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Building Family Resilience in Contemporary Society: A Theoretical Analysis Informed by Family Resilience Theory and the Concept of *Maslahah*

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Abstract

Problem statement: In the context of modern life, characterized by rapid technological advancements, significant social transformations, and escalating economic pressures, families encounter multifaceted challenges. **Objective**: This study aims to delineate efforts to enhance family resilience in contemporary society, analyzed through two theoretical frameworks: family resilience theory and the concept of *maslahah*. **Methods**: This research employs a literature review supplemented by descriptive-analytical analysis to identify the factors that contribute to family resilience. Family Resilience Theory underscores the critical role of open communication, emotional support, flexibility, and character education in fostering resilience. **Results**: The findings indicate that families exhibiting effective communication and robust emotional support are better positioned to navigate challenges such as technological demands and economic difficulties. Furthermore, ongoing character education and families' adaptability to social changes are essential components in fortifying their resilience. The *maslahah* theory, which emphasizes the fulfillment of public interests and the prevention of harm, accentuates the necessity of balance across various dimensions of family life, including physical, mental, financial, and social well-being. The research findings suggest that the integration of these two theories offers a more holistic framework for bolstering family resilience. Enhancing family resilience can be achieved through strategies that encompass open and effective communication, prudent financial management, comprehensive sexuality education, and active community engagement. Additionally, initiatives aimed at strengthening family resilience should also incorporate spiritual and moral dimensions, which are pivotal in maintaining equilibrium and harmony within family life. **Conclusion**: This study provides pragmatic recommendations for policymakers and community stakeholders in the development of intervention programs that support family resilience in the contemporary era.

Keywords: Family Resilience, *Maslahah*, Modern Era.

Abstrak

Penelitian ini bertujuan untuk memetakan upaya memperkuat ketahanan keluarga di era modern yang kemudian dianalisis menggunakan dua kerangka teoretis, yaitu teori resiliensi keluarga dan *maslahah*. Dalam konteks kehidupan modern yang ditandai oleh pesatnya kemajuan teknologi, perubahan sosial, serta meningkatnya tekanan ekonomi, keluarga dihadapkan pada tantangan yang kompleks. Penelitian ini menggunakan studi kepustakaan dengan analisis deskriptif-analitik untuk memahami faktor-faktor yang berkontribusi terhadap ketahanan keluarga. Teori Resiliensi Keluarga menekankan pentingnya komunikasi terbuka, dukungan emosional, fleksibilitas, dan pendidikan karakter dalam membangun ketahanan. Penelitian ini menemukan bahwa keluarga yang memiliki komunikasi efektif dan dukungan emosional yang kuat cenderung lebih mampu mengatasi tantangan, seperti tekanan teknologi dan masalah ekonomi. Selain itu, pendidikan karakter yang berkelanjutan serta kemampuan keluarga untuk beradaptasi terhadap perubahan sosial juga menjadi kunci dalam memperkuat ketahanan mereka. Teori *maslahah*, yang berfokus pada pemenuhan kepentingan umum dan pencegahan kemudaratan, menyoroti pentingnya keseimbangan dalam berbagai aspek kehidupan keluarga, termasuk kesehatan fisik, mental, keuangan, dan hubungan sosial. Temuan penelitian menunjukkan bahwa integrasi kedua teori ini memberikan kerangka yang lebih komprehensif dalam memperkuat ketahanan keluarga. Ketahanan keluarga dapat ditingkatkan melalui pendekatan yang mencakup komunikasi yang terbuka dan efektif, pengelolaan keuangan yang bijak, pendidikan seksualitas yang sehat, serta keterlibatan aktif dalam komunitas. Selain itu, upaya memperkuat ketahanan keluarga juga perlu mempertimbangkan aspek spiritual dan moral, yang memainkan peran penting dalam menjaga keseimbangan dan harmoni dalam kehidupan keluarga. Penelitian ini menawarkan rekomendasi praktis untuk pembuat kebijakan dan masyarakat dalam membangun program-program intervensi yang mendukung ketahanan keluarga di era modern.

Kata Kunci: Era Modern, Ketahanan Keluarga, *Maslahah*.

Introduction

Human life in the modern era is characterized by complexities arising from various dimensions (Pimay & Savitri, 2021, pp. 43-55). The fast-paced and interconnected nature of contemporary society has significantly altered the modalities of communication, work, and daily living (Safitri et al., 2023, pp. 13157–12171). A survey conducted by the Pew Research Centre reveals that 85% of adults express a dependence on technology in their daily activities (Andrew Perrin, 2021).

On one hand, technology provides convenience and efficiency across many domains. The internet, for instance, has transformed the globe into a more interconnected environment, facilitating the rapid and unrestricted flow of information and communication (Haleem et al., 2022, pp. 275-285). Conversely, this transformation also engenders new challenges, including privacy concerns, technology addiction, and the digital divide separating those with internet access from those without (Lubis & Nasution, 2023, pp. 41-50). Data from the International Telecommunication Union indicates that 37% of the global population remains without internet access (Geneva, 2021), exacerbating social inequality and necessitating strategies to bolster family resilience amid the challenges posed by evolving societal conditions (Kustiawan & Kartini, 2020, pp. 64-81).

Family resilience is a critical factor in navigating the complexities of modern existence (Mohsi & Taufik, 2023, pp. 188-202). This concept extends beyond mere survival in the face of adversity; it encompasses the family's capacity to adapt, grow, and evolve despite challenges. Research indicates that families characterized by open communication and robust emotional support systems are more adept at managing crises (Arif Sugitanata & Muannif Ridwan, 2024, pp. 67–74). The multifaceted pressures of contemporary life, encompassing economic strains, social transformations, and environmental challenges, demand families that exhibit not only external resilience but also internal fortitude (Dari et al., 2023, pp. 405-414).

Prior research has underscored the necessity for a comprehensive understanding of marital and familial values, as well as the enhancement of family resilience through preventive measures and conflict resolution strategies aimed at reducing divorce rates (Amalia et al., 2018, pp. 129-135). Furthermore, significant correlations have been identified between adolescent marriage and family resilience, impacting the overall harmony within households (R. P. Lestari, 2015, pp. 84-91). Additionally, a notable inverse relationship exists between family resilience and juvenile delinquency, whereby stronger family resilience correlates with lower levels of juvenile delinquent behavior (Respati et al., 2014, pp. 101-108).

Other studies have demonstrated that excessive technology use can jeopardize family resilience. For example, research indicates that heightened social media usage correlates with diminished quality of family interactions and fosters internal conflicts (Berryman et al., 2018, pp. 307–314). Furthermore, internet addiction has been shown to disrupt familial relationships and create communication barriers (Kuss & Griffiths, 2011, pp. 3528–3552). The detrimental effects of excessive technology use, including its misuse for activities such as online gambling, are significant contributors to family disintegration (Sugitanata, 2024, pp. 84–99).

In contrast to prior studies, this research shifts its focus to the strategies employed to cultivate family resilience in the contemporary era, characterized by considerable transformations in social, economic, and technological spheres. These changes frequently present new challenges for families, spanning shifts in traditional values, mounting economic pressures, and adjustments in social interaction dynamics due to digitalization.

In addressing these challenges, the strengthening of family resilience emerges as a crucial element to enable families to adapt, survive, and flourish. This study aims to analyze family resilience initiatives through the lens of family resilience theory developed by Dr. Froma Walsh, which emphasizes the significance of factors such as shared beliefs, family organization, and open communication in fostering resilience (Walsh, 2016, pp. 313-324). By applying this theoretical framework, the study seeks to elucidate how families in the modern era navigate their challenges, uphold the well-being of family members, and encourage mutual growth. Additionally, the research integrates the concept of *maslahah*, which pertains to the fulfillment of interests or the common good within an Islamic context (Asmawi, 2014, pp. 311-328), providing valuable insights into the role of spiritual and moral values in reinforcing family resilience. By combining Dr. Froma Walsh's family resilience theory with the concept of *maslahah*, this study aims to uncover the strategies families employ to cultivate resilience in the face of contemporary challenges while offering novel perspectives on the significance of spiritual and moral values in this endeavor.

Consequently, this study is anticipated to enhance the understanding of family resilience in the modern era and provide practical recommendations for policy development and intervention programs that can assist families in fortifying their resilience. This research holds significance not only for scholars and practitioners in the field of family studies but also for policymakers and the broader community invested in promoting family well-being amid contemporary challenges.

Methods

This study constitutes a comprehensive examination of the mechanisms through which families can enhance their resilience in the face of contemporary changes. To fulfill this objective, a literature review was conducted, incorporating primary data from a range of pertinent sources, including scholarly books and peer-reviewed journals that address critical issues related to the topic. Employing a rigorous descriptive-analytical methodology, the primary data are subjected to qualitative analysis to elucidate the fundamental aspects of family resilience-building efforts.

This research transcends mere data processing by enriching understanding through the application of analytical frameworks. Grounded in the family resilience theory developed by Dr. Froma Walsh, this study systematically synthesizes findings to investigate the influence of various factors on family resilience. Additionally, the theory of *maslahah* is examined, facilitating a deeper exploration of how these values contribute to the strengthening of familial relationships and continuity amid the dynamics of modernity. Consequently, this research not only offers a nuanced analysis but also provides significant insights into the strategies families can employ to adapt and prosper in an ever-evolving environment.

Analysis of Systemic Issues in Family Resilience

Family resilience constitutes a fundamental pillar in the establishment of a stable and harmonious society (Mileaningrum et al., 2023, pp. 435-440). Nonetheless, various challenges can compromise the integrity of family resilience, undermining the foundational role that families are meant to play as spaces for protection and growth for each member. Poor communication frequently emerges as a primary catalyst for many familial issues. When family members fail to engage in open and honest communication regarding their feelings and thoughts, misunderstandings can escalate into significant conflicts (Abidin, 2011, pp. 111-121). This situation resembles the emergence of small seeds of dissatisfaction that, if neglected, can develop into a substantial tree of disharmony. Moreover, economic pressures significantly contribute to the erosion of family resilience. In an increasingly precarious world, many families struggle to secure their daily needs, let alone accumulate savings for the future. These financial burdens transcend mere numerical representations in a bank account; they infiltrate every dimension of family life, generating excessive stress and often relegating families to a state of constant survival (Kogoya, 2021, pp. 68-89).

Furthermore, shifts in social and cultural values can undermine the traditional foundations of family resilience. In a rapidly evolving society, values previously regarded as essential guidelines for nurturing a healthy family life are increasingly being questioned or abandoned. Younger generations, in particular, may experience conflicts with the values espoused by their parents, leading to a divide that can prove challenging to bridge. This evolution is not simply a matter of divergent opinions; it signifies a transformation in the very principles that unite family members, resulting in a sense of alienation, even when they coexist under the same roof (Dewi & Tohari, 2022, pp. 113-121). Additionally, the impact of technology and social media must be acknowledged as significant factors influencing family resilience. While technology offers unprecedented opportunities for connection, it paradoxically may also exacerbate isolation and loneliness within familial settings. When family members prioritize virtual interactions over genuine connections, the bonds that once fortified familial relationships may weaken, creating a void filled with misunderstandings and feelings of neglect (Laksono et al., 2019, pp. 123-134).

In addition to the aforementioned factors, several other elements critically contribute to the fractures in family resilience. One such element is mental health issues, which frequently remain stigmatized and do not receive adequate attention within many families. Conditions such as depression and anxiety not only impact the individuals affected but also reverberate throughout the family unit (Ningrum et al., 2022, pp. 1174-1178). When one family member grapples with mental health challenges, family dynamics can undergo dramatic transformations, often resulting in tension and fostering feelings of helplessness or isolation among other members (Wulandari & Elviany, 2024, pp. 51-60).

Addiction issues represent another significant factor undermining family resilience. Whether involving substance addiction (such as alcohol or drugs) or behavioral addiction (such as gambling or compulsive internet use), the ramifications of addiction are often destructive (Christiana et al., 2023, pp. 44-54). Addiction depletes family resources—both emotional and financial—thereby

creating an environment characterized by instability and conflict (Notti & Ufi, 2021, pp. 108-119). In efforts to address a family member's addiction, families frequently find themselves ensnared in a seemingly infinite cycle, further eroding the harmony and trust that once prevailed. Additionally, external factors, including the influence of social environments and external pressures, can also compromise family resilience. When families exist within negative environments—such as unsupportive neighbors or communities— or face discrimination and social stigma, these burdens can exert additional pressure on familial dynamics. Families in such circumstances may experience feelings of isolation or face pressure to conform to norms that conflict with their own values, leading to internal tension and undermining the sense of togetherness (Melliza, 2023, pp. 1–61).

Efforts to Enhance Family Resilience in Contemporary Society

In the contemporary landscape characterized by dynamic changes and challenges, the enhancement of family resilience has emerged as a critical concern (Hidayat et al., 2023, pp. 120-132). Family resilience transcends mere harmony among members; it encompasses the family's capacity to navigate changes and external pressures (Darmayanti et al., 2023, pp. 179-199). Central to this process is open and effective communication among family members (Ali & Aziz, 2022, pp. 169-184). In the digital age, communication is frequently hampered by excessive reliance on technology (Lestari et al., 2015, pp. 147-300). Therefore, fostering quality time for family interactions devoid of technological distractions can significantly enhance mutual understanding and closeness. Engaging in shared activities, such as dining together, exercising, or conducting regular family meetings, serves as effective communication strategies (Islam & Sugitanata, 2023, pp. 109-123).

Moreover, prioritizing children's education and character development is imperative (Sugitanata & Rahmanita, 2024, pp. 32-40). In this fast-paced environment, children encounter diverse information, not all of which is beneficial (Sugitanata, 2023, pp. 129-138). Instilling life values such as honesty, diligence, and empathy from an early age is essential for cultivating strong character traits in children. Additionally, providing consistent role models through exemplary behavior in parenting is crucial for establishing a robust family foundation (Nuraeni, 2020, pp. 65-73). Adapting to change is also a necessary aspect of family resilience. Families that can embrace change are better equipped to confront challenges, which includes openness to new technologies, comprehension of social shifts, and flexibility in decision-making (Kristiyani et al., 2020, pp. 232-237). Financial resilience represents another vital component of family resilience.

The contemporary era is frequently associated with economic instability (Laksono et al., 2019, pp. 123-134). Therefore, prudent management of family finances, encompassing budgeting, saving, and investing, is essential for navigating financial hardships (Mustika et al., 2023, pp. 269-279). Furthermore, maintaining the physical and mental well-being of family members is equally significant. Engaging in regular physical activity, adhering to a nutritious diet, and ensuring adequate rest are fundamental to sustaining physical health (Saragih & Sari, 2021, pp. 253-266). Concurrently, offering emotional support to family members in distress and seeking professional assistance when necessary are crucial components of maintaining mental health within the family unit (Aqila & Sugitanata, 2024, pp. 1-14).

Additionally, enhancing family resilience in the modern context necessitates a comprehensive understanding of the equilibrium between professional and personal life. With escalating work demands and increased mobility, family members often struggle to uphold this balance. Prioritizing quality familial interactions, establishing boundaries between work and personal life, and emphasizing the importance of rest and relaxation can facilitate the maintenance of this balance (Sugitanata & Zakariya, 2021, pp. 239-247). Furthermore, the judicious use of technology can serve as a tool for reinforcing family resilience (Manurung et al., 2021, pp. 1339-1146). When utilized appropriately, technology can strengthen family bonds through enhanced communication and access to a wealth of educational resources. Limiting exposure to unproductive technology by promoting intellectually and emotionally enriching activities can foster both individual and collective family growth (Subarjo, 2017, pp. 1-8).

Sexuality education represents another essential aspect of addressing the challenges of the modern era, particularly in light of the ease of access to information that may not always be accurate or age-appropriate. Educating children about sexuality in a transparent, honest, and age-appropriate manner can empower them to make informed decisions regarding their bodies and interpersonal relationships (Sugiharti & Erlangga, 2023, pp. 75-86). Community involvement also plays a significant role in bolstering family resilience. Participation in supportive communities, both in-person and online, fosters a strong sense of belonging and social support, thereby enriching the social lives of family members and providing an emotional safety net in times of crisis (Zahro et al., 2021, pp. 275-292). Additionally, it is vital for families to collectively celebrate successes and confront failures. Acknowledging the achievements of family members, regardless of their scale, enhances self-esteem and motivation. Conversely, learning from setbacks together imparts lessons in resilience and perseverance. Through these shared experiences, families grow stronger, more adaptable, and better prepared to face future challenges (Sugitanata, 2020, pp. 1-10).

By integrating elements of communication, education, adaptation, financial management, health maintenance, work-life balance, prudent technology utilization, sexuality education, community engagement, and the collective celebration of both successes and challenges, families can establish a solid foundation for resilience in the modern era. This journey necessitates a collaborative effort, patience, and a commitment to collective growth in navigating the challenges that arise.

Evaluating Family Resilience Strategies in Accordance with Dr. Froma Walsh's Framework and *Maslahah*'s Family Resilience Theory

Dr. Froma Walsh's Theory of Family Resilience serves as a significant framework for comprehensively understanding the role of various elements within a family in fostering resilience (Walsh, 2015, pp. 3–336). Primarily, open and effective communication is crucial for establishing harmony and resilience within familial structures. Walsh posits that transparent communication enables family members to express emotions, resolve conflicts, and cultivate closer relationships (Walsh, 2015, pp. 3–336). In the contemporary digital landscape, where technology often disrupts interpersonal interactions, it is essential to prioritize quality time together, devoid of technological distractions (Sugitanata, 2023, pp. 129–138). Engaging in

shared activities, such as communal meals or regular family gatherings, can enhance communication and foster mutual understanding among family members (Lestari et al., 2015, pp. 147-300).

Furthermore, the education and character development of children must be a paramount concern in resilient families. Walsh underscores the importance of nurturing character from an early age as a foundational step towards cultivating individual resilience within the family unit (Walsh, 2015, pp. 3–336). Children raised with values such as honesty, diligence, and empathy are better equipped to navigate external pressures (Sugitanata & Rahmanita, 2024, pp. 32-40). Parents play a pivotal role in modeling positive behavior, which children are likely to emulate, thereby establishing a robust foundation for future family resilience (Nuraeni, 2020, pp. 65-73). Effective character education not only shapes resilient children but also reinforces familial cohesion.

In addition to education, adaptability to change is an indispensable component of family resilience. Families that can swiftly adjust to social, technological, and economic transformations are better positioned to confront modern challenges (Kristiyani et al., 2020, pp. 232-237). Flexibility in decision-making and receptiveness to new technologies are integral to resilient familial structures (Walsh, 2015, pp. 3–336). In an era characterized by rapid change, the capacity to adapt ensures familial stability amidst external pressures (Sugitanata, 2024, pp. 20–49). Moreover, financial resilience constitutes a vital pillar; prudent financial management—encompassing saving, investing, and budgeting—provides stability in the face of economic uncertainty (Laksono et al., 2019, pp. 123-134). Families adept at managing their finances will exhibit greater resilience when confronted with financial crises.

The maintenance of physical and mental health is also essential to family resilience. Walsh emphasizes the significance of sustaining both physical and mental health to enable all family members to function effectively (Walsh, 2015, pp. 3–336). Regular physical activity, a nutritious diet, and adequate rest are foundational to physical health, while emotional support among family members, coupled with professional assistance when necessary, is crucial for mental well-being (Saragih & Sari, 2021, pp. 253-266). Additionally, fostering family resilience necessitates a balance between work and personal life, particularly in the modern context marked by demanding professional obligations. Establishing clear boundaries between work and family life, along with allocating time for relaxation and leisure together, is vital for maintaining this equilibrium (Sugitanata & Zakariya, 2021, pp. 239-247).

Furthermore, the positive utilization of technology serves as a valuable tool for enhancing family resilience. When employed judiciously, technology can improve communication and broaden access to educational resources. However, it is imperative to minimize the use of unproductive technology to encourage intellectually and emotionally enriching activities (Manurung et al., 2021, pp. 1339-1146). Additionally, comprehensive sexuality education is vital in addressing contemporary challenges, particularly given the prevalence of inaccurate or age-inappropriate information. Providing children with open, honest, and age-appropriate sexual education equips them to make informed decisions regarding their bodies and interpersonal relationships (Sugiharti & Erlangga, 2023, pp. 75-86).

Community involvement also fortifies family resilience. Walsh asserts that social support from both physical and online communities can enhance family social life and foster a strong sense of belonging and emotional backing (Zahro et al., 2021, pp. 275-292). Families actively engaged in their communities have greater access to social resources, facilitating their collective ability to confront challenges. Lastly, the celebration of achievements and the shared experience of failures are vital components of family resilience. Acknowledging successes, regardless of their magnitude, bolsters self-esteem and motivation, while collaboratively addressing failures fosters resilience and perseverance. This process strengthens family cohesion and prepares them more effectively to navigate future challenges (Sugitanata, 2020, pp. 1-10).

In conclusion, Dr. Froma Walsh's Family Resilience Theory elucidates that family resilience comprises various interconnected elements, including communication, character education, adaptability to change, financial resilience, physical and mental health, work-life balance, community engagement, and the recognition of achievements. When these elements function synergistically, families are better equipped to endure the multifaceted challenges presented by contemporary society.

From the perspective of *Maslahah* theory, each component of family resilience contributes to the realization of benefits and the mitigation of harm (Asmawi, 2014, pp. 311–328). Effective communication among family members is paramount for fostering familial harmony, facilitating understanding and support, while simultaneously averting conflicts and tensions that could disrupt family unity (Akbar, 2023, pp. 36–40).

Moreover, the provision of quality education and the instillation of positive values are crucial for achieving long-term well-being. By ensuring that children receive a solid education and are imbued with commendable values, families can cultivate a resilient and ethical generation capable of making positive societal contributions (Abidah, 2023, pp. 2716–2725). This proactive approach also mitigates potential harms stemming from detrimental behaviors that could adversely affect individuals and families. The education of children not only benefits them individually but also strengthens the family unit, as well-educated children become sources of pride and strength for their families (Sugitanata & Rahmanita, 2024, pp. 32–40). Adaptability to change is another critical aspect of achieving *Maslahah*. Families proficient in adapting to social, technological, and economic shifts are better prepared to confront contemporary challenges, thereby reducing the likelihood of instability or disintegration. Flexibility in responding to change enables families to progress and evolve, while an inability to adapt might precipitate stagnation or loss on both financial and social fronts (Sugitanata, 2024, pp. 20–49).

Financial resilience, too, represents a pivotal element within *Maslahah* theory. Prudent financial management—encompassing saving, investing, and budgeting—yields benefits by ensuring economic stability and safeguarding family welfare. Conversely, financial adversity characterized by debt, extravagance, or economic uncertainty can induce stress and disrupt familial harmony; thus, it is essential for families to uphold financial resilience to navigate challenging times effectively (Latifah dkk., 2023, pp. 366–385).

Promoting the physical and mental health of family members is equally vital for enhancing overall well-being. Optimal health enables each family member to function effectively, whereas physical illnesses or mental health issues can disrupt family dynamics and impose emotional and financial burdens (Aqila & Sugitanata, 2024, pp. 1–14). By adopting a healthy lifestyle and providing emotional support, families can preempt adversity and ensure mutual well-being. Furthermore, maintaining a balance between work and personal life is essential for robust family dynamics (Yazid & Sugitanata, 2024, pp. 26–41). Prioritizing quality family time while fulfilling work obligations has significant benefits for strengthening familial bonds and preserving mental health (Sugitanata, 2024b, pp. 84–99). Conversely, a work-centric lifestyle can lead to negative outcomes such as stress, fatigue, and potential family breakdown. Balancing work and personal life allows families to mitigate these adverse effects and cultivate harmony.

The constructive use of technology can also facilitate the attainment of benefits within the family unit. Modern technological advancements enable family members to remain connected and access a wealth of educational and entertainment resources (Sugitanata & Aqila, 2024, pp. 17–31). However, excessive or unproductive technology usage may engender harm, such as diminished direct communication or dependence on devices, which can adversely affect familial relationships (Sugitanata, 2023, pp. 129–138). Therefore, it is crucial to regulate technology use and steer it toward activities that promote familial relationships and enhance knowledge. Additionally, comprehensive sexuality education aligns with the principles of *Maslahah*, particularly in preventing misunderstandings related to sexuality that may lead to harmful behaviors. By providing age-appropriate and contextually relevant education, families can safeguard their children from misinformation and inappropriate conduct while fostering a responsible understanding of their bodies and interpersonal relationships (Noviani dkk., 2023, pp. 207–225).

Community involvement significantly reinforces family resilience by offering broader social support. Families engaged in community activities derive benefits such as a sense of belonging, moral support, and access to resources that may not be accessible solely within the family (Sugitanata, 2023b, pp. 55–69). Conversely, social isolation can be detrimental, engendering feelings of disconnection and depriving families of the support networks crucial during difficult times. Celebrating achievements and collectively confronting failures are also integral to sustaining familial well-being. Acknowledging successes fortifies familial bonds and cultivates a sense of togetherness, while shared experiences of failure foster resilience and wisdom (Arif Sugitanata, 2024, pp. 37–62). Such practices enable families to avert the harm associated with diminished motivation or despair in the face of challenges and instead foster a resilient and supportive familial culture. The analysis grounded in *Maslahah* theory illustrates that each facet of family resilience contributes to achieving benefits and mitigating harm in familial life.

Ultimately, open communication, character education for children, adaptability to change, financial resilience, physical and mental health, work-life balance, positive technology use, healthy sexuality education, community involvement, and the collective celebration of achievements and setbacks are all interrelated dimensions that collectively shape a robust and resilient family unit. By

adhering to the principles of *Maslahah*, families can not only endure the challenges of modernity but also evolve into harmonious, healthy, and supportive social entities that contribute positively to society. The *Maslahah* Theory offers a pertinent framework to ensure that every action within the family is oriented toward maximizing benefits and minimizing any potential losses or harms.

Conclusion

This study confirms that fostering family resilience in the contemporary era necessitates a holistic and multifaceted approach, encompassing various interrelated components. Effective and open communication among family members is paramount, while prioritizing education and character development for children is essential. Additionally, the capacity for adaptation to change is critical, with financial resilience playing a significant role in bolstering family stability. Furthermore, the maintenance of both physical and mental health among family members is of equal importance, as is the cultivation of a comprehensive understanding of the balance between professional and personal life. The constructive use of technology can serve as a powerful instrument for enhancing family resilience, alongside comprehensive sexuality education to address the challenges posed by readily accessible information in the modern context. Community engagement and the collective celebration of achievements, as well as the shared experience of facing setbacks, represent other vital dimensions of family resilience.

An analysis grounded in Dr. Froma Walsh's Family Resilience Theory reveals that family resilience comprises interdependent elements that must function synergistically to confront contemporary challenges. Moreover, the theory of *maslahah* elucidates that each of these components, ranging from communication to sexuality education and community involvement, is instrumental in realizing benefits and mitigating harm within family life. By adhering to the principles of *maslahah*, families are not only equipped to endure the complexities of modernity but also to evolve into harmonious, healthy, and supportive social units that ultimately make positive contributions to society.

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