



Parenting Style for Single Mothers in Yogyakarta

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Abstract : A single mother is not an option in a woman's life. When you become a single mother, there will be changes in the family, including changes in the roles and duties that single mothers in raising children must bear. Including how to apply rules, teach values and norms, give attention and affection, and show good attitudes and behavior to become examples or role models for their children. Therefore, research related to how the dynamics of a single mother apply the parenting style that she gives to her children is fascinating to study. The subject of this research is a single mother who has one child. The study results found two themes, namely the role of parents and knowledge about parenting. In addition, there are also several impacts of inconsistent parenting related to children's behavior. Children tend to be temperamental, irritable, and have weak emotional control.

Keywords: *single mother; parenting; parenting style; impact parenting*

INTRODUCTION

Living in today's era requires a strong will, and someone who lives in poverty will make that person have to fulfill his needs by working hard. However, what if, in reality, a woman who lives without a husband, the burden feels so heavy if there is no place to share about the problems she faces, especially when she has a child who still needs money for school daily necessities.

Being a single mother is not an option in a woman's life. Single mother status can occur due to the

death of a partner, divorce, or being left by a partner (Kotwal & Prabhakar, 2009). Being a single parent is not easy because, at the same time, a mother must be able to play a role as a father figure who is not in the family and become a friend figure in educating her child.

When you become a single mother, various problems must be faced. Based on the results of a study conducted by Risdayati (2013), it can be seen that the common problems faced by single mothers include: psychological problems, social

interactions, and the economy. From a psychological point of view, the problem felt by a single mother is that the responsibility for her family, which she must handle by herself, must be able to make crucial decisions and guide and nurture her child alone. It also affects the psychological state of the single mother.

Furthermore, in terms of social interaction, the lack of single mothers' communication with the surrounding community has made their relationships less intimate and less familiar. The busyness of each individual makes the emotional closeness very minimal so that the feeling of solidarity weakens. From an economic point of view, single mothers must be able to meet their daily needs for the survival of their families and children. Single mothers who have to meet the needs of life without a partner argue that food needs must be met so that the needs of other children, such as education, are often neglected.

Based on the initial study results, several other problems can be experienced by single mothers. They are related to feeling confused when positioning their role in raising children. A single mother must have a dual role in raising her child, and mothers must be able to play the role of a father, mother, and friend to their children. It is supported by the results of an initial interview conducted with a single mother that she must be able to play a role in

replacing the father's position and become a mother and friend. However, based on the interview, it can also be seen that there is a sense of confusion in positioning themselves in educating their children.

Confusion in positioning herself as a single mother can also cause some problems for children. Some of them are related to behavioral problems and children's emotional development (Safitri & Hidayati, 2013). The initial interview results can also be seen that children from single mothers experience problems related to children's emotional conditions that are very uncontrolled; children are easily angry and take aggressive actions, especially at school. In addition, based on information from the interviews and observations made, it is known that in their daily life at home, the child is very attached to his mother, and the child does not want to do activities without being accompanied by the mother. Furthermore, children often cry whenever their mother gives advised or scolded them. Every time this happens, the mother always feels sorry for her child and admits that she feels confused about whether to remain firm or not with the child.

Basically, in raising children, parental figures such as fathers and mothers are needed in raising children to become adults and independent. It is because development in children is the most

critical period in which children experience significant changes in themselves. Therefore, it is necessary to have the correct parenting pattern for children (Shundy, 2015). When only one parent can take care of the child, the parenting applied to the child must be the same as the parenting pattern when the child is in a complete family. However, this is very difficult for the single parent, especially single mothers (Kavas, 2013).

Parenting is parents' attitude towards children by developing rules and pouring out love for children. Meanwhile, McCoby (in Barus, 2003) defines parenting as the interaction of parents and children in which parents express their attitudes, values, interests, and expectations in nurturing and meeting the needs of children. As previously explained, there are three types of parenting, according to Baumrind (In Brosnan, Kolubinski, and Spada, 2020), namely, authoritarian, democratic/authoritative, and permissive.

According to Baumrind (In Brosnan, Kolubinski, and Spada, 2020), authoritative/democratic parenting is parenting that encourages children to be independent and applies strict rules for children's behavior, but parents do not limit children or have to follow orders from the parents. Parents show warmth and affection to their children. Children who have democratic parents will be socially

competent, confident, and socially responsible.

Then strict parenting limits and requires children to follow parental orders and respect work and effort. This parenting characteristic emphasizes that children must obey all parental rules. Parents act arbitrarily without being controlled by the child. Children must obey and should not argue against what is ordered by parents. This authoritarian type makes clear rules and sets firm boundaries, does not provide excellent opportunities for children to talk (deliberate), and constantly monitors their children's activities carefully. In addition, authoritarian parenting emphasizes uncompromising power so that it often results in victims who are none other than children. Parents apply an attitude of acceptance to low children. However, control over children is high, like punishing children physically, being in command, often requiring or ordering children to do something without compromise, being rigid to children, tending to be emotional, and rejecting.

The last is permissive parenting. This parenting style values self-expression and self-regulation. The parents make very few requests and let the child monitor their activity. They are warm, rarely punishing, uncontrollable, and undemanding. They actively ignore the responsibilities of parenting. This kind of permissive parenting uses a

very tolerant approach to children's behavior. Parents have a relatively warm attitude and accept the child for who he is. Warmth sometimes tends to spoil; some children are too guarded and obeyed, while the attitude of accepting children as they are will tend to give freedom to children to do whatever they want.

Nevertheless, the freedom given is not followed by controlling or demanding the child display certain behaviors. This permissive parenting also emphasizes parents who allow their children to do whatever they want, and parents free their children to behave according to their wishes. Furthermore, it is children centered; namely, all the rules and regulations of the family are in the hands of the child. The parents allow what is done by the child; they obey all the child's wishes.

In addition, according to Baumrind (In Brosnan, Kolubinski, and Spada, 2020), there is also a combined parenting pattern between authoritarian parenting and authoritative/democratic parenting. The combination of parenting patterns can have several impacts on children's behavior. The more democratic the parenting style is applied, the more initiative, courageous, active, and purposeful attitudes arise in children. On the other hand, the more authoritarian the parenting style applied, the less the child's disobedience, waiting for attitude, unable to plan things, less

endurance, and showing characteristics of fear.

From the various forms of parenting above, the essence is almost the same. For example, their authoritarian parenting emphasizes the attitude of power, discipline, and excessive obedience. Likewise, authoritative or democratic parenting emphasizes the open attitude of parents towards their children. While the parenting pattern of children is centered or permissive, parents tend to let their children without interfering, free, indifferent; what children do are allowed by parents, and they obey the children's wishes.

Every parenting style is undoubtedly considered adequate by every parent, including single mothers. However, this depends on how single mothers interpret each parenting pattern and the factors that can influence it. Weiten and Liloyd (in Yusuf, 2009) suggest five principles of effective parenting: first, develop or create standards (rules of behavior) that are high but understandable. In this case, the child is expected to behave appropriately according to his age.

Second, pay attention to the good behavior of children and provide rewards. This treatment needs to be done as a substitute for parents' habits in general, namely that they like to pay attention to their children when their children behave destructively but leave it alone when

they do good. Third, explain the reason (purpose) when asking the child to do something. Fourth, encourage children to examine the impact of their behavior on others, and finally, enforce the rules consistently.

Based on the description above, the researcher wants to know how the views of single mothers in interpreting the parenting applied to their children and identify the factors that play a role in the parenting applied by single mothers.

RESEARCH METHODS

This study used qualitative research methods with a phenomenological approach. Phenomenology is an approach to discussing phenomena obtained from a particular experience to get a comprehensive description and describe the essence of the experience.

The location of this study was at the participant's home and the participant's children's school. The researcher pays attention to the natural background, and it is carried out in a place close to each participant's surroundings. The data collection method used is in-depth interviews and observation.

In addition, according to Moustakas (1994), the main criteria that respondents in this phenomenological research must meet are a) respondents who experience the phenomenon to be

studied, b) the ability and interest of respondents to understand the background and meaning of the phenomenon to be studied, c) willingness to participate in the interview process, and d) consent to allow the researcher to record and present the data obtained in the research report.

Criteria for phenomenological research informants include that she must experience the incident that is the focus of the research. The goal is that researchers can obtain an explicit description of the informant. In phenomenological research, there is no stipulation on the number of participants because the focus in this research is the depth obtained according to the need to understand the research problem (Moustakas, 1994). Research informants were selected by snowball sampling and purposive sampling. Purposive sampling is a sampling technique of data sources with specific considerations; for example, the individual concerned is considered to know best about what is expected, or the individual as the object or social situation under study (Sugiyono, 2008).

The primary data source in this study was a single mother. This study involved two single mother participants. Both are housewives who have long been abandoned by their husbands due to divorce. To meet the needs of life, both participants work part-time at home.

HT work as laundry workers and DW work as online driver.

The selection of respondents is based on these criteria (1) willing to be a research informant, (2) a single mother who has one child and is 35-40 years old (3) allowing the researcher to record interviews and present data in research reports.

This qualitative research directs the researcher to act as a research instrument. As a research instrument, the researcher is directly involved in the data collection process through interviews, triangulation (observation), or member checking. In the process, the researcher tried to understand the characteristics of the research informant and understand the parenting style applied by single mothers to their children. The researcher will be cooperative with the results of data obtained from participants, and the researcher must also be able to describe the results obtained from the field in real terms to avoid bias that will occur.

Data collection in qualitative research is carried out in natural conditions (natural settings), primary data sources, and data collection techniques using participant observation and in-depth interviews and documentation (Sugiyono, 2008). Meanwhile, the data collection method was carried out in this study using in-depth interviews and observation techniques.

In general, data analysis in qualitative research is done by first preparing the data that has been collected and then organizing it. The data is then reduced to a theme through coding and summarizing the code. The last is to present the data in charts, tables, or discussions. Specifically, data analysis and interpretation procedures refer to Moustakas's (1994) phenomenological framework. The following describes the steps of the data analysis and interpretation procedures carried out.

1. Epoche

Epoche is the process of tracing the reality of research informants without the author's intervention. It can be started by making a transcript of the results of interviews with research subjects or research informants.

2. Phenomenological reduction

Phenomenological reduction is a search of research data to obtain the phenomenon's essence. The essence of this phenomenon can be in the form of perceptions, thoughts, memories, imaginations, and the assumptions of research informants. This process is done by describing the data horizontally and thematically. In this process, the researcher does bracketing by categorizing the research focus into brackets by eliminating repeated, overlapping, and biased exposures from the research theme. Repetitive descriptive explanations are

eliminated and added with brief notes to explain the thematic data of research informants. Next, the researcher categorizes the meaning of certain statements based on the similarity of themes.

3. Imaginative Variations

Imaginative Variations is a procedure for compiling a structural theme from the textural description in the previous stage. The researcher will sort out the possible structural meanings contained in the textural meaning and then explore the main themes of the research. It is done by formulating an understanding or concept that can be used to explain the textual meaning. Next, the researcher describes the structural description so that the relevance of the data obtained with the research focus can be seen.

4. Synthesis of Meaning and Essence

Synthesis of Meaning and Essence is an intuitive process of integrating textural and structural descriptions into coherent statements as a reflection of the essence of the experience of research informants. The researcher integrates all individual textural-structural descriptions into a universal description of the group's experience. The result is a complete picture of the phenomenon under study, which explains the essence or structure of the phenomenon.

Furthermore, verification of qualitative research is still needed to

ensure the reliability of the data (trustworthiness), ensure that the research conducted is valid, and reduce the possibility of misinterpretation (Setyasari & Afiatin, 2015). Denzin & Lincoln (in Setyasari & Afiatin, 2015) argue that triangulation techniques usually refer to using various perceptions to clarify meaning and verify the possibility of repetition of observation or interpretation. However, it must be on the principle that no observation or interpretation is one hundred percent is repeated. So in this study triangulation technique is used to verify data. The steps to be taken are re-checking or cross-checking the data obtained from the research subject to the related parties. Triangulation used in this research is to use the method of observation conducted during the interview process and after the interview process is complete

RESEARCH RESULTS and DISCUSSION

Based on the results of interviews and observations obtained and through the categorization process, it can be seen that two themes are the results of this study, namely (1) the role of parents and (2) knowledge about parenting. The details of the theme can be seen in **Table 1**.

Theme	Behavioral Theme
Role as a Parent	Carrying out a dual role (as father and mother) in implementing parenting.
Knowledge of parenting	- Follow the child's wishes -Applying inconsistent parenting to children

Table 1. Themes of Research Results

Theme 1 . Role of Parents

Self-care carried out by a single mother is not an easy thing to do, and a single mother is required to be able to carry out two roles simultaneously so that the survival of her family continues to run well. It is in line with what was expressed by the participants in this study, and they revealed the significant difficulty when they become single mothers, which is the ability to balance the role of a mother and a father for their children. They want the children to continue to grow and develop well even without a father figure in the child's life.

"The difficulty is that I have to be able to play a dual role for my children, I have to be a father figure, meet the needs of my children and I also have to be able to take care of and teach children so that they can be good children, Miss" (DW-S1-W1: 120-124)

The difficulties experienced in carrying out these dual roles caused participants to feel that they did not have enough time to fulfill

their primary duties as mothers. Her obligation to carry out her role as the backbone of the family makes single mothers spend more time outside the home than spending time with their children.

"Well, I have to work too, Miss. If I do not work, we could not eat. I could not pay tuition fee. I could get orders all day long, and if there is an order in the morning, I leave immediately. After that I am looking for another passenger. At the end of the day, I can pick up my child from the school and leave him with his grandmother. After that, I take another taxi orders" (DW-S1-W1:316-322)

"I only have time at night for my child, help him with homework but my son spends a lot of time with his grandmother or playing at the neighbor's house" (HT-S2-W1:98-100)

Finding some difficulties experienced by a mother who plays the role of a single mother, participants in this study still have a strong desire to provide the best care for their children. DW, for example, even though she finds it difficult with her dual role in raising her children, has a desire to continue teaching discipline and independence to them. According to DW, children need to be taught independence, so they do not depend on others and teach discipline to children as a provision for their children's success in the future.

Based on DW's narrative, every day, she applies her children to do everything independently

without the help of others. Like eating, bathing, and tidying the room, DW handed them over to her son.

"So, if I am at home, I make it a habit for my child to do everything he can on his own, such as cleaning the room, taking a shower, ironing the small clothes themselves" (DW-S1-W1:152-153)

Not only DW but the other participant, HT, also did the same thing. She told the researcher that although she tended to obey her child's wishes, she still tried to teach independence and apply strict rules to children.

"Sometimes, I often obey my child's wishes, it is because I pity him, but I still taught him to be independent so he does not bother his grandmother" (HT-S1-W1:110-111)

Although the two participants have tried to teach independence and apply specific rules that children must obey, this does not rule out the possibility for their children to control their emotions and behavior well so as not to do things that are not under the rules given by their parents. HT said that often her child gets emotional quickly if his wishes are not fulfilled. HT also explained that not infrequently, her son did not want to listen to her advice and tended to listen more to what other people said. Not only HT but DW also experienced the same thing. DW admitted that even though his son had started to do some housework

independently, DW's children were often rebellious, angry easily, and difficult to handle.

Finding the condition of such children, the two participants in this study admitted that they could understand this behavior because of the condition of them being cared for by only one parent. These single mothers felt sorry and sad for their children related to the condition they were living in and readjusted the care provided to the child's condition.

"Well, what can we do, Miss. He is a child without a father, maybe there are times when he wants to rebel, he does not want to obey" (DW-S1-W1:327-328)

"Sometimes I also feel sorry for the children, I want to be truly strict but I do not have the heart for it" (HT-S2-W1:212)

The role of parent must be balanced by a single mother. One way to balance the role as a single mother is to achieve successful care, various positive efforts are needed to bring about effective understanding and behavior in children (Hastings, in Octavia and Himam 2019). So that the challenges of solitude in caring for children can form stronger relationships that exist between a single mother and child (Howe, in Octavia and Himam, 2019).

The understanding of parenting is related to its status as the only parent who is responsible for the care of their children, which can be one of the main bases in the

application of parenting to children (Octavia and Himam, 2019).

Theme 2. Knowledge of parenting

Understanding the child's condition and trying to comply with the child's wishes is often done by the participants in this study when their child does not want to obey their words or when the child's emotional condition is unstable. Not only that, but the participants also admitted that the care provided tended to be inconsistent because of the confusion they experienced in providing the correct parenting pattern for their children. It is due to the lack of knowledge possessed by the two participants related to providing care for children.

The mother of the research subject admitted that she did not have high educational background. So, the lack of education levels possessed by single mothers causes them to experience difficulties in implementing appropriate parenting styles for their children and creates confusion.

"You know, I am just a high school graduate, so I do not know what it is like to raise a good child. What should I do if the condition of a child is like mine. The main thing for me is that the child just obey and does not bother other people, that is all" (HT-S2-W1:113-116)

Related to this, the participants gave up the care of their children to their extended family. The two participants explained that it was

common for them to follow the parenting pattern provided by the extended family because they admitted that they did not have friends to discuss the provision of care for their children.

"He rarely got angry with his grandmother, because she fulfilled most of his wishes. Therefore, I also follow the way sometimes so that the child will obey me" (DW-S1-W1:179-181)

"Actually, I am still confused about what kind of care I want to give to my child, so if I can be firm, I will do it but if he do not want it, then I just let him do what he wants. But you know Miss, my child is obeying his grandmother. I think it is because I like to leave him at her grandmother's house. Yeah, what can I do, Miss. I have to work too" (HT-S1-W1:213-218)

Based on the research results, it can be seen that, in general, it can be seen that providing child care alone is not an easy thing for them. Carrying out multiple roles, and understanding the condition of the child, both in terms of behavior, emotions, and the condition of a child whom a single parent only raises is one of the things that single mothers consider in choosing the correct parenting pattern for their child.

Parenting provided by parents certainly has an impact on children's behavior. Based on the results of research conducted by Baumrind (1991), it can be seen that democratic parenting techniques can foster confidence and self-confidence

and encourage independent actions to make their own decisions, resulting in the emergence of responsible, independent behavior. Meanwhile, children who are cared for by authoritarian parents show many characteristics of a waiting attitude and leave everything to their caregivers.

The research results by Baumrind (In Brosnan, Kolubinski, and Spada, 2020) also explain the impact of a combined parenting pattern between democratic and authoritarian parenting on children. This study indicates that the more democratic the parenting style applied, the more initiative, courageous, active, and purposeful attitudes in children will emerge. On the other hand, the more authoritarian the parenting style applied, the less the child's disobedience, waiting for attitude, unable to plan things, less endurance, and showing characteristics of fear.

However, from the interviews, it is known that the single mother in this study experienced confusion in applying the appropriate parenting pattern. So this causes the parenting style applied by single mothers to be inconsistent. The parenting trend that single mothers apply is authoritative/democratic and permissive parenting. It can be seen from the results of observations that single mothers seem to show a more positive effect on their children, such as stroking, always smiling when

talking to children, and speaking with a soft intonation. These behaviors indicate that the dominant parenting pattern applied by the mother is indeed an authoritative/democratic and permissive parenting pattern compared to the authoritarian parenting pattern.

However, the application of this inconsistent pattern will also impact children's behavior. The more permissive the parenting applied by the mother, the child will show behaviors such as impulsive and aggressive behavior, lack of self-confidence, lack of self-control, and low achievement. On the other hand, the more democratic/authoritative parenting is applied, the more minor behaviors arise from permissive parenting (Fadillah, 2015).

In addition, several other things can affect single mothers in parenting their children. According to Mussen (in Utomo, 2013), several factors influence the parenting pattern of single mothers, namely as follows: (1) Living environment. The family's environment will affect how the mother applies the parenting pattern. If a family lives in a big city, the mother is likely to control her children because she is worried. Meanwhile, if a family does not live in a big city, the mother may not be so worried if her child goes anywhere alone. (2) Culture. The culture in a family environment will affect the mother's parenting style.

It can be seen from Mussen's opinion that many families in the United States allow their children to question their parents' actions in making decisions. In Asia, such behavior is considered rude and inappropriate. (3) Socio-economic status. Families from different social classes have different views about the appropriate and acceptable way of parenting; for example, mothers from the lower middle class are more sensitive and opposed to child abuse than mothers from the upper-middle class. Likewise, parents from the working-class value more adjustment to the habits of the surrounding community, while parents from the middle-class place more emphasis on adjusting to the rules of behavior that have been agreed with the child. (4) Education. Parents who have adequate education will significantly affect sensitivity to their children and their care, such as communication skills related to the right way with how best to take care of their children, tend to develop parenting patterns that follow the child's self. On the other hand, parents who have inadequate education or low opportunities to share experiences and exchange ideas with their children are significantly less likely to apply parenting patterns according to their children's conditions.

Based on the research results that have been done, these factors can indeed affect the parenting applied by single mothers. One factor that

confuses applying the parenting style experienced by single mothers in the study is the education factor.

The additional results obtained from this study are related to the presence of an extended family between mothers and children. The extended family of the participants in this study is the child's grandmother. Based on the information, the extended family, especially grandmothers, also participate in raising children. It was acknowledged by both participants that the parenting applied by grandmothers to their children also influenced the participants in providing care for their children, so the presence of an extended family can also be one of the factors that can affect single mother parenting.

CONCLUSION

The parenting style applied by a single mother in this study is basically inconsistent. The style of parenting applied is often adjusted to the values held by a single mother, the emotional conditions and behavior shown by the child, as well as the existence of a large family between mother and child. There are several other factors that can influence the application of childcare to a single mother, namely, the socioeconomic status and parental education. Not only that, the application of inconsistent parenting can also cause some problems related to the behavior of children such as tend to be temperamental, easily

offended and weak emotional control.

This study also has limitations in exploring data to the participant's family because the family living with the participant is only the parents, while the other participant's family is in a location very far from the participant's home so that researchers find it difficult to explore in depth with the participant's family.

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