Effective Strategies for Strengthening Harmonious Families in Bandar Lampung During the Era of Society Transformation 5.0.

Risna Rogamelia*[1], Rini Setiawati[2], Fajri[3]
Raden Intan State Islamic University Lampung, Indonesia
*Correspondence: ✉ risna@radenintan.ac.id

Abstract

Keywords:

Effctive Strartegies
Harmonious
Families;
Society
Transformation 5.0

The concept of Society 5.0 represents a new and advanced stage of human society, where cutting-edge technologies such as artificial intelligence, robotics, and the internet of things are integrated with human life. As Society 5.0 takes shape in various parts of the world, including Bandar Lampung City, it is crucial to focus on strengthening harmonious families to ensure the successful implementation of this technological revolution. In Bandar Lampung, the promotion of harmonious families has become a primary concern for policymakers and various stakeholders. The province recognizes that strong, united families are the foundation of a prosperous society and play a pivotal role in navigating the challenges and opportunities brought about by Society 5.0. One of the key strategies for strengthening harmonious families in the era of Society 5.0 is empowering parents as the primary caregivers and educators of their children. With the rapid advancement of technology, parents often find themselves overwhelmed and disconnected from their children. Hence, it is essential to provide parents with the necessary knowledge and skills to navigate the digital world, strike a balance between virtual and real-life interactions, and establish open lines of communication within the family. To facilitate this, Bandar Lampung has initiated various programs and workshops aimed at equipping parents with essential skills to foster harmonious family dynamics. These programs focus on digital literacy, parenting techniques, communication skills, and emotional intelligence. By empowering parents with these tools, the city hopes to bridge the gap between technological advancements and the preservation of family values. Furthermore, fostering community support and collaboration is another crucial aspect of strengthening harmonious families in the Society 5.0 era. Bandar Lampung encourages the establishment of support groups, community centers, and initiative Strengthening Harmonious Families in the Transformation Era of Society 5.0 in Bandar Lampung that bring families togethe

INTRODUCTION

Family is the cornerstone of society, and a harmonious family is essential for a healthy and happy community. However, achieving a harmonious family is not always easy, especially with the changing dynamics of modern life. The concept of a harmonious family is an important aspect of family life. Its existence is based on the mutual respect and understanding between husband and wife[1]. This can be seen in the functional aspects of a harmonious family, which include love, affection, cooperation and a balanced division of labor. This is a dream of every married couple,and harmony should also extend to other family members such as children[2]. The concept of a harmonious family is also closely connected to the notion of a harmonious society[3], and it is believed that community aged care is essential for the construction of a harmonious family. Certain attributes are thought to be important for the development of a harmonious family, such as mutual trust, understanding, communication, mutual support, and a sense of belonging. Establishing a harmonious family requires that each family member is committed to

---

[1] Sariroh, Siti. "Management of Dual-Carer Couples in Maintaining Family Resilience and Harmony in Islamic Perspective." *An-Nisa': Journal of Gender Studies* 16, no. 1 (2023): 139-152.

[2] Hasanah, Ulfatul. "Pola Asuh Karyawati Rokok Muslimah dalam Membina Karakter Anak Usia Dini di Kabupaten Sumenep Madura Indonesia." *Bulletin of Indonesian Islamic Studies* 1, no. 2 (2022): 129-142.

[3] Agustini, Sri. "The Concept Of Child Education In A Harmonious Family According To Wahbah Zuhayli And Abdullah Nashih Ulwan." *Tawazun: Jurnal Pendidikan Islam* 10, no. 1 (2017): 89-99.

the family's well-being, and that there is a strong bond between family members. Furthermore, a harmonious family is one in which members show respect for each other and are willing to help each other when needed. Additionally, a harmonious family is one in which family members share responsibilities, understand each other's feelings, and are willing to compromise and negotiate.

In the midst of rapid technological advances, the family has become one of the main pillars in creating harmony in society. In Lampung province, efforts to strengthen harmonious families in the Society 5.0 era are a priority that must be realized[4]. In facing the Society 5.0 era, families in Lampung need to follow technological developments wisely. One of the challenges is the negative impact of excessive use of technology, such as internet addiction, social isolation, and conflict between family members. Therefore, steps to strengthen harmonious families in the Society 5.0 era must be taken.

There are many research conducting study on family and digital era. One of them is Tesu that found the widespread penetration of technology into the modern world also effect the family member. It efected to the member famely such as; low self-control and self-esteem in mostly dysfunctional families, low social skills and emotional intelligence, low level of conscientiousness and heightened neuroticism, chronic stress and anxiety, impulsivity and depression[5]. Another research was conducted by Aziz et. al, assumes that the family members (parents) play important role in navigating and helping another family mambers (children) to surfive in the digital era. Moreover, the parents should prepare their self and aware to the digital devices and media[6]. The research also condcuted by Nabela and Rianto that promote strategy on empowering family in the digital era. The reseracher assumes that to lead the family members survive towards the digital era, it need deep communication among them[7]. In addition, Damiswara et al promote strategies to empower harmonious family in the digital era. The rocomended strategies are; understanding family members, role actualization based on functional theory, give appreciation to family members, communicate effectively, discipline, and presenting a planned quality generation in the early stages of marriage[8]

This research paper aims to explore effective strategies for strengthening harmonious families in Bandar Lampung city during the era of society transformation 5.0. The paper will begin by defining the concept of a harmonious family and exploring the benefits of having one. It will then delve into the factors that contribute to harmonious family building, including social, economic, technological, cultural, and religious factors. The paper will also discuss strategies for creating a harmonious family environment, such as improving communication and problem-solving skills and promoting healthy relationships among family members. Furthermore, it will examine the challenges that families face in building a harmonious family, including psychological and emotional difficulties, and provide solutions for overcoming them. Finally, the paper will summarize the key takeaways from the discussion, highlight the implications of these strategies for families in Bandar Lampung, and suggest future directions for research on harmonious family building.

The research was descriptive qualitative study. Data collection techniques were observational, interviews, and documentation. Meanwhile, the approach used a sociological And the data analysis

---

[4] Puspawati, Ani Agus, and S. Indriyati Caturiani. "Civil society (Women Organizations) on supporting Family Resilience in Lampung Province." In *6th International Conference on Social and Political Sciences (ICOSAPS 2020)*, pp. 431-436. Atlantis Press, 2020.

[5] Teșu, Ioan C. "Family in the Digital Era (I)." *Romanian Journal of Artistic Creativity* 11, no. 4 (2023): 17-32.

[6] Aziz, Rahmat, Retno Mangestuti, Esa Nur Wahyuni, Wildana Wargadinata, AlfiyanaYuli Efianti, and Iffat Maimunah. "Empowering families in the digital learning era: strategies to promote positive education." In *Proceedings of the Second Conference on Psychology and Flourishing Humanity (PFH 2023)*, vol. 808, p. 128. Springer Nature, 2023.

[7] Nabela, Hana Rizquna, and Puji Rianto. "The Use of New Media Technology in Families and Its Impact on Intimacy." *AJMC (Asian Journal of Media and Communication)* 4, no. 2 (2020).

technique used descriptive analysis because the data is the descriptions of the families and the policies of the Bandar Lampung city government which are the subject of this research

RESULTS AND DISCUSSION
The Family Chalange in the Era of Society 5.0

Population is the government's ability to predict and control population numbers, which in the end can overcome or reduce existing phenomena such as unemployment, poverty, inequality, crime, environmental crisis, etc[9]. furthermore, if the working age population must be of good quality, it would be profitable to have a large working age population. But on the other hand, it can be disastrous when the working population is poorly educated, insufficiently skilled, and in poor health to perform at its best. Population is a very strategic factor in development. In this concept, population is placed as the final goal, not as a tool, method, or instrument. Development is seen as a means to achieve these goals. Population is the subject and object of development. As an object of development, the population must be encouraged and developed so that it becomes a motor of development. On the other hand, affected communities must also enjoy development. Therefore, it is clear that development must be developed taking into account the capabilities of the population, so that the entire population can actively participate in the dynamics of development. On the other hand, development is only successful if it can improve the welfare of the population in the broadest sense.

Currently, the era of society 5.0 is not only a challenge for the country, but also for Indonesian families[10]. The challenges of the era of society 5.0 are related to the use of gadgets by individuals in the family. The era of society 5.0 must be supported by advanced human resources that adapt to technological developments. People's or families' failure to use technology creates social, economic, cultural disparities and new problems in society. The presence of the era of society 5.0 is an important task for Indonesia, whose society is heterogeneous, with diversity and differences per capita. A quality family is expected here as the key/role of the family and its individual members (superior human resources). Preparing qualified personnel is not easy, because changes in family behavior in the the era of society 5.0 trials affect education, rights, duties, responsibilities and the division of roles inside and outside the home. What we have to remember about the current generation is that some are adults and some are even married or have children. The current generation (digital native) is an image of someone (especially from children to teenagers) who has been exposed to continuous technological developments such as computers, the internet, animation, etc. since birth. Meanwhile, "digital immigrant" is a description of someone (especially an older person) whose transition from child to teenager preceded the development of computers[11].

However, Indonesia can take advantage of this era as an opportunity, because we will experience what is called a "demographic bonus" from 2020 to 2045[12]. It is no problem for Indonesia to stand on two legs, namely in The era of society 5.0. It is not impossible, because Indonesia has human and natural resources that other countries do not have. One of the challenges of The era of society 5.0 is the problem of relationships between family members. Therefore, the spiritual role of the family must be to be able to educate children according to moral and social values. The roles/tasks of each family35 are moral

[9] Holcombe, Randall G., and DeEdgra W. Williams. "The impact of population density on municipal government expenditures." *Public Finance Review* 36, no. 3 (2008): 359-373.

[10] Ramdani, Dede, Deasy Nurma Hidayat, Asep Sumarna, and Icmiati Santika. "Ideal Character of Muslim Generation of Industrial Revolution Era 4.0 and Society 5.0." *Jurnal Iqra': Kajian Ilmu Pendidikan* 5, no. 1 (2020): 171-182.

[11] Jones, Chris, Ruslan Ramanau, Simon Cross, and Graham Healing. "Net generation or Digital Natives: Is there a distinct new generation entering university?." *Computers & education* 54, no. 3 (2010): 722-732.

[12] Hendratno, Edie Toet, and Rachma Fitriati. "The study of Indonesia's readiness to cope with demographic bonus: a review of population law." *Journal of Indonesian Economy and Business* 30, no. 3 (2015): 195-219.

values that must be adhered to by the family, namely: religious function, socio-cultural function, affection function, protection function, reproductive function, social and educational function, economic function, and environmental function. Families must also be able to develop cultural norms and norms to determine which ideas are acceptable and which are not (sociocultural and religious). On the other hand, family members must also be able to develop media and information literacy so that parents can monitor what their children do with information technology. The introduction of a democratic model of family communication (taking into account generational changes in the family) should also be developed. The ideal model is collection, communication, interaction and sharing.

It is time for the government and industry to see the millennial generation as individuals who will eventually have families, and not just see the millennial generation as employees (workers), because building quality human resources starts with the family. The First 1000 Days of Life (HPK) program is an example of a *BKKBN* program as an effort to train highly experienced human resources[13]. Apart from that, *BKKBN* also aims to control individual life cycles by forming action groups. Family development for young children, teenagers and the elderly. Helping families who have small children, teenagers or the elderly really understand parenting patterns and interactions between family members.

Family Understanding

A culture of mutual understanding must be instilled in every family. Mutual understanding plays an important role for family members, both between father and mother and between parents and children. This mutual understanding brings the family into a harmonious atmosphere. There are several people in the family who of course have different perspectives, be it attitudes, manners, habits, tone of voice, favorite foods or life principles, even though they are governed by one value. These differences in the family are an advantage for hiding shortcomings when playing on the mutual understanding of family members. Mutual understanding between families must be promoted as early as possible between fathers and mothers as well as parents and children. The attitude of mutual understanding between parents and children must be controlled by parents, because children are still in the learning process. So good parents are those who provide good examples of understanding so that children can imitate their parents' behavior. If there is an attitude of interdependence in the family, it is less likely that conflicts will arise in the business of creating a harmonious and happy family

This action can be done by increasing communication with family members and involving them in activities and decision making. Strengthening harmonious families in the society 5.0 era in Lampung can start with a good communication approach between family members. Digital technology does help speed up communication, but the quality of communication is not necessarily good. Therefore, families need to prioritize honest, open and empathetic communication in facing this digital era. One way can be to create a special time to communicate without technological distractions, such as putting away your cell phone during dinner or setting a special time for family chat.

Apart from that, involving children in decision making is also an important step in strengthening harmonious families in the society 5.0 era. In building this increasingly complex era, children need to be involved in decision making, whether related to technology used in the family, or other decisions related to the family. By involving children, they will feel valued and have an active role in the family.

---

[13] Raharjo, Bambang Budi, Sofwan Indarjo, and Efa Nugroho. "Policies and Strategies for Reducing Stunting through The Community Empowerment Model." *CCER* (2020): 68.

Utilizing Technology and Social Media to Create Moments Together

The Industrial Era 5.0, which is characterized by the adoption of digital technology and high connectivity, has had a significant impact on families. The following are some of the positive and negative impacts of the society 5.0 era on families[14]:

Positive impacts

1) Increased connectivity: The society 5.0 era brings advances in communication technology, such as the internet and social media. This allows families to stay connected, regardless of physical distance. They can share information, communicate and support each other online[15].

2) Access to information and education: Digital technology allows family members to access various sources of information and education easily. They can expand their knowledge, learn new skills, and improve their abilities through online platforms.

3) Work flexibility: The society 5.0 era has influenced the way of work with the adoption of working from home or remotely. This provides greater flexibility for family members in managing their work schedules. They can more easily reconcile family needs with their work.

4) Access to healthcare: Digital health technologies such as telemedicine have become more common in the society 5.0 era This allows families to access health services more easily and quickly without having to physically go to a medical facility[16].

Negative Impacts

1) Dependence on technology: The society 5.0 era can cause excessive dependence on technology in the family. Family members may spend too much time in front of screens, neglecting direct social interactions and family activities[17].

2) Potential for social isolation: Although technology can enable greater connectivity, there is also the potential for social isolation in the society 5.0 era Family members may be more likely to engage in online interactions than in-person interactions, which may reduce interpersonal relationships within the family.

3) Changes in family dynamics: Changes in the way of work and personal life can change family dynamics. Working remotely can confuse the boundaries between work and family time, causing stress and tension among family members.

4) Unequal access to technology: Not all families have the same access to technology in the society 5.0 era This inequality in access can deepen the digital divide between rich and poor families, so that some families may not be able to access the benefits and opportunities offered by these technologies.

In the Society 5.0 era, the presence of technology can also be used to strengthen harmonious families in Lampung. Creating a family group on social media, such as WhatsApp or Facebook, can be a platform for sharing information, photos and holding family discussions. Apart from that, technology can also be used to create moments together, such as family activities that involve the use of technology, for example playing games together or watching films together at home using a streaming platform.

Fostering family values is also an important step in strengthening harmonious families in the Society 5.0 era in Lampung. In creating a harmonious family, families need to teach the values of solidarity,

---

[14] Sá, Maria José, Ana Isabel Santos, Sandro Serpa, and Carlos Miguel Ferreira. "Digital Literacy in Digital Society 5.0." *Academic Journal of Interdisciplinary Studies* 10, no. 2 (2021): 1-9.

[15] Akhuai, Wen, Aloisius Arizendy Nugraha, Yosephine Ken Rahayu Dyah Lukitaningtyas, Aly Ridho, Heni Wulansari, and Risang Adhitya Al Romadhona. "Social Capital of Pancasila Education in Smart Education with Social Media in Cybercrime Prevention in the Industrial Revolution Era 4.0." *Jurnal Panjar: Pengabdian Bidang Pembelajaran* 4, no. 2 (2022).

[16] Al-Shorbaji, Najeeb, and N. Al-Shorbaji. "Improving healthcare access through digital health: The use of information and communication technologies." *Healthcare Access* 10 (2021).

[17] Ahmed, Ishfaq, and Khadija Aijaz Perji. "Mobile phone to youngsters: Necessity or addiction." *Information Management and Business Review* 2, no. 5 (2011): 229-238.

empathy and equality to family members, especially children. In this digital era, these values need to be applied in the use of technology, such as teaching children to be responsible in using social media and respecting the privacy of other family members. In facing the Society 5.0 era in Lampung, strengthening harmonious families cannot be ignored.

In integrating technology with everyday life, strengthening family harmony is the key to creating a balanced and happy life. By prioritizing good communication, involving children in decision making, using technology wisely, and cultivating family values, families in Lampung can strengthen relationships between family members and create a harmonious family in the society 5.0 era.

CONCLUSION

The strategy for strengthening harmonious families in Bandar Lampung in the era of society transformation 5.0 is through several methods, namely by increasing communication with all family members and involving them in all activities and decision making, utilizing technology and social media to create moments together, and all of this is supported by the government of Bandar Lampung city by facilitating it through programs focus on digital literacy, parenting techniques, communication skills, and emotional intelligence.

REFERENCES

Agustini, Sri. "The Concept Of Child Education In A Harmonious Family According To Wahbah Zuhayli And Abdullah Nashih Ulwan." *Tawazun: Jurnal Pendidikan Islam* 10, no. 1 (2017): 89-99.

Akhuai, Wen, Aloisius Arizendy Nugraha, Yosephine Ken Rahayu Dyah Lukitaningtyas, Aly Ridho, Heni Wulansari, and Risang Adhitya Al Romadhona. "Social Capital of Pancasila Education in Smart Education with Social Media in Cybercrime Prevention in the Industrial Revolution Era 4.0." *Jurnal Panjar: Pengabdian Bidang Pembelajaran* 4, no. 2 (2022).

Al-Shorbaji, Najeeb, and N. Al-Shorbaji. "Improving healthcare access through digital health: The use of information and communication technologies." *Healthcare Access* 10 (2021).

Ahmed, Ishfaq, and Khadija Aijaz Perji. "Mobile phone to youngsters: Necessity or addiction." *Information Management and Business Review* 2, no. 5 (2011): 229-238.

Aziz, Rahmat, Retno Mangestuti, Esa Nur Wahyuni, Wildana Wargadinata, Alfiyana Yuli Efianti, and Iffat Maimunah. "Empowering families in the digital learning era: strategies to promote positive education." In *Proceedings of the Second Conference on Psychology and Flourishing Humanity (PFH 2023)*, vol. 808, p. 128. Springer Nature, 2023.

Daniswara, Rico Alana, And Andhita Risko Faristiana. "Tranformasi Peran Dan Dinamika Keluarga Di Era Digital Menjaga Keluarga Dalam Revolusi Industri 4.0 Tantangan Dalam Perubahan Sosial." *Jurnal Ilmu Sosial, Pendidikan Dan Humaniora (Jispendiora)* 2, No. 2 (2023): 29-43.

Hasanah, Ulfatul. "Pola Asuh Karyawati Rokok Muslimah dalam Membina Karakter Anak Usia Dini di Kabupaten Sumenep Madura Indonesia." *Bulletin of Indonesian Islamic Studies* 1, no. 2 (2022): 129-142.

Hendratno, Edie Toet, and Rachma Fitriati. "The study of Indonesia's readiness to cope with demographic bonus: a review of population law." *Journal of Indonesian Economy and Business* 30, no. 3 (2015): 195-219.

Holcombe, Randall G., and DeEdgra W. Williams. "The impact of population density on municipal government expenditures." *Public Finance Review* 36, no. 3 (2008): 359-373

Jones, Chris, Ruslan Ramanau, Simon Cross, and Graham Healing. "Net generation or Digital Natives: Is there a distinct new generation entering university?." *Computers & education* 54, no. 3 (2010): 722-732.

Muchtar, Ilham, A. M. Erfandi, Zainal Abidin, Aliman Aliman, Ramli Ramli, and Dahlan Lama Bawa. "Analisis Prinsip Komunikasi Islami dalam Membangun Keluarga Harmonis Menurut Alqur'an." *ULIL ALBAB: Jurnal Ilmiah Multidisiplin* 2, no. 10 (2023): 4705-4720.

Nabela, Hana Rizquna, and Puji Rianto. "The Use of New Media Technology in Families and Its Impact on Intimacy." *AJMC (Asian Journal of Media and Communication)* 4, no. 2 (2020).

Puspawati, Ani Agus, and S. Indriyati Caturiani. "Civil society (Women Organizations) on supporting Family Resilience in Lampung Province." In *6th International Conference on Social and Political Sciences (ICOSAPS 2020)*, pp. 431-436. Atlantis Press, 2020

Ramdani, Dede, Deasy Nurma Hidayat, Asep Sumarna, and Icmiati Santika. "Ideal Character of Muslim Generation of Industrial Revolution Era 4.0 and Society 5.0." *Jurnal Iqra': Kajian Ilmu Pendidikan* 5, no. 1 (2020): 171-182.

Raharjo, Bambang Budi, Sofwan Indarjo, and Efa Nugroho. "Policies and Strategies for Reducing Stunting through The Community Empowerment Model." *CCER* (2020): 68.

Sariroh, Siti. "Management of Dual-Carer Couples in Maintaining Family Resilience and Harmony in Islamic Perspective." *An-Nisa': Journal of Gender Studies* 16, no. 1 (2023): 139-152.k

Sá, Maria José, Ana Isabel Santos, Sandro Serpa, and Carlos Miguel Ferreira. "Digital Literacy in Digital Society 5.0." *Academic Journal of Interdisciplinary Studies* 10, no. 2 (2021): 1-9.

Teşu, Ioan C. "Family in the Digital Era (I)." *Romanian Journal of Artistic Creativity* 11, no. 4 (2023): 17-32.