

# SUBJECTIVE WELL-BEING DESCRIPTION OF SINGLE MOTHER WORKING IN LOVE PEACE VILLAGE HELVETIA

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## Abstract

*Some of the things that are quite a problem for single mothers are taking care of their children alone, and at the same time they have to work to earn income to meet their daily needs. Even though being a single mother is very hard, they also have happiness as a single mother. This study aims to describe the subjective well-being of working single mothers. The research design is phenomenological. The number of respondents in this study were three people with three informants as a source of triangulation. Respondent data collection technique using purposive sampling. Research data was collected through observation and interviews. Data analysis techniques are carried out by means of data reduction, data display, and verification. The results of the study show that respondents can feel subjective well-being. For the subjective well-being aspect, the three respondents can also feel life satisfaction, because more positive affect appears. Internal factors are also very influential, so that respondents have a fairly high subjective well-being where the three respondents have a strong personality in living life, have the principle that they can definitely fight for their children, and have strong faith in God Almighty. Support from children, from family, and social support which are external factors also greatly affect the high subjective well-being of the three respondents. because more positive affect appears. Internal factors are also very influential, so that respondents have a fairly high subjective well-being where the three respondents have a strong personality in living life, have the principle that they can definitely fight for their children, and have strong faith in God Almighty. Support from children, from family, and social support which are external factors also greatly affect the high subjective well-being of the three respondents. because more positive affect appears. Internal factors are also very influential, so that respondents have a fairly high subjective well-being where the three respondents have a strong personality in living life, have the principle that they can definitely fight for their children, and have strong faith in God Almighty. Support from children, from family, and social support which are external factors also greatly affect the high subjective well-being of the three respondents. and have strong faith in God Almighty. Support from children, from family, and social support which are external factors also greatly affect the high subjective well-being of the three respondents. and have strong faith in God Almighty. Support from children, from family, and social support which are external factors also greatly affect the high subjective well-being of the three respondents. and have strong faith in God Almighty. Support from children, from family, and social support which are external factors also greatly affect the high subjective well-being of the three respondents.*

**Keywords:** *Subjective Well-Being, Single Mother, Work*

## 1. INTRODUCTION

Marriage is a process of uniting two characters and two different personalities. The purpose of a marriage is to seek love, tranquility and to achieve one happiness. So important is a marriage in finding happiness, so that many people have high hopes or expectations for what will be obtained in the marriage. So it is not uncommon for disappointment to arise when a marriage that was promised to bring happiness actually adds new problems. Many then choose to divorce, either legally, or just leave their partner, many also choose to stay in their marriage until one of the husband and wife dies. All of course have strong reasons why choose to survive or separate. Families generally consist of a father and mother, but nowadays there are many families consisting of only a father or only a mother due to family problems that cause husband and wife to separate. The separation of a husband and wife is the cause of an imbalance in family life. The quality of the

parental relationship has an influence on their relationship with their children (Yussof & Lian, in Nayana, 2013).

Having a family is done through a marriage bond between a man and a woman who promise to live together. Every husband and wife must experience problems and conflicts that arise in household life. Married couples who are unable to properly solve problems and conflicts in the household often make the decision to divorce or separate (Dariyo, in Miranda & Amna, 2017). Often the journey of life does not always go as desired. What was unimaginable before, can happen and must be passed, learning from experience is impossible because it has never been experienced before. The life journey of being a single mother woman has never been thought of before. When you tie a promise with your partner, you always say that you will always be together until death do you part, raising children together and cradling grandchildren. But in the end the couple couldn't hold on to that promise and had to separate. According to the National Commission on Violence Against Women (Komnas Perempuan, 2022) the most common causes of divorce throughout 2021 are ongoing (disharmonious) disputes and quarrels, then divorce cases are motivated by economic reasons. In addition, divorce cases occur because one party leaves. Then, domestic violence (KDRT) is also a factor in the occurrence of divorce.

The high divorce rate can be caused by several factors, the first factor is the lack of harmony caused by a lack of communication between partners (Dewi & Sudhana, in Miranda & Amna, 2017). Another thing that is a factor causing expectations between women and men in living life and also the unpreparedness of husband and wife with adjustments in building a marriage commitment (Dewi & Sudhana, in Miranda & Amna, 2017). In such a dominant patriarchal culture, the breakdown of marriage always carries a negative connotation, especially for women. That is, from a failed marriage that ended in a separation, causing the woman to change her status to become a single mother. Women who become single mothers at a relatively young age and not because of the death of their husbands are often seen as unkind and strange women by society. Nowadays, the role of a single mother tends to get a negative response, especially from the mother's side. Maybe it's because they think that a single mother is synonymous with the word loneliness, they need a man for a friend, and they think that a divorced single mother is an easy woman, and other negative predicates. Becoming a single parent is a phase that is not experienced by everyone, changes in function and role of a person before and when becoming a single parent can also affect economic, social and psychological changes. According to Laksono (in Nisa & Lestari, 2016) a wife who has been left by her husband due to death or divorce, is forced to carry out the role of mother and father at the same time. A wife must carry out multiple roles and take full responsibility in the family, both in the fields of economy, education, how to make the right decisions for the survival of the family, and trying to strengthen family members for the problems they face.

Christian religious teachings and customs forbid divorce, as in the Christian Bible, which is written in Matthew 19:6 "So they are no longer two, but one. Therefore, what God has joined together, man must not separate." Likewise with the Toba Batak custom against divorce. Sirang so sirang is highly avoided by all Toba Batak people. The consequences of this are very detrimental to both sides of the family, both men and women. Quite a lot of wedding costs are incurred, especially the cost of women's sinamot should be considered so that divorce does not occur. Children's mental development must also be considered to prevent them from getting a divorce. The Toba Batak custom conveyed through Hula-hula, namely bones, says that "tung naso so hamu marsirang, The

consequence of the divorce is that the child becomes a victim involved in a situation of divorce from his parents' marriage. Divorce will have a big impact on the development and formation of personality traits, especially in the future (Sutatminingsih, 2009). Divorce has such a big impact on a person's life, both for the child and for the parents. Described by Stahl in his book *Parenting After Divorce* (2004) that single parents have a responsibility to their children, namely to care for and educate their children well. The results of Manik's research (2015) show that customs and religions that prohibit divorce are no longer feared by the Toba Batak community as happened in the Bangko Pusako sub-district where there were six ethnic Toba Batak couples who were Christians who experienced sirang so sirang (separated not separated). Factors that cause them to experience sirang so sirang (separated not separated) are social media, infidelity, not having children, lifestyle, domestic violence, economic factors, and one of the parties, both the man and the woman, not fulfilling their obligations. Some of the parents of the six couples reconciled so that their families would be reconciled and there were also parents who supported their children remarrying because their partners could not have children.

*Single mother* are women as single parents who must replace the father's role as head of the family, decision maker, breadwinner, manage the household, raise, guide and meet the needs of children (Adriani, 2015). Single mothers are women who become single parents for their children as a result of divorce or because of the death of a partner (Utami & Hanani, 2018). Single mothers have a heavy responsibility in raising their children. (Sari & Wardhana, 2015) found that there were several things that would be faced by single mothers, namely declining physical conditions, negative public perceptions of their status as single mothers, the need for a partner, financial problems and parenting or worries about children. *Single mother* is a phenomenon that occurs in several big cities, which produces a new perspective on a family structure. All women ideally no one wants to be a single mother. Because it is not an option but a condition that is not easy to deal with. A woman is said to be a single mother because the woman has lost her husband due to death and is forced to continue the task of raising her children or a woman who has been divorced from her husband and given custody of her children or a woman who has been hanged (unclear status) because she was not given maintenance by the husband to fulfill his life and his children or a woman in the process of divorce which might take a long time and her children are still under her care at this time (Fadillah in Utami, 2018).

Various challenges experienced by single mothers such as great disappointment, frustration, despair and anxiety (Hamid & Salleh in Octavia, Herawati and Tyas, 2018). This can be seen from the emergence of negative emotions such as irritability, feeling humiliated, fear of not being loved anymore, fear of being separated again and causing depression (Diener & Ryan, 2009). The emergence of negative emotions in individuals will indirectly greatly affect the individual's well-being. *Single mother* is the image of a tough woman. Being a single mother must be very hard, because the tasks in the family are usually carried out by the husband and wife, but in the condition of being a single mother they have to be handled alone. Everything related to the household is borne by themselves, starting from cleaning the house, taking care of their children, being a teacher for their children to earning a living for the family must be done alone. The task is getting bigger, caring for, raising and educating children, also he has to be the backbone of the family in earning a living. All of this is not easy. Especially if experienced by women who are spoiled, less resilient, and very dependent on others. Especially when before he was not used to living a hard life at all, because all this time her husband had fulfilled her while still together. A single mother must be good at dividing her time, completing her status as a father and mother at the same time.

The changes that occur make single mothers adapt to new conditions, namely the addition of roles and a series of multiple tasks that must be carried out (Nisa & Lestari, 2017). Undergoing the role of a single parent means experiencing changes where these changes can cause problems, because someone who originally played only as a mother now has to play a dual role (Perlmutter & Hall, in Aprilia, 2013). Carrying out various tasks that were originally carried out together will make single mother women experience an overload of tasks. There are many problems that arise during the journey of becoming a single mother woman who needs adjustment to deal with many changes. The most important problem experienced by single mother women is economic or financial problems. Some single mother women who have educational backgrounds and experience as office workers may be able to continue their career paths. However, for women who do not have adequate educational background and even minimal work experience will experience difficulties in meeting the needs of their families. Happiness is everyone's goal, and everyone is trying to achieve it. Someone feels happy when they get what they want, and sad when they face obstacles or fail to get what they want. This makes some individuals feel dissatisfied with their lives. Happiness can be equivalent to subjective well-being (Diener & Chan, 2011). Subjective well-being refers to other people's judgments about life satisfaction, evaluation of feelings, including state of mind and emotions. Individuals with high levels of subjective well-being can control their emotions and overcome various phenomena in their lives, while individuals with low levels of subjective well-being view their lives as worthless, and they view the problems they face as heartbreaking. Therefore,

Individual inability to adapt to new situations can also reduce individual quality of life due to low subjective well-being in individuals. Subjective well-being is an individual's subjective evaluation of the life lived. Subjective well-being emphasizes the extent to which a person enjoys life, feels better, experiences pleasure, and is free from discomfort and pain (Maddux, 2018). Even though many single mothers experience difficulties and have to work hard to meet the needs of their children, well-being is not only measured by material things. Positive feelings and a sense of satisfaction with life in single mothers can also measure the well-being that is subjectively felt in single mothers or what is commonly called subjective well-being. In line with the understanding of the components of subjective well-being above, it can be defined that subjective well-being is a person's cognitive and affective evaluation of their life (Diener, Lucas, and Oishi, 2005). These include positive emotions and moods, less depression and anxiety, and high levels of life satisfaction. The explanation above illustrates that single mothers experience various difficulties which have an impact on psychological disorders which are characterized by low subjective well-being. In the view of people who have intact families, the struggle of a single mother is very hard, but in reality there are very many single mothers who survive even though there is no husband to help raise their children. Even though being a single mother is very hard, they still have happiness as a single mother. Therefore, being a single mother woman has its own picture of suffering and happiness (welfare). Based on this, the purpose of this study is to find out how the description of subjective well-being on working single mothers and the factors that influence subjective well-being on single mothers based on single mother problems in Cinta Damai Helvetia Village

## 2. IMPLEMENTATION METHOD

This type of research uses qualitative methods and interview approaches, identification of research variables consisting of Subjective Wellbeing and Single Mother, operational definitions of

research variables, research subjects, data collection methods, validity and reliability of measuring instruments from interviews, and data analysis methods. The population is the total number consisting of objects or subjects that have certain characteristics and qualities determined by the researcher to study and then draw conclusions (Sugiyono, 2017). In this study, a sample of 6 respondents was taken. data collection method obtained through structured interview instruments.

### 3. RESULTS AND DISCUSSION

To find out the credibility of the data based on research results regarding the description of subjective well-being and the aspects and factors that influence subjective well-being in respondents<sup>1</sup> and also information based on the informant's version, it can be seen in the table. 8 in the following.

#### a. Description of subjective well-being

At the beginning of the marriage, the respondents felt happiness with their partners. Respondents work together with their partners in earning a living and taking care of their children, they also do housework together. In the fourteenth year of marriage, her husband left the respondent and their four children. his partner left the house with the woman the respondent hired to help him run his business. Since the departure of her husband, the respondent has suffered greatly, fallen, and has a very big sense of worry, the respondent is afraid of not being able to provide for and pay for the education of her children, but the respondent does not want to drag on in sadness, the respondent is aware that life must go on, the respondent gets up and struggles to make a living for the future of their children. Subjective well-being in respondents is seen when their children excel in school and are able to complete high school education. Currently, her three children are working and helping each other pay for her youngest child's college expenses. Respondents felt satisfied being able to send their children to school, even though it was only up to high school. Respondents were very happy to see their first child and the two of them helped each other to pay for their youngest brother's college education. Based on the interview results, it was found that even though his partner went with another woman, respondent 1 could feel happiness in his household with his four children, so respondent 1 could feel subjective well-being. Subjective well-being in respondents is seen when their children excel in school and are able to complete high school education. Currently, her three children are working and helping each other pay for her youngest child's college expenses.

#### b. Aspects of subjective well-being

##### - Life satisfaction

Respondents found satisfaction in living with their four children, because respondents felt comfortable when their four children always provided motivation so that the respondent remained strong, tough and did not give up on circumstances. The four children cooperate with each other in completing homework. Despite being in such a condition, their four children share and help each other. The conclusion is that respondent 1 has life satisfaction with their children, because positive affection appears more than negative affection, so respondent 1 can feel subjective well-being.

##### - positive affect

Respondents can feel pleasant things when they have time to be able to take a walk with their children. Respondents often receive remittances from their children so that the respondent can have fun so that the respondent does not focus too much on the problems that



stress the respondent. The conclusion is that respondent 1 has life satisfaction with their children, because positive affection appears more than negative affection, so respondent 1 can feel subjective well-being.

- negative affect

Respondents initially did feel sad when their partner left them. Respondents feel emotions, experience suffering, depression, and worry. Respondents worry that they will not be able to raise, pay for the needs and education of their four children without material and immaterial support from their partner. Respondents were also sad and angry when a neighbor underestimated the respondent. But respondents are aware that life must go on. There are children who are the encouragement of his life. There are children whose future the respondents have to fight for. The conclusion is that respondent 1 has life satisfaction with their children, negative affection appears less, so respondent 1 can feel subjective well-being.

c. Factors that influence subjective well-being\

- External Factors (Social support, culture, health)

Respondents are very close to their own families and family support is very large for them, especially in matters of children and their health, as well as customs that serve as guidelines, so that respondents can also be strong in living life without a partner. Respondents were very happy because of the attention of the respondent's older siblings. When the respondent faced a problem, namely when the respondent's child was seriously ill, it was the respondent's older siblings who helped pay for their child's medical expenses. When the respondent had an accident, the respondent's family also helped the respondent, looked after their children, helped the respondent to the hospital, his family was always there when the respondent faced a problem. Likewise with friends from the church, the Women's Association from the church, who often came to the house asking how they were doing and praying for the respondents.

STM members and administrators around their residence also often make home visits to entertain and instruct the respondents. Respondents always maintain their health by maintaining their diet, always exercising every morning, not wanting to think about their partner anymore, and using their free time to take walks with their children. because according to the respondent if he is sick, then his children will not be taken care of and destroyed. Traditional teachings that make respondents continue to fight for their own children, even without their partner. Because in adat there is no divorce or separation, except for death. Therefore the respondent does not want to sue his partner for divorce, and does not want to remarry.

Based on the results of the interviews, it can be concluded that the external factors that influence are health. For the respondent health is the most important thing, because if the respondent is sick then their children are not taken care of and destroyed. Culture is also a guideline that allows respondents to be strong and survive without remarrying. Respondents have always received enormous support from their families, especially with regard to children's issues, and support from church friends and from help unions around the respondent's residence. So that respondent 1 can feel subjective well-being.

- Internal Factors (religiosity, strong personality, self-esteem, optimism)

Respondents feel that whatever problems they face in their life with their children, the way to overcome them is to remain grateful, and always believe in God. Even though the respondent was in a very sad situation and condition, the respondent believed and believed that God would not leave him and believed that one day God would surely give happiness to his life and that of his children. respondents believe that everything will be beautiful in its time. When their partner left, and the respondents experienced many problems, the respondent had a strong personality and self-esteem. Respondents are optimistic that they are able to live their lives and can fight for the future of their children, so that other people and partners who have left them do not underestimate them. Based on the interview results, it can be concluded that the internal factors are religious attitude, optimism, and good self-esteem, so that respondent 1 can feel subjective well-being.

#### 4. CONCLUSION

Based on the results of research on the description of subjective well-being in respondents, it can be seen from the existence of life satisfaction and positive affection owned by respondents. The thing that makes respondents feel satisfied with their lives is when they are still able to live their lives until now, live in an appropriate social environment, and their children grow normally. From this it can be seen that there are three factors that influence the life satisfaction of respondents, namely economic factors, social factors, and child growth factors. While the positive affect that the respondent has is a feeling of happiness and pride for being able to pay for their children's education and to see their children already working. The impact of subjective well-being on respondents is that the relationship between children and parents becomes very close.

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