



Issues of Single Mothers in Practice Parenting Style to Adolescent in Indonesia

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ABSTRACT

This paper aims to illustrate the issues of single mothers in practice parenting style to adolescents in Indonesia. Single mothers are a massive challenge to continue living with their children because they carry out multiple responsibilities, including childcare and the livelihood of their children. However, they have lost their dependence, inability to give birth to young children and in school using heavy stress including financial, psychological, stigma, social, and social problems in educating their children. To overcome the problems faced, single mothers need social support from the parties concerned. Therefore, this paper recommends to the relevant parties for each program that can assist single mothers who can be independent and various problems faced that squeeze life with their children.

Keywords

Issues, Single mother, Practice, Parenting style, Adolescent

INTRODUCTION

In recent decades, the rise of single mothers has raised severe concerns in various countries. In Asian countries, such as Malaysia recorded the number of single mothers due to divorce from 2017 to 2018 showed a 0.1% increase from 50,314 to 50,356 (Department of Statistics Malaysia, 2019). In Singapore, 64% of households are headed by a woman. It is recorded that single mothers with household children due to divorce or separation also increased from 38.9% in 2000 to 47.8% in 2017 (Ministry of Social and Family Development, 2019). Also, the total number of divorces was 115.3 thousand cases in 2013, which increased by 1 thousand (or 0.9 percent) from 2012 (Marriage and Divorce Statistics, 2013). In 2019, the number of divorces was 110.8 thousand, which increased by 2.0% (2.1 thousand) from 2018 (Marriage and Divorce Statistics, 2019).

In Indonesia, in 2012, the number of single mothers was 81.13% which increased in 2016 reached 82.55 % (Statistics Indonesia, 2018).

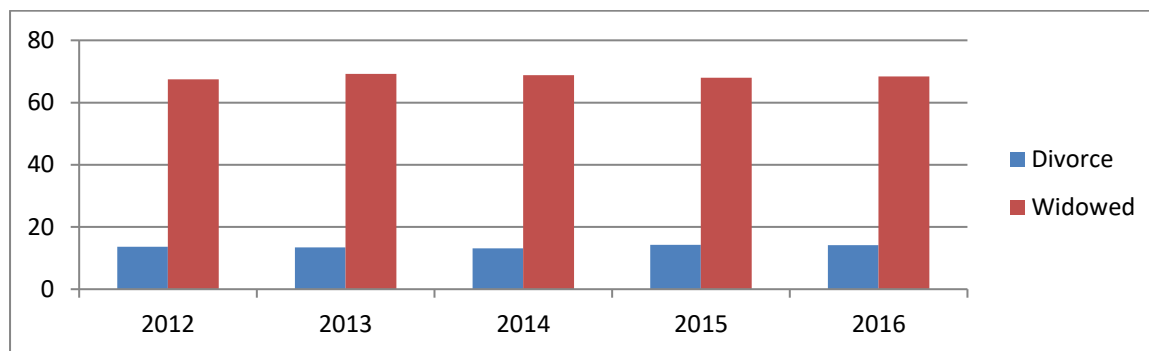


Figure 1. *Percentage of Indonesian single mothers in 2012-2016*

Based on the data, the increase in the number of single mothers every day will certainly cause various problems and difficulties for this group in living their lives later and can influence the way they educate their children. Her presence is considered a set of emotional challenges and faces many problems, self-doubts, and financial pressures that require solutions and support (Zakaria, Siti Marziah, Akhir, & Omar, 2018). Therefore, single-mother families cannot function properly and perfectly as a fundamental family.

The title of single mother indirectly gives a big blow to the change of life as a whole. The stress of her life was part of testing his patience to deal with the difficulties he faced. The image of a single mother is often questioned and disputed. Most people consider single mothers as lame families because they are unable to function as an essential family that is intact and happy. They are faced with the busyness of performing duties as a mother and father to their children. Besides, they face difficulties in not being able to obtain childcare and additional burden to manage large family

members and only live at home and have to rely on modest government assistance for the family's daily food needs (UNDP, 2020). Therefore, the workload is immense if the children are numerous (Garner & Paterson, 2014; Zartler, 2014).

Parenting single mothers is a challenge that involves double in continuing their lives. Various grievances and events due to the hardships of life experienced such as still having a young child, losing the main level of dependence, so choose to stay with their family so that their child can be safely cared for. Thus, playing the role of mother and father is difficult for some women, including balancing their time to work and family responsibilities (Cakir, 2010). They state their difficulty in choosing the most appropriate parenting style for their children. They are very concerned with their son, who does not have a male model (Cakir, 2010). In line with Cooper, McLanahan, Meadows, and Brooks-Gunn (2009) explained the relationship of the transition between family structure and maternal stress in parenting skills during the first five years of a child's life. Therefore, single mothers are more likely to take over responsibilities after divorce or separate from what they have shared with their spouse.

Based on this, some single mothers state that to cope with childcare is a big responsibility because they have to provide for all the needs of the family, excessive workload, household chores, and meet the emotional needs of them and their children. The majority of single mothers are more likely to engage in psychologically controlled behaviours predicted to their adolescent offspring such as higher rates of depressive symptoms and external disorders (Daryanai, Hamilton, Abrasson, & Alloy, 2016). Furthermore, it was found that daughters are more likely to experience depressive symptoms through parental control psychologically than boys in single-mother families. More so, single mothers are more likely to be involved in rejecting parenting behaviours, which is predicted to lead to an increase in adolescent external disorders.

According to Baumrind's theory that there is a close relationship between the type of parenting style and child behavior. Different parenting styles can lead to different child development and child outcomes. In general, parenting style as a concept in exploring the quality of care or upbringing of children and contributing to child development (Baumrind, 1991a, 1991b; Maccoby & Martin, 1983).

However, the increasing in the number of single mothers can supply various problems in providing education to adolescents. Various studies explain that mistakes in educating children can improve a child's cognitive, social, and emotional development (Mabuza, Thwala, & Okeke, 2014). Various studies explain that single mother children typically have academic problems (Mabuza et al., 2014),

depressive symptoms (Daryanai, I., Hamilton, J.L., Abrasson, L.Y., & Alloy, 2016) as well as showing aggression including involving crime (Singh & Kiran, 2014). Therefore, this paper aims to illustrate the issues of single mothers in practice parenting style to adolescents in Indonesia.

Definition of a single mother

The single word mother can be defined as a woman due to the death of a husband, not through a legal marriage, separation or divorce, a woman who is not married but adopts, and her husband work away from home for a long time categorized as a single mother (Hew, 2003). Thus, (Evans, 2011) adds to a woman who is separated from her children. Besides, this term was further expanded by (Hamzah & Jaafar, 2017) who stated that single mothers have children aged 13 to 15 years living together in the household.

Parenting Style

The parenting style introduced by Baumrind (1966, 1971, 1991a, 1991b) describes two dimensions, namely control and warmth. Parental control refers to the level at which parents manage their children's behaviour by controlling and setting rules and demands. Warmth refers to the extent to which parents accept and are responsive to their children's behavior rather than unresponsive and rejective. When two aspects of parenting behavior are combined in different ways, the four types of parenting styles are authoritative, authoritarian, permissive, and neglectful.

The authoritative are friendly but firm parents. They encourage their adolescents to be independent while maintaining limits and control over their actions. Competent types of parents can entertain, listen, and take into account views as well as engage in discussions and debates with their teenagers. Parents and children learn how to negotiate and get involved in discussions. They understand that their opinions are valued. As a result, they are more likely to be competent, responsible, and socially autonomous (Baumrind, 1966, 1971, 1991a, 1991b).

Authoritarian indicates that parents show low and very different warmth. They use strict discipline and punishment and insist that their adolescents follow their parents' instructions. Get rid of it, do not engage in discussions with teenagers (Baumrind, 1966, 1971, 1991a, 1991b). Thus, competent parents believe that adolescents must accept the rules and practices that have been set. Also, parents emphasize adherence to strict child discipline.

Permissive is the parents show a very friendly and pampering attitude. They believe that the way to show love is by giving in to the desires of the child as well as not disappointing them. Also, parents make many important decisions and use little restrictions so that adolescents from permissive parents may have difficulty controlling themselves (Baumrind, 1966, 1971, 1991a, 1991b).

Neglectful is a parent who is not involved and does not care about the needs, place of residence, or experience of their teenager at school or with peers. They rarely consider it in decision making. Also, do not want to be disturbed by their teenagers (Baumrind, 1966, 1971, 1991a, 1991b). Thus, adolescent parents ignore every type of impulsive behavior with self-regulation.

Single mother problem

Financial

Most of the problems that plague single mothers' lives are financial problems associated with not having enough income to meet the basic needs and wants of their children (Cakir, 2010; Cairney, Boyle, Offord, & Racine, 2003; Ridge & Millar, 2011; Dharatun, 2017; Hamzah & Jaafar, 2017; Noronha et al., 2016; September et al., 2015). For example, buying food, heating, and clothing as well as focusing more on their children (Stack & Meredith, 2018). Thus, single mothers should reduce other expenses, including clothing, food, social activities, and even recreation (Noronha, Govindaraju, Monteiro, 2016). Therefore, the situation causes them to have to work hard to provide income as well as feed the family so that it can affect poverty (The Statistics Portal, 2017; Damaske, Bratter, & Frech, 2018; Nieuwenhuis, 2017).

In this regard, single mothers play a role in earning a living for the majority of low-income families so that they are easily caught in the current of poverty (Abd Gani & Abdul Aziz, 2016; (Stack & Meredith, 2018); (Kim, Choi, & Kim, 2018); Franz, Lensche, & Schmitz, 2003). They try to save money on heating temperatures for the sake of production. However, this situation does not affect the souls of the children involved (Stack & Meredith, 2018). Furthermore, single mothers are trapped and helpless, with financial limitations to fight for their lives (Stack & Meredith, 2018). However, some single mothers are unable to use their families to protect their children from poverty that needs extra work, reducing their food to minimize the impact on their children (Zakaria, Shafurdin, akhir, Hoesni, & Manap, 2019; Stack & Meredith, 2018).

Most single mothers face financial challenges, and most come from ordinary rural areas that do not require specialized employment, as well as the education required to obtain suitable employment (UNDP, 2020). Financial matters that must be addressed because the cost of living today is prohibitive, as well as the living conditions of those who suffer until the children in their upbringing, get married or get a job (Kotwal & Prabhakar, 2009). Therefore, single mothers living in poverty are more concerned.

Psychology

Psychological problems mostly burden single mothers' lives in meeting the basic needs of their children (Kim, Choi, & Kim, 2018; Rousou, Kouta, Middleton, & Karanikola, 2019; Hamzah &

Jaafar, 2017). One of the causes is not having enough financial resources to support their children and having to depend on others (Stack & Meredith, 2018). Also, they are burdened with unfinished work (Kotwal & Prabhakar, 2009). Thus, this problem can be at risk of poor mental and physical health (Atkins, 2010).

Besides, the title "single" has affected their emotional state. Often, they experience emotional instability, stress, and struggle as well as perseverance to perform the daily tasks of managing their children. (Zakaria, 2018). This can be felt due to loneliness, helplessness, hopelessness, lack of self-identity, lack of self-confidence, loss of appetite, loneliness, sleep disorders at night, fear of dealing with social communities that can disrupt their daily lives (Kotwal & Prabhakar, 2009; Dunn, 2015). The situation worsens when single mothers are plagued with guilt, shame, expressing anger, sadness, depression, and anxiety about the future leading to changes in their personality (Noronha et al., 2016).

Changing the status of a wife to a single mother can cause trauma and anxiety (Crosier, Butterworth & Rodgers, 2007). As a result, a person experiences loneliness, disruption in daily functions such as loss of appetite, difficulty sleeping at night, and loss of self-confidence to socialize with other individuals (Dunn, 2015). The causes of their psychological state are described as anxiety, paranoia, stress, rumination, and chaos. The same goes for fatigue, crying, feeling overwhelmed, and unable to sleep (Stack & Meredith, 2018).

Previous studies such as Cairney, Boyle, Offord, & Racine (2003) stated that single mothers suffer from depression and chronic as well as married mothers. Similarly, Hamid & Salleh, (2013), stated that single mothers are covered with shame & low psychological, anxiety, anger, guilt, and frustration. Furthermore, single mothers have feelings of insecurity, concerns over the safety and remarriage of children, relationships with ex-husbands, future and self-efficacy (Cakir, 2010). Thus, painful psychological experiences expose these children to stress, feelings of inferiority, hatred, and difficulty talking to others (Dad, 2016). Also, such conditions can be used in their unstable and comfortable social environment (Stack & Meredith, 2018).

Stigma

Single mothers face social stigma in society. Negative assumptions are always addressed to single mothers because they are not able to perform their duties well, do not have the skills, and are less responsive as the head of the house (Bazelon, 2019). Public perceptions of widowed status make them aware of their behaviour (Cakir, 2010).

Accordingly, this situation has made them suffer from mental disorders, and lost self-problems cannot manifest themselves freely in the midst of society. In addition, this single mother status gives the perception as a cause of disgrace or shame and gets rejection, humiliation, and discrimination from some others (Isahak, Selvaratnam, & Idris, 2009; Mabuza, Thawala, & Okeke, 2014). Moreover, they are labelled as stereotypes that provide great information and make them unable to carry out family responsibilities were as a result of social rejection, service due to differences in their social status (Kendig & Bianci, 2008). Therefore, their every move and gesture is often questioned or disputed.

Social

Single mothers often have problems with their social environment. Various social problems occur during their transition to widowhood (Burgess, 1970; More, 2018). Their social interaction ties are fragile primarily to entertain everyone who visits their home. Most of these groups are rejected by society, have feelings of isolation from the environment, as well as lack of self-confidence and identity (Welch & Hong, 2013). According to him that single mothers who lose close friends can only exacerbate their feelings of rejection and isolation. Even single mothers are rejected by families for having difficulty sleeping (insomnia), despair, and trying to commit suicide, unstable life, and constant social stress (Welch & Hong, 2013).

Accordingly, Kotwal & Prabakhar (2009) stated that the situation of single mothers who are uncomfortable and disharmonious could result in them avoiding social relationships such as trying to avoid attending social gatherings and have changed their dress style as well as bad daily eating habits. These findings are agreed by (Grahame & Marston, 2012); Merewether (2010) argues that single mothers feel unappreciated for being considered an insult and dangerous to their well-being. Also, they are aware of the position of their social class and the general view of the poor. Most of them view the poor as low-income, criminals, always looking for leaflets, dirty, uneducated, and unworthy (Broussard, 2010). Single mothers experience social inequality because of their status. Low-income single mothers are viewed as unequal to individuals receiving different treatments from society and even relevant welfare bodies (Rusyda et al., 2011).

Social Support

Single mothers receive less social support than complete family (Thepdoritsi, Daliana, & Antoniou, 2018). This includes social support from family and surrounding communities such as financial support, as well as emotional (Isahak et al., 2009) Thus, appropriate support, recognition, and

assistance from the family, relatives, charities, or the surrounding community so that they persevere in life can reduce their suffering and misery (Zakaria et al., 2018).

Besides, insufficient social such as support a change in relationship, inattention, threat, and a curtailing of women's legal rights by the in-laws (Khosravan, Salehi, Ahmadi, & Mansoorian, 2013). Thus, some of these women believed that because of the male-dominant culture, they were treated unfairly in society and their rights were trampled upon. Therefore, social support can help mothers in overcoming depression as well as parenting behaviour (Sipal & Sayin, 2012).

CONCLUSION

In general, various issues faced by single mothers in adopting parenting style in adolescents. Complaints of single mothers need to be heard because, in reality, they have many things to share, including financial, psychological, stigma, social, and social support issues. A variety of problems can be done by educating the child to give an impact on the child. According to Baumrind's theory (1966; 1971, 1991a, 1991b), that parenting style as a parent in educating children is related to child development. This is important for single mothers to be able to practice parenting style in adolescents. Single mothers need social support from parties concerned to overcome the problems that are pressing on their lives. Therefore, this paper advises the relevant parties to build a program that can provide support to single mothers so that they are not left behind to be independent and overcome various problems faced in continuing life with their children.

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