

## Research Article

# Family Therapy in Improving the Psychological Dynamics of Fishermen's Families in Kampung Bahari Nusantara

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## Abstract.

In the daily lives of fishermen, their livelihoods come from natural resources, namely the sea, which makes them have to adjust to the natural situations and conditions. When natural conditions are uncertain, it can cause the mental or psychological condition of fishermen's families to decline so that it requires an intervention. The goal is to improve the psychological condition of fishing families, located in Kampung Bahari Nusantara on the South Coast of Malang Regency, by providing guidance through therapy. The therapy carried out is a family therapy to reduce the signs or symptoms that can threaten family welfare in families with problems or disorders. Activities were carried out on July 5 – 7, 2023, to conduct data collection interviews and on October 31, 2023, to carry out the family therapy interventions. The methods used were interviews and observations in collecting data, lectures, and group guidance in conducting family therapy interventions. The results of the therapy carried out have a positive impact on the participants to be more open to other family members, understand the differences in the nature of family members, share anxiety still, and can make the family more harmonious.

**Keywords:** psychological dynamics, family therapy, fisherman

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## 1. Introduction

Based on data from the Directorate General of Marine Space Management by [14] that Indonesia has 3.25 million km<sup>2</sup> of ocean area out of 7.81 million km<sup>2</sup> of the entire area. Having a large ocean area can be used by the community as a livelihood, one of which is fishermen. There are 1.27 million people who have a livelihood as fishermen in Indonesia [7]. In general, fishermen have more complex problems because they use coastal and marine areas as production activities because they have to adjust to the situation and natural conditions that occur. The impact of erratic weather is causing very high prolonged anxiety for fishermen [5].

One of the areas affected by erratic weather changes is the southern coast located in Kampung Bahari Nusantara, Malang Regency. Kampung Bahari Nusantara is one of



the programs carried out by the TNI-AL Psychological Service which aims to grow the character or identity of the maritime nation in welcoming the world's maritime axis [3]. The majority of the people depend on the very abundant marine products, namely fishermen. Meanwhile, uncertain sea conditions make income decrease so that they experience various difficulties in fulfilling daily life, children's education and family health insurance, including mental health [2].

The decline in psychological conditions in fishermen's families will affect the welfare of the family, so it is necessary to make a change or development in the behavior of family members so that life runs better [9]. In making a change or development of individuals have power that will affect the psychological condition of individuals called psychological dynamics. Dynamics is formed from the word dynamic which means ability and strength, which is defined as simple movements that affect a person actively and psychologically is a science that studies various visible and invisible behaviors, motor and emotional activities carried out by individuals [11]. In the Big Indonesian Dictionary [4] dynamics is motion from within that is driven by energy and spirit. Psychological dynamics occur when psychological conditions owned by individuals are experiencing or solving problems regarding perceptions, attitudes and behavior [8]. So it can be concluded that psychological dynamics are changes and behavioral developments carried out by individuals in solving the problems faced in order to have better conditions in the future.

There are two factors that can affect the psychological dynamics possessed by a person in shaping his personality, namely [13];

a. Genetic factors (Congenital)

This genetic factor occurs in the womb. The situation in the womb will shape personality patterns and ways of adapting after the birth process.

b. Environmental factors

Environmental factors occur during the development of individuals who are influenced by the living environment such as, family which is the main determining aspect ranging from meeting needs, personality development and human race development, culture that affects the way of thinking, acting and behaving, and the learning environment that forms individual acceptance patterns in a social environment.

According to [11] there are aspects that affect psychological dynamics, namely;

a. Cognitive

Cognitive acts as decision making that comes from a conjectural thought.

b. Emotion

Emotions play a role in what individuals feel about whether or not they are happy about something.

c. Interpersonal relationships

Interpersonal relationships play a role in meeting physiological needs, a sense of security and protection, affection and appreciation from others.

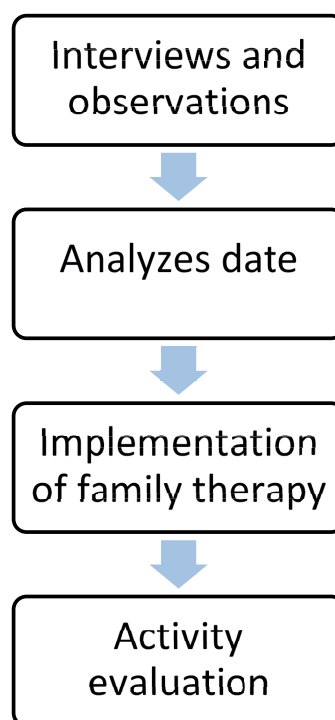
The intervention used to improve the mental state experienced by fishing families is family therapy. In the theory of family psychodynamic therapy according to [1], family therapy aims to help family members in achieving a desire in family members by working together between family members. This therapy can find out the problems experienced by a person through understanding behavior and how to handle it [15].

Meanwhile, referring to community service carried out by [10], namely increasing knowledge about mental health and parenting in the family in order to increase family resilience which has succeeded in reaching 90% of coastal communities in Surabaya. Research conducted by [12] is improving the welfare of fishermen through seaweed maintenance during the rainy season. And anxiety that causes a decline in the psychological condition of fishermen is related to weather conditions, declining income and anxiety due to uncertainty in the future that something bad will happen [2].

Based on the description above, there are several problems that form the basis of community service activities. The stages of this activity are adjusted based on the needs of the coastal communities of Malang Regency. In this problem, the problem is the decline in the psychological condition of fishing families caused by changes in weather or climate.

## 2. Method

This service activity was carried out at each resident's house in Kampung Bahari Nusantara, South Coast of Malang Regency on July 5-7, 2023 to conduct data collection interviews and October 31, 2023 to conduct family therapy interventions. The material provided in carrying out family therapy interventions is about family psychoeducation and family therapy techniques through lecture methods and group guidance.



**Figure 1:** Community service implementation flow.

The method used in taking initial data to determine the problems experienced by the community is observation and non-structured interviews. The questions asked in the interview were open-ended and allowed participants to answer naturally in order to get the appropriate data. Then the methods used in intervening are lectures and group guidance. In the lecture stage, participants were encouraged to understand everything conveyed by the speaker about family psychoeducation and family therapy techniques. Meanwhile, in the group guidance stage, participants are encouraged to be open about problems that are felt in accordance with directions. The results of this activity were observed qualitatively by comparing the results of interviews before and after family therapy.

The stages carried out in this community service activity are generally described through the following scheme;

In each stage taken, the team involved psychologists from the Navy Psychological Service as well as clinical specialization internship students from other universities. The community involved is also not only limited to participants but also participates in decision making and providing advice related to activities that have been carried out.

### 3. Results and Discussion

The fishing family is a family that has the main livelihood derived from natural wealth, namely the sea. Conditions that occur in the sea affect the welfare of fishermen's families, both material and psychological well-being. When nature is not friendly, there is material and psychological instability for fishing families.

Based on the results of initial interviews, there are problems owned by coastal communities who have their main livelihood as fishermen. The following are the problems faced by fishing families which have been grouped based on aspects of psychological dynamics proposed by Walgito (2020);

#### a. Cognitive

The ability of fishermen to predict the weather that will occur makes fishermen choose not to work when the weather is not conducive. So that fishermen are more concerned about their safety by not working. However, uncertain and often changing natural conditions sometimes also result in fishermen not being able to predict future conditions and will make the anxiety possessed by fishermen increase due to fighting with nature.

#### b. Emotion

In addition to the psychological instability experienced by fishermen while working in the midst of uncertain weather conditions, the wife of the fisherman also often feels stress because she is not calm and worried when her husband is working. So that makes it difficult for fishermen's wives to sleep, do not sleep when their husbands work and some choose to wait for their husbands to work on the beach.

#### c. Interpersonal relationships

The interpersonal relationship between fishermen's family members can be said to be quite good, although not infrequently children of fishermen prefer to follow in their father's footsteps to become fishermen as well. The fishermen have high solidarity by going to work together even with different boats.

Based on data obtained regarding the problems experienced by fishing families, namely the unstable mental condition of fishing families when facing unpredictable climatic conditions. Thus, fishing families need to improve the psychological dynamics that occur through the intervention that will be given, namely family therapy. Family

therapy that is carried out aims to reduce signs or symptoms that can threaten the welfare of families who are problematic or experiencing disorders.

Family therapy is carried out by psychologists who are in the Psitek subdivision and collaborate with internship students with a specialization in clinical psychology. This activity was carried out in Kampung Bahari Nusantara, Pantai Pesisir Malang Regency to 3 activity participants. Before therapy, the family involved is given direction or psychoeducation in advance about the meaning of the family. In its implementation, family therapy runs smoothly despite time constraints.

There are stages carried out in conducting family therapy in each house of residents who are willing to become participants since the initial data collection, namely;

a. Initial stage

At this stage, all family members are included to be given material as an understanding of family psychoeducation. So, each family member can understand the meaning of the family.

b. Stage of assessing the problem

At this stage, each family member is asked to tell the problems that are being experienced or felt. So, family members can know everything that is felt by other family members and cause openness among family members.

c. Special stages of strategy

At this stage all participants can develop special strategies with other family members to find solutions to problems that can certainly improve the psychological condition of the family by psychologists.

In its implementation, the therapy carried out has a positive impact in the form of being able to open up with other family members and understand how to deal with different family members' attitudes, being able to exchange stories, sharing each other's anxieties so that they become more open and finally make the family more harmonious. Before therapy, family members tend to be more closed and reluctant to share what they feel, especially the wife's worries when her husband is working in uncertain weather. Thus, it can be concluded that family therapy carried out is very useful because it can strengthen family relationships, especially for fishing families who are facing unpredictable climatic conditions.

Through this activity, the community can absorb information and education delivered by resource persons and can implement it properly. So that the therapy provided can be a solution for the community when similar conditions occur. The hope is that coastal communities can independently be able to solve all problems experienced when climate conditions are unpredictable so that mental conditions remain stable.

At the evaluation stage, the community really appreciates the arrival of students and psychologists to hold family therapy activities. The community also provides various suggestions for activities that will be carried out in the future, one of which is the limited time felt by participants when procuring therapy. The follow-up of this therapy activity is that family members will provide the understanding that has been gained to family members who are unable to attend during therapy.

Thus, family therapy carried out with the aim of improving the psychological dynamics of fishing families in Kampung Bahari Nusantara Pantai Pesisir Malang Regency has great benefits in reducing signs or symptoms of families who have problems. The signs or symptoms in question are related to things that can reduce the mental condition of fishermen's families. Thus, the community can be more independent in the future when facing unpredictable climatic conditions so that psychological conditions remain stable.

## 4. Conclusion

Community service through family therapy activities to the South Coast Community of Malang Regency. The background of this activity was taken based on the results of interviews and observations that have been made to fishermen families on the South Coast of Malang Regency who experienced a decrease in psychological dynamics in the face of unpredictable climatic conditions. Fishermen often feel anxious when working in the midst of unpredictable climatic conditions. The fisherman's wife was so worried that she couldn't fall asleep while her husband was at work so she chose to wait for her husband on the beach. The decline in fishermen's income when they cannot work due to the weather makes the children of fishermen choose to help their parents become fishermen rather than continue their school education.

Through activities carried out from July 5-7, 2023 to collect preliminary data until the implementation of family therapy intervention activities on August 31, 2023 with a period of 3 (three) months of diving activities, it can be said to be successful in improving the psychological dynamics of fishing families by stabilizing mental or psychological

conditions by reducing signs or symptoms of families who have problems when climatic conditions are not friendly. This can be seen from the enthusiasm of participants in listening and understanding the material presented and also the seriousness of participants in carrying out therapeutic activities in accordance with the direction of psychologists to stabilize the mental condition of the family. The success of this activity can be said to reach 90% and the remaining 10% because there are family members of participants who are unable to participate in the activity.

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