

Self-Acceptance in Single Mothers

Rahmalia Annisa, Katrim Alifa Putrikita*

1Universitas Mercu Buana Yogyakarta, Indonesia

2Universitas Mercu Buana Yogyakarta, Indonesia

*katrim@mercubuana-yogya.ac.id

ABSTRACT

Abstract. Losing a life partner either due to spouse's deaths or divorce could create various impacts on woman, as well as the new status and role that must be carried as a single mothers. With these various impacts, the process of self-acceptance in single mothers can be hampered and can even last for long time. This study aims to determine the overview of self-acceptance of a single mothers in depth. Participants in this study are 4 women who had been single parents for more than one year. This research used qualitative methods with a phenomenological approach. The results showed that the process of self-acceptance cannot be separated from internal dan external factors. Family and social support are external factors that strengthen self-acceptance. Meanwhile, internally, self acceptance is influenced by religiosity and self-understanding. Religiosity is important factor for self-acceptance in single mothers, because it makes an understanding about God's plan in their condition.

Keywords: Religiosity, Self-Acceptance, Single Mother

Introduction

Family is one of the small groups in society, which consists of men and women who become one because of a marriage bond (Rahman, 2014). Every married couple certainly hopes that their relationship through the sacred vows of marriage could last for a long time even until the death separates, also the family they built would always be harmonious and loved by the God Almighty. However, there are still couple who fail to achieve the harmony, and like a nightmare, divorce that is never been expected occurs (Matondang, 2014). A divorce would give a new role in social life for separated husband and wife, as a single parent (Isma, 2016). But the phenomenon of single parent does not only occur due to divorce, someone's spouse's deaths also could be another factor from the cause of single parenthood (Benjamin, 2000).

Every married woman certainly never hope that her marriage would end up making her a single mothers. A single mothers is a woman who is responsible, protects, lead, and taking care for her children, alone without the help of her husband or the children's father in a long and relatively permanent period of time (Gading in Aprilia, 2013). Hurlock (1980) revealed that single parent women tend to face severe and difficult problems to overcome than those faced by single parent men, especially on social problems. Not only being missed out by their society and environment, a single mothers will also lose their friends.

According to Bell (1991) another social problem that must be faced by single parent women is that socially a widow is considered or being underestimated by the society when compared to a widower. Furthermore, Bell (1991) explained that the role of single parent is more difficult for women than men, because marriage tends to be considered very important for women than men. Therefore, sometimes there are women who still maintain their marriages desperately even though there is domestic violence, affairs, or responsible husband, since women who became the victim of domestic violence are unable to face and feel the social pressure in the future (Zulminarni, 2012).

In an analysis of research that conducted by Crosier, Butterworth, & Rodgers (2007) concluded that a single mothers or single mother can experience several problems, such as lack of social support from people around her, have a poor mental health, and financial difficulties. From study that conducted by Zakaria et al. (2019) found that single parent women tend to experience emotional instability and fail to control the pressure experienced properly, which can lead a single mothers neglecting their children. Divorcing from the spouse has an emotional impact in single parent women, where they difficult to manage the anger and sadness they felt (Avianty, 2016). Single parent women tend to feel stressed, become quiet cry often, sad, and have feelings of suppressed anger (Yanti, Novianti & Psupitasari, 2019).

Avianty (2016) found that financial problem is one of the difficulties a single mothers had to face, because separation from their husbands is very influential on the economy in the family. The loss of a husband figure in the family makes a single mothers have to be able to make decisions and be responsible, including earning a living to meet the needs of herself and her children (Suadirman in Paskarina, 2018). Financial problems can also be the second major of problems that single parent women often face, especially if they do not have the skills needed to get a job, whereas on the other hand a single mothers must support herself and her children, this problem also proves that what single parent women face is heavier than single parent men (Hurlock, 1980).

These new problems demand a single mothers to be able to adjust to the problems they face. In fact, to be able to adjusting, an individual must have the ability to accept their self so that harmonious relationship between their self and their surrounding can be achieved (Mu'tadin, 2022). Therefore, single parent women need to go through the process of self-acceptance, then they can overcome new problems in life effectively without having negative impacts on their psychology.

Self-acceptance is a process that an individual must going through to be able to accept their own situation (Kübler-ross & Kessler, 2014). Meanwhile, according to Ryff & Keyes (1995), self-acceptance is a condition where individual has a positive assessment of themselves, be able to admit and accept the good or bad things in their self, also be able to accept every event that have happened in the past. According to the theory of "Five Stages of Grief" developed by Elisabeth Kübler-ross (1969) to achieve a self-acceptance there are 5 phases or stages that individual needs to pass, namely (1) denial and isolation, (2) anger, (3) bargaining, (4) depression, and (5) acceptance.

In a study conducted by Hasti (2018) found that single parent women, after the divorce cannot believe the fact that they and her husband are divorced, and they tend to feel devastated by the loneliness that had to go through. A divorced single mothers's self-acceptance process will be able to take place more easily and quickly if they get dominant social support from their family rather than dominant social support from their environment. The results of Rosdiana (2019) research show that every single mothers has a different overview of self-acceptance, yet also has similarities where the self-acceptance experienced by a single mothers is supported by satisfied feeling with herself, proud of herself, believed that she is equal to others, and have the independence in carrying out her responsibilities. The results of other studies found that single parent women can have a good self-acceptance if they have the ability to overcome problems, have good emotional control and behavior, build good interpersonal relationship with their surroundings, and have personal integration (Paskarina, 2018).

Paskarina (2018) also found in the process of self-acceptance, children are the reason why a single mothers can bounce back from her downturn and can begin to accept herself. Feeling happy while with her children and seeing her children can be grateful for what is given by her as a single mothers (Anggraheni, 2016), the happiness and gratitude that she felt helps a single mothers be more able to accept themselves as a single parent. Support a single mothers get from her surroundings after the divorce makes single parent women have a high level of confidence in facing the society (Hasti, 2018).

Many of the previous studies about single mother have only focused on one of due to divorce or spouse's deaths, yet there has been no study and discussion about single mother due to divorce and spouse's deaths simultaneously. Seeing both conditions can give several impacts on self-acceptance, researchers want to further discuss about self-acceptance in single mothers due to divorce and spouse's deaths. From this explanation, the research problem of this study was how the in-depth overview of self-acceptance in single mothers. Related to the research problem, the purpose of this study is to find out the overview of self-acceptance in single mothers due to divorce or spouse's deaths in depth.

Methods

This study used qualitative method with phenomenological approach. Participants in this study were selected by purposive sampling method, with criteria have been a single mothers for more than a year, aged 18-40 years old, and domiciled in Yogyakarta. The data collection was conducted by semi-structured interview and observation interview. There were several steps in the data analysis techniques used, namely data collection, coding, grouping the data with the horizontal method, collected based on theme units, and developed in the narratives form.

Results

Participants Profile

This study was involved 4 single parent women, 2 single parent women due to by divorce and 2 due to spouse's deaths. Participant R is 37 years old and been 8 years being a single mothers, participant T is 31 years old and has been a single mothers for 2 years. Two other participants were participant N who is 37 years old and has been a single mothers for 7 years, also Participant P a 36 years old woman who has been a single parent for 4 years.

This study found 5 new themes that researcher had not yet encountered in the previous related studies. The identified five themes were the condition as single mothers, other people's views on self-condition, self-understanding, character development and self-potential, also self-acceptance. These five themes are interconnected and influence one another.

Condition as Single mothers

All four participant were fully aware of the causes of what makes them a single mothers. Participant R and T became single parent women due to their spouse's deaths. Both of them lost their husband suddenly, while participant N and P became single parent women due to divorce. The condition as single mothers continued with various problems arising from the status and role changes as being single mothers. Especially the role changes to be a father and mother at the same time for their children.

The status and role changes lead into new demands, where the four participants must be able to manage their times and bodies for their children as they have the obligations to be the father and mother. The loss of their partner presence also made participant R, T, and N feel lonely, lost a partner to discuss and to talk. But unlike those three participants, participant P did not feel lonely, because the divorce between her and her ex-husband were grounded by discomfort feeling in the marriage.

Other People's View on Self-Condition

The society or environment responses to participants' conditions were continued by the support they obtained from their closest people. Each participant felt supported by their parents, siblings, children, and even their close friends. The support grows participants' views and their responses on the social reactions they get. The four participants tended to have an uncaring response regarding the widowhood stigma in the society as well as unpleasant experiences due to their status as single mothers, instead the negative response from people about their status help participant to introspect on themselves.

Self-Understanding

Self-understanding includes recognizing the self-abilities and limitations, self-control, self-assessment, and followed by realistic expectations. The self-limitations help participants to have a good self-control, as well as the self-control over negatives experiences. All four participants have a good self-assessment, as they did not see themselves as the widowhood

stigma. Did not see themselves a bad person, but instead see that they are equal to others. In living their lives, all four participants have realistic expectations. The realistic expectations were born from the capabilities and desires of each participant. The negative experiences they experienced gave new hopes and expectations to all participants. These realistic expectations are expected to help participant avoid the same negative experience.

Character Development and Self-Potential

The creation of positive changes and proactive attitude of four participants, help each participant to have a development of their characters and potentials. Negative experiences can bring positive changes to four participants. For all four participants, losing a life partner made them learn new things they never learnt before. This situation, losing a life partner, demands changes in each participant's self that evokes new trait such as independent trait, more mature, even more caring and honest with their own self. Those positive changes are also followed by a proactive attitude, which arises grounded by responsible feeling for their selves and their children.

Self-Acceptance

Each participant has a different stage and time for their self-acceptance process, what they passed and felt are also different. Participant R, T, and N were experienced the denial stage from their husband's deaths or the divorce. The process continued to the bargaining stage, this stage only passed by participant P, but not for participant T and N. However, participant T and N were experienced the depression stage, at this stage both of them spent a year in home without had interactions with their society other than their family and closest friends. Unlike those three participants, participant P herself after her divorce with her ex-husband, she was directly reaching the acceptance stage. Divorce was the only thing she wanted to do hence participant P has prepared herself with the divorce consequences she might get.

The process of self-acceptance of each participant cannot be separated from one specific factor, it is their child's existence. The presence and condition of their children are the main focus of all participants in their lives, what can be given, what can be done, what can be fought for to help their children have a decent life, those help participants to be able to bounce back. The trust they have in God also helps them in their self-acceptance process. Believing that the happened events are inevitable God's destiny, until the religiosity developed into a form of participants' self-acceptance, one of which is the gratitude they have until now.

Each participant also has sense of resilience in overcoming the problems they face. The loneliness feeling because live without a life partner did not make participants powerless or helpless. Instead, the loneliness helps them to grow the sense of resilience of each participant. Resilience is becoming a factor that helps participant to be able to bounce back and stand up on their own feet. The negative events they experienced also the long journey they have been going through in life gave them new meaning of life in each participant. What has been passed raises a new point of view of participants in interpreting each event occurred in life, including how participants interpret the negative events experienced. All four participants have a positive meaning of life, as a result of the previous events and difficulties.

Discussions

The impact of being a single mothers

A woman can become a single parent due to divorce or spouse's deaths. The status changes into a single mothers raises new problems for individuals, one of the which is the dual roles as father and mother at the same time. The demand to undergo these dual roles evokes the other demands, there is a balancing between work and family roles demand that must be lived by single parent women (Hasanah & Ni'matuzahroh, 2017). This requires a single mothers to have a good time management hence the both roles she had can run well without causing new conflicts in the family.

Psychologically, women are stronger than men in facing separation either due to divorce or spouse's deaths, but it still does not deny that single parent women could feel sad and lonely with their condition in solitude (Aprilia, 2013). However, solitude can actually make single parent women have the spirit to be a good parent for their children. The child's presence helps single parent women to develop one form of the active attitude, it is a sense of responsibility for the lives of their children. An active single mothers will be able to develop abilities and have initiative in overcoming problems from their widowhood life. A passive single mothers is an individual who accepts the changes due to the loss of the spouse without having the initiative to cope with those changes (Santock, 2002).

In accordance with condition as single mothers theme also the character development and self-potential theme, there are various new problems that arise when a woman experiences a change in status and role on becoming a single mothers. However, these problems can help single parent women have character development and self-potential. The role of parents is ideally done with two pairs of legs as it consists of husband and wife, but single parent women are able to do it with only one leg or on the other single parent women can do the parents' role alone by herself. Single parent women are still able to take responsibility for their children without help from their partners, this kind of development help single parent women evokes positive changes in their self.

The process of self-acceptance

Losing a spouse due to divorce or death is not an easy experience to go through. A grief of spouse's deaths can have negative impacts, individuals can go through it quickly or even can reach the extreme stage where it takes years (Stroebe in Gayatri, 2016). On the other hand, a divorce will cause greater traumatic effects as a result of the pain and pressure that has appeared before and after the divorce (Hurlock, 1980). Individual's initial response toward negative event they experienced is rejection. The rejection tends to grow accompanied by anger, later the overflows anger slowly raises expectation due to individuals' inability to change the occurred negative event. The expectations are likely shaped as unrealistic expectations and this kind of expectations can hinder the acceptance of negative events experienced.

Individuals with high levels of religiosity tend to not have unrealistic expectations, yet individuals will still need time to adjust to the negative events experienced by spending time alone and reducing their interaction with their environment. To be able to adjust themselves, individuals must have the ability to accept themselves, thus the harmonious relationship between themselves and their environment can be achieved (Mu'tadin, 2002). In accordance with the self-acceptance theme, also as from the "Five Stages of Grief" theory by Elisabeth Kübler-ross (1969), in order to be at the point of self-acceptance, individuals will go through stages, orderly it was stage of denial, anger, bargaining, and depression. However, this study found that individuals will not always go through those five of stages nor through them in order according. Each individual will have their own process, going through different stages also different times.

Self-acceptance factors

Self-acceptance can arise due to various factors and does not arise by itself, it is developed by one's inner self but also helped by the external factors. Family and society involvement is one form of the external factors. The verbal and non-verbal support from family and society can help single parent women to function optimally as positive social beings. A family is individual's first environment to live with, therefore the family's attitude of acceptance towards individual's condition can help the individual to develop a feeling that they will also can be accepted in the society.

The event of being a single mothers or a widow will not necessarily be experienced by everyone, thereby it is evoking the feelings of empathy for those who do not experience it. The compassion culture or *welas asih* is still thick in Indonesia's culture, this culture raises feelings of compassion and desire to help each other (Oktawirawan & Yunanto, 2021). Society tends to have concern for a single mothers's child, this concern can indirectly make single parent women feel that they and their children are accepted in the society. This helps single parent women can easily adjust and interact with their environment without any internal obstacles.

Self-acceptance is also influenced by internal factors, self-understanding being one of the important factors that individuals must have. Self-understanding includes recognizing self-abilities and limitations, self-control, self-assessment, and realistic expectations, all four of which are mutually sustainable. In achieving self-acceptance there are various factors, such as self-understanding, realistic expectations, free from the environmental obstacles, pleasant attitude of society members (Hurlock, 1974). As it being explained in the result before, it is found that the four participants in this study have another factor that supported their acceptance as single parent women, it is the presence of their children. Their children presence and condition are one of strong factors for single parent women to be able to bounce back from adversity. A sense of responsibility for their children brings out a sense and attitude of toughness.

However, from the various of self-acceptance factors found, religiosity is an important factor in growing the self-acceptance in single mothers. Religiosity is a sense of trust in God,

and this sense is possessed by the four participants, this belief raises an attitude of acceptance without deny the God's destiny. The level of religiosity is related to self-acceptance of individual (Pujiastuti, 2014), as previously described in the process of self-acceptance that individuals with high level of religiosity tend to not have unrealistic expectations. This relates to how individuals with high level religiosity will have more realistic expectations, in this case an example is how a single mothers can see the problems she faces realistically. Believe that what happened in life was God's destiny and plan that could never be changed. This belief in God's destiny will certainly only grow if a single mothers has high level of religiosity. The religiosity form of single parent women have is not only accepting the divorce or their spouse's deaths they experienced, but also being able to accept revery event that will occur in the future. This high level of religiosity also helped the four participants have a positive meaning in life, where participants seen their lives positively, along with their roles as single parent women.

Individuals will be able to feel the positive impacts of the life stress they experienced if they have a direct and close relationship with God (Kasberger in Muhammad et al, 2019). Divorced women with high religiosity along with sense of sincerity and patience will be able to face problems and be able to reduce the level of stress they felt (Muhammad et al, 2019). As with what participant P has done, when she facing problems in her life, she approached God a lot. Even the divorce she experienced she considering it as a meaningful lesson that God has gave to her and she felt grateful for it. The belief in God helped participant P has a realistic thought that the happened divorce was not her nor her ex-husband's fault, but it was happened by God. Similar to participant P, after divorce participant N also became closer to God, she attended many Islam community events that it helped her to be more able to accept the divorce she experienced was a destiny that she must be lived.

Research by Garcini., et al (2021) in the Latinos area of United States, found that besides social support, religiosity is also a good factor to help a widow in overcoming grief. Religiosity is closely interconnected with emotional well-being, individuals with high levels of religiosity will not easily feel worried and are less likely to experience depression (Hawes., et al, 2022). It was also found in participant R and T, where both of them were able to control their emotions when they faced their spouse's deaths event. Losing a spouse due to death is not an easy thing to deal with. However, both of them were able to get up and bounce back, they even felt very grateful to be able to get through those hard times of life. The religiosity of participant R and T have helped them not to be shackled by feelings of grief for too long, they also be able to find the purpose in life again. Religiosity also has an important role to help individuals have a positive meaning of life as well as help them to overcome the negative feelings they felt. This is in accordance with the other people's view on self-condition theme, along with self-understanding and self-acceptance theme. Beside social support, self-understanding, and child presence, religiosity can also give a huge impact on affected the self-acceptance in single parent women.

Conclusion

Based on the result and discussion about self-acceptance in single parent women, it can be concluded that every single mothers has a different overview of self-acceptance, nevertheless single parent women have interpreted their lives and events that occur positively. As a result of losing a life partner, single parent women experience various problems, one of which is the result of undergoing the role of being father and mother at the same time, which it required single parent women to have a good time management and self-management. Every single mothers has a different process of self-acceptance, where each process cannot be separated from both external and internal factors.

Limitations & Suggestion for the Future Studies

From the found results of this study, it is undeniable that this study still has limitations, therefore a development is still needed. Researchers realized that there was one aspect that we had not been able to be explored further, as it obtained from the results that there was toughness trait of each participant while they living their lives as single parent women. For future studies, a participant observation or non-participant observation method would help to enrich the information and data needed, thus the variables that cannot be found in this study can be revealed through those mtehods.

References

- Anggraheni, Dwi A. (2016). Fenomena perceraian: Makna kebahagiaan dalam sudut pandang single mother. *Seminar ASEAN. 2nd Psychology & Humanity, Psychology Forum UMM*, Universitas Muhammdiyah Malang.
- Aprilia, Winda. (2013). Resiliensi dan dukungan sosial pada orang tua tunggal (studi kasus pada ibu tunggal di samarinda). *Jurnal Psikoborneo*, 1(3), 157-163. <http://dx.doi.org/10.30872/psikoborneo.v1i3.3326>
- Avianty, Ifa. (2016). Kebahagiaan ibu tunggal sebelum dan sesudah perpisahan dengan suami. *Jurnal Bimas Islam*, 9(4), 731–758. Retrieved from <https://jurnalbimasislam.kemenag.go.id/jbi/article/view/162>
- Bell, A. (1991). *The language of news media*. Oxford: Blackwell.
- Benyamin, Spock. (2000). *Orang Tua Permasalahan dan Upaya Mengatasinya*. Semarang: Dahara Publishing
- Crosier, T., Butterworth, P., & Rodgers, B. (2007). Mental health problems among single and partnered mothers. The role of financial hardship and social support. *Soc Psychiatry Epidomial*, 42, 6-13.
- Garcini, L. M., Brown, R. L., Chen, M. A., Saucedo, L., Fite, A. M., Ye, P., Ziauddin, K., & Fagundes, C. P. (2021). Bereavement among widowed Latinos in the United States: A systematic review of methodology and findings. *Death studies*, 45(5), 342–

353. <https://doi.org/10.1080/07481187.2019.1648328>

- Gayatri, E. F. (2016). *Resiliensi Pada Janda Cerai Mati*. Naskah Publikasi. Universitas Muhammadiyah Surakarta
- Hasanah, S. F., & Ni'matuzahroh. (2017). Work family conflict pada single parent. *Jurnal Muara Ilmu Sosial, Humaniora, dan Seni*, 1(2), 381-398. <https://doi.org/10.24912/jmishumsen.v1i2.972>
- Hasti, Tri Ajeng A. (2018). *Penerimaan Diri Wanita Dewasa Awal Pasca Bercerai*. Skripsi, Universitas Medan Area.
- Hawes, F. M., Tavares, J. L., Ronneberg, C. R., & Miller, E. A. (2024). The Effects of Religiosity on Depression Trajectories After Widowhood. *Omega*, 88(4), 1240–1257. <https://doi.org/10.1177/00302228211051509>
- Hurlock, E. B. (1974). *Adolescent Development. 4th Edition*. Tokyo: McGraw Hill Kogakusha.
- Hurlock, E. B. (1980). *Psikologi Perkembangan: Suatu Pendekatan Sepanjang Rentang Kehidupan*. Jakarta: Gramedia.
- Isma, Nur. (2016). Peranan orang tua tunggal (single parent) dalam pendidikan moral anak (studi kasus delapan orang ayah di desa songing kecamatan sinjai selatan kabupaten sinjai). *Jurnal Sosialisasi Pendidikan Sosiologi-FIS UNM*, 3 (1).
- Kübler-Ross, E. (1969). *On death and dying*. New York: Macmillan.
- Kübler-Ross, E., & Kessler, D. (2014). *On grief and grieving: finding the meaning of grief through the five stages of loss*. Simon & Schuster.
- Matondang, A. (2014). Faktor-faktor yang mengakibatkan perceraian dalam perkawinan. *JPPUMA: Jurnal Ilmu Pemerintahan Dan Sosial Politik UMA (Journal of Governance and Political Social UMA)*, 2(2), 141–150. <https://doi.org/10.31289/jppuma.v2i2.919>
- Mu'tadin, Z. (2002). *Penyesuaian Diri Remaja*. <https://pdfcoffee.com/penyesuaiandiri-remaja-pdf-free.html> diunduh tanggal tiga satu oktober dua ribu dua puluh dua.
- Muhammad, L. Y. B., Muflikhati, I., & Simanjuntak, M. (2019). Religiusitas, Dukungan Sosial, Stres, dan Penyesuaian Wanita Bercerai. *Jurnal Ilmu Keluarga Dan Konsumen*, 12(3), 194-207. <https://doi.org/10.24156/jikk.2019.12.3.194>
- Oktawirawan, D. H. & Yunanto, T. A. R. (2021). Welas asih: Konsep compassion dalam kehidupan masyarakat jawa. *Antrophos: Jurnal Antropologi Sosial dan Budaya*, 6(2), 145-150. <https://doi.org/10.24114/antro.v6i2.17326>
- Paskarina, A. K. (2018). *Penerimaan Diri pada Wanita yang Menjanda Setelah Suami Meninggal (Studi Kasus pada Dua Janda di Paroki Baciro Yogyakarta)*. Skripsi. Universitas Sanata Dharma.
- Pujiastuti, U. (2014). *Hubungan antara dukungan ayah, pengetahuan ibu tentang anak autis dan religiusitas (dimensi praktik agama) dengan penerimaan ibu terhadap anak autis*. Tesis. Program Pascasarjana Universitas Muhammadiyah Surakarta.

- Rahman, H. A. (2014). Pola Pengasuhan Anak yang Dilakukan Oleh Single Mother (Kajian Fenomenologi tentang Pola Pengasuhan Anak yang Dilakukan oleh Single Mother di Kelurahan Sukoharjo, Kecamatan Sukoharjo, Kabupaten Sukoharjo. *Jurnal Ilmiah Pend. Sos Ant*, 4(1).
- Rosdiana. (2019). *Gambaran Penerimaan Diri Janda Cerai Gugat di Kabupaten Aceh Tengah*. Skripsi, Universitas Islam Negeri Ar-Rainy.
- Ryff, C. D., & Keyes, C. L. M. (1995). The structure of psychological well-being revisited. *Journal of Personality and Social Psychology*, 69(4), 719– 727. <https://doi.org/10.1037/0022-3514.69.4.719>
- Santrock, John W. (2002). *Live-Span Development: Perkembangan Masa Hidup, Edisi 5, Jilid II*. Jakarta: PT. Erlangga.
- Yanti, R. H., Novianti, R., & Puspitasari, E. (2019). Pengaruh regulasi emosi single mother terhadap penerimaan diri pada anak se-kecamatan rumbai kota pekanbaru. *Kindergarten: Journal of Islamic Early Childhood Education*, 2(1), 35-57.
- Zakaria, S. M., dkk. (2019). Cabaran hidup ibu tunggal: Kesan terhadap kesejahteraan emosi. *International Journal of Education, Psychology and Counseling*, 4(24), 69-84.
- Zulminarni, N. (2012). Dunia tanpa suami: Perempuan kepala keluarga sebagai realitas yang tidak tercatat. *Jurnal Perempuan*.