

# Psychological Well-Being in Single-Parent Tailors in Yogyakarta

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## ABSTRACT

Psychological well-being is the process of achieving the full potential of one's psychological potential, which refers to one's feelings about daily life activities. To determine the level of psychological well-being of a person, six aspects can be marked, including self-acceptance, positive relationships with others, autonomy, emotional mastery, purpose in life, and personal growth.

A single parent has been abandoned by their partner and lives with their children. To survive, they must have a high level of psychological well-being. This qualitative research describes the psychological well-being of single-parent tailors in dealing with various problems in their lives. The subject of this research is a tailor with the status of a single parent in Yogyakarta, and one of the respondent's children is in this study.

The interview results from this study explained that several factors, including age, gender, education level, cultural background and religiosity, and occupation, influenced psychological well-being in single-parent tailors. Judging from the aspects and factors, the subject has a better level of psychological well-being during the life phase. The issue tries to change himself from his past to the present.

Keywords: Psychological well-being, tailors, single parent.

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## Introduction

Work, namely specific skills and abilities, needs to be improved occasionally (Wiltshire, 2016). According to Syarif (2018), Tailor is a business in the field of clothing that does men's clothing, while a couturier is a place to sew clothes for women. A modiste or tailor is often called a sewing place to be a place of service or a service provider for community needs. Services that meet many customers who want fashion needs. Tailors work in an industry/company to become workers for the needs of a business or one's own. According to Danang (2015), the work environment is everything that can influence workers in carrying out their duties. There are two conditions of the work environment: a good work

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environment can carry out activities in a healthy, safe, comfortable, and optimal way. In contrast, a lousy work environment results in more working time and inefficiency.

Based on Article 5, Permanaker No. 5 of 2018, work environment factors cause less optimal work, including physical, biological, chemical, ergonomic, and psychological factors. Wrongly in the psychological factor, a profession that requires psychological *well-being* in the world of work, it is important to shape a person's behavior or a situation in the work environment. Social-psychological hazard factors arise from stress, negative emotions, and intimidation (Adzim, 2021). *Psychological well-being* is prioritized because high or low will impact an organization or industry. Work is not only to earn income but also to fulfill personal satisfaction. Income and the relationship between other people, employees, and superiors. According to Ryff and Singer (Anandita, 2017), *psychological well-being* is a design formed from various roles and individual experiences as a complete human being.

In the broader community, some individuals have high physical and psychological resilience in dealing with problems that occur to themselves, and vice versa; some people are not strong in handling or solving their problems (Wahyuningrum & Setiyani, 2022). Thus, requiring protective factors that can maintain psychological well-being, one of which is the ability to adapt persistently under challenging situations, can be associated with the psychological *well-being* of the six dimensions, one of which is environmental mastery.

Women have equal rights with men who have experienced much progress. However, the wage difference between men and women still exacerbates labor market inequalities. The female labor force in Indonesia reaches 53.34%, far below the male participation, which reaches 82.27%. Indeed, women in Indonesia cannot be separated from their role as housewives (Pagarwati & Fauziah, 2020)

Amount *single parents* in Indonesia, single mothers mostly experience it more than single fathers. Evidenced by the percentage of single mothers of 14.84%, the percentage difference is very far from single fathers of only 4.05%. The data collection results from the Central Bureau of Statistics consist of 11,168,460 (5.8%) of Indonesia's population with widow status. In comparison, 2,786,460 (1.4%) are widowers of the total Indonesian population of 191,709,144 people (Pagarwati & Fauziah, 2020). It can be seen that the number of widows and widowers is typical in Indonesia. The number of widows is more than the number of widowers. The condition of being a *single parent* makes it necessary for individuals to meet the needs of their families by working, regardless of age.

Work is a present demand to fulfill one's life needs, so many individuals enter the world of work to fulfill these needs. Phenomena that occur in society is that more and more women are looking for income apart from expressing themselves in the midst of family and

society, the main thing is driven by the economic needs of the family. The household needs are so significant and urgent that husband and wife have to work to meet their daily needs. Another thing is different from a wife or a single mother who has a dual role and is a mother who helps the family economy (Anandita, 2017).

The increasing role of women as breadwinners in the family and the fact that they also play a role in increasing the family's position, regardless of the work or profession that is carried out. Homemakers tend to choose informal jobs with skills to divide their time between family and work, one of which is working as a tailor. She can sew work from morning to night, on the sidelines, and do household chores. This is where it can be seen that a woman, not only a man, plays a role in empowering the family economy to prosper the family. Sewing entrepreneurs in this field hope to improve economic conditions and meet children's educational needs (Latifa et al., 2018). To achieve family welfare, it is necessary to have psychological well-being for an individual to recognize, explore and have unique potential in him. When an individual has a sense of satisfaction in his life, his psychological well-being has been fulfilled, his mental state can automatically be said to be healthy.

Seeing the phenomena that exist, the writer is interested to see more about psychological *well-being* in the tailoring profession, which aims to maintain a mature look in everyday life according to age, with a range of 21 to 55 years considered in the adult category. According to Hurlock, this is when the physical and psychological have reached maturity. Early adulthood is divided into three stages: from 18 to 40 years old. Second, middle adulthood begins at the age of 40 to 60 years. Third, advanced adulthood is at the age of 60 years (Sukaesih & Titin, 2017). Based on the existing phenomena, this research is expected to improve the psychological well-being of the tailor profession.

## Material And Methods

### A. Material

This study uses qualitative research methods. Research with qualitative methods is research to describe and analyze the phenomena and events experienced by the subject. According to Moleong (2014), qualitative research aims to understand the phenomenon experienced by research subjects, such as behavior, perception, motivation, and action. Qualitative research methods are also called "naturalistic research methods" because they are carried out when the conditions experienced occur (*natural setting*). According to Hendryadi et al. (2019), qualitative research is a natural investigative process that seeks an in-depth understanding of natural social phenomena.

This research is descriptive qualitative. The qualitative descriptive method is used to examine the condition of natural objects. Descriptive research is research conducted to find out independent variables, either one variable or more, without making comparisons or connecting between other variables (Sugiyono, 2016)

This study uses a qualitative research method with a phenomenological approach. This method focuses on psychological *well-being* at the tailor. While the phenomenological approach aims to describe the meaning of the life experiences experienced by individuals, regarding certain concepts or phenomena, by exploring the structure of human consciousness. This study conducted observations and interviews with the subject first, then the researcher evaluated the data obtained from these two methods. The interviews and observations used later are appropriate for research and have been tested, and the research is an actual event.

#### 1. Research subject

According to Arikunto (2016), the research subject limits the subject to research as objects, things, or people where data is with the intention of research variables being attached to and to problems. The subjects in this study are people who work as tailors with single-status *parents* residing in Yogyakarta with the following specifications: a home seamstress, female gender, last education in junior high school, age 62 years, the status single *parent* whom his partner had abandoned passed away in 2018 and resides in Yogyakarta. The subject has four daughters; two children already have families, and two have jobs but do not have families. Subjects with their current condition still earn a living to meet family needs.

#### 2. Object of research

The research object is a scientific target to obtain data with a clear use and purpose for objectivity, validity, and reliability about something in a certain variable (Sugiyono, 2014). The object of research is to be studied. In this study, the object of research applied by the

author, according to the title under study, is regarding psychological *well-being* at the tailor single *parent* in Yogyakarta

## **B. Method of collecting data**

### 1. Interview

The interview technique used in this study is semi-structured interviews because they are more appropriate for qualitative research than in other studies.

### 2. Observation

Researchers make unsystematic observations that are carried out without using structured observation guidelines because it is an activity that focuses attention on an object using all the senses. The type of observation used in this study used the direct method while the interview took place.

### 3. Documentation

Documentation complements the use of interview and observation methods in qualitative research. This documentation method is carried out by collecting documents, photographs, and attachments that are helpful information for research.

## **Results**

### **A. Aspects of Psychological well being**

Based on the analysis of research on the subject conducted by researchers regarding psychological *well-being* at the tailor single *parent* can be explained that the subject psychological *well-being is tall*. This study found several influencing factors of the psychological *well-being* subject, these are as follows: cultural background and religiosity factors, the subject has a sense of gratitude from past conditions that are different from now more fulfilled and believes that sustenance always comes. This situation causes self-acceptance of the subject. The subject can reduce anxiety and anxiety about the flow of his life, believing that fortune will always come for people who want to try. This follows what Ryff has shown, that high religiosity will help someone achieve psychological well-being at a reasonable level.

Individuals who get social support will feel loved, cared for, and valued. Subjects in this study received attention from family, neighbors, and the surrounding community. Aspects of the criteria for psychological *well-being*, the first is self-acceptance (*self-acceptance*), the subject accepts the situation from before until now to always meet family needs, and he can complete his work correctly and provide solutions to customers with problems. As well as admitting and accepting deficiencies if there is an error in sewing. Even though the subject feels bored, this work has become his responsibility. This shows that the subject self-accepts his work and the current conditions. Judging from the condition of the subject, it is the same as

Ryff's opinion, that is, an individual can be said to have a high value in this aspect if he has a positive attitude towards himself, can appreciate and feel positive things from his past life, accepts various aspects that exist in him both good or bad quality of life.

Subjects build positive relationships with other people by caring for one another. Help each other, encourage, advise, and advise others when there are difficulties. Moreover, empathize with others when they are complaining. Receives help from others but gives it back to people who need it more. This subject condition aligns with Ryff's opinion that individuals can determine themselves, have warm feelings of empathy, and understand themselves from social relations.

The subject can control good self-autonomy by solving problems and alternative ways not to bring up his emotions in dealing with existing problems. Accept what has accepted conditions in the past and present. Even though the subject accepts what other people say about him sometimes makes his heart uncomfortable trying to be sincere and focus on his family. This aligns with Ryff's theory that individuals who can determine independence and defend themselves against social pressure have high aspects of autonomy.

In mastering the environment, the subject can adapt well, such as doing his duties as a housewife, finishing sewing when there is an error, and being ready to accept customer complaints. The subject's ability to master the environment in Ryff's theory is the individual's ability to choose or create an environment according to his psychological condition to control and manipulate a complex environment.

The subject in the aspect of life goals is to be grateful for the current situation that has been fulfilled rather than its deficient past. The hope is that the family will be given health and fulfill all their needs so that later their children can live happily. The subject is also happy to correct if there is an error. By research conducted by Ryff, individuals with high life goals have several goals and targets to achieve and can feel the meaning of life in the past and present.

Developing in personal growth experienced an increase in the subject. Accept customer requests with new models that have never been done before, then try to learn skills to increase sewing curiosity. In addition, even though the subject experienced difficulties and had several complaints, this did not become a barrier for her to be a nimble housewife and a painstaking seamstress. According to Ryff, in this aspect, tall individuals believe they are constantly developing and are open to new experiences. Realizing your potential, feeling self-development and behavior that can change anytime, having new things, and adding knowledge.

## **B. Psychological well-being Factors**

Influencing factors psychological *well-being* on the subject, namely age, indicates the subject's age now that he has entered middle adulthood, where his physical condition is often

quickly tired and tired because of his work. Suppose the subject's condition allows it to return to continue sewing it. From a psychological point of view, the subject only focuses on his family, doing his life as it is.

Furthermore, from the gender factor (*gender*), a woman must have a different perspective from men. Women have more strategy, especially in terms of sewing work. This subject explains that each tailor has their steps. The subject explained that he easily trusts other people depending on what is being said. In addition, the subject is comfortable with the current environment and can help with daily needs even though their children are already working, trying not to rely on them. If a family has a problem, the subject will always give good advice and solve the problem.

The subject's level of education is only up to a level equivalent to STN (State Technical School), now called SMP (Junior High School). Even though he was only a junior high school graduate, the subject had much experience before getting married to his current condition. The subject dares to do new things, such as customer model requests that have never been done before, he will try to satisfy and be trusted by others that he is capable. There are constraints on the subject due to the large queue of stitches, it is difficult to set the time, but it is a challenge and responsibility as a tailor.

The cultural background and religiosity on the subject show that every life is always rotating, sometimes below and sometimes above. This becomes a view on the belief that Allah SWT has arranged all sustenance. In the past, there was a shortage in the economy where the subject was also successively looking for income to help her husband because of the erratic income, making the subject not give up. In contrast to the current condition where the children are already working after being left by the husband and have their income, this makes it easier for the family's economy. After becoming a single parent, the focus of his worship is getting closer to Allah SWT.

The daily work of being a seamstress has become the subject's decision to graduate from elementary school (Elementary School). The subject explained that he sometimes felt bored with this job. Even though everyone has boredom at work, it does not make him just let go of responsibility. Because when he wanted to stop being a tailor, he always remembered what he had made with his decision. Always grateful for what has been produced can help in his life.



## Conclusion

The results of this study can be concluded regarding the psychological *well-being* of the tailored single *parent*, any factors that cause psychological *well-being* and developmental processes psychological *well being* including the following:

1. In general, the subject shows that he can interact well with others, has a sense of empathy to support the lives of others, and has significant responsibility for his work.
2. Several influencing factors on psychological *well-being* on the subject, namely the existence of support from the family, especially children, the surrounding environment that cares about it, religion becomes the basis of life, and increasing age, which makes the appearance of psychological *well being* although the subject becomes a single *parent*.
3. In developing psychological *well-being* on the subject after being a single *parent* working for his daily life, he accepts changing conditions from past and present circumstances. The subject can go through a phase where being a tailor has long been a desire before marriage, whatever the circumstances, it is already his responsibility. As a housewife, all housework is done with sincerity, focusing on happiness with her children.
4. He can control his emotions with other people who disturb him.
5. In solving problems in sewing work, try to have a strategy if there is a mistake. The satisfaction of being a tailor is an honor for him, with this job, he can help the family's economy.
6. Subjects dare to try new things so that their sewing skills increase knowledge that has never been done before. Whatever problems happen, he surrenders to Allah SWT and believes his sustenance has been measured.

## Limitation and Suggestions

The Authors may mention here granted financial support or acknowledge the help the authors got from others during the research work. Simply delete this section if it doesn't apply. Based on the results of research and discussion that researchers do about "*Psychological well-being* at the tailor single *parent* in Yogyakarta, " the researcher gives some suggestions which will later be used for further researchers interested in researching the same problem.

### 1. For society

Based on the research that researchers have carried out, researchers advise the public to care about tailoring single *parents*. The community should also provide social support by interacting with tailored *single parents*.

### 2. For further research



For future researchers who want to research in the same field, this research can be used as a reference or reference with different methods or variables. Examining more deeply about this problem and enriching the study of psychological well-being at the tailor single parent, the researcher suggests to the next researcher to get more in-depth information. Steps used to search for subject information through interviews use interventions according to the subject's condition. Future researchers can observe the activities of tailors so that researchers can learn more about what makes tailors single parent can live their life. Then, the next researcher focuses on a specific criterion for the tailor so that he can find out the psychological well-being of the tailor's single parent.

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