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How Family Social Support Builds Resilience among Mothers in Home-Based Industries

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Abstract

Mothers working in home-based industries face overlapping occupational, economic, and domestic demands that may affect their capacity to recover from stressful experiences. Family social support may strengthen resilience directly and indirectly by developing positive psychological resources, particularly optimism. This study examined the mediating role of optimism in the relationship between family social support and resilience among mothers working in home-based industries in West Sumatra. A quantitative survey design was employed involving 200 participants recruited through snowball sampling. Resilience was measured using the Brief Resilience Scale, family social support using the Perceived Social Support-Family Scale, and optimism using the Life Orientation Test-Revised. Data were analyzed using regression analysis and the PROCESS macro Model 4 with a bootstrapping procedure. The findings showed that family social support positively predicted resilience and optimism, while optimism positively predicted resilience. The indirect effect of family social support on resilience through optimism was significant, with an effect value of .0517 and a 95% bootstrap confidence interval ranging from .0266 to .0776. The direct effect remained significant after optimism was included in the model, indicating partial mediation. These findings demonstrate that resilience among mothers working in home-based industries is strengthened through the interaction between family support and positive future expectations. Programs supporting women in informal employment should therefore integrate family involvement, practical assistance, and psychological capacity-building.

Keywords: Family Social Support; Home-Based Industries; Optimism; Resilience; Working Mothers

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INTRODUCTION

Women's participation in informal employment plays an important role in supporting household income and local economic activities in Indonesia (Cameron, 2023). A substantial proportion of women work in informal sectors characterized by small-scale businesses, uncertain income, limited employment protection, and restricted access to social security and professional development (Prakoso & Dewi, 2023). Home-based industries offer women opportunities to participate in economic activities while remaining within the domestic environment (Dadheech & Sharma, 2023). However, this arrangement also causes occupational and family spaces to overlap. Mothers working in home-based industries must manage production activities, market demands, household responsibilities, and childcare within the same physical and temporal setting (Buchori et al., 2024). The absence of clear boundaries between paid work and domestic life may increase work-family conflict, physical fatigue, emotional strain, and difficulties in psychological recovery (Riantoputra & Muis, 2020). Such challenges are particularly relevant in food-based home industries, where production often depends on daily demand, material availability, business capital, and continuous involvement from workers. Therefore, mothers working in this sector represent a socially and vocationally vulnerable group that requires adequate psychological and social resources.

The ability to remain functional and recover from these pressures is closely related to resilience. Resilience refers to an individual's capacity to recover or bounce back after experiencing stress, adversity, or disruption (Hanim et al., 2026; Horwood et al., 2021). It enables individuals to regulate emotional responses, adjust to changing circumstances, maintain everyday functioning, and continue pursuing important goals despite difficult conditions. Previous studies have demonstrated that individuals with higher resilience tend to experience lower psychological distress and show more adaptive responses when encountering prolonged demands (Charina et al., 2024). For working mothers, resilience is particularly important because occupational difficulties are often interconnected with family responsibilities (Muhammad et al., 2021). Failure to recover from work-related stress may affect caregiving, family relationships, and business continuity, while domestic pressures may interfere with productivity and work engagement (Kadir et al., 2024). Accordingly, resilience should not be understood merely as a stable personal trait. It represents an adaptive psychological capacity influenced by the availability of resources within individuals and their social environments.

One external resource that may contribute to resilience is family social support. Family members may provide emotional encouragement, advice, appreciation, childcare assistance, help

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with domestic responsibilities, and material support during difficult circumstances (Sağar & Ateş, 2026). Perceived family support can create a sense of security and reduce the perception that occupational and family burdens must be managed individually. Previous studies have reported positive relationships between family social support and resilience among adolescents, university students, caregivers, and parents of children with special needs (Hazan-Liran & Levkovich, 2025). Nevertheless, social support may not automatically result in resilient behavior (Rakap & Vural-Batik, 2024). Its effect may depend on how individuals interpret and transform available support into internal psychological resources. Optimism is one resource that may explain this process. Optimism refers to a generalized expectation that positive outcomes are likely to in the future (Dey & Amponsah, 2020). Optimistic individuals tend to maintain effort, use active coping strategies, and interpret difficulties as manageable rather than permanent.

The relationship among family social support, optimism, and resilience can be explained through Conservation of Resources Theory. This theory proposes that individuals attempt to acquire, preserve, and develop resources that are valuable for managing stressful situations (Hobfoll, 1989a). Stress occurs when resources are threatened, lost, or insufficient to meet environmental demands. Within this framework, family social support can be categorized as an external social resource, while optimism represents an internal psychological resource. Support from family members may reduce resource loss by providing assistance, reassurance, and emotional security (Hobfoll, 2010). At the same time, positive family interactions may initiate a resource-gain process by strengthening individuals' confidence and expectations regarding future outcomes. Optimism may then encourage persistence, problem-focused coping, and adaptive responses when difficulties occur. Thus, family social support may contribute directly to resilience while also strengthening resilience indirectly through the development of optimism as an internal resource.

Previous studies provide partial support for these relationships. Social and family support have been associated with higher optimism because supportive relationships help individuals maintain positive expectations when facing uncertain circumstances (Egozi Farkash et al., 2022). Optimism has also been identified as an important predictor of resilience, adaptive coping, and psychological well-being (Ojo et al., 2021). Furthermore, several studies have shown that optimism can mediate relationships between external resources and psychological outcomes (Hanim et al., 2025; Hung et al., 2020). However, most previous studies have focused on adolescents, university students, clinical populations, refugees, caregivers, parents of children with special needs, or single mothers. Limited research has examined how family support and

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optimism jointly contribute to resilience among mothers working in informal home-based industries. This population faces distinctive pressures because economic activities, caregiving responsibilities, and household work occur simultaneously within the same environment. The psychological mechanism underlying their resilience therefore remains insufficiently understood.

Based on these limitations, the present study proposes that family social support strengthens resilience both directly and indirectly through optimism. Family support is expected to help working mothers preserve emotional and practical resources when confronting occupational and domestic pressures. The security and encouragement derived from such support may strengthen positive expectations regarding their ability to overcome difficulties. These optimistic expectations may subsequently promote persistence, adaptive coping, and recovery from stressful experiences. Accordingly, this study aims to examine the mediating role of optimism in the relationship between family social support and resilience among mothers working in home-based industries in West Sumatra. Four hypotheses are proposed: family social support positively predicts resilience (H1); family social support positively predicts optimism (H2); optimism positively predicts resilience (H3); and optimism significantly mediates the relationship between family social support and resilience (H4). This study is expected to extend resilience research by integrating social and psychological resources within the context of women's informal employment.

METHOD

This study employed a quantitative approach with a survey design to examine the mediating role of optimism in the relationship between family social support and resilience. Family social support was positioned as the predictor variable, resilience as the outcome variable, and optimism as the mediating variable. The survey design was selected because it enabled the researchers to measure the three psychological variables systematically and examine their direct and indirect relationships through statistical analysis. The research focused on mothers working in home-based industries in West Sumatra. In this study, home-based industries refer to small-scale economic activities in which production processes are conducted within or around the domestic environment.

The participants consisted of 200 mothers working in home-based industries in West Sumatra. They were recruited using snowball sampling because a complete and reliable list of the target population was unavailable. Through this procedure, participants who met the occupational characteristics of the study assisted the researchers in identifying other potential

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respondents with similar characteristics. The required sample size was estimated using G*Power version 3.1.9.7 through the linear multiple regression: fixed model, R^2 deviation from zero procedure. The calculation applied a medium effect size of (f^2=.15), a significance level of .05, statistical power of .95, and two predictors representing family social support and optimism. A total of 200 completed questionnaires were included in the statistical analysis.

Data were collected using self-report questionnaires administered through online and offline procedures. The online questionnaire was distributed through Google Forms to participants who had access to digital devices and an internet connection. Printed questionnaires were distributed directly to participants who were less familiar with digital platforms or experienced difficulties accessing the online questionnaire. The use of both distribution methods was intended to provide wider access to mothers working in home-based industries with different levels of digital literacy and internet availability. Participants were asked to complete measures of resilience, perceived family social support, and optimism.

Table 1. Measurement Instruments and Psychometric Properties

Variable	Instrument	Items	CFI	TLI	RMSEA	SRMR	(\chi^2/df)	Cronbach's α
Resilience	Brief Resilience Scale	6	.947	.900	-	.073	2.05	.723
Family social support	Perceived Social Support-Family	20	.896	-	.086	.064	1.74	.893
Optimism	Life Orientation Test-Revised	10	.972	.931	-	.042	1.83	.726

Resilience was measured using the six-item Brief Resilience Scale developed by (Smith et al., 2008), which assesses an individual's ability to recover from stressful experiences. Family social support was assessed using the 20-item Perceived Social Support-Family Scale developed by

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(Procidano & Heller, 1983). Optimism was measured using the 10-item Life Orientation Test-Revised developed by (Scheier et al., 1994). The instruments were adapted for use in the present study and evaluated through expert judgment and confirmatory factor analysis. As presented in Table 1, the resilience and optimism measures demonstrated acceptable model fit. The family social support measure showed marginally acceptable fit because its CFI was slightly below .90 and its RMSEA was slightly above .08. Nevertheless, its SRMR and relative chi-square values remained within acceptable limits. The three instruments also demonstrated satisfactory internal consistency, with Cronbach's alpha coefficients ranging from .723 to .893.

Data were analyzed using IBM SPSS Statistics and PROCESS macro version 4.2. Before hypothesis testing, assumption tests were conducted to examine normality, linearity, multicollinearity, and heteroscedasticity. The mediation model was tested using PROCESS Model 4. The analysis estimated the total effect of family social support on resilience (path (c)), the effect of family social support on optimism (path (a)), the effect of optimism on resilience while controlling for family social support (path (b)), and the direct effect of family social support on resilience after optimism was included in the model (path (c')). The indirect effect was evaluated using a bootstrapping procedure with a 95% confidence interval. The mediation effect was considered statistically significant when the lower and upper bootstrap confidence limits did not include zero. Partial mediation was concluded when the indirect effect was significant and the direct effect remained statistically significant after optimism was included in the model.

RESULTS

Before testing the proposed mediation model, preliminary analyses were conducted to evaluate the assumptions of regression analysis. The normality test showed that the unstandardized residuals were normally distributed, as indicated by a Kolmogorov–Smirnov significance value of .200. The linearity tests also demonstrated significant linear relationships between family social support and resilience and between optimism and resilience. Moreover, the deviation-from-linearity values for both relationships were nonsignificant. The tolerance and variance inflation factor values indicated no multicollinearity between family social support and optimism. The heteroscedasticity tests were also nonsignificant, indicating that the residual variance was sufficiently homogeneous. The complete results of the assumption tests are presented in Table 2.

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Table 2. Results of the Regression Assumption Tests

Assumption Test	Variable or Relationship	Statistic	Result
Normality	Unstandardized residual	D = .055, p = .200	Assumption met
Linearity	Family social support-resilience	Linearity p < .001; deviation p = .119	Assumption met
Linearity	Optimism-resilience	Linearity p < .001; deviation p = .112	Assumption met
Multicollinearity	Family social support	Tolerance = .828; VIF = 1.208	No multicollinearity
Multicollinearity	Optimism	Tolerance = .828; VIF = 1.208	No multicollinearity
Heteroscedasticity	Family social support	p = .698	No heteroscedasticity
Heteroscedasticity	Optimism	p = .148	No heteroscedasticity

The regression analyses showed that family social support positively and significantly predicted resilience. The standardized regression coefficient was (\beta=.406), with (p<.001). Family social support explained 16.5% of the variance in resilience. Family social support also positively and significantly predicted optimism, with (\beta=.415) and (p<.001), accounting for 17.2% of the variance in optimism. In addition, optimism positively and significantly predicted resilience, with (\beta=.466) and (p<.001). Optimism independently explained 21.7% of the variance in resilience. These findings supported the first three hypotheses of the study.

Table 3. Summary of the Regression Path Analyses

Path	Predictor	Outcome	β	P	R^2
c	Family social support	Resilience	.406	< .001	.165
a	Family social support	Optimism	.415	< .001	.172
b	Optimism	Resilience	.466	< .001	.217

Note: The coefficients reported in this table are standardized regression coefficients.

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The mediation analysis was subsequently conducted using PROCESS Model 4. When family social support and optimism were entered simultaneously as predictors of resilience, the model produced an (R) value of .5214 and an (R^2) value of .2718. Thus, the combined model explained 27.18% of the variance in resilience. This value was higher than the 16.5% explained by family social support alone. The direct coefficient of family social support after optimism was included in the model was (B=.0890), with (p=.0002). Therefore, family social support remained a significant predictor of resilience after controlling for the mediating variable.

Table 4. Regression Model Predicting Resilience after the Inclusion of Optimism

Model Component	B	p
Constant	5.5316	—
Family social support	.0890	.0002
Optimism	.3528	—

The indirect effect of family social support on resilience through optimism was .0517. The 95% bootstrap confidence interval ranged from .0266 to .0776. Because the confidence interval did not include zero, the indirect effect was statistically significant. The direct effect of family social support on resilience was .0890, with (p=.0002), and its confidence interval also did not include zero. The results of the direct and indirect effect analyses are presented in Table 5.

Table 5. Direct and Indirect Effects of Family Social Support on Resilience

Effect	Effect Size	p	BootLLCI	BootULCI
Indirect effect through optimism	.0517	—	.0266	.0776
Direct effect	.0890	.0002	.0433	.1347

Note: BootLLCI = bootstrap lower-limit confidence interval; BootULCI = bootstrap upper-limit confidence interval.

The significant indirect effect supported the fourth hypothesis, indicating that optimism mediated the relationship between family social support and resilience. However, the direct effect of family social support remained statistically significant after optimism was included in the model. Therefore, optimism functioned as a partial mediator rather than a full mediator in the relationship between family social support and resilience among mothers working in home-based industries.

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DISCUSSION

The findings demonstrate that optimism partially mediates the relationship between family social support and resilience among mothers working in home-based industries. This result indicates that family support contributes to resilience through two pathways. First, support from family members directly helps working mothers manage occupational and domestic pressures. Second, such support strengthens optimism, which subsequently improves their ability to recover from stressful experiences. The partial nature of the mediation suggests that optimism is an important psychological mechanism, but it is not the only process through which family support contributes to resilience. Family assistance may also influence resilience through other mechanisms, such as emotional regulation, perceived security, self-efficacy, coping resources, and the sharing of domestic or occupational responsibilities. Thus, resilience among mothers in home-based industries appears to emerge from the interaction between social resources available within the family and internal psychological resources developed by the individual.

The positive relationship between family social support and resilience is consistent with previous evidence showing that supportive family relationships strengthen individuals' capacity to adapt to difficult circumstances. (Sundayani et al., 2024) found that family social support contributed to resilience among children of international migrant workers, while (Suud et al., 2024) demonstrated that family support was associated with adaptive functioning among students. Similar patterns have also been reported among families of children with autism spectrum disorder, in which satisfaction with informal support predicted stronger family resilience (Fong et al., 2021). The present findings extend these results to mothers working in home-based industries. Unlike populations situated primarily within educational or caregiving contexts, these mothers must manage economic production, domestic work, and childcare in the same environment. In this context, emotional encouragement, practical assistance, and shared family responsibilities may reduce the extent to which occupational and domestic demands are experienced as individual burdens.

The findings also show that family social support contributes positively to optimism. This result is consistent with (Zou et al., 2020), who reported that social support was associated with higher optimism and more favorable psychological outcomes. (Newman et al., 2022) similarly found that family social support contributed to career optimism among individuals facing substantial environmental and occupational transitions. Supportive family relationships may reinforce the expectation that difficulties can be managed because working mothers receive reassurance, recognition, and tangible assistance from people closest to them. For mothers in

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home-based industries, optimism may be strengthened when family members acknowledge their economic contribution, assist with childcare or household responsibilities, and provide encouragement during periods of declining demand or financial uncertainty. Therefore, family support functions not only as immediate assistance but also as a social context in which positive expectations concerning future work and family conditions can be maintained.

Optimism was also positively associated with resilience, supporting previous research that identifies positive future expectations as an important resource in dealing with stress. (Phi Huynh et al., 2024) found that dispositional optimism contributed to individuals' ability to manage stressful experiences, whereas (Miranda & Cruz, 2022) reported a positive relationship among optimism, resilience, and psychological well-being. Optimistic individuals are more likely to maintain effort, seek alternative solutions, and regard difficulties as temporary rather than permanent. These tendencies are especially relevant to mothers working in home-based industries because their working conditions frequently require continuous adaptation to changing demand, material availability, household needs, and family responsibilities. Optimism does not eliminate these pressures, but it may influence how they are interpreted and addressed. Mothers who expect that current difficulties can improve may be more willing to persist, reorganize their activities, seek assistance, and resume work after experiencing setbacks.

The mediating role of optimism can be interpreted through Conservation of Resources Theory (Hobfoll, 1989b). Family social support represents an external resource that protects individuals from excessive resource loss, while optimism operates as an internal psychological resource that facilitates adaptive action. When working mothers receive emotional and practical support, they may experience greater security and retain more energy for managing work and family demands. These conditions may promote a resource-gain process in which available social support strengthens positive expectations and encourages persistent coping. Optimism then helps transform family support into resilient responses by sustaining motivation and facilitating recovery following adversity. The significant direct effect that remained after optimism was included indicates that family support also has benefits that do not depend entirely on positive expectations. Practical assistance, for example, may directly reduce workload and stress even when an individual's level of optimism does not substantially change.

The study contributes to resilience literature by integrating social and psychological resources within the context of women's informal employment. Previous studies have commonly examined family support, optimism, and resilience separately or focused on adolescents, students, caregivers, refugees, clinical populations, and parents of children with special needs (Wu

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et al., 2025). The present findings indicate that a similar resource-building mechanism also operates among economically active women whose employment is embedded in domestic settings. This context is important because home-based work cannot be separated easily from family life. The family may function simultaneously as a source of responsibility, labor assistance, emotional support, and business continuity (Ekas et al., 2010). Accordingly, the study broadens the application of Conservation of Resources Theory by showing that external family resources can contribute to resilience partly through the formation of positive psychological expectations in a socially and vocationally vulnerable population.

From a practical perspective, interventions intended to strengthen the sustainability of home-based industries should not focus exclusively on business capital, production skills, and market access. Programs organized by local governments, community organizations, and small-business facilitators may also include family-based support, stress-management education, peer-support activities, and psychological capacity building. Family members can be encouraged to share household and caregiving responsibilities, provide recognition for women's economic contributions, and participate in decisions related to home-based business activities (Gloor, 2021). At the same time, optimism should not be promoted merely as positive thinking that places responsibility for adaptation entirely on individual women. Psychological strengthening should be accompanied by practical support and improvements in working conditions so that mothers have realistic resources for responding to occupational and domestic pressures.

Several limitations should be considered when interpreting the findings. The use of snowball sampling limits the representativeness of the sample and prevents broad generalization to all mothers working in home-based industries. The cross-sectional design also does not establish causal direction among family social support, optimism, and resilience. Because the study relied on self-report questionnaires, the results may have been influenced by social desirability, response tendencies, or common-method bias. In addition, the model examined optimism as a single mediator and did not include occupational, family, or economic characteristics that may influence resilience. Future studies could employ probability-based sampling, longitudinal designs, or mixed-method approaches to examine changes in resilience over time. Further research may also investigate other explanatory mechanisms, such as self-efficacy, coping strategies, work-family balance, perceived economic security, and emotional regulation.

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CONCLUSION

This study concludes that optimism partially mediates the relationship between family social support and resilience among mothers working in home-based industries in West Sumatra. Family social support contributes to resilience not only through the direct assistance received from family members but also by strengthening positive expectations toward future challenges. The partial mediation finding indicates that optimism represents an important psychological pathway, although family support may also enhance resilience through other forms of emotional, instrumental, and relational assistance.

The study contributes to the literature by demonstrating that resilience among mothers in home-based industries is shaped by the interaction between social and psychological resources. It extends previous research by focusing on women working in informal, home-based settings, where occupational and domestic responsibilities are closely interconnected. In this context, family support serves as an important resource that helps working mothers maintain confidence, persistence, and adaptive functioning when facing economic uncertainty and multiple role demands.

These findings emphasize that efforts to strengthen women's participation in home-based industries should address both economic and psychosocial needs. Local governments, community organizations, and small-business facilitators may involve family members in empowerment programs, promote the sharing of caregiving and household responsibilities, and provide activities that strengthen adaptive coping and realistic optimism. Supporting resilience through combined family, community, and institutional resources may help mothers maintain their psychological well-being and sustain their involvement in informal economic activities.

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