

## LITERATURE ARTICLE

### *Literature Review; The Importance of Family Center Care to Increase Child Resilience During Covid 19 Pandemic*

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#### ABSTRACT

**Introduction:** The condition of covid infects all walks of life, not worrying for children. The role of the family is needed to maintain the resilience of children in preventing the transmission of covid 19. **Objectives:** This research aims to review the importance of Family Center Care to Increase child resilience during the covid 19 pandemic. **Methods:** This research applied a literature study. Literature was searched from 4 databases, namely Google Scholar, PubMed (NCBI). **Results:** Family Center Care is an approach applied for children during the COVID-19 pandemic condition. Its implementation requires parents to do their roles to provide various matters to improve the knowledge, skills, capabilities, health, understanding, and prevention of COVID-19. On the other hand, it has a procedural challenge that could be solved by parents by applying an excellent coping strategy. **Conclusions:** Family Center Care is an excellent approach for children in this COVID-19 pandemic. The research focus was to observe the parents that were the closest people to children. Their existences could facilitate the psychological needs for security and quality of health. The family center cares actively involve parents and identifies or facilitates the most appropriate need for children in minimizing the children's anxiety.

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## Introduction

Coronavirus has spread around the world. It is entailed the increased anxiety. The critical challenge of this virus influences the family unit, in a feedback manner, the function of families (structure, development, and function), and the health and wellbeing of each family member (Relationships & Under, 2020). This pandemic condition could change all aspects especially the environmental interaction and daily habits of the family. It needs certain compliance toward the daily routine and activity limitation outside of the home during this COVID-19 pandemic (Ameis et al., 2020). This COVID-19 condition makes the whole people in the world attempt to decrease the impacts in the short and long term. This condition makes mental changes in children and adolescents. However, they must control themselves so that they could defend their health during this pandemic (Pereda & Díaz-Faes, 2020). It requires various strategies to promote the habitual changes in defending daily health. It needs the commitment to keep the health stability so children need support and certain role (Rose et al., 2020).

The most appropriate action in this pandemic involves broader disease prevention, such as quarantine and social isolation. The survey on children and adolescents showed behavioral and routine changes significantly. Moreover, it also occurred gradually toward their developments that needed parental supervision to undergo their daily lives during the COVID-19 pandemic (Fong & Iarocci, 2021). WHO emphasizes every individual to take



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countermeasures to protect them from the corona virus. This recommendation emphasizes the importance of avoiding public places (Longo et al., 2020). Based on the problems, a specific strategy based on family care and involves parents monitoring their children is required to improve the immunity toward the coronavirus (Xue et al., 2021).

Data of WHO found more than 9 million cases of COVID-19 infection from around the world. The organization always attempts to reduce virus communication by issuing health protocol. This condition makes children have great changes in their daily lives, starting from the learning process until health. Children are a susceptible group, so they need optimal protection to keep their healthy. The children's skills to obtain information should be supported by parent's and the closest individuals' roles. In this case, family is the right place for children to obtain information, education, and support to keep their health. The family has great influences on the children's skills to survive in this pandemic. Children should have crucial roles in preventing COVID-19 communication. It could be realized if the roles of the family also run properly (Bray et al., 2021).

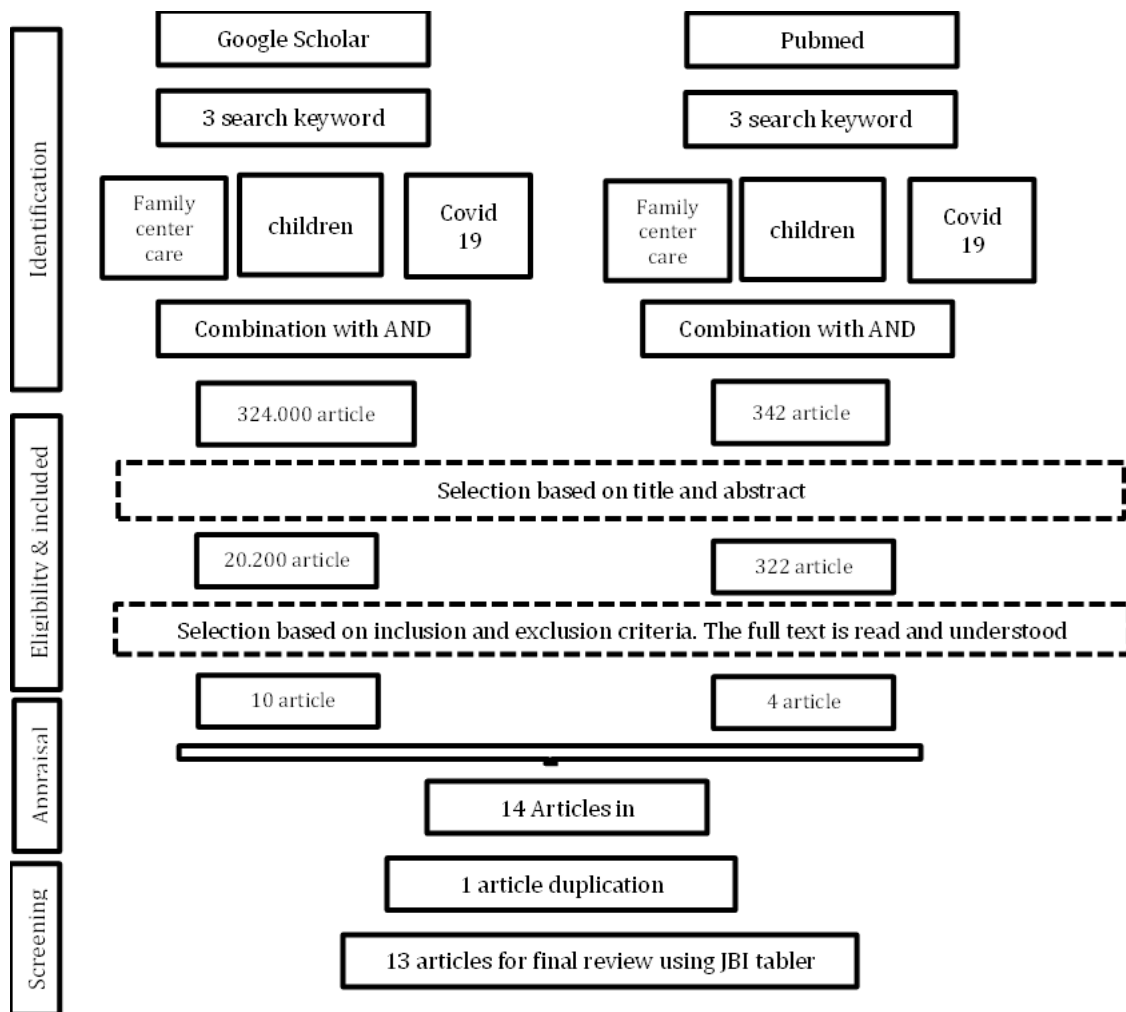
Parents have important roles to pay attention to the children's activities inside and outside of houses. During the pandemic, parents have a longer time to stay with their children so children will develop better because of their parental care (Trisnawati & Sugito, 2020). Parents' roles to direct the children's activities to be positive are important to keep their health. Their roles are extremely important during this COVI-19 condition. Parents or families are the first education center for children. Parents have responsibilities to prepare the appropriate media for children, monitor their learning process, and keep them healthy (Ifitah & Anawaty, 2020). Children's activities and their behaviors every day cannot be separated from the roles and care of parents. Family becomes the best place for them to learn how to live healthily and to prevent coronavirus communication. The emerging problems usually deal with the causes of unhealthy habitual life. Therefore, the family should be the center to keep the children's healthy (Nova et al., 2020). Parental care is an interactive process of parents and children to encourage the development and the growth of their children optimally (Kurniati et al., 2020).

The family-centered approach to provide care is an important matter to do since it deals with family participation as the center of self-resilience. Moreover, during this pandemic, the family is the center of participation and collaboration. It also the strategy managers that protect the family integrity unit from coronavirus transmission (Bouchoucha & Bloomer, 2021). Family communication is the successful key to prevent coronavirus transmission. It provides accurate information for the family member, especially for the children. Thus, children will be consistent to apply accurate information in their routines and daily lives (Zante et al., 2021). During this pandemic, parents are the first parties that could influence the children's resilience. Thus, parents must teach and invite children to improve their physical health (Samantha & Almalik, 2019).



## Methods

The stages applied in this research are as follows:



**Figure 1:** The Figure of Literature Review

The literature search was carried out by searching journals in 4 databases such as Google Scholar. The keywords used are family center care, children, covid 19. The sorting process is carried out on international journals with the selected article categories consisting of the years 2017-2020 which can be accessed. Samples were taken from fifteen international journal articles which were analyzed from data searching, reduction, presentation, and drawing conclusions.

## Results

Search articles from Google Scholar and PubMed obtained a few (N = 20,552). The search was carried out based on research criteria with the keywords used were *family center care*, *children*, *covid 19*. The respondents consisted of parents that had children aged 5-17 years old. The condition experienced by children in this pandemic became a problem for them especially dealing with the adaptation process to prevent COVID-19. Thus, they needed family supports in their accompaniment process. Here is the table of the article data analysis that the researchers obtained.



**Table 2:** Result Literature Analysis

No	Authors	Objectives	Population/Age	Findings and Conclusion
1.	(Cusinato et al., 2020)	This research was conducted to see the level of welfare of parents and children as well as the resilience of children in defending themselves during the COVID-19 pandemic conditions	The population of this study is children experiencing anxiety, depression, fatigue, anorexia, changes in emotions and behavior.	The level of quality of life for children's welfare is seen from the role of parents in the process of maintaining the child's condition from resilience in reducing and anticipating the risk of exposure to the COVID-19 pandemic that is faced daily to maintain psychological stability in children.
2.	(Ur et al., 2020)	This study discusses children who have an impact on behavioral and emotional problems by maintaining their resilience.	Respondents in this assessment are children who have emotional problems and managing their emotions involving parents	Parenting can be challenging especially during a pandemic. Parents should try to be open and listen to the children, be honest, supportive, spend time with children. Parents should prepare flexible but consistent routines, ensure handwashing and distancing, practice family rituals, storytelling, try to be role models for children support by parents helps minimize the risk of internalizing behaviors.
3.	(Stark et al., 2020)	This study aims to identify mental health in self-defense for children during and after the COVID-19 pandemic	Research population leads to resilience of children with a family-centred approach	The results showed that an adaptation made by children in the conditions of the COVID-19 pandemic requires the role of parents in maintaining children's mental health which involves parents in the process of defending themselves in the physical health and mental health of children.
4.	(Kövesdi et al., 2021)	The study addresses the effects on family balance during COVID 19, such as perceived stress, health anxiety, and addresses psychological factors that support flexible adaptation during a pandemic period.	Children and family in level adaptation patterns, flexibility, or rigidity.	Analysis study shows similar results where efficacy is a protective factor against the stress that occurs in a pandemic. Resilience is also a protective factor for both parents and children against the stress caused by the effects of the epidemic. They recommend finding and practicing forms of self-effective behavior as resilience to reduce the stress and anxiety associated with a pandemic.
5.	(Adams & Todd, 2020)	This study aims to provide an overview of the problems faced by parents in maintaining their children during the COVID-19 pandemic	The research population is school-age children and parents with school-age children who need to find work after being unemployed during the pandemic.	The results show that working parents have challenges in ensuring their children are in a safe learning environment and families have



6.	(Klein et al., 2020)	This study aims to look at the care system for children during the COVID-19 pandemic	Children and adults with asymptomatic or presymptomatic COVID 19	The conclusion of the study is a family struggle with children who drop out of school or parents who are out of work during the pandemic to survive the fear and anxiety.
7.	(Weaver & Swank, 2021)	Studi ini bertujuan untuk mengidentifikasi pengalaman orang tua dalam menjalani peran merawat anak di masa pandemi covid 19.	The focus of the research is children aged 6–15 years old	The results of the study show that parents have unique challenges in raising children during the COVID-19 pandemic. Discussions and counselors can assist parents in carrying out their role in maintaining child resilience.
8.	(Prime et al., 2020)	This article aims to identify risks to the welfare of children and families during COVID-19.	The research population is children and families who experience social disorders such as financial insecurity, parenting burden, and stress.	The results of this study lead to the family's point of view to protect children from the risk of social disruption due to COVID-19.
9.	(Hart et al., 2020)	This study identifies efforts for children and parents to adapt to family-centered care strategies.	The samples in this study were families, patients, and the health team.	The results show that family-centered care during the COVID-19 pandemic leads to collaboration between family members and the health care team that focuses on the involvement of family members in communication, caregiving, and joint decision-making.
10	(Marchetti et al., 2020)	This study aims to survey the prevalence of parenting-related fatigue and identify the associated risks	The parents who have children in pandemic covid condition.	The results showed that seventeen percent of the sample experienced significant parenting-related fatigue, especially mothers who had a greater risk of parenting-related burnout.
11	(Arabiati et al., 2018; Kim et al., 2020)	This study aims to identify knowledge and understanding of family center care	48 parents of hospitalized children	The results show that 85% of parents have experience caring for patients with a family-based approach, it is reported that parents have an important role in childcare.
12	(Singhal et al., 2020)	The study aims to conduct a psychological survey of children before and after the COVID-19 pandemic	hourly service workers with a young child.	The results show that families who have experienced a lot of hardship during the pandemic have worse mental health of parents and children.
13	(Tupper et al., 2020)	This study aims to examine the impact of limiting family visits during the pandemic.	Family caregiver	The results showed that the priority of infection control measures involved the family by balancing the practice of infection control, the experience of the clinician and the family.

## Discussion

The data analysis results revealed the characteristics of the respondents, parents with children aged from 5-17 years old. During this pandemic, a new challenge for children that required them to adapt occurred. They had to maintain their health conditions. Essentially, the tasks to educate children belong to parents even when the children are at school. This pandemic condition insists parents promote their roles to provide various matters to improve the knowledge, skills, capabilities, health, understanding, and prevention of COVID-19 (Rohita,



2020). Children are susceptible to be infected by COVID-19 because it is related to their immunity statuses. Therefore, they need prevention (Khofiyah & Cahyani, 2021).

Children's well-being in the family should be ensured both physically and mentally. Wellbeing describes the life quality that is measured with the realizations of early problem identification, event identification and investigation, and attention for preventive action to ensure quality (Khotimah, 2020). Family becomes part of an important children's resilience maintenance. An applicable strategy for this problem is to apply family center care. It focuses on the family, starting from the preventive action, care, and condition recovery in this pandemic situation. The family members' roles in collaboration are important. They are the efforts to protect the family unit from coronavirus transmission (Ameis et al., 2020)(Bouchoucha & Bloomer, 2021).

Family center care is an action that focuses on parental involvement, daily communication with children, infection control, psychological needs protected and family support. (Tupper et al., 2020). This scientific model has a strong correlation to put the practice of infection control and family involvement in the balance based on their experience (Tedesco et al., 2021). Parents are the closest persons to children. Their existences could facilitate the psychological needs for security and quality of health (Virani et al., 2020). The family center cares actively involves parents and identifies or facilitates the most appropriate need for children in minimizing the children's anxiety (Uniacke et al., 2018).

This pandemic condition requires parents to improve their knowledge, skill, and capabilities of children and guarantee their health as well as knowledge and understanding about COVID-19 transmission. Children are susceptible to be infected by COVID-19 because it is related to their immunity statuses. The family care center during this pandemic becomes a challenging matter for parents because they have to exhibit proper coping psychological strategies (Zante et al., 2021). Its implementation also has many advantages and challenges because parents could feel anxiety, depression, and stress due to performing their roles to keep their children's resilience from COVID-19 transmission (Ding et al., 2019). The other hindrances of this method are the lack of children's needs, individual hindrances, coping, and burdens felt by the parents (Kiwanuka et al., 2019).

## Conclusion

Family Center Care is an approach applied for children during the COVID-19 pandemic condition. Its implementation requires parents to do their roles to provide various matters to improve the knowledge, skills, capabilities, health, understanding, and prevention of COVID-19. Family Center Care is an excellent approach for children in this COVID-19 pandemic. The research focus was to observe the parents that were the closest people to children. Their existences could facilitate the psychological needs for security and quality of health. The family center cares actively involves parents and identifies or facilitates the most appropriate need for children in minimizing anxiety.

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