

Digital Press Social Sciences and Humanities

Self-reliance as Empower of Women in Covid-19
Pandemic

Zahratul Azizah and Elyusra Ulfah

Proceeding of Non-Formal Education International Seminar 2021

Alim Harun Pamungkas, Jamaris, Solfema (eds)

Self-reliance as Empower of Women in Covid-19 Pandemic

Zahratul Azizah^{1*} and Elyusra Ulfah²

¹ Department of Non Formal Education Universitas Negeri Padang, Padang, Indonesia

² Department of Psychology, Faculty of Psychology, Universitas Islam Negeri Sultan Syarif Kasim, Riau, Indonesia

*e-mail: zahratulazizah@fip.unp.ac.id

Abstract

The current condition of the world, with the outbreak of the COVID-19 corona virus, has a serious impact on the lives of all people, both economically and socially. Women who initially had jobs, but with the outbreak of the pandemic since the end of 2019, this has caused them to lose their income due to termination of work by the employer. This condition is used mainly for women who have lost their jobs amid the urgency to make ends meet, with the condition of switching only to taking care of children in online learning activities at home. In this case, self-reliance is needed for a woman in dealing with this problem. Independent in the sense of the word not drifting into adversity due to a pandemic that is not clear in the end, able to stand alone, empowering all abilities possessed in meeting all life needs.

Keywords

Pandemic, women empowerment, self-reliance

1 Introduction

The condition of the outbreak of the COVID-19 virus since the end of 2019, has had a negative impact on people's lives, including Indonesia. On the economic side, the impact is clearly visible, in which people's purchasing power decreases. Data from the Central Statistics Agency (BPS) recorded that inflation in April 2020 was 0.08% due to a drastic drop in demand for goods and services due to the COVID-19 pandemic. This happened due to restrictions on a national scale carried out by the government in order to break the chain of the spread of the Covid-19 virus. But on the other hand, this situation has an impact on workers who are forced to lose their jobs due to layoffs. As a result, people experience unstable conditions, criminal acts appear, and domestic violence occurs.

Women in this pandemic condition if they get laid off, of course they turn off the income they should get. For those who are still able to continue working, of course, they have a dual role, such as women who have school children, working while providing tutoring due to the closure of school activities, the task of the teacher is again delegated to parents in guiding children in studying at home.

The role that must be carried out by a woman will increase if her partner also experiences the same thing, namely termination of work. Women's resilience in carrying out double burdens is proof that they have power over themselves and their families (Dilawati, Zulaiha, & Huriani, 2021).

The role of being the backbone of the family must inevitably be carried out in making a living, if you still want to survive to live. This condition requires a woman to have self-reliance. Independent in carrying out all roles caused by the pandemic, able to create opportunities that allow him to survive, empowered with all his abilities, knowledge, and skills.

2 Discussion

2.1. The Concept of Self-reliance

Self-reliance is a psychosocial ability in the form of the ability to be brave, take the initiative and be responsible in overcoming obstacles or problems with confidence without depending on the abilities of others, and being able to govern, control and determine oneself without environmental influences and the help of others. Self-reliance is one aspect of personality that is very important for individuals. Self-reliance

is obtained gradually during development, where individuals will continue to learn to be independent in dealing with various situations in the environment, so that individuals will eventually be able to think and act on their own.

In psychology, the term self-reliance refers to the concept of "self" proposed by Rogers. Rogers describes himself as a humanistic individual in contemporary psychology. Humanistic psychology on the one hand opposes the pessimism and hopelessness contained in the psychoanalytic view of humans and on the other hand opposes the robotic concept of humans depicted in behaviorism. Humanistic psychology is more hopeful and optimistic about humans. Rogers believes that in everyone there is potential for healthy and creative growth (Hall & Lindzey, 1993)

Self-reliance is an aspect of personality that is considered important for human life. Self-reliance makes a person able and willing to find their own solutions to problems. According to Suardiman (1994) women's self-reliance is a manifestation of the liberation of women's dependence on other parties, which needs to be perceived as an appearance of self-confidence. Its mean, a woman is said to be independent if she does not depend on living with others and she is able to make decisions for herself and her family.

Self-reliance is a psychosocial ability that includes freedom to act, does not depend on the abilities of others, is not affected by the environment, and is free to regulate one's own needs (Nurhayati, 2011). Self-reliance is the ability to stand alone with courage and responsibility for all behavior as an adult human in carrying out his obligations to meet his own needs. Self-reliance is the freedom of individual human beings to choose, to become a unit that can govern, control and determine itself (Kartini, 2007).

2.2. Factors Affecting Self-reliance

According to Hurlock (1980), self-reliance can be influenced by five factors, namely: (a) family: for example parenting, (b) school: for example the treatment of teachers and peers, (c) mass communication media: for example magazines, newspapers, television, and so on, (d) religion: for example a strong attitude towards religion, and (e) a job or task that requires a certain personal attitude.

Meanwhile, Ali and Asrori (2004) mentioned a number of factors that can influence the development of self-reliance, namely as follows: (a) Genes or heredity of parents. Parents who have high self-reliance traits often bring down someone who has self-reliance as well; (b.) Parenting style. The way parents care for and educate someone will affect the development of a teenager's self-reliance; (c). Education system in schools. The educational process in schools that do not develop educational democracy and tend to emphasize indoctrination without argument will hinder the development of adolescent self-reliance as teachers; (d.) The life system in society, if it places too much emphasis on the importance of hierarchical social structures, feels insecure or tense and does not appreciate the potential manifestations of youth in productive activities, can hinder the smooth development of the self-reliance of adolescents or teachers.

3 Conclusions

The self-reliance that women have has a very significant influence on their family lives during this COVID-19 pandemic. This self-reliance is seen when women carry out all their activities, they are able to play multiple roles, looking for opportunities that exist in solving their problems properly. Self-reliance does not appear by itself but through a process, through experience and education previously acquired.

References

- Ali, M., & Asrori, M. (2004). *Psikologi Remaja: Perkembangan Peserta Didik*. Jakarta: Bumi Aksara.
- Dilawati, R., Zulaiha, E., & Huriani, Y. (2021). Perempuan dan Ketahanan Keluarga di Masa Pandemi Covid-19: Studi Kasus Mantan Para Pekerja Perempuan di Kota Bandung. *Journal of Society and Development*, 1(2), 46–58. Retrieved from <https://journal.medpro.my.id/index.php/jsd/article/view/41>
- Hall, C. S., & Lindzey, G. (1993). *Psikologi Kepribadian 2 Teori-teori Holistik (Organismik-Fenomenologis)* (A. Supratiknya, Trans.). Yogyakarta: Kanisius.

Hurlock, E. B. (1980). *Psikologi Perkembangan* (I. Soejarwo, Trans.). Jakarta: Erlangga.

Kartini, K. (2007). *Psikologi Anak*. Bandung: Mandar Maju.

Nurhayati, E. (2011). *Bimbingan, konseling & psikoterapi inovatif* (Vol. 1). Pustaka Pelajar.

Suardiman, S. P. (1994). *Wanita Kepala Rumah Tangga di Pedesaan: Suatu Studi Tentang Kemandirian dan Pendapatan di Kecamatan Sawit, Kabupaten Boyolali*. Universitas Gadjah Mada.