

Adversity Quotient on Single Mother

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Abstract: Single mother is someone who loses a partner and is responsible for raising her children. Became a single mother would have difficulties and problems and has a double role in the household (as a mother whose job is to take care of the household as well as replace the figure of the husband as the breadwinner to overcome the difficulties of life requires a special ability in the form of Adversity Intelligence. The aim of this study to examine how the Adversity Quotient of single mothers in solving their daily challenges. The approach in this study uses qualitative methods with purposive sampling techniques. Data analysis use in-depth interview and observation were used to collect data from six single mothers (divorced and widow single mother) that participated in this study. The results of this study showed that Adversity Quotient gave positive contributions to help single mothers solving their daily challenges. In this study, divorce single mothers were more likely to have better endurance than widow single mothers. As for distinguishing adversity quotient between divorcee single mother and widow single mother is the endurance dimension. Interestingly, all subjects have the same motivation in the form of providing proper education for their children, so that single mother strives to realize that goal.

1 INTRODUCTION

Status of a single mother is not a preferable option for all women. Some researches have indicated that there is a wide range of problems that will be faced by a single mother. This is due to the additional burden they must endure to cover up the role or replace a missing figure in a family. So the single mother had to play double roles for the realization of the family's prosperity and happiness. Some problems that often caused by changes in the status of being a single mother is, as mentioned by Papalia, Olds, and Feldman (2009) that the experience of the death of a spouse will have an impact on the onset of a stressor that is much higher than with a divorce. This is because the wife had lost her husband suddenly without any preparation. Coupled with the doubled roles a wife should endure being the head of the family to replace the figure of her husband.

According to Cox (2002), a single mother would face so many problems. In addition to economic problems, single mothers also face social isolation. Work, home maintenance and raising her children normally make a single mother had very little time to interact with their environment or other activities

that can build their selves. On the other hand, the loss of a spouse can also give rise to feelings of loneliness and helplessness to the single mother. Emotional isolation from the loss of a spouse due to divorce or death can increase due to the negative stigma from society.

Based on the data of Perempuan Kepala Keluarga (PeKka) and Badan Pusat Statistik (BPS) Indonesia through Survei Sosial Ekonomi Nasional (Susenas) from 2001 to 2007 there was an increasing number of single-parent women by 0.1% annually, with details as follows:

Table 1: Percentage of Single Mother in Indonesia.

Tahun	Persentase (%)
2001	< 13 %
2007	13,60 %
2013	31,88 %

Furthermore, a significant increase continues to grow in 2013 to reach 31.88%. According to Badan Pusat Statistik (BPS) Indonesia through Survei Sosial Ekonomi Nasional (Susenas) in 2013 approximately 17.10% single mothers living in urban areas, while the remaining 14.78% is a single

mother who lives in the countryside. This data indicating that the percentage of single mothers in urban areas is higher than the single mothers in the village. Data Pekka 2004 stated that more than half of a single mother in Indonesia living in poverty. The same thing also expressed by DeGenova (2008) which is the common problem faced by single mothers is the financial pressure that makes single mother families are more likely to live in poverty than families with a complete parent. The results of the research showed that although a single mother has a pretty good education, generally a single father has a better economic state and family life than the single mother has. In addition to facing economic problems, the research McLanahan (in Zanden, 1993) compared the family of two parents with a single mother family. The results showed that single-mother families experience more stress than families that are still intact.

Psychologically, being a single mother may pose some psychological and social problems, such as having to work twice as much as the absence of a father figure, receive discrimination from the environment, anxiety about the future of their children, and so forth. To overcome some of the difficulties and psychological problems that happened to a single mother, toughness is needed, which can be reviewed in psychology through Adversity Quotient in a single mother to withstand and overcome the difficulties of life.

But on the other hand, changes in the status of being a single mother will not necessarily hurt the family. A single mother can also be a challenge for success, thus motivating a single mother to live a better life. Some stories of a single mother at the time of the Prophet also has illustrated that with the persistence of a mother who works and raises her children alone was able to break the negative perception that often arises amongst the society. Several lessons can be taken from this story is the mother of Imam ash-Shafi'i is a single mother who can educate, nurture and loved Imam ash-Shafi'i until he became a great priest.

Besides, there are also several other stories of a single mother being summarized in a book titled "the single moms" which written directly by three successful single mothers who are BudianaIndr stuti, Mia Amalia and Ainun Chomsun. This book is about the life of single-mother families who were able to achieve success in building their careers and their children's education. With two different facts that occurred in the field of a single mother, there is a single mother who is stuck in the problems (economic, psychological and social), and a single

mother who successfully built her career and her family well. This attracted the attention of researchers to examine more in a single mother who is successful in her career and educating her children.

From the perspective of psychology, special abilities that can help an individual to cope with the difficulties of life can be achieved with Adversity Quotient which is evaluated from four dimensions, namely the control or restraint, endurance, range, and ownership. Therefore, in this study, the researcher wanted to uncover "how Adversity Quotient of a single mother capable to make them pass through the difficulties of life and achieve success in career and educating their children".

Based on the above background, it can be concluded that the motivation underlying the necessity of this research are:

1. It gives an overview of how Adversity Quotient of a single mother capable to make them survive in the toughness and keeping up with their lives.
2. As an additional reference to other single mothers on how to be a tough individual. Provide an overview of the public about how the life of a single mother in the middle of a struggle to build their career and educating their children.

2 LITERATURE REVIEW

Stoltz (2005) defines Adversity Quotient is the intelligence to overcome the difficulties. According to Pulatie (Stoltz, 2005), the deeper meaning of the Adversity Quotient is the theory as well as substantially according to the size of a set of instruments that aim to help people to persevere in the face of various challenges. In this study Adversity, Quotient is defined as the individual's ability to use their intelligence to steer, change thinking pattern and act so persistent and confident in the face of obstacles and difficulties. The dimensions of Adversity Quotient according to Stoltz (2005) are as follows:

- a. Restrain/ control (C), is a dimension of Adversity Quotient related to how many individuals feel confident to overcome every problem they faced.
- b. Durability/ endurance (E), is a dimension that describes an individual's perception regarding how long it takes when experiencing difficulties.

- c. Range/ reach (R), is part of Adversity Quotient that questioning how far the difficulties could reach another part of an individual's life.
- d. Owner/ origin and ownership (O2), is a dimension that questioning who or what is causing the difficulty and the extent to which individuals consider themselves as a source of these problems.

Several previous studies that discuss a single mother are as follows:

- a. Research from Pranandari in 2008 about Adversity Quotient of a single mother. This study aims to look at the extent of Adversity Quotient in a single mother in terms of problem-focused coping. The focus of research that researchers will do is on adversity intelligence in single female parents in more depth by using qualitative methods in the form of interviews. In addition to the focus of problems and different methodologies, in this study, the researcher also focused the research subject on a single parent of women who managed to overcome the problem by the specific characteristics of the study.
- b. Research by Hasan Mawardi (2007) in the form of a thesis explains the influence of Islamic counseling against Adversity Quotient and Spiritual Intelligence ODHA. In contrast to the research conducted by Hasan Mawardi above, the research the researcher will undertake does not provide special treatment to the research subjects. Research researchers only reveal in-depth how the adversity intelligence and patience of a single mother conducted by in-depth interviews with natural situations (without special settings).
- c. Research on resilience in single mothers after divorce conducted by Dewindra Ayu Kartika in 2012. This study which using qualitative methods explained on issues such as economic, practical, family, sexual, social and residence. In this study also explained about the depiction of resilience and the factors that affect the achievement of the resilience of a single mother after the divorce. This study also explained the picture of resilience and the factors that influence the achievement of resilience in single mothers after divorce. While the research focus of researchers is adversity intelligence and patience on single mothers

who are successful in their careers and educating their children.

3 RESEARCH METHOD

Types and research approach. This study used qualitative research with a phenomenological approach to understanding the problems of the individual in social context to present a complete and complex depiction without any intervention from the researcher (Creswell, 2007).

Data Collection Techniques. The procedure of the subject's selection in this study was purposeful sampling that defines the subject based on the characteristics relevant to the objectives of the study (Herdiansyah, 2010). Through this purposive method, the subject is taken based on the opinion of the researcher who roughly meets the criteria according to the research's theme and is willing to let their data being learned. The criteria used in this study are female, status single mother because of divorce or loss of spouse, working to support their family's needed, have children and capable to pay for her children's school, being a single mother for minimum 5 years, willing to be the subject of study and signed the informed consent.

Instrument. The instrument used is a list of research questions that include Adversity Quotient compiled based on the dimensions of Stoltz (2005). The questions were posed openly by the researcher to the subjects and being adjusted in relevance to the subject's answer to find depth and complete data.

The process of data analysis. Analysis of the data used in this study followed the stage of research analysis phenomenology, namely:

- a. Create a transcript of the recorded interview of six (6) subjects into written form.
- b. Perform data reduction, the data that has been transcribed then being analyzed verbatim (verbatim analysis) in the form of group sentences whiches considered to represent and relevant to the research's indicators. Here the researcher had classified the subject's answers into three categories, namely cognitive, affective and psychomotor.
- c. Perform data presentation (display data), the researcher compiled the results of data reduction that have been done before in the form of a chart or table to form a series of meaningful information and relevant to the research's problems studied.
- d. The last was made a conclusion or verification of all data that have been obtained from each of

the studies reviewed dimensions. This stage can be interpreted as a withdrawal of the meaning of the data that has been shown.

4 RESEARCH FINDINGS

The following researcher will describe the profile of subjects in general to give an overview of research that has been done.

The general profile of the six subjects of this study are as follows:

The study was conducted through interviews and observation methods against 6 (six) subjects with the following profile:

Table 2: Data Subject Identity.

Initial Subjek	NA	YH	EN	RP	RM	HN
Age (years)	46	45	41	61	42	49
Religion	Islam	Islam	Islam	Islam	Islam	Islam
Education	SMA	D3	SD	S2	SMA	S1
Profession	Cake businessman	Private secretary	Assistant Housekeeping	Lecturer	Babysiter	PNS
Domisili	Jakarta	Jakarta	Jakarta	Aceh	Aceh	Aceh
Number of children	3	2	2	3	3	3
Marriage year	1988	1993	1995	1981	1999, 2007	1986
The year became Single Mother	2005	2001	1997	1999	2004, 2008	1996
Long been a Single Mother (years)	11	15	19	17	8	20
Causes of Single Mother	Cerai Hidup	Cerai Mati	Cerai Hidup	Cerai Mati	Cerai Hidup	Cerai Mati

For the analysis of the subjects, researcher discuss the situation of Adversity Quotient of six research subjects. Depiction of each subject's Adversity Quotient will be discussed based on the theory of Stoltz (2005) about the dimensions of Adversity Quotient covering restrain or control,

durability (endurance), range (reach) and ownership (origin and owner).

5 RESEARCH RESULT

5.1 Adversity Quotient Analysis

5.1.1 Dimension of Restrain or Control

Generally, the six subjects were able to control the hardship experienced. Only the ability to control the hardships of life on the subject NA, RP and HN better than the three other subjects. As Stoltz (2005) states that restrain or control of the person closely associated with how individuals feel in control of the difficulties encountered.

Next, the striking findings of the restraint or control dimension here are the similarity of motivation in the six subjects that require them to keep trying to make it happen. The motivation is for the benefit of their children's education. The entire research subjects felt that for the sake of children's education, they try to always control themselves, so they can be strong enough to face every difficulty.

5.1.2 Dimension of Durability (Endurance)

Optimism and hope for a better and a strong passion to strive in all subjects in this study by the statement of Stoltz (2005) that an individual who has a dimension of good durability is an individual who has hope and optimism to overcome adversity or challenge being faced.

On the subject NA, YH and EN, their greatest hope to be able to provide good education to their children has encouraged them of its own, hence three subjects developed an optimistic attitude to try harder to meet those expectations. While on the subject RP, being able to specify her existence within an organization has become a way that helps to create a better life expectancy. So RP uses the opportunity to join the organization to develop optimism and enthusiasm in working hard.

5.1.3 Dimension of Range (Reach)

During living as a single mother, all six subjects can specifically assess the burden of life they've experienced and limited them, so they will not affect the other side of life. As stated by Stoltz (2005) that dimension associated with the range of

live load ratings so that the problems encountered are not reaching all aspects of life.

5.1.3 Dimension of Ownership (Owner and Origin)

Sixth subjects agreed that their role as a single mother is a choice that must be followed so that the six subjects did not blame themselves as the cause for the difficulties experienced. Stoltz (2005) says that the dimensions of ownership include the origin which is the extent to which individuals consider themselves to be the cause of the trouble. And ownership is the ability of individuals who are not blaming themselves too much and take responsibility for overcoming the difficulties. The fifth subject's ability to overcome every problem and responsibility illustrates that the five subjects had a good quality of ownership. Based on these findings, the researcher found that there is a difference of AQ between the subject who experience divorced and those who experience loss spouse in Jakarta and Aceh. Table 3 is shown the difference.

Table 3: Comparison Matrix Single Mother.

No	Psychological Aspects	Divorced	Loss Spouse
01	Adversity Quotient	Divorced single mother have better durability because they already predict and prepare for the worst	Single mothers who lose spouse have a lower resistance because it takes a long time to overcome the difficulties

Table 4: Comparison Matrix Single Mother by Domicile (Jakarta and Aceh).

No	Psychological Aspects	Jakarta	Aceh
01	Adversity Quotient	A single mother who lives in Jakarta tend to have to try harder to make ends meet, had less mercy of God	A single mother who lives in Aceh felt a lot of God's grace, and feel a lot of wonders and conveniences in life

On the subject who experienced divorce in marriage have endurance better than single mother who experienced loss spouse. This is because a

single mother who divorced already has several considerations and predictions to prepare for life decisions taken, in contrast to a single mother who loss spouse need more time to overcome the difficulties of life after being left by her husband. This results in the durability of single mother divorced dead lower than the resistance of a single mother divorced alive. Next to the single mother who lives in Jakarta, the ability to survive is heavier than a single mother who lives in Aceh, so that in terms of intelligence, a single mother's adversity in Aceh is more likely to receive God's grace so that many get miracles and conveniences felt during their roles as single mother. This correlates to the adversity intelligence of single mothers in Aceh that feels more spiritual than the intelligence of single mother adversities in Jakarta.

6 CONCLUSION

This study proves that the single mother both as a consequence of divorce alive or dead divorce tends to have a pretty good Adversity Quotient. This is evident from the ability of the six subjects who successfully pass all the difficulties of life with strong and full responsibility. The factors that influence Adversity Quotient in each subject is a belief (faith) that these are the fate from God that must be followed, with the hopes that this will lead to a better life. On the other side, a single mother of the divorced die has a better extent of controlling emotional compared with divorced single mother. It is due to bad past experiences by a single mother divorced coming through, so they still have the anger to revenge on ex-husband. In terms of domicile, a single mother in Aceh can feel inner and outer peace compared to a single mother in Jakarta. er adversities in Jakarta.

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