

# FAMILY RESILIENCE IN IMPLEMENTING PARENTING IN SANDWICH GENERATION FAMILIES (PHENOMENOLOGICAL STUDY ON SANDWICH GENERATION FAMILIES IN SUMBERPUCUNG VILLAGE)

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*Devinta Dwiky Arimbi<sup>1,4</sup>, Umi Dayati<sup>2</sup>, Sri Wahyuni<sup>3</sup>*

<sup>1,2,3</sup> Non-formal Education, Faculty of Educational, State University of Malang

<sup>4</sup>[dwikydevinta@gmail.com](mailto:dwikydevinta@gmail.com)

## ABSTRACT

Living as a sandwich generation can enable one to feel overwhelmed by the double roles they're playing. The burden of foster care in the sandwich generation family is the feelings experienced by caregivers referring to emotional, physical, social, and financial conditions and affecting personal, family, and social lives. This method of research uses qualitative research with a model of phenomenological approach and uses data collection techniques such as observation, interview and documentation techniques. First, the physical health burden arises from the exhaustion of childcare and work. Second, the mental health burdens arise from financial problems and poor social stereotypes about women who work remotely. Third, the financial burden emerges from the abundance of needs to be met so that the sandwich generation has no savings. Fourthly, the burden of social life is because the busy working sandwich generation is less able to communicate with their families. Family resilience. First, the physical economic endurance of the family's sandwich generation meets primary needs by working. This work is done by a couple of sandwich generations to meet the needs of the family. Second, social resilience where the family of the sandwich generation always implants religious values as well as building effective communication with family members. Third, the psychological resilience of the way the family deals with problems in a quiet and calming way.

**Keywords:** family resilience, parenting, sandwich generation

## INTRODUCTION

In general, the sandwich generation of families often occurs in the extended family, consisting of the core family, grandparents, uncles or aunts and even grandchildren living together in the same house. This phenomenon is often found in developing countries such as Indonesia that are still close to the values of affinity. For example, an elderly person who is already a parent or nephew, their life will remain in the care of his or her child. This is due to cultural and religious factors in Indonesia that can affect the child so that there is a sense of duty to be devout to both parents, including providing care and support to their parents or nephews. Branch caregiving is a tradition to care for older generations has become a culture and social norm in Indonesia. Therefore, Indonesian society tends to use the excuse to defend denial in dealing with the stress and discomfort that arises when carrying out parenting in the upper and lower generations (Asy'syifa & Surjaningrum, 2023).

The birth of this sandwich family is due to parents who have lived long and are no longer productive, as well as children who have grown up late in achieving their economic independence. However, generally this kind of condition occurs downward. I mean, if somebody's stuck in the sandwich generation situation right now, there's a greater chance that their child will be in the same situation in the future. It's called the "Sandwich Generation Cycle." The burden of parenting and the obligation to meet the needs of life between two generations makes it difficult for the sandwich generation to prepare its savings in old age. This leads, when they have entered old age and are unable to work, to be forced to hang the fulfilment of their life needs onto their children, and this is the process of how the sandwich generation cycle is. Moreover, on the other hand, it is due to the low level of knowledge of the financially conscious in preparing for the future so that in old age they cannot meet the needs of life.

The emergence of the sandwich generation family has a different background between the one sandwich family and the other. What causes the phenomenon of the sandwich generation is that when the upper generation or parents do not prepare for life in their old age, it results in the upstream generation having to live and live in the same house with their children who already have a family with the next generation of their grandchildren. Thus, adults who are in this condition are not uncommon to get psychological stress that feels appalling because not only thinking about the next generation, but they also think about the lives and upbringing of the previous generation. In general, adults who are trapped in this condition are around the age of 45-64 (Sinha, 2012). According to other studies, people between the ages of 30 and 45 can also experience the condition of the sandwich generation. (Hammer & Neal, 2008).

The condition as the generation of sandwiches is mostly experienced by women, it is based on the results of the study Riasmini, dkk (2013) explains that as much as 70% of the nursing is done by women. It is also revealed by Sinha (2013) that as many as 54% of maternity is carried out by women with a duration of 20 hours per week. There are so many women's roles in living life in a family environment, one of them is being a nanny. As a mother, her ideal condition must have a good psychological well-being in order to be able to save someone from a depressing situation. (Hernandez, et al., 2018)

Living as a sandwich generation can enable one to feel overwhelmed by the double roles they're playing. Women most often undergo parenting and are vulnerable to the burden of parenting which results in women experiencing the impact of the sandwich generation's parenting, such as stress to unfulfilled expectations. (Depasquale et al., 2016). According to Zarit (in Asy'syifa & Surjaningrum, 2023) the burden of parenting is defined as feelings experienced by caregivers that refer to emotional, physical, social, and financial conditions and affect personal, family, and social life. The burden of parenting that the sandwich generation bears can be said to be quite heavy. It's not just the physical burden that the sandwich generation feels, it's the psychological disorder caused by a variety of factors that can trigger the stress that the Sandwich generation will face. According to Hoyt (in Husain, 2020), there are factors that cause the sandwich generation to suffer from psychological disorders or stress, namely: (1) parenting in the Sandwich generation family can experience physical fatigue, depression, guilt and sadness due to not being able to do good parenting, despair, frequent anger and restricted social interaction; (2) not having much time with the spouse, parents, and children well at the same time; (3) having difficulty in organizing time, such as work, hobbies, relationships, and time for yourself; and (4) having psychological

disturbance due to always trying to put yourself as well as possible in different situations. Not only that, the financial burden and responsibilities experienced by the sandwich generation families are also increasing. Besides, the main problem faced by the sandwich generation that has to feed and nurture their already unproductive parents, the new problem will occur if the children of the Sandwich generation who have already entered adulthood are not self-sufficient. Some of the factors that can influence the burden of other nursing are due to the age of the nurser, gender, relationship with the caregiver, and education of the nurse. (Morimoto et al., 2003).

Miller (1981) said that the sandwich generation should finance their primary needs, such as paying off debts, financing education and health care for family members, besides they should also finance their own needs. The double parenting role experienced by the sandwich generation can lead to a decline in health, increased stress, and imbalances in her life. The multiplicity of the impact of the process of carrying out parenting leads to unharmonious family conditions when problems cannot be solved properly. To create a harmonious household and to enhance its innate and inner well-being, a family requires compassion and resilience, physical and economic endurance, psychological and mental endurance as well as social endurance in order to live independently and develop with its family. (Lestari, 2016).

In this study, the researchers looked at some previous research related to the sandwich family generation, to be able to find comparisons from previous research and to find out the novelty of the title of the research to be carried out as well as to add to existing knowledge and references. The following are previous research findings that correspond to the theme to be raised by the authorities: (1) Sandwich Generation: The Burden of Parenting and Social Support on Working Women conducted by Fitri Ayu Kusumaningrum in 2018 which discusses the relationship between social support felt and received both from the support of family, friends and other important parties that can lower the burden of parenting on women working in the sandwich generation by providing emotional support, information, as well as affirmation. (2) A study entitled Comparison of Happiness Rates Between Sandwich Generations and Non-Generations of Sandwiches conducted by Ferlistya Prartita Rari, Jamalludin, and Princess Nurokhomah in 2022 discussed the difference in happiness rates between the Sandwich (GS) and non-Sandwich (NGS) Generations measured by the number of members employed, the leisure time held, the health condition, and the amount of income per month. (3) Research by Ardelia Nabilah Priyandoko in 2023 entitled Resilience in Women's Sandwich Generation that discusses the protective factor of resiliency in the sandwich generation is the regulatory factor, where the Sandwich generation can recognize and manage the feelings felt. The interpersonal factor in this case is that the sandwich generation has a social support that makes the power of the Sandwich generation, as well as the meaning-making factor, in which the role of the same generation of sandwiches is seen as worship.

According to the results of the study and identification of previous investigations, there are some similarities and differences between the previous research and the discussion that will be discussed by the researcher. The similarity between the previous study and this study is the same study on the family of the sandwich generation and the impact caused by the family's Sandwich generation. Whereas the difference between this study and the previous research is the object of the study of the resilience of the family to carry out parenting on families of the Sandwich Generation who are in the Resource Village. The

impact of the sandwich generation family is a very complex problem, so this research is essential to observe and review how the sandwich generation family's resilience in caring for the Sandwich Generation family in the Resources Village.

## **METHOD**

In this research use the kind of qualitative research. In qualitative research, the author will respond to research problems by collecting data with interview techniques, observing, describing and analyzing data on family resilience in anticipating the burden of parenting on the sandwich generation family. Qualitative research aims to describe existing phenomena. According to Moleong (2017) the goal of qualitative research is to be able to understand the phenomena experienced by a person such as behavior, perception, motivation, action holistically and in a describing way in the form of words and language, in a specific context that is natural and using various scientific methods.

This research uses qualitative research methods with a model of phenomenological approach. The model of phenomenological approach is a model of approach derived from philosophy and psychology in which researchers describe human life experiences based on certain phenomena. (Cresswell, 2016). It's based on the phenomenon of a family of the sandwich generation who undergoes the double roles and responsibilities of the two upper and lower generations. In this study, researchers conduct direct research by conducting direct interviews with respondents or informants and observations.

## **RESULTS AND DISCUSSION**

### **The Burden of Parenting on Sandwich Generation Families in Sumberpucung Village, Sumberpucung Subdistrict, Malang District**

The sandwich generation family is a condition in which people of middle age or productive age have a dual parental role, that is, have parental responsibilities for their children and live together in the same home, as well as parental duties to their parents. Adults in this condition must face and be charged to be able to take responsibility for foster care as well as the demands of work to be completed at the same time. The problem will get worse when the individual has a low-income job that can affect the life satisfaction of the sandwich generation of his job and his family. The sandwich generation family has more family members leading to more needs to be met and more care to be given as well. That's why the researchers conducted a study of the burden perceived by the sandwich generation in carrying out parenting that has several aspects to this study such as the physical health burden, the mental health burdens, the financial burden as well as the social life burden lived and felt by the Sandwich generation.

Field findings found by researchers in one of the families whose members initiated DN about the physical health of the sandwich generation family that they experienced physical fatigue in foster care. Physical fatigue is felt when the respondent works to meet the needs of his family. In childcare, he did not do it by himself, but was helped by his parents to take care of his children, because his husband was far away from home so he could not help to care for his children. This led to the elderly parents of DN helping him to give care to his four grandchildren, which resulted in physical fatigue in his nursing. Discussions about the

burden of foster care on the sandwich family generation in the village of Sumberpucung, the district of Sourcepucun, Malang district began from the physical burden from the glasses of the researchers, then it can be concluded that the burdens of parenting are borne by women who work where in addition to having to take care of their children also have to nurture and give parenting to parents whose age is no longer productive. The sandwich generation is burdened by two responsibilities to work and foster care run at a time. The physical fatigue that the subject felt was caused by the work that had to be done simultaneously with the nursing of four children. It is in line with Kusumaningrum's (2022) view that there is an impact caused by the upbringing of the sandwich generation like physical exhaustion, because it has to bear parents and their children at one time at the same time having to work because of increasing needs, less sleeping hours because of having to get up early to go to work and go home late at night.

The researchers' further findings relate to the mental burden, the mental health burden experienced by families of the sandwich generation, the stereotypes surrounding the community about women working away from home and unable to take care of the family, and the financial problems of bearing the lives of their children and parents. When one of the family's needs cannot be met, there will be conflict and mental health disruption if the conflict experienced cannot be resolved. In addition to the mental burden also became an important discussion of this study, the sandwich generation suffered from the psychological burden of parenting caused by the fulfilment of more needs than the family generation of sandwich generations thus resulting in the demands of roles performed either pleasant or unpleasant that make the Sandwich generation happy and unhappy. The mental burden is also due to poor stereotypes in society about women working away from home as well as economic problems that cause mental burdens on the sandwich generation.

The next finding is about the financial burden of a family's income generation of sandwiches that is only enough to meet the needs that have been planned for a month, making the sandwich generation always put the interests of the family ahead of itself, besides this family has no savings for unexpected needs. So families of the sandwich generation don't rarely borrow money from friends or sell valuables. It can be understood that parenting a family of the sandwich generation will not be a burden when one of the financial indicators of a family meets the needs of its family members. The next important point in this study is that the financial burden, the generation of sandwiches has a financial or financial load because it has to meet the needs of two generations at once, so often they have to abandon their wishes. The shortage of income earned by the husband of the sandwich generation requires both of them to work to meet the needs of the family. The education of the sandwich generation can also affect the established level of employment and income. Even a generation of sandwiches is not easy to save and have health assurance for his family

**Gambar 1**  
**Dokumentasi Keluarga Besar Generasi Sandwich**



The latest findings about the social condition of the family of the sandwich generation, this condition becomes a matter of importance given that humans are social beings. The sandwich generation requires others or people closest to them to interact and communicate like telling about the problems they are facing or just exchanging their minds to alleviate the stress they are getting rid of. The condition of the sandwich generation that has to work away from home has reduced communication and interaction with the community around it. Not only with the surrounding community, communications and interactions with other family members are also reduced due to the busy generation of sandwiches that have to work. The last discussion of this sub-chapter is the burden of social life, the sandwich generation that has two roles to nurse and work does not have enough time to interact and communicate with its social life. As a sandwich generation the respondent has to work to help her husband meet the needs of his family. As the female sandwich generation respondents spend more time at work, this makes respondents interact more with their co-workers. However, the sandwich generation always spends time interacting with family members in the middle of their busy even if not every day.

### **Family Resilience in Sandwich Generation Families in Sumberpucung Village, Malang Regency**

Family resilience is a measure of family ability to cope with conflict and meet family social needs. Moreover, in this study, DN as a sandwich generation who has a role and responsibility for caring for children and their parents and responsibilities to their work makes how family resilience is done by DN in the face of DN's role and responsibilities as a Sandwich generation. In the indicators of family resilience in families of the sandwich generation in this study there are several aspects such as 1) Physical-Economic resiliency, 2) Social and 3) Psychological. These aspects will be explained in detail as follows.

The results of researchers' interviews with families of the sandwich generation can be concluded that the family resilience in the family of the Sandwich generation in the Resource Village in terms of the physical strength of the economy, the generation of

sandwiches can meet the needs of the board, stock, food, education and health by working as a cosmetic store vendor. It's done by DN to help her husband, AR in meeting family needs. AR is one of the employees at the company in Sidoarjo whose income hasn't been enough to meet the needs of his family. When the income earned could not meet the needs of the family, AR and DN decided to sell their possessions or lend them to their friends. In terms of physical economic endurance, the sandwich generation can meet the needs of board, stock, food, education and health by working as a cosmetics store dealer. This is done by DN to help her husband, AR in meeting family needs. Being part of the sandwich generation should be able to prepare for the economic instability experienced by low-income sandwich families. With good economic physical endurance can cope and manage problems well too, as if the physical needs of the family economy are met well then it will be sufficient for a balanced nutrition, a healthy home, a shelter, a decent education and good health too.

In this study we can draw the conclusion from the findings of data on social resilience as one of the indicators in the family resiliency of the sandwich generation in the Resource Village is by promoting religious values adhered to as well as using effective communication. In instilling religious values, the sandwich families act in an example and encourage children to worship and always advise each other when there are bad deeds. In addition to using social resilience, the sandwich generation families always take the time to chat and share stories with each other, because DN and her husband have to have a long-distance relationship they keep communicating well over the phone. The social resilience of this sandwich generation family is also good, it can be seen from the way a family can impose religious values on other family members. Besides, the nature of open, honest communication in the family is also one of the good social resilience attitudes of the family sandwich generation.

So it can be concluded from the field findings about the family resistance of the sandwich generation in the Village Resource on the mental or psychological aspects of the family always solves his problem well and chooses to shut up and calm himself before solving the problem and seeking a solution along with the way to tell his whole problem to his family so that there is no misunderstanding. Next in controlling emotions positively DN better go to work and meet his friends and go with his children and husband. By creating a positive self-concept, you can see a positive side of a problem in a way that you are grateful for what you have and not easily offended by the words of a poor person. The results of the research show that the generation of sandwiches in the village of Malang district revealed that how to maintain psychological resilience by solving family problems well, finding solutions together, being mutual honest and open to family members. It is in line with Purwanto's (2020) view that the ability of the family to manage emotions and build a good self-concept is one way in dealing with family problems of a non-physical nature.

Furthermore, the researchers found in this study that not all generations of sandwiches regarded this condition as a problem, based on field findings on life satisfaction about the impact of parenting on the family of the sandwich generation is not every generation of Sandwiches experience dissatisfaction in their lives, because a person's life contentment is a subjective condition. Through DN's ability to nurse and satisfy the needs of her four children and her parents, DN feels happy. Because what DN expects as a sandwich generation can come true.

## CONCLUSION

Based on the results of the research, the researchers can conclude that being part of the sandwich generation cannot be denied that one will feel burdened with the dual roles being experienced. There are several indicators of the burden of parenting in implementing parenting on the sandwich generation in the Resources Village. First, the burden experienced by the subjects of the study is the physical burden because the sandwich generation has to work to meet the needs of the family's living conditions, making the Sandwich generation physically exhausted as a result of having to do foster care and work. The second burden of parenting, which the subject of the research has experienced is the mental or psychological burden, because the problems in the families of the sandwich generation such as the financial problems in families of sandwich generations result in the mental burden. In addition, the stereotype in society about women working away from home is considered poor. This makes the sandwich generation often put aside the desire or need to be able to meet the needs of their children and parents and can not have a save money. Furthermore, the social burden of life experienced by the Sandwich generation is because the sandwich generation has to do parenting and work so that they do not have enough time to interact and communicate with their social life.

An individual and a family especially a family of the sandwich generation must have knowledge of good family resilience. Poor family resilience will affect the harmony of the household, create social stress, stress and even make the child unemployed. Family endurance has several aspects, namely, physical-economic endurance, social endurance and psychological endurance. First, inining the physical-economic endurance of the sandwich family generation, they meet the needs of their children and their parents by working as merchants and private employees in one of the companies to meet their needs of storage, boards, food, education and health. In the other one there was a wife who helped her husband to meet the needs of his family. Secondly, inining social resilience in families, the sandwich generation is done by instilling religious values such as following religious activities such as routine check-ups, five-time prayer and always doing good and inining good communication by being honest and open between family members and taking time to communicate when away. Thirdly, the psychological or mental resilience of the sandwich generation is the way in which a Sandwich generation can solve a family problem by calming itself down and then quickly finding a solution along with family or co-workers to the problem so that it can be resolved quickly. Besides, the sandwich generation is able to control emotions well, as well as insert concepts into themselves so that they are not easily offended.

In this study, the researchers found that the sandwich generation felt a pleasant feeling of satisfaction in carrying out the foster role. It can be understood that the generation of sandwiches can satisfy his life satisfaction well. It can be seen from how the sandwich generation enjoys its role and work in everyday activities and fulfils the needs of children and their parents. Sufficient family needs indicate that the economy of the family's sandwich generation is sufficiently stable that makes the life satisfaction of the Sandwich generation satisfied.



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