

# 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.

## INTRODUCTION

The focus in this research is women or mothers as single parents, in terms of psychological well-being or psychological well-being in carrying out their roles and responsibilities. The role of a single parent is a challenging role, especially when the family is led by a woman (single mother). It will be more difficult if a mother has never had experience working outside the home. The role as a single mother requires parents to take over responsibilities that may be shared with a partner. A woman can be called a single parent if she no longer lives with her husband and childcare is entirely her own responsibility (Nurfitri & Waringah, 2019). According to Qaimi, (in Nurfitri & Waringah, 2019) single mother is a situation where a mother occupies two positions at once, as mother which is her natural position and also as father.

Being a single mother in a family is very difficult, there are many difficulties, especially being a single mother who has to take care of her children alone without the help of a support system or social support. Based on the results of research conducted by (Dewi, 2017), single mother families have difficulties in various fields, especially in caring for children and providing for the family economy. Not only taking care of their children, single mothers also have to earn a living to survive and meet their children's needs. This statement is supported by the results of research conducted by Kotwal & Prabhakar (2009), that the difficulties that often occur in single mothers are related to difficulties in raising children, concerns about the child's future and survival, and children getting married and getting jobs.

According to Lund (in Santrock, 2012) the majority of single mothers reported that they felt lonely, helpless, hopeless, lacked identity and lacked self-confidence after their husband left, either through divorce or death. Referring to research by Gani et al (2005), that in single parents there are several adaptation problems experienced by parents, such as increased burdens and duties as parents, reduced emotional support, and decreased family economic conditions. These adaptation problems have an impact on decreasing psychological well-being (Gani et al, 2005).

However, not all single mothers experience the negative impacts mentioned above. Changes in the psychological condition of women as single parents after divorce or the death of a partner vary from one to another. This statement is supported by research by Sari and Yendi, (2019) that some single mothers choose to remarry for reasons of overcoming their problems, but there are also some who choose to remain single parents and join the community. One of the things that drives people to remain widowed is the future of their family and children after divorce or the death of their partner (Sari & Yendi, 2019).

Based on the author's interview with the Save Janda community on July 20 2020 via telephone, it is known that single mothers who join this community feel that they have the same life as other single mothers. Such as losing a life partner due to death or divorce, and also having the same difficulties in fighting for child custody, difficulties raising children and continuing their life as a single parent, problems in economic factors, especially with the stigma of widow status that must be obtained where widow status There is still a stigma that tends to be negative in society as 'seducers of other people's husbands'. However, even though many single mothers experience difficulties and have to keep trying hard to meet their children's living needs and their children's needs, the single mothers who are members of this community are starting to speak out and rise from their downturn.

Each community member makes the Save Janda community a place to share many things, both by exchanging ideas, sharing experiences, both wanting to break the negative stigma of being a widow, and how each individual continues to survive and raise their children. Not only that, this community also regularly holds sharing sessions on social media Instagram @save\_janda and regularly fights for women's rights and issues such as supporting women's businesses, breaking the negative stigma of being a widow, domestic violence and other issues regarding women. Apart from holding sharing sessions, this community also regularly carries out other social activities such as providing donations to women victims of violence, elderly widows and layoff victims, supporting women's business empowerment such as promoting women's merchandise with the aim of supporting the fulfillment of primary needs for women survivors, including women. widows, the elderly and those who are oppressed.

By referring to the explanation above, the author can understand that the Save Janda community has routine activities and direct interactions carried out by each of its members. This can have a positive impact on the psychological well-being of its members. This is in line with the results of research by Gani (2005) that single mothers who are members of a community and receive a support group will have good psychological well-being.

There are several factors that influence psychological well-being, namely age, gender, socio-economic status, social support, religiosity, personal abilities, personality and social network factors (Ryff 2008). And another factor that also influences psychological well-being is mindfulness (Mahmoudzadeh et al. 2015).

Research conducted by Dyah and Fourianalistyawati, (2018) explains that the trait mindfulness has a role in psychological well-being. This research shows that trait mindfulness plays a role in three dimensions of psychological well-being in the elderly. These dimensions are the dimensions of personal acceptance, positive relationships with other people and autonomy.

Apart from trait mindfulness, psychological well-being is also influenced by resilience. As research conducted by Purwanti and Kustanti, (2018) states that psychological well-being is also positively influenced by resilience. It is said that a mother with a child with special needs autism who has resilience will have high psychological well-being. This means that if someone has high resilience, the higher their psychological well-being will be. Conversely, the lower the resilience, the lower the psychological well-being.

The emergence of resilience can be triggered by several reasons or self-motivation such as a sense of ownership of the child and involvement in caring for the child. This is supported by Bernard's statement (in Christiény, 2016) that a person's ability to be resilient cannot be separated from the protective factors that influence it, including: Caring Relationship, which leads to the provision of love (affection) obtained from the family or community to which he or she belongs. One of the behaviors displayed can be carrying out duties as a single parent, High Expectation, leading to clear, positive and individual-centered expectations, trust and confidence that he or she is valuable and capable of getting through the tasks in life, Opportunities for participation and contribution leads to opportunities for individuals to participate and contribute to meaningful, interesting and challenging activities obtained from the family and community they participate in. (Christiény, 2016).

Becoming a single parent (mother) is not an easy thing because apart from changes in the status of being a widow, economic changes and dual roles, society's view of the status of a single mother also affects the condition of her psychological well-being. Single mothers must be able to rise from adversity or difficult times and focus on their current and future circumstances. The author chose single parents (mothers) who are members of the Save Janda community to determine the condition of psychological well-being in relation to the traits of mindfulness and resilience. In connection with the identification of the problem and research title that has been put forward, the objectives of this research are:

- a. "To test the relationship between trait mindfulness and psychological well-being in single mothers in the Save Janda community."
- b. "To test the relationship between resilience and the psychological well-being of single mothers in the Save Janda community."
- c. "To test the relationship between trait mindfulness and resilience with trait mindfulness in single mothers in the Save Janda community".

### **Psychological Well-being**

Ryff, (1989) defines psychological well-being as a condition where individuals have a positive attitude towards themselves and others, can make their own decisions and regulate their own behavior, can create and manage an environment that is compatible with their needs, have a purpose in life and make their lives more meaningful and try to explore and develop themselves. Furthermore, according to (Ryff, 1989) humans can be said to have good psychological well-being, not just being free from negative mental health indicators, such as being free from anxiety, achieving happiness and so on. What is more important to pay attention to is the ownership of self-acceptance, positive relationships with others, autonomy, the ability to have a sense of continuous personal growth and development. It was also added that psychological well-being describes the extent to which individuals feel comfortable,

peaceful and happy based on subjective assessments and how they view the achievement of their own potential.

Another opinion also defines psychological well-being as happiness and happiness is a basic element of life satisfaction (Ryan & Deci, 2001). Human happiness is not only seen based on positive emotions and life satisfaction, but more on how humans can function fully in their lives (Ryan et al. 2006).

According to Ryff (in Hidalgo et al., 2010) psychological well-being has six dimensions, namely:

1. Self-Acceptance

Self-acceptance in psychological well-being is a positive opinion that a person has about himself which is built on an honest self-assessment.

2. Positive relations with others

Mature individuals are described as individuals who are able to love and foster interpersonal relationships built on mutual trust with other people.

3. Autonomy

Autonomy refers to an individual's ability to pursue personal beliefs, even if they conflict with accepted dogma or conventional wisdom.

4. Environmental mastery

Relating to a person's challenge to master the environment around him.

5. Purpose in life

A person's ability to find meaning and direction in his or her own experiences, and to propose and establish goals in life

6. Personal growth

A person's ability to realize his or her own potential and talents and to develop new resources.

The dimensions mentioned above will be used by the author as a reference for measuring the Psychological Well-being scale in this research.

### **Trait Mindfulness**

Mindfulness in English is a fairly old word that indicates the quality of being aware and focused attention (Jon Kabat-Zinn, 2013). Conceptually, mindfulness is described as the ability to accept a state of attentional involvement in current experiences without judging past experiences (Koszycki et al., 2010). Greenberg, (2012) explains that mindfulness can be interpreted as a trait. Trait mindfulness is a stable and consistent nature, full attention and awareness within oneself that encourages individuals to continue to act. Meanwhile, mindfulness is described as focusing attention on present events, here and now. Instead of what if (what if) and if only (if only), the focus is what is (what). Based on some of the understanding above, it can be said that mindfulness and trait mindfulness are different things. Where trait mindfulness is the nature, full attention and awareness that is stable and consistent within oneself which encourages individuals to continue to act, while mindfulness is the individual's ability to focus their attention on current events without judging past experiences.

Apart from that, according to (Kabat-Zinn, 2003) defines trait mindfulness as awareness that arises as a result of paying attention to an experience "right now" intentionally and without judgment. The trait of mindfulness can make a person able to respond with acceptance to the experiences that individuals experience in their daily activities. With this, it can be said that trait mindfulness is a state of being attentive and aware of what is happening at the moment.

The mindfulness trait focuses on increasing the ability to observe or observe changes in psychological conditions (Brown & Ryan, 2003). The mindfulness trait invites individuals to be able to go through various difficult or unpleasant experiences without avoiding them. Apart from that, it helps individuals strengthen their internal resources and increases the individual's ability to access these resources to become calm (Waty & Fourianalisyawati, 2018).

Based on explanations from several previous experts, it can be concluded that trait mindfulness is a state of being attentive and aware of what is happening at the moment, present events without judging past experiences and providing an assessment of future experiences.

According to Baer et al, (2006), trait mindfulness has five dimensions, namely:

1. Observing  
Is how individuals become aware of or pay attention to internal and external experiences, such as sensations, cognitions, emotions, sights, sounds, and smells.
2. Describing  
It is an individual's ability to label or explain internal experiences with words.
3. Act with awareness  
It has a definition that is when an individual experiences an activity at one moment and contrasts with acting mechanically when the focus of attention is elsewhere.
4. Non-judgment of inner experience  
Namely when individuals take a meaning that is not an evaluation of thoughts and feelings.
5. Non-reactivity to inner experience  
It is when individuals have a tendency to allow thoughts and feelings to come and go, without being carried away by them or following them.

The dimensions mentioned above will be used by the author as a reference for measuring the trait mindfulness scale in this research.

## **Resilience**

The resilience paradigm is based on contemporary views emerging from the fields of psychiatry, psychology and sociology about how children, adolescents and adults recover from conditions of stress, trauma and risk in their lives (Desmita, 2017). The concept of resilience crosses various fields of science with the aim of recovery or healing from adverse conditions.

The key definition of successful resilience is the ability to recognize thoughts and belief structures and utilize strengths to increase the accuracy and flexibility of thinking to regulate emotions and behavior more effectively. This ability can be measured, taught, and improved (Jackson & Watkin, 2004).

Apart from that, according to Reivich, K., & Shatte, (2003) resilience is an individual's ability to overcome and improve themselves from adversity by responding healthily and productively to improve themselves so that they are able to face and overcome the stresses of everyday life. Based on explanations from several previous experts, it can be concluded that resilience is an individual's ability to cope well with life changes from difficult situations and continue to rise from adversity to continue living.

According to Reivich, K., & Shatte, (2003) to be a resilient individual you must have seven factors that play a role, namely:

1. Emotional regulation  
Emotional Regulation is the ability to remain calm in stressful conditions, being able to use a number of skills that have been developed to help control emotions, attention and behavior.

## 2. Impulse control

Impulse control is the ability to control one's impulses and delay gratification. Impulse control is closely related to emotional regulation.

## 3. Optimism

Optimism (optimism) is self-confidence regarding the goals you want to achieve. Optimistic individuals tend to motivate themselves to find solutions and continue to try to improve difficult situations, look to a positive future, and can control the direction of their lives.

## 4. Causal Analysis

Causal analysis (case analysis) is a term that refers to an individual's ability to accurately identify the causes of their problems. If someone is unable to estimate the cause of the problem accurately, then that individual will make the same mistakes.

## 5. Empathy

Empathy describes how well a person can read clues from other people regarding that person's psychological and emotional condition.

## 6. Self-efficacy

Self-efficacy is the belief in recognizing one's ability to solve problems and be successful in facing obstacles. Individuals who have high self-efficacy tend to be able to direct themselves not to depend on others, are self-confident and have confidence in their success and ability to solve problems, do not hesitate in taking action, and are not passive in facing challenges.

## 7. Reach out

Reaching out (the ability to achieve what one wants) is an individual's ability to increase the positive aspects of life, dare to take risks, be happy and not afraid to try new things, see that everything can be achieved, can rise from ridicule and failure.

The dimensions mentioned above will be used by the author as a reference for measuring the resilience scale in this research.

## RESEARCH METHODS

The subjects in this research were 43 single mothers. The sampling technique used in this research was saturated sampling or census, due to the relatively small population. The methods used in collecting data in research are those that are supportive (favourable) and those that are not supportive (unfavourable). The scales used in this research are 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. , with a Likert model scale. The data analysis methods used are Bivariate Correlation and Multivariate Correlation, operationally using the SPSS version 23.0 for MacOS program.

## RESULTS AND DISCUSSION

The normality test in this study used the Shapiro Wilk formula because the research sample consisted of less than 100 subjects. The normality test for the psychological well-being scale obtained a p value of 0.041 ( $p < 0.05$ ), the trait mindfulness scale received a p value of 0.013 ( $p < 0.05$ ), and the resilience scale received a p value of 0.015 ( $p < 0.05$ ), so the three scales were said to be distributed. abnormal.

Based on the results of the analysis of 43 respondents using the bivariate correlation method, the variable trait mindfulness and psychological well-being obtained a correlation score of  $r = 0.701$  ( $p < 0.05$ ). This shows that there is a relationship between trait mindfulness and psychological well-being in a positive direction. This means that the higher the trait mindfulness score, the higher the psychological well-being score for single mothers in the Save

Janda Community. Vice versa, the lower the trait mindfulness score, the lower the psychological well-being score for single mothers in the Save Janda Community. The results of this research are in line with research conducted by Dyah and Fourianalistyawati, (2018) which explains that the trait mindfulness plays a significant role in all dimensions of psychological well-being. The trait of mindfulness is an awareness that arises as a result of paying attention to an experience "right now" intentionally and without judgment, thus the trait of mindfulness can make a person able to respond with acceptance to the experiences that the individual experiences in their daily activities. Kabat-Zinn, (2003) states that the trait of mindfulness is important for single mothers to have, this is because single mothers who have a good trait of mindfulness can accept the present situation without judging past experiences, increase the positive things in life, focus oneself in the current situation and reducing negative things so that it has an impact on psychological well-being and life satisfaction.

Based on the results of the second hypothesis test, the resilience variable with psychological well-being has a correlation score of  $r = 0.813$  ( $p < 0.05$ ). This shows that there is a relationship between resilience and psychological well-being in a positive direction. Thus, the higher the resilience score, the higher the psychological well-being score for single mothers in the Save Janda Community. Vice versa, the lower the resilience score, the lower the psychological well-being score for single mothers in the Save Janda Community. This is in line with research results (Setyaningrum et al., 2019) that there is a positive and significant relationship between resilience and psychological well-being. In this way, single mothers who have resilience can recover from adversity or difficult times which can affect their mental health and psychological condition so that single mothers can have better psychological well-being.

In the third hypothesis test, using the multivariate correlation method, a score of  $R = 0.822$  ( $p < 0.05$ ) was obtained. This shows that there is a relationship between the traits of mindfulness and resilience and psychological well-being in single mothers in the Save Janda Community. Then, by using the enter method, an R square score of 0.676 was obtained, thus it can be concluded that the trait mindfulness and resilience contribute 67.6% to psychological well-being while the remaining  $100\% - 67.6\% = 32.4\%$  concerns the contribution of other factors. not included in this study such as demographic factors (age, gender, socio-economic status and culture), Ryff & Singer (in Tenggara et al., 2008), social support factors and personality factors as well as psychological support, ability to actualize themselves, religious coping, and grateful (Umami, 2016).

In the results of further analysis using the stepwise data analysis method, the contribution of resilience to psychological well-being was 66.2% with an R square result of 0.662. This shows that the contribution of resilience to psychological well-being is more dominant than the trait mindfulness. Based on demographic data, information was obtained that the final education range of respondents with the highest percentage was Strata 1. Meanwhile, the highest percentage of years of being a single mother was under 5 years, and the highest percentage of reasons for being a single mother was divorce. It can be concluded that resilience in single mothers due to divorce, with a strata 1 educational background, can achieve psychological well-being within 5 years after divorce.

The results of the categorization test show that the psychological well-being findings of single mothers in the Save Janda Community are on average in the high category. This means that single mothers in the Save Janda Community have a high level of psychological well-being. This is in line with the results of the author's interview with single mothers in the Save Janda community, it was said that single mothers in the Save Janda community have the same

problems as other single mothers, such as losing their life partner due to death or divorce, having the same difficulties in fighting for child custody. , difficulties in raising children and continuing their life as a single parent, problems in economic factors, especially with the stigma of widow status that must be obtained where widow status still has a stigma that tends to be negative during this time in society as a 'tempter of other people's husbands'. These problems initially impact the mental health of single mothers.

However, after joining the community, these single mothers slowly tried to get up and live their lives to plan their future in the hope of getting support from other single mothers. For example, single mothers in the Save Janda community can rise from their downturn by choosing to interact with each other among community members (confiding in each other), as well as participating in routine activities in the Save Janda community. Such as exchanging ideas, sharing experiences, participating in sharing sessions on social media Instagram @save\_janda, routinely voicing and fighting for women's rights and issues such as supporting women's businesses, breaking the negative stigma attached to being a widow, domestic violence and other issues. issues regarding other women. These activities can have a positive impact on the psychological well-being of single mothers. This is in line with the results of research by Gani (2005) which explains that single mothers who are members of a community and receive a support group will have good psychological well-being or psychological well-being.

Based on the results of demographic data, there were 30 research respondents with a percentage of 69.8% who were divorced from their partners. It can be said that the reason someone becomes a single mother is because they divorce their partner. This means that high conflict with a partner causes divorce and makes the divorce rate dominant which makes a person's status a single mother. There are several factors that cause divorce, according to Lestari (in Harjianto & Jannah, 2019), it is said that economic problems are often one of the main triggers for divorce. The sustainability and happiness of a marriage is greatly influenced by one's financial life. Apart from that, according to Harjianto & Jannah, (2019) another factor that causes divorce is the third person factor or infidelity. According to research, married couples have a dream woman and another dream man in their household, among other things due to poor economic conditions, and low understanding of rights and obligations of a husband and wife. This makes them not understand the purpose of marriage. They only view that the purpose of marriage is solely to fulfill biological needs without paying attention to religious purposes. According to Fauzi (in Harjianto & Jannah, 2019) another factor that causes divorce is family disharmony is a reason that is often put forward by couples who want to divorce. Disharmony can be caused by various things, including incompatibility of views, moral crisis, differences of opinion that are difficult to reconcile and so on.

As a result of the divorce, according to Lund (in Santrock, 2012), the majority of single mothers reported that they felt lonely, helpless, hopeless, lacked identity and lacked self-confidence after being left by their husbands. Apart from that, women who divorce and change their status to widows also experience feelings of joy, relief, confusion, happiness, hard separation, no friends to confide in, sadness, heartache, inferiority and shame even though they have to have a dual role in the family in raising children (Nur 'aeni & Dwiyanti, 2009).

According to Irma et al., (2015) post-divorce can also have a traumatic effect on remarriage because of the failure experienced by single mothers. Apart from that, single mothers also have difficulty establishing a relationship with a new partner because the new partner is not necessarily able to accept the status of someone who has failed in their first marriage.



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