

The Phenomenon of Single Parent Becomes the Breadwinner of Families in Lowokwaru District, Malang City, Indonesia

Mafazatil Umami¹, Rofiqi^{2*}

ABSTRACT

This study aims to determine the ability to self-regulate, the role of social support in the surrounding environment, the role and culture in the family for survival and how the single parent can survive. The type of research used is qualitative phenomenology. The method used is to use observation and interview methods. The result in this study is that the subject is able to control his emotions and cognition well. So that it has a positive impact on the surrounding environment. Able to carry out her dual role, both being a mother and a father to her children in survival, Mrs. HR works hard by being an employee at the stall.

Keywords: *Single Parent, Breadwinner of Families*

The family is a social environment that is formed closely because a group of people live, interact in the formation of mindsets, cultures, and as a mediation of children's relationships with the environment. Furthermore, Latipun said that a complete and functional family can improve the mental health and emotional stability of family members (Latipun, 2005). Meanwhile, according to (Lestari, 2012) the family is a household that is related by blood or marriage or provides the implementation of fundamental instrumental functions and expressive functions of the family for its members who are in a network.

A family formed by marriage will indirectly have roles that must be carried out, and also give rise to new functions in a family. According to (Chester L. Hunt and Paul B. Horton, 1993) functions within a family include: a) sexual regulation function, b) production function, c) socialization function, d) affection function, e) status determination function, f). protection function, g). economic function. While Suhardono defines the role in social science as a function that a person carries when occupying a position in a certain social structure. A person who has occupied a role will then be able to play his function well. A person can be said to be able to carry out a role if he carries out rights and obligations which are things that cannot be separated from the status he holds.

The changing times that are increasingly developing today cause functions in the family not to be carried out properly. As a result of not carrying out the above functions, it raises

¹Master's Student in Psychology, Muhammadiyah University of Malang, Malang City, East Java, Indonesia

²Master's Student in Psychology, Muhammadiyah University of Malang, Malang City, East Java, Indonesia

*Corresponding Author

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several conflicts that lead to divorce. Where a person will live alone, widowed or widowed. This phenomenon is commonly referred to as a form of single parent family.

Single parents (Single Parent) occur a lot in human life. Single parents are parents who do not live with their partners, and have the responsibility to meet their daily needs and raise their children alone (Ekpenyong Nkereuwem Stephen & Lawrence, 2016). In addition, Single parent can also occur at the birth of a child without a legal marriage bond. (Anyakoha, 2016). Single parents, especially for a mother, certainly have their own difficulties, where she and her children must be able to meet the needs of life outwardly and inwardly. So, this can be called a dual role in single parent mothers.

The dual role that a single parent mother must bear is a matter of parenting. It was mentioned by (Dagun, 2013) that the results of research on the development of children who did not receive father's care and attention concluded, the child's development became lame. The group of children who received less attention from their fathers tended to have decreased academic ability, stunted social activity and limited social interaction. When a person chooses to be a single parent, then he must prepare mentally in living the life after. A single mother must carry out two roles at once, namely as a mother and father. The mother who takes care of and manages the needs of the house, while the father who plays a role in working to provide for his family (Indrayanti, 2017). One of the dual roles taken by single parents is about work and having to provide for their children. The dual role that a single parent mother must bear is not easy as well as educating children to become children who can be proud of.

Lindwall JJ (2011) suggests that single parents are more prevalent in women so that female single parents have a harder job than parents who are still together. Despite high employment rates, single parents are more likely to experience increased poverty compared to other family structures (Ekpenyong Nkereuwem Stephen & Lawrence, 2016). Therefore, single parents have to struggle to make a living for their families and children in making ends meet. With this, it will have an impact on his psychic or experience stress in work or life. In addition, Ifcher and Zarghamee (2014) in research have shown that single parents also experience lower levels of mental health and low psychological well-being (Rebecca Jayne Stack and Alex Meredith, 2017). In line with the opinion (Barkley, 2013) in previous research explained that single parents, especially a mother, may experience stress than a mother who has a partner in her life but has a low income and reasons for lack of social and psychological support (Harold Eugene Bringgs, 2016).

Social support or socializing can help a single parent in living his life. In line with the opinion of (Santrock. J. W, 2002) that socialization is very important for children in the continuity of any culture. So, the family is the most important agent for socializing. Most children live in a very structured and disciplined manner. Meanwhile, parents will assist children in instilling strong moral, spiritual, social, physical and cognitive principles in their children (Ekpenyong Nkereuwem Stephen & Lawrence, 2016). The statement indicates that the condition of a single parent carried by a mother in supporting her small family can trigger stress to single parent itself, so that if the situation of one person can be passed well and not to the point of stress as described above, the single parent achieves happiness (happiness). The Central Bureau of Statistics of the Republic of Indonesia stated that the number of marriages in urban East Java with living divorce status was 607,476 people and

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dead divorces were 2,334,885 people. According to the 2018 Labor Force Participation Rate (TPAK), working women were 55.44%.

Departing from these data, researchers are interested in examining a woman who is the breadwinner in the family (single parent) from the psychological side such as the ability to regulate herself. In addition, researchers are interested in researching the role of social support in the surrounding environment, the role and culture in the family for survival and how the single parent can survive from the external and inner sides. So, the researcher took the focus of the research "The phenomenon of Single Parent being a breadwinner in the family in Lowokwaru District, Malang City".

METHODOLOGY

This study used a qualitative research approach phenomenology method. In this study researchers made a complex picture, examined words, detailed reports of respondents' views and conducted studies on natural situations (Lexy J. Moleong, 2000).

Sample

The study, entitled Single Parent to be the breadwinner in the Family in Lowokwaru District, Malang City, used one main subject (primary subject) and two supporting subjects (skunder subject). The subject in this study was a single parent of mother who became the breadwinner in the family and was in the Lowokwaru area of Malang City. Observations were made using purposive sampling techniques. Purposive sampling is the deliberate sampling as needed. This method is carried out by interviewing the desired source and in accordance with the characteristics of the sample needed in the observation process. (Hikmawati F, 2020).

Procedure

Observation is one of the fundamental bases of all data collection methods in qualitative research, particularly concerning the social sciences and human behavior. In addition, observation as an activity records a symptom with the help of instruments and records it with scientific or other purposes. It is further said that observation is a collection of impressions about the world around based on all the abilities of human sensory perception (Hikmawati F, 2020).

Kerlinger (2000) states that an interview is a face-to-face interpersonal role situation, when a person, namely the interviewer asks questions designed to obtain answers relevant to the research problem to an interviewee, or respondent.

RESULTS

The main themes raised in this study are the ability of self-regulation in single parent mothers, the social impact faced by single parents, the dual role of single parents, survival strategies.

Theme: Self-Regulation Ability in Single Parent Mothers

This study revealed the strategy of self-regulation ability reported by the study subject, namely Mrs. HR was able to control her emotions and behavior well.

"I was happy when my son was big and my first child was reliable. I often spend time at the stall, in addition to work, sometimes I can also tell stories with my employees and employers. At least it can reduce the burden I bear." (Mrs. HR).

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When she feels that she has a lot of burden, Mrs. HR spends her time at the stall. Because at the stall, there are many friends and many who invite to talk to relieve their pressure. Mrs. HR often discusses and tells about problems in her family with her colleagues at the stall. In addition, Ibu HR feels happy when gathering with her children and as if the burden becomes light or can be slightly reduced.

Theme: The Role of Social Support from the Surrounding Environment

Mrs. HR has social relationships or gets good social support from family, neighbors, co-workers and employers at the food stall where Mrs. HR works.

"The response of neighbors is normal, there is no bad talk, there are neighbors who care about my situation and often provide help, usually there are neighbors who play here even though I rarely visit them. I used to go out to gather during *PKK* (organization) activities, *diba'an* and *khatamil qur'an*". (Mrs. HR)

Based on the above statement, it can be seen that Mrs. HR mothers have a good relationship with their environment, especially with neighbors. In addition, the relationship with colleagues is also good.

"The relationship with the neighbors is fine, even though the neighborhood is her ex-husband's family. But their relationship is still good, it's just that the relationship with her ex-husband's sister is not good," (DA's mother)

Mrs. DA also said, "Mrs. A, next door neighbor, always helps with electricity costs, etc. In addition, there is a neighbor on the right side of her house often helps in the form of something to meet the needs of life".

The presentation from the DA mother that HR mother has participated in activities in her home environment is still within the last 1 year, namely following the *PKK* and *khotmil Qur'an*. Previously, HR mothers never participated in activities because they were busy working to keep up with their daily needs. However, HR's mother's relationship with her surrounding environment including neighbors according to DA's mother is good even though part of her home environment is the family of her ex-husband. It's just that HR's mother's relationship with her ex-husband's sister is not good. Not only that, Mrs. DA also said that Mrs. HR also received help from her neighbors because it was part of a form of concern for Mrs. HR.

Theme: Multiple Roles Carried Out by a Single Parent Mother

The work that is the burden of HR mothers is currently doubled. On the other hand, the subject must carry out the role of a mother who has to take care of children, take care of the household, be a family manager and provide education for children and now the HR mother has to bear the burden of being a father as well as providing for her family. However, HR mothers are able to carry out both roles well.

"If managing time is a little difficult, because I work too, my work is from morning to evening, before that I was also until night, but now it's not, because my son is the first *PRAKERIN* (Industrial Work Practice) in Pujon. So, there is no one to look after, so I haven't taken a curfew so that I can supervise him studying." (Mrs. HR)

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"Usually, during working hours, neighbors often call their neighbors to ask if their children are at home or not, usually if their children are not at home, HR's mother asks for permission to find her child." (Mrs. IS)

HR's mother cuts her working hours at night to monitor her son's studies. In addition, HR mothers also always take the time to call their children to ensure the whereabouts of their children. This is what HR mothers do in carrying out the role of mothers besides she has to work like a father.

Theme: Single Parent Strategies for Survival

The survival strategy carried out in this study is the way the subject maintains his life and family both outwardly and inwardly. The way that the subject does to meet his inner needs is by surrendering everything to God by always being grateful and praying and always grateful. Outward fulfillment is by working hard for a living.

"Yes, what I get is still grateful, the important thing is that it can meet the needs of children, be able to pay rent and make daily meals". (Mrs. HR)

The many demands that must be borne by the subjects in this study are many things that HR mothers must do. Among them when in 2011 her ex-husband left Mrs. HR to work as a domestic assistant for one of the members of the POLRI, in 2013 Mrs. HR moved to work at one of UB's lecturers to become a domestic assistant. After officially divorcing her ex-husband, HR's mother worked at one of the food stalls near her son attending school. Mrs. HR works from 06.30 to 15.00 WIB, which is then resumed at 17.00 to 21.00 WIB. In addition to working as an employee at a food stall, Mrs. HR also has a side job, namely making peyek that is deposited in stalls, Mrs. HR also receives orders for making peyek in large quantities.

The many jobs done by HR mothers are used to meet basic needs, rental costs including electricity and also the cost of their children's education. The strategy carried out by Ibu HR is carried out so that Ibu HR and her family can survive and be able to send their children to school until now.

DISCUSSION

A woman can be said to be a single parent according to rohaty Mohd. Majzud di Rahim (2006) is a woman who is left dead by her husband then forced to raise her children alone or a woman who has divorced her partner is then given the right to take care of her children or women whose status is unclear after being left behind by her husband or women who are in the process of divorce. The Central Bureau of Statistics of the Republic of Indonesia stated that the number of marriages in urban East Java with living divorce status was 607,476 people and dead divorces were 2,334,885 people. According to the 2018 Labor Force Participation Rate (TPAK), working women were 55.44%.

In the case in this study, HR's mother had been left behind by her husband for two years without clarity. So, during those two years, Mrs. HR had to try to find a source of income to meet the needs of the family. Because HR mother has the belief that if she does nothing and only laments fate, then her children will be abandoned and not taken care of properly. Until now, Ibu HR covers daily needs until she is able to send her children to school and pay the rent every year.

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Self-Regulation Ability in Single Parent Mothers

Happiness is defined as a positive psychological condition in a person characterized by satisfaction with the past, high positive emotions and low negative emotions (Carr in Asturui, 2007). Happiness is said to be the result of an assessment of oneself and life including positive emotions such as comfort and joy (Seligman, 2005).

In this study, Mrs. HR had her own happiness. Even without her husband, Ibu HR is happy with her current life because she can take care of her children until adulthood. HR's mother was able to control her negative emotions when she recalled the state of her family that was wasted by her ex-husband. He does not want to present a weak woman in front of his children so he always works hard to support his family and without regretting everything that has happened. Because the principle of mother HR life experienced today is God's best entrustment. In terms of cognitiveness, Mrs. HR does not think much about her past, because it only makes her weak. HR's mother has moved on from her ex-husband and has been able to accept the reality of life today and try to make her children happy.

Mrs. HR told all the complaints faced to her coworkers and found solutions together. HR mothers also use their work time to relieve fatigue at home. Mrs. DA and Mrs. IS responded well and casually so that there was no hesitation between them, therefore Mrs. HR did not feel awkward. So that Mrs. HR feels more comfortable to tell stories and overflow all the burdens she faces. Judging from some of the theories above associated with the problems experienced by Mrs. HR that although the heavy burden she faced was quite a lot, she was able to control her emotions and cognition well.

The Role of Social Support from the Surrounding Environment

Gillin and Gillin stated that social interaction is a relationship between individuals, between groups and individuals with groups that continue to grow (Soekanto, 1982). In this study, Ibu HR had good interactions with her neighbors and the surrounding environment. This is evidenced by the familiarity between Mrs. HR and her work friends, and neighbors in the neighborhood. People in the surrounding environment also often provide assistance to HR mothers in the form of moral support and material assistance. However, the familiarity with the ex-husband's sister was not very good and Mrs. HR did not ignore it. Ibu HR also participates in activities in her environment such as following the PKK and *khatmil* Al-Quran.

A Double Role Run by A Single Parent Mother

Single parent status held by a single parent mother then automatically a woman takes a dual role in the family. One of the dual roles taken by single parents is about work and having to provide for their children. In the case of divorce even though the ex-husband still gives money to provide for the situation will still change, the ex-husband no longer gives enough money because he does not know the financial situation of the ex-wife and children, especially if the ex-husband chooses to remarry and support his stepchildren from the proceeds of the next marriage.

As was the case in this study, Mother HR has a dual role in her family. She had to work to provide for her children so that her two children could go to school and for daily food. In the case of HR's divorce, she is rarely provided for by her ex-husband who even forgets about her family and children. So, Mrs. HR bears all the burdens of life alone. However, Ibu HR never complains about her current situation because she just wants to see her children

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succeed. HR mothers are able to take care of their children alone as evidenced by the achievements of their children. His daughter has a fairly high ability even without her father's attention. However, a man who is still in elementary school, he often rebels against his mother because he sees his friends who have complete parents. Mrs. HR's attitude towards her child always gives an understanding of the life she is currently experiencing and still provides reinforcement for her two children. It can be concluded that single parents in this study are able to carry out their dual roles, both being a mother and father to the children they bear.

Strategies that single parents do in survival

Lakshmi (2009) explained that the main problem in life in the poor population is the strategy carried out on how everyone can maintain their life continuity among relatively high economic conditions in urban areas. Data in Kumurur (2009) taken from the United Nations based on the world social situation states that of the 1.3 billion people in the world there are 70% who are categorized as poor are women (Mu'minuun Dzikri, 2014). One of the reasons is the large number of single parents who are also dominated by women. Therefore, often women have to bear the burden of household duties attached as women's duties called double duty because they also earn a living (Mu'minuun Dzikri, 2014).

Barber and Eccles (1992) explain that less financial resources and low family income intensity make reasons related to difficulties faced by single parents (Harold Eugene Briggs, 2015). In response to this, a single parent must certainly set a strategy in maintaining life, including meeting all the needs of his household. The many demands that must be borne by the subjects in this study are many things that HR mothers must do. Among them when in 2011 her ex-husband left Mrs. HR to work as a domestic assistant for one of the members of the POLRI, in 2013 Mrs. HR moved to work at one of UB's lecturers to become a domestic assistant. After officially divorcing her ex-husband, HR's mother worked at one of the food stalls near her son attending school. Mrs. HR works from 06.30 to 15.00 WIB, which is then resumed at 17.00 to 21.00 WIB. In addition to working as an employee at a food stall, Mrs. HR also has a side job, namely making peyek that is deposited in stalls, Mrs. HR also receives orders for making peyek in large quantities.

With the work done by the mother, HR is used to meet basic needs, rental costs including electricity and also the cost of her children's education. The strategy carried out by Ibu HR is carried out so that Ibu HR and her family can survive and be able to send their children to school until now.

CONCLUSIONS AND RECOMMENDATIONS

Based on the case above, it can be concluded that HR mothers are able to control their emotions and cognition well. So that it has a positive impact on the surrounding environment. This is evidenced by his familiarity with familiarity and the community. Mrs. HR is also able to carry out her dual role, both being a mother and a father to her children. In survival, Mrs. HR worked hard by being an employee at a stall to meet her basic needs and send her children to school and sell *Rempeyek* (Indonesian food) in addition to daily needs.

For researchers, it is recommended to increase the intensity of meeting with subjects to get maximum results, and multiply supporting subjects to get more accurate results, while for

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the cases raised, it would be better if a single parent can establish a good relationship with his environment.

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Conflict of Interest

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