

ABSTRACT

**THE EFFECT OF FAMILY RESILIENCE *BERBASIS CARING ISLAMI*
TRAINING AGAINST FAMILY RESILIENCE, COPING, CORTISOL
SECRETION, HSP 70 SECRETION AND DISASTER PREPAREDNESS IN
VULNERABLE FAMILY**

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Introduction: A magnitude of 7 richter scale earthquake occurred in Lombok, West Nusa Tenggara on 5th August 2018, about 390 people died and 1447 injured. The number of victims of disasters with low levels of family resilience tends to be higher. This study aimed to explain the effect of Islamic caring-based family resilience training on the increasing of family resilience in disaster preparedness in vulnerable families.

Method: The research design was a non-randomized pretest and post test control group. The subjects were vulnerable family which allocated by 20 in the intervention group and 20 in the control group. The sampling was two stage simple random sampling. The intervention was Islamic caring-based family resilience training. The variable measured were family resilience, cortisol, HSP 70, coping, and disaster preparedness. Comparative statistical analysis used were Mann Whitney U test, Paired T test, and Independent T test.

Results: The results showed that FRCI training significantly affected the family resilience, (treatment group $p = 0.000$ ($\alpha \leq 0.05$) and the control group $p = 0.484$ ($\alpha \leq 0.05$)), coping (treatment group $p = 0.007$ ($\alpha \leq 0.05$) and the control group $p = 0.014$ ($\alpha \leq 0.05$)), cortisol (treatment group $p = 0.007$ ($\alpha \leq 0.05$) and the control group $p = 0.322$ ($\alpha \leq 0.05$)), and disaster preparedness (treatment group $p = 0.001$ ($\alpha \leq 0.05$) and the control group $p = 0.354$ ($\alpha \leq 0.05$)). Only the HSP 70 variable did not affected significantly. While the kontrol group did not show a significant effect on all variables. Comparison of the average difference between post and pre obtained a significant effect on all variables.

Conclusion: To be concluded, vulnerable families who received Islamic caring-based family resilience training experienced an increase in family resilience, increased coping, decreased cortisol, decreased HSP 70, and increased disaster preparedness.

Keywords: family resilience, cortisol, HSP70, coping, disaster preparedness, training, Islam, caring, spiritual