

## **Building Dual Earner Family Resilience through Self-Efficacy in Social Revolution 5.0**

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### **ABSTRACT**

The challenges posed by the Social Revolution 5.0 are becoming increasingly complex, particularly in terms of economic demands and roles. Economic development is driven by rapid technological advancements, meaning that working families must have the self-confidence to fulfill their roles both at work and as good family members so that the family can survive. The purpose of this study is to examine the role of self-efficacy in building family resilience among dual-earner families in the 5.0 era. The population and sample for this study consisted of 100 individuals serving as husbands or wives in dual-earner families. This study employed a quantitative method using a correlational approach with product-moment correlation analysis. The results indicate that self-efficacy has a positive and significant relationship with building family resilience, with a correlation coefficient of 0.524 ( $p > 0.05$ ). Therefore, the higher the level of self-efficacy, the higher the resilience of dual-earner families. Future researchers may explore factors influencing family resilience, such as the impact of gender roles, marital satisfaction, child-rearing practices, and emotional regulation within the family.

### **Introduction**

The cultural characteristics and social environment of a community that drive changes in attitudes and behaviors within society over a specific period of time are referred to as a revolutionary development (Annisa, 2021). Social Revolution 5.0 began in 2019 with Fukuyama, who introduced a distinct concept of revolution that prioritizes environmentally friendly technological advancements, thereby restoring a more balanced human role (Budianto et al., 2021). Social Revolution 5.0 maintains human functions based on the concept of a human-centered society, where the changes within this revolution remain centered on humans as the primary actors. The development of this revolution also alters societal structures, thereby generating various demands that influence community life (Haryanto & Kusumastuti, 2023). Initially, these technological advancements were created

as solutions to efficiently lighten the workload of humans. However, in reality, this sophistication can lead to increased demands on human resources (workers), intensifying competition in the job market (Handayani, 2024).

According to data from the Central Statistics Agency (BPS, 2025), the number of male and female heads of households in Indonesia has increased annually from 2021 to 2025. The BPS reports that 87.33% of heads of households in Indonesia are employed. The highest increases in the number of workers were observed in DKI Jakarta Province, West Java Province, and East Java Province. The percentage of employed household heads recorded in 2021 was 88.45%, in 2022 was 88.65%, in 2023 was 88.93%, in 2024 was 89.24%, and in 2025 was 88.93%. This indicates that East Java Province has an average percentage of employed household heads that is 0.60% higher than the national average. BPS (2025) notes that the increase in the number of workers in East Java from August 2024 to November 2025 was 228,580 individuals. The life phase of establishing a household and working falls within the developmental period of early adulthood (Hurlock, 1997).

The phenomenon of married couples who both work is referred to as a dual-earner family. According to Hayghe (1978), a dual-earner family is a situation in which a married couple—the husband and wife—pursue careers or hold jobs while managing their household, thereby ensuring that both individuals have an income capable of supporting family life. Positive impacts of dual-earner families include financial stability, improved living standards through access to higher education and better health (Leong & Juhari, 2022). In line with the improved standard of living in dual-earner families, according to Srg et al. (2024), there are also negative impacts, such as the demands of balancing roles through time management between family time and work responsibilities that must also be fulfilled. These demands lead to physical and mental exhaustion, which also arises from the pressure and dual roles that must be fulfilled to ensure both roles function effectively; additionally, conflicts arising from the roles being performed significantly impact family dynamics (Neha et al., 2023). This is supported by Akiki's (2024) view that the challenges faced by dual-earner couples stem from balancing work and family roles due to the time allocated to both family and work.

Continuous conflicts that are not properly resolved can lead to symptoms of physical and mental exhaustion that affect relationships with partners (Maharani et al., 2024). According to 2025 data from the Central Statistics Agency (BPS), East Java Province recorded the highest number of divorces due to economic problems, totaling 32,858 cases, and 36,275 cases resulting from arguments. In this context, family resilience serves as a crucial foundation for maintaining the unity of family bonds (Wahyudin, 2023). McCubbin & McCubbin add that family resilience can be characterized by a combination of positive behavioral patterns exhibited by each individual and the functional capabilities possessed by every family member (Uyun et al., 2023). According to Kalil (2003), family resilience is influenced by several factors that can be categorized into risk factors, recovery factors, and protective factors. Protective factors form the basis of family resilience, serving a preventive

role and helping to develop strategies for resolving family problems; these are further divided into external and internal factors. Internal factors focus on the individual efforts of each family member to contribute to a strong family outcome. According to Reivitch & Shatte (2002), there are seven key competencies that play a role in building individual resilience. These competencies include impulse control, emotional regulation, problem-solving skills, empathy toward others, an optimistic attitude, the willingness to try new things or reach out, and self-efficacy (Uyun et al., 2023). An individual's self-efficacy influences the resilience of dual-earner families, serving as one of the internal protective factors that helps individuals remain motivated to face life's challenges, thereby enabling them to function effectively as individuals. Self-efficacy is also closely linked to an individual's mental state (Nadhifa et al., 2024). Wahyudin (2023) also indicates that there is a positive and significant relationship between family resilience, self-efficacy, and social capital. This view is further reinforced by Iklima et al. (2021), who demonstrate that self-efficacy is a dominant factor in family mental health.

Earlier research has focused on studies of family resilience with self-efficacy as a moderating variable, conducted in West Java and surrounding areas; therefore, this study aims to examine the direction and strength of the relationship between self-efficacy and the development of family resilience among dual-earner families in the era of the 5.0 social revolution in Bangkalan Regency, grounded in the Nampak Korong Beringin Naong culture, which views family harmony as centered on household management (Meinia & Hipni, 2023). The subjects of this study are husbands and wives who serve as dual earners and have not been studied previously. This research is important to conduct in accordance with Law No. 52 of 2009, which establishes family resilience as a benchmark for describing family well-being (Sunarti, 2015).

## Method

This study was conducted using a quantitative, correlational research design aimed at examining the direction and strength of the relationship between the independent variable (X) and the dependent variable (Y). An independent variable is a variable that is freely manipulated as a stimulus for the subject and influences the dependent variable; in this study, the independent variable is self-efficacy. Meanwhile, a dependent variable is a variable influenced by the independent variable; the dependent variable in this study is family resilience.

The data collection method used was a psychological research questionnaire employing a Likert scale (5-point) consisting of a self-efficacy scale and a family resilience scale, which was distributed both online and offline. The sampling technique used in this study was purposive sampling. Purposive sampling was chosen for this study based on specific criteria using Yamane's formula (10% margin of error) to determine a sample size of 100 subjects, as there is no exact count of dual-earner families in Bangkalan Regency.

The criteria for subjects in this study were 50 couples consisting of a husband and a wife in dual-earner families, with at least one child and a marriage duration of 5–30 years.

The psychological scales used in this study were the family resilience scale based on Walsh (2006) and the self-efficacy scale based on Bandura (2009). The family resilience scale consists of 28 valid items with a total  $r$  range of 0.375–0.800 and a reliability of 0.888, while the self-efficacy scale consists of 19 valid items with a total  $r$  range of 0.432–0.804 and a reliability of 0.900. The validity test results showed a total  $r >$  the critical value (0.374), with reliability coefficients of 0.888 and 0.900; thus, the measurement instruments are considered highly reliable and acceptable (Sugiyono, 2019). Data analysis or hypothesis testing was conducted using Pearson's bivariate correlation or the product-moment correlation. All data analysis and scale testing were performed using SPSS for Windows 25.0. This study faced time constraints regarding subject participation in scale completion, as each job involves long working hours with short breaks; consequently, the time taken to complete the scale varied among workers, adjusted according to their work schedules.

## Results

Table 1. Overview of Research Subject Characteristics

No	Respondent Characteristics	F	%
1.	<b>Gender</b>		
	Male	50	50
	Female	50	50
	<b>Total</b>	<b>100</b>	<b>100%</b>
2.	<b>Married Duration</b>		
	5-6 years ( <i>Short-term marriage</i> )	7	7
	7-17 years ( <i>Moderate-term marriage</i> )	48	48
	18-30 years ( <i>Long-term marriage</i> )	45	45
	<b>Total</b>	<b>100</b>	<b>100%</b>

Source: Table processed by researcher, 2025

The table above shows that there were 50 men and 50 women in this study. Regarding the subjects' characteristics, the majority were in moderate-term marriages (48 people) and long-term marriages (45 people), while 7 people were in short-term marriages.

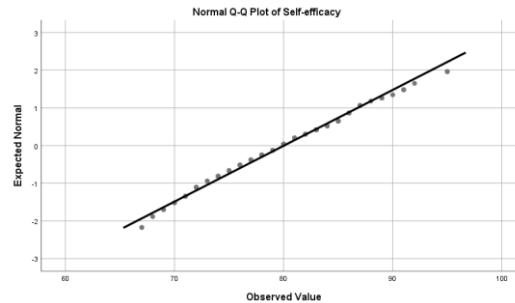
Table 2. Results of the Normality Test

	<i>Kolmogorov-Smirnov<sup>a</sup></i>			<i>Shapiro-Wilk</i>		
	Statistic	df	Sig.	Statistic	df	Sig.
Self-Efficacy	.062	100	.200	.982	100	.190
Family Resilience	.081	100	.103*	.978	100	.097

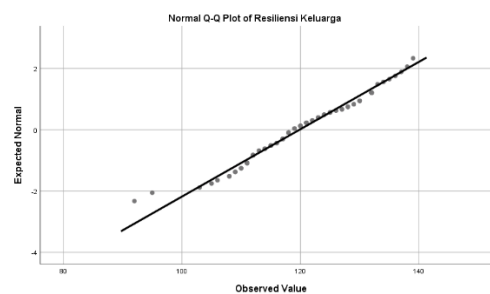
Source: Table processed by researcher, 2025

Based on the table, the data obtained exhibit normal distribution, with a self-efficacy coefficient of 0.200 and a family resilience coefficient of 0.139. This indicates that the data

can be considered normally distributed because the p-values are greater than 0.05 (Sugiyono, 2019).



Picture 1. Results of the Normality Test for the Self-Efficacy Scale



Picture 2. Results of the Normality Test for the Family Resilience Scale

The following plot illustrates that the research data exhibits appropriate normality; in other words, the data follows a normal distribution. This is evident from the fact that the closer the data points are to the line, the more similar the respondents' behaviors and attitudes are. It can be concluded that the respondents in this study met the established criteria, resulting in data that demonstrates significant similarity among individuals.

Table 2. Linearity Test Results

		<i>ANOVA Table</i>					
		<i>Sum of Squares</i>	<i>df</i>	<i>Mean Square</i>	<i>F</i>	<i>Sig.</i>	
		<i>(Combined)</i>	3447.627	26	132.601	2.044	.009
Family Resilience * Self-Efficacy	<i>Between Groups</i>	<i>Linearity</i>	2246.490	1	2246.490	34.624	.000
		<i>Deviation from Linearity</i>	1201.137	25	48.045	.741	.798
	<i>Within Groups</i>		2033.700	4736.413	73	64.882	
		<i>Total</i>	4505.840	8184.040	99		

Source: Table processed by researcher, 2025

The results indicate that the data in this study are linear, meaning they are normally distributed, so that scores among subjects are correlated. The linearity value shows a coefficient of 0.000 (<0.05) with a deviation significance of 0.798 (>0.05), indicating that the data are linear.

Table 3. Results of the Variable Correlation Test

		<i>Self-efficacy</i>	Resiliensi Keluarga
Self-Efficacy	Pearson Correlation	1	.524**
	Sig. (2-tailed)		.000
	N	100	100
Family Resilience	Pearson Correlation	.524**	1
	Sig. (2-tailed)	.000	
	N	100	100

Source: Table processed by researcher, 2025

The table above shows a correlation coefficient of 0.524 with a significance level of 0.00 ( $<0.05$ ) for the family resilience variable (Y) and the self-efficacy variable (X). This indicates that there is a relationship between variables X and Y; according to Sugiyono's (2019) correlation test assessment table, the relationship between these variables falls into the moderate category, within the range of 0.40–0.599.

Table 4. Results of the Descriptive Analysis Based on the Self-Efficacy Dimension

Dimensi	N	Minimum	Maximum	Mean	Std. Deviation
Magnitudde Dimension	100	13	25	21.09	2.340
Strength Dimension	100	21	35	28.39	3.296
Generality Dimension	100	24	35	30.56	2.746

Source: Table processed by researcher, 2025

The table above shows that the dimension with the highest influence on self-efficacy is the generality dimension, with a mean score of 30.56, followed by the strength dimension with a mean score of 28.39, and the magnitude dimension with a mean score of 21.09. The generality dimension focuses on behavioral adaptation based on an individual's past experiences, indicating that learning has taken place to deal with challenges.

Table 5. Results of the Descriptive Analysis Based on Aspects of Family Resilience

	N	Minimum	Maximum	Mean	Std. Deviation
Family Belief System Aspects	100	23	40	35.20	3.244
Organizational System Aspects	100	32	50	39.95	4.147
Communication Process Aspects	100	32	50	42.74	4.024

Source: Table processed by researcher, 2025

The table above shows that the aspect with the highest influence on family resilience is communication, with a mean score of 42.74, followed by the organizational system aspect with a mean score of 39.95, and the trust aspect with a mean score of 35.20. The dimension of communication within a family focuses on openness and empathy, which can bring family members closer together emotionally.

Table 6. Results of the Descriptive Analysis of the Self-Efficacy Scale by Gender

	N	Minimum	Maximum	Mean	Std. Deviation
Female	50	67	95	80.70	7.396

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Male	50	67	95	79.38	6.030
Valid N (listwise)	50				

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Source: Table processed by researcher, 2025

The table above shows that women have higher self-efficacy than men. The median score for women, 80.70, is higher than the mean score for men, 79.38. This indicates that women have greater confidence in their abilities and strengths than men.

Table 7. Results of the Descriptive Analysis of the Family Resilience Scale by Gender

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	N	Minimum	Maximum	Mean	Std. Deviation
Female	50	105	139	122.02	7.396
Male	50	92	134	117.70	6.030
Valid N (listwise)	50				

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Sumber: Tabel diolah oleh peneliti, 2025

The table above shows that women have higher family resilience than men. The median score for women, 122.02, is higher than the mean score for men, 117.70. This indicates that women have greater family resilience than men.

## Discussion

The development of the 5.0 social revolution has transformed family structures into more modern ones by emphasizing gender equality; this equality relates to the division of roles in household activities, which has been adapted to the capabilities of each family member, meaning that women no longer bear a disproportionate burden; however, in some families with low economic well-being, the burden often falls on women (Badrudin, S. & Kurniah, 2023). An imbalance between the roles of husband and wife can lead to conflicts that threaten family resilience (Widayati & Satiti, 2022). This study aims to investigate the relationship between self-efficacy and resilience in dual-earner families in the era of the 5.0 social revolution.

The correlation results indicate that self-efficacy is associated with family resilience in the context of dual-earner families in the era of the 5.0 revolution; as evidenced by the correlation coefficient value, which indicates a significance level of 0.00 ( $<0.05$ ) with a coefficient of 0.524 ( $>0.05$ ). According to Sugiyono (2019), this can be interpreted as a moderate relationship. Based on this, it can be concluded that there is a positive relationship between variable X and variable Y. This means that the higher an individual's self-efficacy or level of self-confidence, the higher the family's resilience will be. This aligns with Bandura's (1997) theory, which posits that an individual's self-belief in their capabilities influences their environment—in this study, the family environment—as an output of family resilience in dual-earner families during the 5.0 social revolution era. This is reinforced by Haqiqi et al. (2024), who demonstrate that the capabilities of each family member influence family resilience, as the combined abilities of every individual within the family serve as

evidence of family resilience. The closeness within the family significantly impacts family resilience, helping family members recover from adversity (Srg et al., 2024).

According to Kalil (2003), the protective factors possessed by a family are influenced by the family's internal dynamics, which are based on the individual circumstances of each family member. The personal beliefs held by individuals within the family influence the process of preventing the negative impacts faced by the family due to external factors, namely economic conditions and the role demands of a dual-earner family. These role challenges force individuals to balance their responsibilities at work with their responsibilities as parents to meet the family's basic needs (Akiki, 2024). Success in both the professional and family spheres is closely tied to self-efficacy, which serves as a source of strength for individuals in facing all challenges and demands (Lestari et al., 2022). Self-efficacy has a positive relationship with family resilience, acting as a protective mechanism against the problems faced by the family (Wahyudin, 2023).

The results of the descriptive analysis based on the self-efficacy dimension indicate that the generality dimension is the dominant factor, as measured by the indicators of responsibility and optimism. An individual's sense of responsibility after making a decision is relatively high in dual-earner families with children. In line with this, the study by Firdaus et al. (2023) shows that households will fare well if both partners share an equal sense of responsibility toward household chores. An individual's optimism also influences family resilience because it helps foster hope to keep striving and view challenges as strengths (Nurpriyarni & Yusuf, 2025). This aligns with the concept of goodness, which is not explicitly stated in religious scriptures, yet collaborative efforts in completing household chores can alleviate existing problems.

In the study, the "strength" dimension also plays a significant role in self-efficacy, which is based on indicators of self-confidence and self-efficacy. Each individual has their own standards that serve as guiding principles in life regarding self-efficacy. In this study, self-efficacy and self-confidence emerged as the most dominant indicators underpinning the belief in one's own capabilities. Consistent with this, workers' self-confidence is also strongly influenced by their families. Self-confidence is classified as an indicator with a high coefficient value due to the presence of positive support within the family. Research by Syafni et al. (2025) shows that family support significantly influences work-related stress and the resilience to face challenges in an individual's life. This indicates that the more pressure or problems one faces—such as those related to work and family—the more it affects an individual's confidence in navigating such difficult circumstances. Rational and realistic decision-making is another key indicator influencing an individual's self-efficacy. Rational and objective decision-making can help individuals navigate the various changes in this era of the 5.0 social revolution, such as shifts in communication patterns, time spent with family, personal potential, and the growing global economic demands (Anggara et al., 2025).

The results of the descriptive analysis of the self-efficacy scale by gender indicate that women have higher self-efficacy scores than men. In line with the concept of gender equality proposed by Taufik & Hasnani (2022), husbands and wives have distinct gender roles, though not in household matters, where both possess equal authority. In line with this, gender roles have now undergone a significant shift in the era of the Social Revolution 5.0, which prioritizes the alignment of individual capabilities, leading to a fair and wise division of roles that no longer burdens one gender (Ram, 2025). Women have been shown to possess higher self-efficacy, based on a stronger belief and desire to be recognized and to be part of a social environment (Pratiwi et al., 2017). Women also demonstrate greater resilience compared to men (Fahrani et al., 2023).

Every married couple naturally hopes to have a harmonious household, but this is particularly true for dual-earner families who have careers and must balance their time between work and family; thus, communication becomes essential for bridging the dynamics of their household. Based on the results of a descriptive analysis of the family resilience scale by aspect, the communication aspect plays a dominant role. Communication in this study was measured using indicators of open and collaborative communication. In line with this, Muthoharoh's (2025) research on working families found that various strategies can be employed to foster intense communication between partners, such as utilizing communication technology while at work (when separated by location and time) and continuing the conversation when at home. Topics of conversation are discussed openly and emotionally so that all questions or concerns experienced during separation can be properly addressed and strengthen the sense of connection between partners within the family (Mayatika, 2024). In line with this, the alignment of indicators such as open communication, a sense of connection, and democratic and collaborative problem-solving is acceptable.

The organizational aspects of this study also play a significant role in influencing family resilience. Work and family life involve two distinct roles: that of an employee and that of a family member. Flexibility in the roles between husband and wife within the family will greatly influence family resilience. This has also been previously studied by Aini (2025), who found that flexibility between husband and wife fosters a household atmosphere that upholds justice, harmony, and protection, thereby embodying the values of a Sakinah family. The aspect of the belief system, based on indicators of spiritual faith, positive outlook, and the interpretation of difficulties, also plays a dominant role in maintaining the family. This includes having full faith in the positive commandments written in the holy scriptures, maintaining *tawakal* (trust in God) and *istiqomah* (steadfastness) in one's attitude and behavior despite the increasing challenges of the environment. Enhancing the ability for self-reflection and recognizing that resolving issues through consultation can help avoid misunderstandings among all parties (Sariroh & Ali, 2025). Accordingly, a positive outlook and constructive interpretation of difficulties when facing domestic problems are also necessary to enhance family resilience. Through positive coping, families will have the

resilience to continually bounce back from the setbacks they experience (Hendrayu et al., 2020)

In addition, the results of the descriptive analysis of the family resilience scale by gender indicate that women have higher resilience scores than men regarding family matters. This is because women play various important roles within the family, such as providing for the family's needs and caring for family members (Fajar et al., 2023). Another point raised by Zaetun (2022) is that women can provide a better balance of roles within the social and family environments. Thus, women can be considered the stronger foundation because they play a vital role as a source of strength and fulfillment of needs, as well as the management of family resources and infrastructure. They provide input and advice to each family member through their policies and observations while managing domestic affairs within the family (Rumbekwan & Tanamal, 2023).

The results of the study indicate that there is a positive relationship between self-efficacy and family resilience in dual-earner families in the era of the 5.0 social revolution. This is evidenced by the significant values obtained across various indicators on the family resilience scale and the self-efficacy scale, meaning that the higher an individual's level of self-confidence in fulfilling their roles as a worker and as a family member, the stronger the family's resilience. Additionally, the study found that women exhibit higher levels of self-efficacy and family resilience.

## Conclusion

Based on the explanation presented earlier, there is a relationship between self-efficacy and family resilience in dual-earner families in the era of the 5.0 social revolution, with a significance level of 0.00 ( $<0.05$ ) and a correlation coefficient of 0.524 ( $p > 0.05$ ). Thus,  $H_0$  is rejected and  $H_a$  is accepted, meaning there is a positive relationship between self-efficacy and family resilience in dual-earner families in the era of the 5.0 social revolution. It can therefore be concluded that the higher an individual's self-efficacy, the higher the family resilience in dual-earner families. The dominant factors serving as mediators, based on the items in self-efficacy, are ability and self-confidence, while the indicator of family resilience is the communication process, which plays a crucial role in both individual self-efficacy and family resilience.

The findings of this study can serve as a theoretical reference in family psychology and gender psychology, indicating that each individual's self-belief within the family now exerts a dominant influence on family resilience, which is also grounded in gender differences. Efforts to enhance family resilience, as suggested by this study, can be achieved through more open communication among family members that prioritizes an emotional approach, thereby fostering mutual understanding of the family's circumstances. Families can distribute household roles according to the capabilities of family members, thereby fostering fairness that prioritizes gender equality. Additionally, individuals can boost their self-confidence by interpreting existing problems positively—by focusing on enhancing

their self-belief and ability to persevere and strive—so they can resolve these issues. Optimism and motivation serve as the foundation for sustaining self-confidence. It is hoped that institutions and the government will provide sufficient time to give workers the opportunity to bond with family members, thereby increasing individual self-confidence and strengthening family resilience.

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