

RECOGNIZING AND DETECTING FAMILY VULNERABILITY

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This paper is organized into four main topics of discussion, namely the conceptual framework of vulnerability, family vulnerability in the context of disasters, vulnerability and family crises, approaches to recognizing vulnerability, and the instrument for detecting family vulnerability (SIREN-GA). After reading this paper, readers are expected to be able to explain these four topics and to recognize the importance of identifying and detecting vulnerability as an effort to prevent family crises.

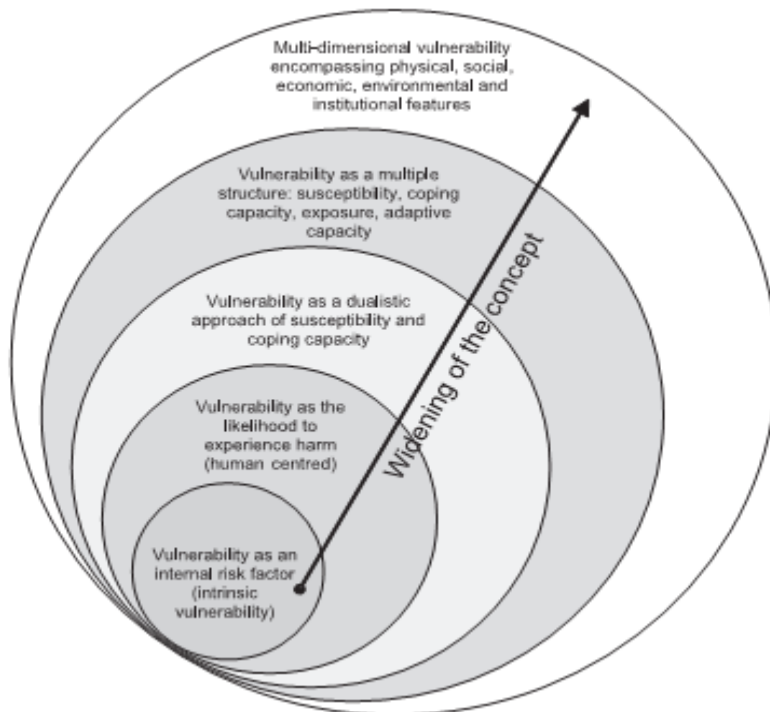
1. CONCEPTUAL FRAMEWORK OF VULNERABILITY

In the social sciences, vulnerability is the opposite of resilience, with the two concepts resembling two sides of the same coin. The concept of resilience is broad, encompassing the capacity and ability to respond to crises, conflicts, or emergency situations (emergency response) (Twigg, 2007). Vulnerability, resilience, capacity, and emergency response capabilities can be implemented at the levels of individuals, families, communities, and institutions (both governmental and non-governmental organizations) (Sunarti, 2009).

Given the broad scope and diversity of definitions of vulnerability used by various scholars and for different analytical purposes, there has been an expansion in the scope of vulnerability concepts, ranging from intrinsic vulnerability to highly broad and multidimensional perspectives. Synthesizing various studies on vulnerability from different viewpoints and contexts of use, Birkmann (2005), as cited in Birkmann (2006), formulated four spheres of conceptual expansion of vulnerability toward a multi-structural framework encompassing exposure, sensitivity, susceptibility, coping strategies, adaptation and response, and further extending into the multidimensional sphere of vulnerability involving physical, social, economic, environmental, and institutional dimensions (Figure 1). The explanation is as follows:

- The core layer positions vulnerability as the “internal side of risk,” which can be applied to different elements such as communities, social groups, physical characteristics and structures, as well as environmental and ecosystem services and functions.

- In the first layer, the meaning and scope of vulnerability are expanded to include the likelihood of experiencing harmful conditions.
- In the next layer, the meaning and scope of vulnerability are broadened into a dualistic approach involving susceptibility and coping strategies.
- In the subsequent layer, vulnerability encompasses a broader scope as a multi-structural concept including susceptibility, coping strategies, exposure, and adaptive capacity. The final expansion of the meaning and scope of vulnerability reflects its multidimensional nature, encompassing physical, social, economic, environmental, and institutional performance dimensions.



Gambar 1. Key Sphere Konsep Kerentanan (Birkmann 2005 dalam Birkmann 2006).

The conceptual framework of vulnerability proposed by Bohle (2001; in Birkmann, 2006), as presented in Figure 2, emphasizes that vulnerability is a multifaceted concept, particularly characterized by a dual structure consisting of internal and external dimensions of vulnerability. The internal

dimension of vulnerability is grounded in conflict and crisis theory, action theory approaches, and the asset access model. The coping approach is associated with the capacity to anticipate, confront, withstand, and recover from the impacts of hazards. Meanwhile, the external dimension of vulnerability is based on the political economy approach, the human ecology perspective, and entitlement theory. This external dimension emphasizes exposure to risks and shocks. In the social sciences, the distinction between exposure to external threats and the capacity to cope with those threats is often used to underline the dual structure of vulnerability (Van Dillen, 2004, as cited in Birkmann, 2006).

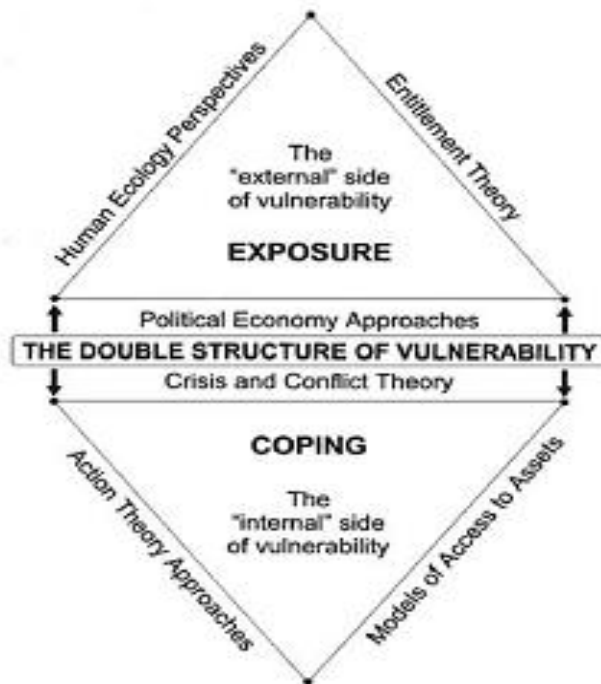


Figure 2. Bohle’s Conceptual Framework for Vulnerability Analysis (Bohle, 2001 in Birkmann, 2006)

The “Pressure and Release” model of vulnerability presented in Figure 3 illustrates that the development of vulnerability is the result of interactions and accumulations of root causes, which then interact with dynamic pressures and unsafe conditions. The interaction among these three conditions produces a certain level of vulnerability, which, when confronted with hazards, results in disaster risk. Limitations in access (to power, structures, and resources) and state ideology (political and economic systems) constitute the root causes of vulnerability.

Meanwhile, dynamic pressures include the lack or limitation of regional infrastructure and prevailing norms or ethics within a region (such as local institutions, training, skills, local investment, standards of living, and freedom of the press), as well as macro-level pressures (including population growth, urbanization, deforestation, declining soil fertility, and others). Vulnerability related to unsafe conditions includes aspects of the physical environment, local economy, social relations, and public action and institutions.

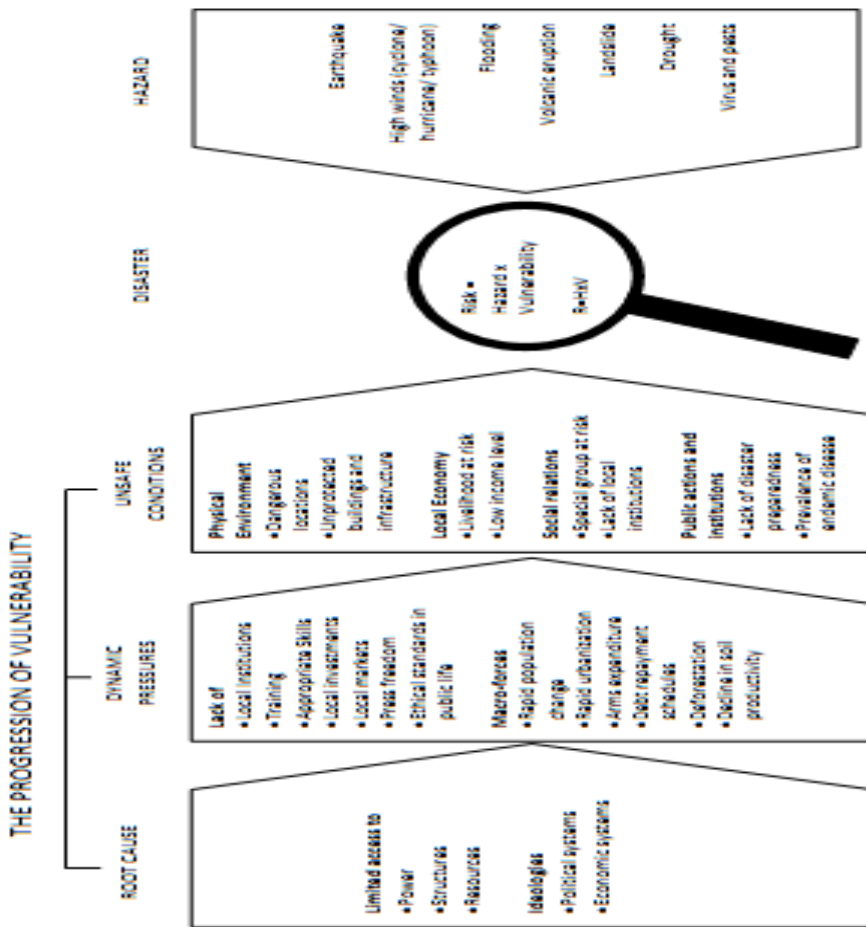


Figure 3. The Pressure and Release Model in the Development of Vulnerability

(Blaikie, P., Cannon, T., Davis, I., & Wisner, B. (1994). At risk: Natural hazards, people's vulnerability, and disasters. London: Routledge.)

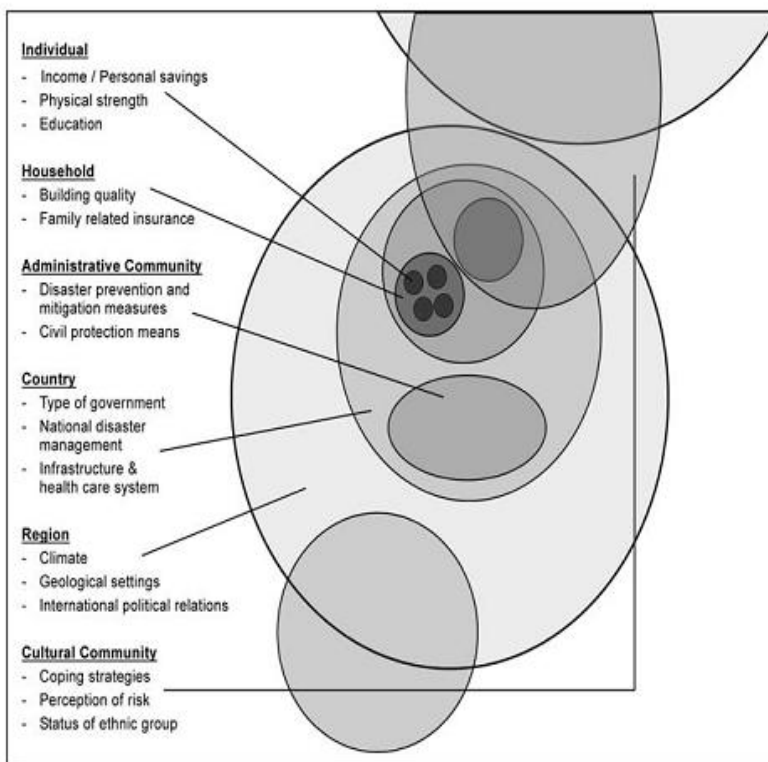


Figure 4. Social Levels and Characteristics of Vulnerability (Stefan Schneiderbauer and Daniele Ehrlich, 2006; in John Birkmann, 2006)

The poorest groups within a society possess the fewest resources and opportunities to reduce vulnerability. Since poverty is associated with income, the availability of goods, and levels of well-being, the concept of vulnerability encompasses a broader scope that includes social and cultural components (Chambers, 1989, as cited in Schneiderbauer and Ehrlich, 2006). Therefore, Schneiderbauer and Ehrlich (2006) developed the concept of social levels and characteristics of vulnerability (Figure 4). The identified social levels include individuals, households, community administrative groups (neighborhood associations and community associations), culturally based communities, national, and regional levels. Accordingly, the components of vulnerability also depend on the social level, namely:

1. income, physical resilience, and education (individual level);
2. building quality and family insurance (household level);
3. disaster mitigation and prevention, and community protection mechanisms (community administrative level);

4. coping strategies, risk perception, and ethnic group status (cultural community level);
5. type of government, national disaster management, healthcare systems, and infrastructure (national level); and
6. climate, geographical setting, and international political relations (regional level).

The components and indicators of vulnerability are derived from the concepts, definitions, and determining factors of vulnerability. According to Birkmann (2006), vulnerability analysis has evolved and is applied across various sectors. Currently, there are estimated to be between 20 and 25 definitions of vulnerability, resulting in variations in vulnerability indicators and instruments. Vulnerability is defined differently by scholars according to differing objectives and interests. Initially, the concept of vulnerability developed within the social sciences—such as psychology, sociology, and communication studies—and was applied at micro units of analysis (individuals, families, and communities). Subsequently, the concept was expanded to institutional and regional vulnerability. Likewise, its components were broadened to include physical and environmental vulnerability. Scholars generally agree that vulnerability indicators related to different types of hazards do not necessarily have to be identical; however, a shared understanding of the fundamental meaning of vulnerability is considered essential.

2. VULNERABILITY STUDIES IN THE CONTEXT OF DISASTERS

The importance of vulnerability analysis is reflected in the objectives of the analysis itself. According to Benson and Twigg (2007), vulnerability analysis is a component of disaster risk analysis aimed at:

1. identifying vulnerable groups within a particular area;
2. identifying the factors that classify them as vulnerable groups, as well as analyzing the mechanisms through which these factors influence the vulnerability of a group;
3. assessing the needs and capacities of these groups; and
4. ensuring that policies, programs, and development activities are directed toward reducing such vulnerabilities, including through interventions targeting vulnerable groups or through mitigation efforts and the prevention of policies and programs that may potentially produce harmful impacts.

The determination of vulnerability indicators takes into account the various factors influencing vulnerability at the individual, community, regional, and institutional levels. Social scientists generally agree on several major

factors affecting social vulnerability, including limited access to resources (information, knowledge, and technology), restricted access to political power and representation, social capital, social connections and networks, customs, and cultural values (Cutter, Susan L.; Bryan J. Boruff; and W. Lynn Shirley, 2003).

Several quantitative indicators of socioeconomic vulnerability at the individual level are commonly used, including age (under 5 years and above 65 years), income, gender, employment status, type of residence, living independently or with extended family, housing tenure or the burden of housing damage related to ownership status (owned, rented, or mortgaged), health insurance, home and property insurance, vehicle ownership, disability status, and savings or debt status. Meanwhile, Sunarti (1996) formulated an index of the social quality of the Indonesian population by selecting various indicators representing aspects of education, health, employment, access to information, and housing quality.

Indicators used to measure regional vulnerability include indicators of a region's potential for damage (70%) and coping capacity measured through national GDP per capita (30%). Potential damage consists of high regional GDP (30%), population density (30%), and the proportion of natural areas (10%) (ESPON Hazard Project 2005; Schmidt-Thomé, 2005 in Dwyer, A., Zoppou, C., Nielsen, O., Day, S., & Roberts, S., 2004).

Regional and population vulnerability to hazards includes physical vulnerability, social vulnerability, and economic vulnerability. Socioeconomic vulnerability may be generic and applicable across all types of hazards, whereas physical vulnerability is specific to the type of hazard involved. Generic vulnerability can be applied to all hazards, particularly in relation to the socioeconomic conditions of regions and populations within an area. Socioeconomic vulnerability indicators include poverty levels, economic growth rates, population density and distribution, years of formal education, unemployment rates, dependency burdens, and other socioeconomic indicators. Vulnerability indicators by sector are presented in Table 1 (Benson and Twigg, 2007).

Measuring the vulnerability of communities that are potentially affected by disasters, or that have already experienced disasters, can also be conducted through measuring its opposite concept, namely resilience. A review of studies on the resilience of Indonesian communities affected by disasters (both natural and social disasters) indicates that education determines an individual's ability to develop coping mechanisms in dealing with emergency situations caused by disasters (Sunarti, 2007).

Table 1. Indicators of Vulnerability and Capacity to Hazards by Sector

Sector	Vulnerability	Capacity
Social	Occupations in unsafe areas; high-density occupations; low risk perception; vulnerable occupations; vulnerable individuals and groups; corruption; poverty; low mobility and education; limited capacity and vulnerability analysis; weak management and leadership; weak disaster preparedness and response planning	Social capital; coping mechanisms; adaptive strategies; memories of past disasters; governance; ethical standards; local leadership; local non-governmental organizations; accountability; disaster preparedness and response planning
Physical	Risk-prone buildings; unsafe infrastructure and critical facilities; rapid urbanization	Physical capital; resilient buildings and infrastructure capable of withstanding hazards
Economic	Monoculture agriculture; lack of economic diversification; subsistence economy; dependence on loans and aid	Economic capital; secure livelihoods; financial resources; diversified economy and agriculture
Environmental	Deforestation; soil, water, and air pollution; destruction of natural protective barriers (e.g., mangroves); global climate change	Environmental capital; initiatives to establish natural protective barriers against hazards; environmental restoration processes; biodiversity; natural resource management

One of the initial steps in building national and community resilience to disasters is identifying and analyzing national and community vulnerability to disasters. In Law Number 24 of 2007, Chapter I on General Provisions, Article 1 concerning the definitions of concepts included in the law, the term “vulnerability” is not explicitly mentioned. However, the term “community vulnerability” appears in Article 36, point 4.b., stating that disaster management planning includes an understanding of community

vulnerability (Sunarti, 2009). Assessing vulnerability is therefore one of the components of the National Disaster Management Plan.

Measuring the vulnerability of communities that are potentially affected by disasters, or that have already experienced disasters, can also be carried out through measuring resilience. A review of resilience studies among Indonesian communities affected by disasters (both natural and social disasters) demonstrates that education influences a person's capacity to develop coping mechanisms in emergency situations caused by disasters (Sunarti, 2007).

For natural disasters that cannot be controlled or prevented by humans, the magnitude of disaster risk and impact is influenced not only by the scale of the hazard itself (including secondary hazards related to physical vulnerability), but also by human resilience in minimizing risk before disasters occur, managing risks during disasters, and handling risks after disasters. Furthermore, for disasters influenced by human factors, the magnitude of disaster risk is believed to be closely associated with human resilience in preventing and reducing the occurrence of such disasters. Therefore, disaster risk reduction depends heavily on human resilience in preventing, reducing, and managing disaster-related risks. This is supported by lessons learned from studies on the effectiveness of disaster management, which indicate that the resilience of individuals (leadership), institutions, and communities (social capital) determines the effectiveness of disaster management efforts (Sunarti, 2009).

3. FAMILY VULNERABILITY AND FAMILY CRISIS

Over the past two decades, Sunarti (2013; 2021) has developed the concepts of vulnerability and family vulnerability. The key points of these concepts include the following:

- Family vulnerability refers to conditions or characteristics of a family, whether as family resources (inputs), family management processes, or temporary outputs of family life, that fail to meet the requirements for achieving resilient, prosperous, and high-quality family life.
- Family vulnerabilities interact with one another and are both influenced by and influential upon various family deficiencies. These deficiencies may include limitations in knowledge, attitudes, character, manners, behavior, and skills.

- Such deficiencies may have impacts on other aspects of family life, including:
 - a. losses and damages incurred;
 - b. acceptance and forgiveness of behaviors;
 - c. effectiveness of developmental or empowerment processes;
 - d. speed in achieving goals; and
 - e. ease of achieving goals.
- Recognizing vulnerability is central to family resilience. Vulnerability is the opposite of resilience, with the two concepts resembling two sides of the same coin.
- Fundamentally, vulnerability refers to any deficiency that causes individuals or families to be unable to fulfill their roles, functions, and responsibilities.
- Nevertheless, some deficiencies may be tolerable because they do not result in significant or fatal impacts, while others may have serious consequences.
- Vulnerability consists of deficiencies that are predicted to cause suboptimal performance or disruptions in the implementation of individual or family roles, functions, and responsibilities.

Further development of the concept of family vulnerability by Euis Sunarti (2013; 2021) emphasizes the importance of recognizing and assessing family vulnerability as an effort to prevent it from developing into a family crisis. Several explanations and arguments regarding the importance of recognizing vulnerability are as follows:

- The accumulation of multiple vulnerabilities may lead to potential family conflicts and crises. Therefore, it is important for families to recognize their vulnerabilities.
- Certain vulnerabilities can be identified and predicted throughout the family life cycle, including at each stage of family development.
- It is important for families to recognize and predict their vulnerabilities in order to prevent them from developing into family crises. For this purpose, SIREN-GA, an instrument for detecting family vulnerability, was developed.
- SIREN-GA was developed using the latent components of family resilience, encompassing physical-economic vulnerability, social vulnerability, and psychological vulnerability. The selected indicators are considered sensitive for detecting family

vulnerability, based on findings from decades of family resilience research.



Figure 5. The Sequence of Vulnerability Leading to Crisis

The sequence of vulnerability leading to family crisis (Figure 5) can be explained as follows (Sunarti, 2021):

- A family crisis is a condition in which the family is unable to fulfill its roles, functions, and responsibilities that characterize it as a social system and organization.
- Family crisis refers to a situation outside the normal pattern of family life, generally occurring because the family experiences a disorientation of goals. Families address crises by selecting appropriate family policies and making proper adjustments.
- The sequence from vulnerability to crisis may:
 - a. occur in an orderly or sequential manner. Unintentional crises within families can be prevented through the recognition of vulnerabilities that can be predicted throughout family life.
 - b. involve sudden and unintended crises. Family crises caused by threats and occurring unexpectedly may undermine family resilience and lead to crisis. However, if family functioning and responsibilities are carried out effectively, the levels of vulnerability, crisis, and threat can be reduced.

4. APPROACHES TO RECOGNIZING VULNERABILITY

In addition to identifying family vulnerability through the components of family resilience, family vulnerability may also be recognized through several approaches, namely:

1. the Family Typology Approach;
2. the Family Sustainability Function Approach;
3. the Family Developmental Tasks Approach; and
4. the Predictive Approach Across the Family Life Course.

4.1. Family Vulnerability in Building the Best Family Typology

1. The Inability of Families to Build a Regenerative Family Typology
 - A regenerative family is a family that develops and provides positive benefits or contributions to its environment.
 - A regenerative family is formed through family hardiness and coherence.
 - One form of family vulnerability arises when a family is unable to develop the required hardiness and coherence.
 - The regenerative strength of a family refers to the family's capacity to manage the impacts of family pressures and tensions, as well as to recover from family crises.
 - Family hardiness refers to the internal strength and endurance of the family, characterized by a sense of internal control over life events and difficulties, a sense of meaning in life, involvement in activities, and commitment to learning and exploring challenging new experiences.
 - Family coherence refers to the coping strategies used by families in managing family problems. It emphasizes acceptance, loyalty, pride, beliefs, trust, respect, care, and shared values in managing tensions.
2. The Inability of Families to Build a Rhythmic Family Typology
 - A rhythmic family is formed through family routines and togetherness that are meaningfully experienced and appreciated.
 - One form of family vulnerability arises when families are unable to establish routines and togetherness, or fail to assign positive meaning to such togetherness.

- Family routines and togetherness are defined as family behaviors and practices that are selected, carried out, and maintained as part of family life routines. These conditions subsequently create predictable patterns within family life.
- The meaning of family togetherness and routines refers to the family's perspectives, interpretations, and appreciation of the importance of maintaining routines and togetherness.

3. The Inability of Families to Build a Resilient Family Typology

- A resilient family is formed through strong flexibility and cohesion.
- One form of family vulnerability occurs when families are unable to develop the necessary flexibility and cohesion.
- Family cohesion is defined as the degree to which family members are emotionally bonded together as a meaningful and integrated family unit. Families scoring high on this dimension are characterized by openness in discussing problems, emotional closeness among family members, a desire to remain connected with one another, and active involvement in shared family activities.
- Family flexibility is defined as the degree to which the family unit is able to modify rules, boundaries, and roles in order to accommodate pressures and changes arising from within or outside the family unit. Flexible families are characterized by open communication patterns, willingness to compromise, experience in sharing responsibilities among family members, and active participation of family members in decision-making.

4. The Inability of Families to Build a Traditionalistic Family Typology

- A traditionalistic family is formed through the family's ability to preserve traditional bonds and celebrate positive events and achievements within the family.
- One form of family vulnerability arises when families are unable to maintain traditional bonds and appreciation celebrations within the family.
- Family traditions are defined as behaviors and practices that families actively or passively choose to adopt and maintain in order to preserve values and beliefs and transmit them across generations. These include practices such as religious holiday traditions, special experiences (such as songs, dances, and others) related to transitions, specific rules followed during

religious events, and the involvement of family members in special occasions.

- Family celebrations are defined as behaviors and practices that families actively or passively choose to adopt and maintain in order to mark and highlight situations and circumstances considered meaningful by the family. Celebrations such as wedding anniversaries, special occasions (e.g., Valentine's Day, Mother's Day, and others), and annual holidays are emphasized as integral parts of family celebrations.

4.2. Family Vulnerability in Maintaining Family Functional Sustainability

1. Vulnerability in Adaptive Functioning

Vulnerability in family sustainability functions occurs when the family is unable, or insufficiently able, to obtain adequate resources or facilities from the external environment to be distributed within the family system.

2. Vulnerability in Goal-Attainment Functioning

Vulnerability in family sustainability functions occurs when the family lacks, or insufficiently possesses, an action system for establishing goals, motivating efforts, and mobilizing energy within the system to achieve those goals.

3. Vulnerability in Integrative Functioning

Vulnerability in family sustainability functions occurs when the family is unable, or insufficiently able, to maintain bonds and solidarity and to involve these elements in controlling and maintaining subsystems, as well as preventing major disruptions within the system.

4. Vulnerability in Latency Functioning

Vulnerability in family sustainability functions occurs when the family is unable, or insufficiently able, to manage energy, namely storing and distributing it within the system. This involves two interrelated issues: pattern maintenance and the management of problems or tensions.

4.3. Vulnerability in Fulfilling Family Developmental Tasks

Families with children—whether biological, foster, or adopted children—experience eight stages of family development, namely:

- Newly married couples
- Families with the birth of the first child

- Families with preschool-aged children
- Families with school-aged children
- Families with adolescent children
- Launching families (families with children beginning to leave home)
- Middle-aged families
- Elderly families

Based on various studies conducted over the past several decades, Sunarti (2013) stated that:

1. vulnerability at one stage of family development influences subsequent stages, although it does not necessarily become a limitation to family resource management processes in later stages;
2. vulnerability transforms into crisis (or disaster) when exposed to threats or hazards beyond the family's capacity to cope; and
3. family vulnerability may occur when families are unable, or insufficiently able, to fulfill their tasks throughout the family life cycle.

4.4. Vulnerability in Fulfilling Family Developmental Tasks (Duvall, 1971)

1. Physical Maintenance

Vulnerability in physical maintenance in fulfilling family developmental tasks includes providing housing, food, clothing, healthcare services, and education.

2. Resource Allocation

Vulnerability in resource allocation in fulfilling family developmental tasks includes meeting family needs and expenses, material needs, facilities, space, authority, respect, and affection.

3. Division of Labor

Vulnerability in the division of labor in fulfilling family developmental tasks includes determining who does what or the allocation of roles; responsibilities for earning income, managing the household, caring for family members, and carrying out other specific tasks.

4. Socialization of Family Members

Vulnerability in the socialization of family members in fulfilling developmental tasks includes guiding internalization processes and

enhancing maturity and developmental achievements in socially acceptable ways (such as managing aggression, sleep patterns, eating discipline, and elimination habits).

5. Reproduction, Recruitment, and Release of Family Members

Vulnerability in reproduction, recruitment, and release of family members in fulfilling developmental tasks includes bearing or adopting children, raising them, granting independence in adulthood, arranging marriages, and establishing policies regarding the involvement of external parties within the family.

6. Maintaining Family Involvement

Vulnerability in maintaining family involvement in fulfilling developmental tasks includes providing communication channels, determining the type and intensity of interactions, patterns of affection, and expressions of sexuality in accordance with religious values and social norms.

7. Placement of Family Members within the Wider Society

Vulnerability in placing family members within the wider society in fulfilling developmental tasks includes participation in communities, religious organizations, schools, organizational life, political and economic systems, and protecting family members from undesirable external influences.

8. Maintenance of Motivation and Moral

Vulnerability in maintaining motivation and moral in fulfilling developmental tasks includes rewarding achievements; fulfilling individuals' needs to be accepted, supported, encouraged, and loved; addressing crises and family problems; and strengthening life philosophy and family loyalty.

4.5. Vulnerabilities Predictable Through the Family Life Cycle (Duvall, 1957)

1. Bonding with neighbors and the community. Families need to build relationships and social ties with neighbors and the surrounding community, both as part of cultural customs and social etiquette, and specifically to exchange and obtain social support. When families fail to establish social relationships within their neighborhood, this may become a source of family vulnerability.
2. Home ownership. Families who do not own a house (even when renting luxurious and expensive homes) tend to have higher vulnerability

compared to those who own even a modest house. Data show that around one in five (20%) or even one in four (25%) families do not own a house. Generally, newly married couples have not yet owned a house, later acquire one in various conditions, and some may again lose home ownership in old age.

3. Family economic pressure. Patterns of family economic pressure are reflected in the high cost of living during the early years of marriage. Economic pressure generally continues throughout the child-rearing period. Young couples require the greatest economic assistance compared to other marital stages because they usually still possess limited resources. Parents of young married couples tend to be at the peak of financial well-being within the family system.
4. When the wife works. In many cases, wives work to support family finances when the husband's or family head's income is insufficient to meet household needs. However, wives may also work to fulfill needs for self-acceptance, self-actualization, and the desire to contribute to society. A predictable vulnerability when wives work is the limitation of time and energy that are also needed for domestic responsibilities and child-rearing, especially for young children who require the mother's physical presence. Therefore, families deciding that the wife will work should carefully consider the type of work, workplace, and working hours in order to avoid increasing family vulnerability.
5. Marital roles throughout marital continuity. During the early years of marriage, husbands and wives tend to share more decisions jointly. Husbands usually make decisions related to employment and purchasing vehicles. Wives generally make decisions concerning household tasks, including food preparation, clothing, environmental cleanliness, and home design. Other decisions (education, medical care, vacations, insurance, and purchases such as radios/televisions) are commonly decided jointly by husband and wife.
6. Loyalty conflicts and feelings of guilt. Feelings of guilt arising from loyalty conflicts may emerge over time in various relationships among family members. Throughout the family life cycle, shifts in loyalty often occur. These shifts may create anxiety and feelings of guilt among different family members at different times.

5. DETECTING FAMILY VULNERABILITY

It is important for families to recognize and detect their vulnerabilities; therefore, measurement indicators are needed. Euis Sunarti (2021) developed the SIREN-GA instrument (Family Vulnerability Detection) using three components: physical-economic vulnerability, social

vulnerability, and psychological vulnerability. The following are the indicators for each component of SIREN-GA.

5.1. Physical-Economic Vulnerability

1. Income is lower than expenditures
2. Does not have savings equivalent to six months of family needs
3. There is a family member at risk of being laid off
4. Does not own a house
5. The family experiences difficulty in financing various needs
6. The family has debts greater than its income
7. The family rarely contributes to social activities

5.2. Social Vulnerability

1. There is a family member suffering from a serious illness
2. There is a family member involved in immoral behavior
3. Does not know neighbors and local community leaders (RT/RW)
4. Does not have family members or friends who can always help when needed
5. Often forgets or neglects to give attention to family members' special occasions
6. Frequent conflicts within the family (husband-wife, parent-child, or among siblings)
7. Difficulty performing daily religious practices
8. Rarely engages in family togetherness activities
9. Finds it difficult or tends to withhold important matters from family members
10. Frequently feels exhausted due to the absence or unclear division of family responsibilities

5.3. Psychological Vulnerability

1. Sometimes feels lonely
2. Sometimes feels emotionally down
3. Sometimes feels powerless
4. Sometimes feels hopeless
5. Finds it difficult to be grateful for existing conditions
6. Finds it difficult to feel happy
7. Is not confident that ease will come after hardship

Family vulnerability is continuous in nature and can be measured simply using percentages or through an index. The SIREN-GA Index ranges from 0 (no vulnerability) to a maximum of 1.0 (full vulnerability). The vulnerability index can be categorized as follows:

1. Very low vulnerability if the index ranges from 0.0–0.2

2. Low vulnerability if the index ranges from 0.2–0.4
3. Moderate vulnerability if the index ranges from 0.4–0.6
4. High vulnerability if the index ranges from 0.6–0.8
5. Very high vulnerability if the index exceeds 0.8

The following are general recommendations that may be provided based on the results of the vulnerability assessment (SIREN-GA Index):

1. Very High Vulnerability. This condition endangers the sustainability of family life. The family possesses 19 to 24 out of the 24 measured vulnerabilities. Husband and wife need to reach an agreement and immediately seek and obtain professional family assistance.
2. High Vulnerability. This condition endangers the sustainability of family life. Husband and wife need to discuss the 15 to 18 out of 24 measured vulnerabilities and seek solutions to reduce or eliminate them. If they feel unable to do so, or experience difficulties in communicating and discussing the identified and perceived vulnerabilities, they should agree to immediately seek professional family assistance.
3. Moderate Vulnerability. Husband and wife need to identify 10 to 14 out of the 24 vulnerability indicators, discuss them, and seek solutions to reduce or eliminate them. Family resources should be optimized in order to undertake these efforts independently, without requiring professional assistance. However, if deemed necessary and mutually desired, consultation with family experts is recommended.
4. Low Vulnerability. Husband and wife need to identify 5 to 9 out of the 24 vulnerability indicators and utilize and optimize existing family resources to improve them, except for vulnerabilities requiring external support and assistance.
5. Very Low Vulnerability. Husband and wife need to identify 1 to 4 out of the 24 vulnerability indicators and utilize existing family resources to improve them, except for vulnerabilities requiring external support and assistance.

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