

## THE RELATIONSHIP OF TRAIT MINDFULNESS AND RESILIENCE WITH PSYCHOLOGICAL WELL-BEING IN SINGLE MOTHER IN THE COMMUNITY SAVE WIDOWS

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### ABSTRACT

This research aims to examine the relationship between the traits of mindfulness and resilience and psychological well-being in single mothers in the Save Janda community. The research population consisted of 43 single mothers. The data collection method uses a Likert scale model, namely the Psychological Well-Being scale with 38 items with a reliability score of 0.943, the Trait Mindfulness scale with 10 items with a reliability score of 0.600, and the Resilience scale with 34 items with a reliability score of 0.946. This research processes data using SPSS version 23.0 for MacOS. Based on the results of data analysis through multivariate correlation analysis between trait mindfulness and resilience and psychological well-being, the results obtained were  $R = 0.822$  and  $R \text{ square} = 0.676$   $p = 0.000$ . This shows that there is a positive relationship between the traits of mindfulness and resilience and psychological well-being in single mothers in the Save Janda Community. Resilience provides an effective contribution of 66.2%, more dominant than the trait mindfulness of 1.4% and the remaining 32.4% is contributed by other factors not examined in this research.

**Keywords:** Psychological Well-Being, Trait Mindfulness, Resilience.