considered stressful. Coping strategies are divided into two types, namely positive and negative. Negative coping strategies in the form of avoidance (evasion), self-blame (blame yourself), wishful thinking (surrender), and negative coping if done by a family can worsen the psychological condition of each member of the family.

Coping strategies are very important for every individual or family to have because the impact of the COVID 19 pandemic is felt in all aspects of life so an individual's capacity is needed to be able to adapt in a pandemic situation. In addition, the COVID 19 pandemic situation can affect individual mental health because each individual is required to be able to adapt to changing conditions. Coping strategies are one way to solve problems as well as a form of effort in dealing with stress (Sundberg et al., 2007). In dealing with these situations and conditions, families need support and motivation from various parties, providing guidance, as well as various strategies for defense. To overcome this, families need effective coping strategies (Lazarus & Folkman, 1984). Individuals who have the right coping strategies can face and adapt to the challenges they face and can be a stress-fighting factor.

Research that discusses family coping strategies has been carried out for a long time, but the research that is more specific about a family's coping strategies in the COVID 19 pandemic situation is still little done. This study aims to see how the family's efforts in managing coping strategies to face challenges in the COVID 19 pandemic situation.

METHODOLOGY
Research Question

The questions in this study are: What are the forms of coping strategies that families do in dealing with the COVID 19 pandemic? What is the positive impact of the coping strategies that are carried out? What is the role of other parties in the success of the family's coping strategy in dealing with the COVID 19 pandemic?

Inclusion Criteria

The method used in the literature review is the SLR (Systematic Review of Literature) scientific approach using the 2015 PRISMA guideline to conduct literature selection (Moher et al., 2016). The inclusion criteria for articles used are 1. Articles are written in full in English; 2. Published in peer reviewed journals; 3. Discussing coping strategies for families during the covid pandemic; 4. Using quantitative study design, mixed methods, qualitative; 5. Published between 2020-2021; 6. No cultural restrictions are used in finding targeted articles.

Search and Data Collection

The data collected in this research were taken journals originating from search engines with the site addresses of Proquest, Scopus, ScienceDirect, Springerlink, and Google. Data collection in this research was obtained through several stages, including observation and literature study to conduct a study of data assessment related to the SLR method in the obtained journals, and documentation by saving the found articles into the Mendeley software. The article search method was carried out by entering keywords using the Boolean searching technique "Coping Strategies" AND "Family" AND "COVID-19" in all databases.

Article Quality Appraisal

The initial screening of articles in this study was carried out by selecting all titles and abstracts that matched the inclusion criteria. The title and abstract selected from the initial screening were then further selected based on the inclusion criteria that had been set. Then, the researcher continued the analysis to evaluate the quality of the articles. There are 3 guidelines for assessing the quality of articles used by the method used in each article. Articles using qualitative methods were assessed using Cummings. Articles that use qualitative methods are assessed using CASP (Critical Appraisal Skills Program). Meanwhile, articles with the mixed method are assessed using the Mixed Methods Appraisal Tools (MMAT). Further assessment of the article is carried out to see the suitability of the article to be reviewed.
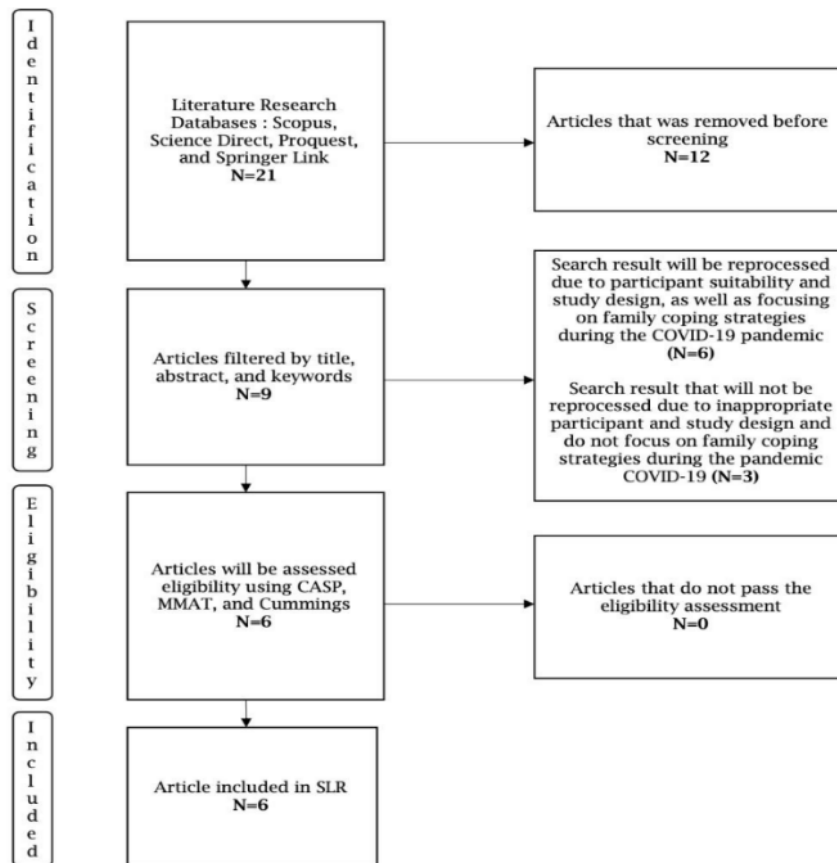

Figure 1. Article Search Stages (PRISMA)

Data Extraction

The data extracted from the article includes the author's name, year, journal name, country, purpose, theoretical framework or model, conceptualization, methodological approach, participant, reported reliability and validity, data analysis techniques, and results.

Title, Authors, Years	Researrh Sites	Samples (n)	Research Design	Measurement	Results
Experience of Autistic Children and Their Families During the Pandemic: From Distress to Coping Strategies **Jacques, Saulnier Ethier, Soulieres (2021)**	Canada	109 parents and children with autistic (5.75–18 years old)	Mixed research design, with qualitative and qualitative approach	Questionnaire on the Needs of Autistic Children and Adolescents During the Pandemic	The coping strategies used by families during the pandemic are government socialization to children and parents, having access to go to autistic children's service centers, autism experts, psychoeducators, doctors, psychologists, teachers for children, school counselors, accurate information about the virus, public health measures.
Responding to the pandemic as a family unit: social impacts of COVID-19 on rural migrants in China and their coping strategies **Tang & Li (2021)**	China	29 migrant families	Qualitative	Interview	The "family power strategy" is considered a coping with the crisis or threat and China's underdeveloped welfare system during the COVID-19 pandemic. Within the household, they help each other and work as a unit to maximize resources and reduce risk.
Family member incarceration and coping strategies during the COVID-19 pandemic **Testa, Fahmi (2021)**	United States	365 people with family in imprisoned	Descriptive statistics of analytical samples and ordinary least squares regression (OLS)	Dysfunctional and functional coping strategies derived from the Brief COPE inventory	Correctional administration and public health practices can be coping with family members during the covid pandemic
Effects of social position and household	French	809 partisipant	The research uses a	Online questionnaire on household	Household social position and affordability were

affordances on COVID-19 lockdown resilience and coping **A.Chesterman., M. de Battista., E. Causse (2021)**			snowball sampling technique, with quantitative research methods	affordability during lockdown, index of social position (ISP) questionnaire & ways of coping Checklist	identified as resilience and coping factors during the lockdown.
Who Is Watching the Children? A Quantitative Analysis of Strategies for ReconcilingWork and Parenting during Lockdown in Northern Italy **Barbara Plagg, Heidi Flarer, Andreas Conca, Christian J. Wiedermann, Adolf Engl, Giuliano Piccoliori, Sigrid Mairhofer, Verena Barbieri, and Klaus Eisendle (2021)**	Italy	3725 adult participants from different households	Quantitative survey	A short questionnaire was developed to create a small set of items that collects information about coping strategies related to childcare and subjective evaluation of an individual's health status during the closure of a childcare institution.	53.4% of all participants sought help from people outside the nuclear family to bridge the situation, mostly grandparents (79%; n = 1855), taking turns working to care for the child with their partner (35%, n = 1316), working mornings or evenings (23%; n = 850), or leaving the child unsupervised (25%, n = 929).)
Family Coping Strategies During Finland's COVID-19 Lockdown **Milla Salin, Anniina Kaittila, Mia Hakovirta, and Mari Anttila (2020)**	Finland	The sample consisted of 654 respondents, who were parents with at least one child under the age of 18 years.	Quantitative analysis	The survey included quantitative questions about work-family reconciliation, marital and parental conflict, and well-being, as well as qualitative open-ended questions about daily life during the pandemic	Coping strategies are used at three levels: macro environment, relationship, and individual. To understand the family's coping strategies, the macrosocial environment around the family, their relationships, and interactions between family members, as well as individual decisions and attitudes, must be taken into account

Table 1. Article Review Summary

RESULTS AND DISCUSSION

The data search process in this article was carried out from October 10 to December 3, 2021. A total of 21 articles were obtained in this research. Articles are selected based on duplication, titles, keywords, and the entire text of the article. 15 articles did not meet the inclusion criteria because the content of the article that is not on the topic of psychology, the existence of the same article, and not being a research article. So, as many as 6 articles were selected for review in this research. The 6 articles were then assessed using three article quality assessment guidelines that were used according to the method used. Articles using qualitative methods were assessed using Cummings. Articles that use

qualitative methods are assessed using CASP (Critical Appraisal Skills Program). Meanwhile, articles with the mixed method are assessed using the Mixed Methods Appraisal Tools (MMAT). Through the assessment process, it was found that the six articles deserved further review.

The first source of literature is research conducted (Jacques et al., 2021). The family's coping strategy used is to always communicate by providing information and answering children's questions without denying the impact of COVID 19. Parents also limit communication with their children by not talking about COVID 19 continuously. Research (Jacques et al., 2021) also explains that formal and informal support is very helpful for families during the COVID 19 pandemic. Parents highlighted that they have access to special services, such as rehabilitation centers for autistic children, psychologists, psychoeducators, occupational therapists, speech therapists, pediatricians, psychiatrists, school counselors, and family doctors, and can access reliable information from the government regarding COVID 19 is a family coping during the COVID 19 pandemic (Jacques et al., 2021). Meanwhile, coping strategies for children during the COVID 19 pandemic are playing gadgets, board games, and reading. Children feel lonely during the COVID 19 pandemic. According to them, gadgets can help reduce loneliness. In addition, they feel that gadgets can create a sense of security.

The second research conducted by Testa & Fahmy (2021). The results indicate that families who have excessive concern for family members who are in prison contracting COVID 19 will show many dysfunctional coping strategies. This is described by blaming oneself and showing uncontrolled behavior, which will worsen the health of the family itself. This study also found that functional coping strategies were not found. Therefore, this study recommends several coping strategies that should be used in overcoming family worries, namely with facilities or access for families to be able to visit family members face to face, being allowed to communicate via video calls, more intense communication, and social support, and support. Emotional stress has been proven to reduce family worries during the COVID 19 pandemic. The next coping strategy is that having a good response from correctional institutions and public health practices can help reduce family worries during the COVID-19 pandemic.

The third source of literature is conducted by Tang & Li (2021). The results reveal the strength of the household perspective is considered a coping strategy in rural migrant families. Within the family, they help each other and work together as a unit, to maximize resources and reduce risk during the COVID 19 pandemic. The governments need to provide assistance to families and improve the social security system for rural migrant families. Receiving support from the government is also a form of coping with rural migrants in facing difficulties related to the COVID 19 pandemic.

The fourth source of literature is research from (Salin et al., 2020). 11 themes described the coping strategies used were grouped into three levels. First, macro environment, wich are flexibility of paid work, services, and support provided by the community, social relations, and informal support. Second, relationships, wich are agreements, flexibility, then family time and conversations. Then, the individual, which are personal attitude, personal time, and flexibility regarding the standard of paid work. The macrosocial environment around the family, relationships and interactions between family members, as well as individual decisions and attitudes, must be taken into account.

The next source of literature is research from Chesterman et al., (2021). The higher the social position, the higher the resilience and coping. The study also found that individuals with low social position and low household affordability were less likely to seek social support to overcome lockdowns. The study also explains that increasing household affordability among low-status groups should be a priority in future lockdowns, as it appears to negate the effect of social position on coping strategies focused on social support in these special groups. The presence of pets at home is a protective factor against stress and depression.

The last source of literature comes from the research of Plagg et al., (2021). The results found that the coping strategies parents used included taking turns working with their child-rearing partner (35%, n = 1316), working mornings or evenings (23%; n = 850), or leaving the child unsupervised (25%, n = 929).

The results also found that, despite government restrictions, most working parents, apparently left without another support system, sought external help from third parties, initiating contacts and forcibly shifting childcare into 'illegal' domains. Fatigue due to the pandemic, unable to take time off, and the inability to bear the workload and take care of the family are suspected to be the causes of this happening. Grandparents play an important role in providing informal childcare and thereby increasing the number of working mothers. Plagg et al., (2021) also found that the participants involved were dominated by women. This fact shows that women especially feel addressed by the topic.

The COVID 19 pandemic that is engulfing the world has had various impacts on people's lives, especially in the family. Thus, the changes that occur cause various problems in the family, especially during the lockdown period where activities outside the home are limited. Research conducted by Brown et al (2020) found that the COVID 19 pandemic caused a burden on parents' minds which ultimately brought stress, which was associated with high levels of anxiety and symptoms of depression. Research by Li & Zhou, (2021) also found that the COVID 19 pandemic increased parents' concern for their children. The higher the concern of parents for their children, the more problems their children will display during the pandemic.

To overcome and avoid mental health problems such as depression and high anxiety, it is necessary to do a coping strategy to overcome this. Coping is defined as a process of managing pressure that is felt to burden or exceed the individual's resources (Seaward, 2018). Coping strategies have a positive impact on problems experienced by families. Mashudi et al (2021) through their research found that 15% of family mental health was affected by the coping strategies used to deal with problems that occurred during the COVID 19 pandemic. To get optimal mental health, families need to use various types of coping strategies to deal with problems that occur.

Through various literature that have been reviewed, there are various kinds of problems that arise during the COVID 19 pandemic and various coping strategies used. Coping strategies used are related to the problems that occur. The various problems that arise during the COVID 19 pandemic depend on the type of family. In the literature review, it was found that various types of families had various problems. Families with autistic children, migrant families, families whose members are imprisoned, and families whose husband and wife work.

In families with autistic children, the changes that occurred during the COVID 19 pandemic caused various impacts including anxiety, stress, and excessive use of gadgets in this family. This is in line with a study conducted by Adams et al (2021) in which many parents reported increased stress and anxiety during the COVID 19 pandemic. Children feel lonely and choose to play with gadgets all day during the COVID 19 pandemic. The negative impact resulting from excessive use of gadgets on children can be fatal. The use of gadgets that continues to increase will lead to gadget addiction (Kizilok & zok, 2021). Therefore, handling is needed to address this problem, one of which is through intervention. The COVID 19 pandemic has demonstrated that interventions for autistic children should not only target children directly but also provide parents with information to better understand and support their children through parent-mediated interventions in dealing with the COVID 19 pandemic (Ameis et al. ., 2020).

Having a family member in prison will certainly cause excessive concern for the family, especially during the COVID 19 pandemic. Families who have family members imprisoned will certainly be more socially isolated during the COVID 19 pandemic. Therefore, it is important to have a coping strategy in dealing with this situation. This is supported by research conducted by Saloner et al (2020) which states that the rate of COVID 19 is six times higher in the population in prison. However, based on the literature review that has been done, it was found that family members adopt coping strategies that make the situation worse. Therefore, it is important to provide education regarding this issue. The Texas Convict Family Association is recommended to help improve functional coping strategies in families. Correctional institutions are also expected to participate in coping strategies during COVID 19 (Novisky et al., 2021).

Rural migrants in China are usually disadvantaged when they are in cities because of inequality in education, welfare, and social interaction (Yue et al., 2013). In Chinese society, usually, the family will prioritize kinship networks and adhere to family values embedded in Chinese culture. Families of rural migrants are not below the poverty level, so they are ignored by the government. They cannot work online like most office workers. This has consequences on their income which results in stress during the COVID 19 pandemic (Tang & Li, 2021). So that various coping strategies are needed to overcome this situation, in this case, it can be in the form of strength from the family as well as support and assistance from the government.

Families with working parents have their problems. Problems such as fatigue, inability to take care of children and work, and not being able to take time off are some of the problems that arise in working families (Larsen et al., 2021; Marchetti et al., 2020). Coping strategies used to overcome problems include sharing tasks with their partners, controlling work time, and asking for help from others (such as grandparents) in raising their children (Plagg et al., 2021; Zamberletti et al., 2018).

As has been explained, assistance from the nuclear family is not enough to be a coping strategy in dealing with the COVID 19 pandemic. According to Weiss (in Bulmer, 2015), social support is something provided by helpers, whether professional or not. Taylor argues that support can come from parents, spouses, other family members, social and community friends, or even pets. Social support from various other parties such as rehabilitation centers, psychologists, psychoeducators, occupational and speech therapists, psychiatrists, doctors, school counselors, grandparents, and even fellow family members is also a family coping used during the COVID 19 pandemic (Jacques et al. ., 2021; Tang & Li, 2021; Plagg et al., 2021). Not only that, this is in line with studies conducted by Althiabi., (2021) and Gadermann et al., (2021) which state that supports from parties outside the family plays an important role. Social support functions to maintain the welfare and physical and mental health of the family (Hado & Feinberg, 2020). In addition, social support from outsiders can also reduce feelings of loneliness, and play an important role in alleviating symptoms of depression (Mariani et al., 2020).

CONCLUSION

Various problems in the family such as parental concerns for their children, work problems, and changing married life happened in the COVID 19 pandemic. One of the efforts to reduce stress is to improve coping skills. Every family has its type of coping to avoid problems that occur during the COVID 19. The coping strategies used by families during the pandemic were included in the problem focused form of coping mechanism, including sharing tasks between family members, managing time between work and family, and asking help from other groups. Coping strategies have a positive impact on problems experienced by families. Other parts outside the family have an important role in the family's coping strategy by providing social support. Future research can focus on coping strategies on certain conditions and cultures during the COVID 19 situation.

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CONFLICTS OF INTEREST

The authors declare no conflict of interest.

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