

## FAMILY RESILIENCE AMONG FARMERS IN THE GALESONG DISTRICT

Muh Nurikhsan<sup>1a\*</sup>, Najamuddin<sup>2b</sup>, Supriadi Torro<sup>3c</sup>

<sup>1,2,3</sup>Program Pascasarjana Universitas Negeri Makassar Jalan Bonto Langkasa, Banta-Bantaeng, Rappocini, Banta-Bantaeng, Kec. Rappocini, Kota Makassar, Sulawesi Selatan 90222

<sup>1</sup>E-mail: [240002301004@student.unm.ac.id](mailto:240002301004@student.unm.ac.id)

<sup>2</sup>E-mail: [najamuddin.unm.ac.id](mailto:najamuddin.unm.ac.id)

<sup>3</sup>E-mail: [supriaditorro.unm.ac.id](mailto:supriaditorro.unm.ac.id)

(\*) Corresponding Author

[240002301004@student.unm.ac.id](mailto:240002301004@student.unm.ac.id)

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### ABSTRACT

This study analyzes the factors influencing farming family resilience and strategies developed to strengthen it in Galesong District, Takalar Regency. Farming family resilience has become a critical issue considering the agricultural sector's vulnerability to price fluctuations, climate change, and limited capital access. The study employed a qualitative approach with a case study design conducted in East Galesong Village. Informants were selected through purposive sampling, consisting of farming families as primary informants, along with the village head and farmer group leader as supporting informants. Data were collected through in-depth interviews and documentation studies, then analyzed using the Miles and Huberman model. The findings reveal that farming family resilience is influenced by five interacting dimensions: family integrity with strong emotional bonds and zero divorce rates, economic resilience through livelihood diversification, physical resilience with adequate food access, socio-psychological resilience built through religious values and emotional communication, and socio-cultural resilience supported by mutual cooperation traditions. The developed strategies encompass four approaches: active coping through income diversification and agricultural intensification, planning through planting schedule and financial planning, seeking instrumental social support through farmer groups and mutual cooperation, and seeking emotional social support through family support and religious activities. The combination of these five resilience dimensions with four adaptive strategies creates a resilience system enabling farming families to survive despite structural limitations.

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### INTRODUCTIONS

The family constitutes the smallest social unit in society, formed through marital bonds, blood relations, or adoption, in which members live together in a single household (Burgess and Locke in BPS & KPPPA, 2016). As a fundamental social institution, the family is required to possess resilience capable of maintaining integrity across various physical, economic, socio-psychological, and socio-cultural aspects amid complex life challenges. Family resilience can be understood as a dynamic condition in which the family possesses physical and spiritual capabilities to live

independently while optimizing the potential of each member (Hasyim et al., 2018). Law Number 52 of 2009 concerning Population Development and Family Development in Article 1, Paragraph 11 explains that family resilience refers to a condition in which families are tenacious and resilient, possessing physical, material, and mental capabilities to live independently and develop themselves in enhancing both material and spiritual welfare and happiness (Puspitawati in Asiyah, et al., 2022). Family resilience serves as an indicator of a family's ability to confront and manage problems through the utilization of available resources to ensure that family needs are met. Efforts to strengthen family resilience are crucial in reducing and addressing various problems that may hinder national development.

Galesong District, Takalar Regency, is widely recognized as a maritime region with abundant marine resources, yet it also possesses a considerably developed agricultural sector in its inland areas. This combination of maritime and agricultural economies creates livelihood diversification that makes Galesong a region with diverse economic potential. Farming families in Galesong District generally operate agricultural businesses passed down through generations with strong kinship systems and well-maintained mutual cooperation practices, wherein all family members participate in farming activities according to their respective capabilities. However, farming families in Galesong District face various complex problems that threaten their family resilience. Limited access to adequate irrigation water has resulted in dependence on borehole wells with pump engines, which increases production costs. Unpredictable seasonal fluctuations affect planting patterns and production yields, rendering farmers' incomes unstable due to dependence on harvest outcomes. Limited capital often becomes an obstacle when initiating farming ventures, compounded by the seasonal nature of agricultural products and insufficient access to more profitable markets. Fragmentation of inherited land has caused cultivated plots to become increasingly smaller, while land conversion for development purposes has narrowed agricultural areas. High dependence on a single primary income source and limited access to fertilizers, superior seeds, and quality pesticides at relatively expensive prices further complicate the economic conditions of farming families.

Despite facing various complex challenges, farming families in Galesong District demonstrate remarkable resilience in maintaining their family stability. Their adaptive capacity and resilience are reflected in five dimensions of family resilience: family integrity, physical resilience, economic resilience, socio- psychological resilience, and socio-cultural resilience (BPS & KPPPA, 2016). The integrity resilience of Galesong farming families possesses exceptionally strong bonds based on traditional values and mutual cooperation. Data from BPS Takalar Regency (2021) indicates that Galesong District comprises 9,848 families with no officially recorded divorces (divorce rate = 0), suggesting strong family commitment despite economic pressures.

Regarding economic resilience, although the average income is only Rp 1,946,052 per month, far below the Takalar Regional Minimum Wage of approximately Rp 3.3 million per month (Mirnani, Jumiati & Akbar, 2023), Galesong farming families employ diverse economic strategies to sustain their livelihoods. Socio- psychological resilience is built through religious values and solid community structures, wherein religious faith provides spiritual strength to face the uncertainties of farming ventures. Socio-cultural resilience remains intact through strong social bonds among residents, a culture of mutual cooperation, traditions of mutual assistance in agricultural activities, and local wisdom values that serve as cohesive forces maintaining harmony amid economic pressures and climate change challenges.

Research on the resilience of farming families in Galesong District becomes highly relevant for revealing specific factors that contribute to the formation of such resilience. Through the identification of various variables influencing family resilience—both internal factors such as education levels, skills, and adopted values, and external factors such as government support, market access, infrastructure conditions, and social networks—a comprehensive understanding of the determinants shaping farming family resilience will be obtained. Understanding the adaptive strategies developed by farming families is also important because they are not passive objects merely receiving the impacts of external changes, but rather active subjects developing various creative and innovative strategies to survive and thrive. This research is expected to provide theoretical contributions to the development of family resilience concepts in agricultural contexts, while simultaneously offering practical recommendations for policymakers in designing more effective and sustainable farmer family empowerment programs. By understanding the dynamics of farming family resilience in Galesong District, it is hoped that models or patterns can be identified that serve as references for strengthening farming family resilience in other regions with similar characteristics.

## METHOD

This research employs a qualitative approach with a case study design aimed at understanding the phenomenon of farmer family resilience in depth and comprehensively. The case study was chosen because it allows for intensive exploration of a bounded system within the real-life context of farmer families in East Galesong Village, Galesong District, Takalar Regency. The selection of the research location was based on the consideration that this area has diverse agricultural characteristics with the majority of the population earning their livelihood as farmers. Research informants were selected using purposive sampling technique.

Data collection techniques were conducted through in-depth interviews with all informants to explore experiences, strategies, and challenges faced in maintaining family resilience, as well as documentation study to obtain supporting data regarding socio-economic conditions, village demographic profiles, and agriculture-related policies. Data analysis employed the Miles and Huberman model, which encompasses three stages: data reduction to select and simplify information relevant to the research focus, data display in the form of descriptive narratives and thematic matrices to identify patterns and relationships among themes, and conclusion drawing and verification to ensure the validity of findings. Data validity was ensured through dependability testing by involving external review from supervising lecturers and qualitative methodology experts to assess the consistency and reliability of the entire research process, so that the research results can be scientifically accounted for.

## RESULT AND DISCUSSION

### Factors Affecting the Resilience of Farming Families in Galesong Subdistrict

The resilience of farming families in Galesong Subdistrict, particularly in Galesong Timur Village, is influenced by five fundamental dimensions that interact and reinforce each other. These five dimensions form a comprehensive resilience system in facing the various challenges of an uncertain agricultural life.

#### Family Integrity Dimension

Family resilience and integrity can be maintained by strengthening family bonds, especially by preserving the unity of husband and wife or father and mother as the main actors (Nianti, 2024; Simamora & Hasugian, 2020). The dimension of family integrity is the main foundation of the resilience of farming families in Galesong. The results of the study show that farming families in this region have very strong emotional bonds, reflected in open and participatory communication patterns in decision-making. This communication pattern is not hierarchical, but involves all family members according to their respective capacities. Wives not only play a supporting role, but also as partners whose opinions are valued in every decision.

The division of roles and responsibilities is also flexible and collaborative, with husbands responsible for land cultivation and marketing, while wives manage the household while assisting with agricultural activities during the planting season. Children, especially those who are adults, are also gradually involved according to their abilities, both in helping with household chores and activities in the fields. Interestingly, despite facing economic pressures and uncertainty in crop yields, official data shows that the divorce rate in Galesong Subdistrict is zero, indicating the family's strong commitment to maintaining the integrity of the household. Emotional support among family members is key to this resilience, where in situations of crop failure or economic hardship, families strengthen each other and seek solutions together rather than blaming each other.

#### Dimension of Economic Resilience

Family economic resilience is understood as the dynamic state of a family in terms of its persistence and strength in facing various challenges, threats, and obstacles, as well as disturbances, both external and internal, that directly or indirectly endanger the continuity of the family's economy (Shahreza & Lindiatwatie, 2021). The dimension of economic resilience shows the complexity of the challenges as well as the adaptive strategies of farming families. The income of farming families in Galesong is volatile and highly dependent on natural conditions and market prices. Research by Mirnani, Jumiaty & Akbar (2023) reveals that the average income of farmers in Galesong District is only IDR 1,946,052



per month, far below the Takalar minimum wage of approximately IDR 3.3 million. These limitations have prompted farming families to develop creative income diversification strategies. Land ownership is an important asset, although most farmers only have relatively small plots of land due to inheritance fragmentation. Limited agricultural capital is a significant obstacle, with farmers often having to go into debt to buy fertilizers, seeds, and other production needs.

However, careful household financial management, especially by wives who act as family financial managers, helps families survive until the next harvest season. Access to modern agricultural technology is still limited, but farmers adapt by using bore wells and water pumps to overcome irrigation limitations, even though this increases production costs.

#### **Physical Resilience Dimension**

The physical resilience of a family is the economic capacity of the family to obtain economic resources from outside the system for basic family needs such as clothing, food, shelter, education, and health (Amalia, 2018). The physical resilience of Galesong farmer families shows relatively good conditions despite facing economic limitations. The health of family members is a priority because agricultural work is highly dependent on physical strength. Families strive to meet their nutritional needs by consuming their own agricultural products and managing a healthy diet. Food availability in farming families is generally quite good because they have direct access to agricultural products, especially rice and vegetables. However, when faced with crises such as crop failure, families must adjust their consumption by reducing spending and lowering the quality of food. The living conditions of farming families in Galesong vary, but they generally have permanent homes with adequate basic facilities. The availability of proper beds for all family members is a concern, but even in difficult economic conditions, priority is still given to meeting this basic need. Access to clean water is relatively good with the availability of wells and PDAM (Regional Water Company) in some areas. Environmental health is also maintained through good household hygiene practices and sanitation management. When a family member falls ill, as experienced by Suardi Sumaji's family, the economic burden increases significantly, but the family still seeks treatment by utilizing available health facilities and support from social networks.

#### **Psychological Social Resilience**

Psychological social resilience is the ability of individuals and families to maintain emotional, social, and relational functioning when facing stress or crisis. This dimension combines internal psychological aspects (thoughts, emotions, coping) and social support (relationships, communication, and connections) (Vladislav, et al., 2024). The dimension of psychological social resilience becomes an internal strength that supports farming families in facing pressure and uncertainty. Strong religious values provide a spiritual foundation that helps families face various trials with trust in God and patience. The belief that every problem has a solution and that difficulties are tests that must be faced with patience is a source of mental strength. A positive self-concept is formed through the family's experience in overcoming various crises, where each success in overcoming difficult times strengthens their confidence and belief that they are capable of surviving.

Emotional communication within the family is good, so that each family member feels safe to express their feelings and concerns. Husbands and wives provide each other with emotional support, especially when facing crop failures or economic problems. Children are also involved in family communication and are taught to be open about their problems. There is a high level of concern among family members, where happiness and sadness are shared. The ability to manage stress develops through the experience of facing various challenges, where families learn not to dwell on sadness but to focus on finding solutions. Social support from the surrounding environment also plays an important role in maintaining the mental health of families, where fellow farmers share experiences and provide moral support when facing difficulties.

#### **Dimension of Socio-Cultural Resilience**

The dimension of the family's socio-cultural resilience is described as the family's ability to maintain values, norms, and socio-cultural behaviors that are in harmony with the community, so that the family is able to protect its members from negative environmental influences (Rahmawati, & Riswanda, 2022; Musfiroh, et al., 2019). The dimension of socio-cultural resilience shows the strength of the social capital possessed by Galesong farmer families in facing various challenges. The tradition of mutual cooperation is still very strongly practiced, especially in agricultural activities such as planting and harvesting, which are carried out alternately between farmer families. This system not only saves labor costs but also strengthens social solidarity. Participation in social activities is very high, with farming families actively involved

in health posts and other village events. This involvement expands social networks that become sources of information, assistance, and support when facing problems.

Local wisdom in managing agricultural land is still maintained, such as determining planting times based on observation of nature and the use of fertilizers. Religious observance is very high, reflected in active participation in religious activities such as recitation of the Quran, congregational prayers at the mosque, and Islamic holidays. These religious activities not only fulfill spiritual needs but also serve as a medium for social interaction and strengthening solidarity. Respect for the elderly is still upheld, with families caring for their parents or elderly family members with great attention and affection. The presence of the elderly in the household is seen as a blessing and a source of wisdom. Local cultural values such as *siri'* (pride) and *pacce* (empathy) still serve as guidelines for social interaction, encouraging families to help each other and maintain the family's reputation in the eyes of the community.

### **Strategies Developed by Farming Families to Improve Family Resilience**

Farmer families in Galesong Timur Village, Galesong Subdistrict, have developed various adaptive strategies to maintain and improve their family resilience in the face of complex agricultural challenges. These strategies can be categorized into four main approaches that reflect active coping skills and the utilization of available resources.

#### **Active Coping**

Active coping is the main strategy used by farming families to deal with limitations and challenges. This active action is manifested through the diversification of income sources, whereby families do not only rely on agricultural yields but also develop side businesses. Farmers' wives take an active role by opening small businesses such as producing and selling cassava crackers, selling at food stalls, or working as laborers on other farms outside of the planting season on their own land. Adult children also contribute by working in non-agricultural sectors such as shops or service businesses to supplement the family income. In terms of agriculture, farmers intensify their efforts by optimizing land use through intercropping, where they plant several types of commodities simultaneously to reduce the risk of total failure. Farmers also rotate crops between rice, corn, and chili peppers according to the season to maintain soil fertility and diversify products. Investments in agricultural infrastructure, such as the construction of bore wells and the purchase of water pumps, are made collectively or through debt to overcome irrigation limitations. Production costs are saved by making organic fertilizer from agricultural and livestock waste, reducing dependence on expensive chemical fertilizers. Family spending strategies are also strictly managed, with wives acting as financial managers who carefully allocate funds to ensure basic needs are met while setting aside small savings for emergencies.

#### **Planning**

Planning is key to the sustainability of farming businesses and family economic resilience. Planning begins with determining the right planting time based on experience and observation of natural conditions, taking into account seasonal predictions and water availability. Farming families make simple financial plans by calculating estimated production costs for one planting season, including fertilizer, seeds, pesticides, and labor costs. They also plan marketing strategies for their harvest by seeking market price information and building relationships with traders or middlemen who offer better prices. Long-term planning includes efforts to expand land ownership through gradual purchases or profit-sharing systems with landowners. Children's education is a priority in family planning, with parents trying to set aside funds for school fees in the hope that their children will have a better future. Risk management planning is also carried out by not placing all hopes on one type of crop, but diversifying commodities to reduce the impact of failure on one type of crop. Families also plan strategies to cope with lean seasons by storing part of the harvest for their own consumption and preparing alternative sources of income during the waiting period for the harvest.

#### **Seeking Instrumental Social Support**

Seeking instrumental social support shows the importance of social networks in supporting the resilience of farming families. Instrumental support is obtained through active participation in farmer groups and agricultural cooperatives, where farmers share information about agricultural techniques, market prices, and access to government programs. Farmer groups also serve as a means of obtaining business capital assistance, both through government programs and jointly managed savings and loan cooperatives. The mutual assistance system in agricultural activities provides labor support that greatly helps reduce production costs, where farmers help each other in land cultivation,

planting, and harvesting activities in turns.

Support from extended family is also important, especially from parents or siblings who provide financial or material assistance when facing difficulties. Access to government assistance programs such as fertilizer subsidies, high-quality seed assistance, and agricultural training programs is optimally utilized through information obtained from farmer groups or village officials. Patron-client relationships with capital owners or large traders are also utilized, albeit with certain consequences of dependency, to obtain capital loans or guarantees for the purchase of crops. Microfinance institutions such as BMTs or cooperatives are alternative sources of capital with lower interest rates than loan sharks. Instrumental support from neighbors and the surrounding community in the form of rice loans, money, or labor assistance when facing misfortune is a valuable social safety net.

#### **Seeking Social Support Emotional (Emotional Support)**

Seeking emotional support plays a crucial role in maintaining the mental health and motivation of farming families in the face of uncertainty. Primary emotional support is obtained from within the nuclear family, where husbands and wives strengthen each other when facing crop failure or economic difficulties. Open communication and empathy between spouses help ease the psychological burden, where wives not only complain but also provide encouragement and constructive solutions. Children, especially adults, also provide emotional support by showing understanding of the family's economic condition and willingness to help according to their abilities. External emotional support is obtained from fellow farmers who understand the difficulties and challenges of the farming profession, where they share stories and experiences that give them a sense of not being alone in facing problems. Informal gatherings such as coffee parties or social gatherings provide a space to share complaints and receive moral support. Religious values and activities provide calming spiritual support, where the belief that God will provide a way out helps families remain patient and not despair. Religious lectures and regular studies provide a spiritual perspective that helps them accept trials with sincerity while continuing to strive. Community leaders such as mosque imams, village heads, or traditional elders also provide respected and followed advice and moral support. Strong community solidarity is reflected in the quick response of residents when a farming family experiences a misfortune, both in the form of material assistance and physical presence to provide emotional support. The strong culture of *siri'* and *pacce* encourages people to care for one another and not leave their neighbors in distress, creating social bonds that are an important social capital for the resilience of farming families.

The strategies developed by Galesong farming families show that family resilience is not only a matter of economic capacity, but also the ability to optimally manage social, cultural, and psychological resources. The combination of active measures, careful planning, utilization of instrumental support, and seeking emotional support creates a resilient system in the face of various challenges. The success of these strategies is highly dependent on the quality of internal family relationships, the strength of external social networks, and the preservation of local cultural values. Despite facing structural limitations such as narrow land, limited capital, and climate uncertainty, Galesong farming families demonstrate remarkable adaptive capacity through creativity, hard work, and high social solidarity. However, to improve resilience in a sustainable manner, external support is needed in the form of more responsive government policies, access to affordable modern agricultural technology, strengthening of farmer institutions, and development of a more profitable marketing system.

## **CONCLUSION**

The resilience of farming families in Galesong Subdistrict is influenced by five interacting dimensions, namely family integrity, characterized by strong emotional bonds and zero divorce rates; economic resilience, with an average income of IDR 1,946,052/month, achieved through business diversification; relatively good physical resilience, with adequate access to food from their own agricultural production; psychosocial resilience built through religious values and good emotional communication; and sociocultural resilience supported by a tradition of mutual assistance and active participation in community activities.

The strategies developed by farming families to improve family resilience include four main approaches: active coping through income diversification and agricultural intensification; planning by scheduling planting, finances, and children's education; seeking social support – instrumental through farmer groups, mutual assistance, and access to



government programs; and seeking social support – emotional through family support, fellow farmers, and religious activities. The combination of the five dimensions of resilience with the four adaptive strategies creates a resilience system that enables farming families to survive despite facing limitations in land, capital, and climate uncertainty. However, more responsive government policies and access to affordable agricultural technology are still needed to improve resilience in a sustainable manner.

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