



Stress, Family Support, Coping Strategies in Single Mother Bereaved by Spousal Death

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Abstract

Prolonged grief, economic difficulties, anxiety about supporting children, problems adjusting to new conditions, feelings of alienation from the environment, and loss of intimate support from close people. From this, the purpose of this study is to determine whether there is an influence between stress and family support on coping strategies. The research method used was quantitative cross sectional survey research. Sampling using total sampling technique. The research subjects were 32 samples with the criteria that single mothers aged 35 to 45 years. The scale used in this study is the Perceived Stress Questionnaire (PSQ) to measure the extent to which situations in an individual's life can be assessed as a perception of stress, Family Support Scale (FSS), Coping Scale (QS) to measure coping strategies and the ability of individuals to adjust to various stressors experienced. The research data were analyzed using multiple regression methods by utilizing the Statistical Package for Social Science (SPSS) version 20 program. The results of data analysis show that there is an influence between stress and family support on coping strategies. From the results of hypothesis testing, a significant value is obtained between stress and family support on coping strategies as evidenced by the significant value of $(0.000 < 0.05)$ and the value of $f_{count} > 14.055$ from the value of $f_{table} < 3.33$ then H_a is accepted, meaning that there is an influence between stress and family support on coping strategies in single mothers significantly.

Keywords: grief, anxiety, stress, support, coping

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1. Introduction

Since the Covid-19 pandemic, the world's stress levels have increased, with Afghanistan and Lebanon having the highest stress levels in the world. Per day, 74% of the population experiences stress. The third position is held by Turkey with a value of 64%, followed by Ecuador with 62% and Jordan with 58%. The impact of the Covid-19 pandemic is not only on the health aspect. People are not also experiencing financial, employment, future, and post-pandemic problems [1]. In Indonesia, according to survey results, the stress level of Indonesians is below average compared to other countries in the world. The survey results also showed that 25% of Indonesians revealed that they did not feel stressed at all. However, in 2021, in Indonesia, to be precise, the city of Jakarta has a high level of stress for its residents. Stress experienced by humans can be triggered by various things, such as work, family, partner, friends, finances, future, and others [2].

Furthermore, based on interviews conducted on Tuesday, January 16, 2024 in a village in Kerinci Regency, the interview was conducted with 4 informants with the initials N, W, Y and P, which researchers found that the occurrence of stress in single mothers was caused by several things including prolonged sadness, economic difficulties, feelings of anxiety in supporting their children, problems adjusting to new conditions, feelings of alienation from the

environment, and a sense of loss of support from close intimate people.

A life partner is a place to share joys and sorrows. The death of a spouse in marriage is inevitable, this causes a person to have to live life as a single parent (single mother). There are many challenges faced by single mothers including financial problems, emotional disturbances, psychological and psychological problems in educating children and the stigma that arises in society. a person who loses a life partner feels distant or excluded from a social environment, loneliness is also often life threatening, and helpless to live independently [3]. Based on this, this research will describe how stress and family support affect coping strategies in single mothers.

Based on observations that researchers found, stress is triggered by various things, including family problems, partners, friends, finances, the future, and others. Therefore, this research needs to be done in order to know more deeply how stress and family support affect coping strategies.

Stress is a condition that causes changes in a person's life, forcing them to adapt to their environment. Stress is also defined as a mental disorder that a person faces due to pressure. This pressure arises from an individual's failure to fulfill their needs or desires. This pressure can come from within or from outside. Stressful conditions in individuals can also occur

because the body responds to changes in new situations that require response, regulation, and physical, psychological, and emotional adaptation. Negative attitudes and behaviors can cause individuals to experience stress [4].

However, not everyone is able to adapt and overcome the problems faced, causing stress in the community. To overcome stress, family support is needed, so that the alleviation process can be resolved. Support from the family is the most important element in helping individuals solve problems. When there is support, self-confidence will increase and motivate a person [5]. Family support is a process of relationship between families and their social environment [6]. In addition to family support, there are also things that can overcome or reduce stress in individuals, namely coping strategies. Coping strategies are one way to adapt to stress, solve a problem, and respond to a threat [7]. Appropriate coping can increase emotional intelligence, the higher the emotional intelligence, the better the coping strategy owned by the individual [8]. Coping as specific efforts, both behavioral and psychological, that people use to master, tolerate, reduce, or minimize the impact of stressful events.

The results of previous studies other studies say that there is a significant influence between stress levels on individual coping mechanisms [9]. In line with this research, other studies state the same thing, namely that there is a significant relationship between stress levels and coping strategies [10]. Previous research related to the relationship between family support and coping strategies, obtained research results which said that there was a relationship between emotional family support and coping mechanisms [11]. Then another study on family support on coping strategies said that there was a relationship between family support and coping mechanisms [12], [13]. In line with this research, other studies state the same thing, namely that there is a relationship between family support and stress coping [14].

The hypothesis proposed by the researcher is that there is an influence of stress and family support on coping strategies. This means that the higher the family support obtained, the higher the level of coping strategies obtained. Conversely, the lower the family support, the lower the level of coping strategies obtained. The purpose of this study is to determine whether there is an influence between stress and family support on coping strategies. There is research that states that there is a relationship between stress and coping mechanisms [15]. However, in contrast to other studies which state that there is no relationship between stress and coping mechanisms [16].

Therefore, this study describes the influence of stress and family support on coping strategies in single mothers. First, this research is the first study of single mothers in Kerinci Regency, especially in Tanah

Cogok District. Second, this research focuses on analyzing the stress experienced by single mothers and how family support influences stress alleviation in single mothers. Third, this study is different from other studies that focus on coping stress in single mothers after divorce [17].

2. Research Method

The research method used is quantitative research Cross Sectional Survey, which is a research method that aims to see the relationship between two or more variables, and research design by making measurements or observations at the same time. This method is used because researchers want to provide a discussion of the effect of stress and family support on coping strategies in single mothers. We set a period of twenty days for data collection. Data collection was done directly using scale sheets. Respondents were asked for their willingness to become respondents, then they filled in their identity and responded to each item of the research scale

2.1. Population and Sample

In this study were single mothers aged 35-45 years in a district in Kerinci Regency, totaling 32 people. Sampling in this study used a total sampling technique, where all populations were sampled. Respondents who participated in the survey were 32 single mothers in Kerinci Regency, precisely in Tanah Cogok District. There are several characteristics of respondents in this study with the profile can be seen in Table 1.

Table 1. Respondent Demographic Data

Category	Σ	%	
Address	Koto Tuo Ujung Pasir	6	18,7
	Ujung Pasir	3	9,3
	Kayu Aro Ambai	2	6,2
	Bunga Tanjung	3	9,3
	Pondok Beringin	4	12,5
	Semerah	3	9,3
	Baru Semerah	2	6,2
	Sebukar	1	3,1
	Agung Koto Iman	1	3,1
	Koto Iman	3	9,3
	Koto Salak	2	6,2
Age	Koto Petai	2	6,2
	35-40 years	4	12,5
Long time lost	40-45 years	28	87,5
	4 years	10	31,2
	2 years	14	43,7
	1 years	8	25

In table 1, it can be seen that the characteristics of respondents based on address show that most respondents have an address in Koto Tuo Ujung Pasir village as many as 6 people (18.7%), aged 40-45 years as many as 28 people (87.5%), and most respondents have been living with their husbands for 2 years (43.7%).

2.2. Research Scale

The researcher used three research scales for data collection, namely the Perceived Stress Questionnaire

(PSQ), Family Support Scale (FSS), and Coping Scale (QS).

2.2.1. Perceived Stress Questionnaire (PSQ)

We used the Perceived Stress Questionnaire (PSQ) to measure the extent to which situations in an individual's life can be rated as perceived stress. Respondents are asked to respond to scale items using a scale that ranges from 1 (never), 2 (sometimes), 3 (often), and 4 (always). This PSQ has six indicators that are measured, namely (1) harassment, an example item is "You get pressure from others"; (2) overload, an example item is "There are too many things you have to do"; (3) lack of excitement, an example item is "You feel alone"; (4) fatigue, an example item is "You feel tired"; (5) worry, an example item is "You are afraid you will not be able to achieve all your goals"; (6) tension, an example item is "You have difficulty relaxing". After testing the validity and reliability of the instrument, the Cronbach's Alpha value is 0.806.

2.2.2. Family Support Scale (FSS)

We used the Family Support Scale (FSS), This measurement scale has 4 answer options, namely "No" scored 1, "A little" scored 2, "Moderate" with a score of 3 and "Very" scored 4. In this scale, the researcher made slight modifications to statements number 13, 16 and 20. The researcher made adjustments to the statement sentence without changing the meaning of the statement to be adapted to the research subject. Item number 13, namely "my family is very helpful with my treatment" was modified to "My family is very helpful in solving my problems", in item number 16, namely "my family is very careful with my food" was modified to "My family reminds me to maintain my diet", and in item number 20, namely "my family is very careful with my sleep patterns" was modified to "my family reminds me to get enough rest".

This FSS has four indicators that are measured, namely (1) emotional support, an example item is "My family listens to my problems"; (2) physical support, an example item is "My family helps me in daily activities"; (3) material support, an example item is "My family gives me money when I need it"; (4) information support, an example item is "My family gives me useful information". After testing the validity and reliability of the instrument, the Cronbach's Alpha value is 0.896.

2.2.3. Coping Scale (QS)

We use the Coping Scale (QS) to measure coping strategies and an individual's ability to adjust to various stressors experienced. A person can control coping so that they can overcome the impact of the problems they face [18]. Respondents were asked to respond to scale items using a scale that ranged from 4 (very true), 3 (somewhat true), 2 (slightly true), and 1 (not true). This QS has four indicators that are measured, namely (1)

anger management, sample item is "When facing a problem, I try to retreat from the problem"; (2) endurance, sample item is "When facing a problem, I consider several alternatives to deal with the problem"; (3) well-being, sample item is "When facing a problem, I try to make things better in the future"; (4) post-traumatic growth, sample item is "When facing a problem, I spend time trying to see the positive side of the situation". After testing the validity and reliability of the instrument, the Cronbach's Alpha value is 0.719.

2. 3. Data Analysis

The research data was analyzed using the multiple regression method by utilizing the Statistical Package for Social Sciece (SPSS) version 20 program. We also tested the feasibility by utilizing the classical assumption test, there are several things that we test, namely data normality, multicollonierity and data heteroscedasticity tests.

The researcher recognizes that the method used is only limited to a descriptive approach, namely seeing, reviewing and describing with numbers about the object under study as it is and drawing conclusions about it according to the phenomena that appear at the time the research is conducted.

3. Result and Discussion

3.1. Result

Data were collected using three research scales, namely the Perceived Stress Questionnaire (PSQ), Family Support Scale (FSS), and Coping Scale (QS). To ensure that the scales used is feasible, various feasibility test were conducted. There are several feasibility tests in this study, the test results can be seen in Table 2.

Table 2. Classical Assumption Test

Classical Assumption	Sig.	Decision
Normality	0.953 > 0.05	Normal
Multicollinearity	1,046*	No multikolonierity
Heteroscedasticity on stress variables	0.835**	No heteroscedasticity
Heteroscedasticity on family support variables	0.644**	No heteroscedasticity

In table 2, the results of the normality test with a significant value of (0.953) indicate that the data is normal, the data is declared normal if the significant value is above (>0.05). Multicollonierity test results with a VIF value of (1.046) the results can be said that there is no collonierity if the VIF value is less than (<10.00). And the results of the heteroscedasticity test, the results show that there is no heteroscedasticity as evidenced by the significance of the stress variable which is (0.835) and the family support variable which is (0.644), there is no heteroscedasticity if the significance value is greater than (>0.05).

Furthermore, from the results of data processing related to the sociodemographics of respondents, the results can be seen in Table 3.

Table 3. Sociodemographics of Stress, Family Support, and Coping Strategies.

	Category	Amount	%
Stress	High	8	25
	Medium	20	62,5
	Low	4	12,5
Family support	High	27	84,3
	Medium	3	9,3
	Low	2	6,2
Coping strategies	High	21	65,6
	Medium	8	25
	Low	3	9,3

Based on table 3, the results show that the majority of respondents' stress levels (62.5%) are still in the moderate category, at the level of family support respondents are in the high category, namely (84.3%), and also found at the coping level of the majority of respondents (65.6%) which indicates that respondents' coping is in the high category. Then, from the research data, hypothesis testing is carried out to answer the formulation of this research, the results can be seen in Table 4.

Table 4. Hypothesis Test (T)

Model	Unstandardized Coefficients		Standardized Coefficients	t	Sig.
	B	Std. Error	Beta		
(Constant)	32,850	10,146		2,790	,007
Stress	,358	,121	,345	3,206	,002
Family support	,282	,097	,313	2,912	,005

Based on table 4, the results of the t test (partial) show that there is an influence between stress on coping strategies as evidenced by the significant value of (0.002 <0.05) and the value of t count 3.206 > from the t table value of 2.048, then Ha is accepted, meaning that there is an influence between stress on coping strategies significantly, Furthermore, from the test between family support on coping strategies, the resulting value states that there is also an influence as evidenced by the significant value, namely (0.005 <0.05) and the value of t count 2, 912 > from the t table value of 2.048, then and Ha is accepted, meaning that there is an influence between family support on coping strategies significantly.

Furthermore, we tested the hypothesis (F) to answer the problem formulation regarding whether there is an influence between stress and family support on coping strategies in single mother. Testing the influence between stress and family support on coping strategies, the result of the hypothesis test data description can be seen in Table 5.

Table 5. Hypothesis Test (F)

Model	Sum of Squares	df	Mean Square	F	Sig.
Regression	684,270	2	342,135	14,055	,000b
Residual	152,406	29	5,255		
Total	153,219	31			

Based on table 5, the results of hypothesis testing between stress and family support on coping strategies

are obtained, namely (0.000 <0.05) and the calculated F value of 14, 055 > from the F table value of 3.33, then Ha is accepted, it can be said that there is a simultaneous influence between stress and family support on coping strategies.

3.2. Discussion

Based on the characteristics of respondents seen from the length of time the spouse left in this study the most was for 2 years, namely 14 people (43%), then the highest percentage among respondents was at the age of 40-45 years as many as 28 people (87.5%), age is related to a person's experience in dealing with various kinds of stress, the older the better a person's ability to manage stress. Each individual has a different experience and is perceived differently even with the same stressor, so the level of stress experienced by individuals depends on the experience of stress.

Stress is a transactional process that arises from real things that are assessed as threats or not as threats. Then stress is also defined as a person's reaction to a stressor, such as an environment or event that harms the individual and overloads his or her coping ability [19]. The results showed that most respondents had mild stress with the highest number of 8 people (25%), moderate stress 20 people (62.5%), and severe stress 4 people (12.5%). From the results of the t test hypothesis

test (partial), there is an influence between stress on coping strategies as evidenced by the significant value of (0.002 <0.05) and the value of t count 3.206 > from the t table value of 2.048, then Ha is accepted, meaning that there is an influence between stress on coping strategies significantly.

According to the researcher's assumption, the stress experienced is due to the loss of support from the closest person, then in addition at the age of 30-45 years, individuals generally want to spend more time with their partners. Then Respondents feel that life partners are the best place to devote and feel affection, attention and togetherness. With the loss of attention and affection, respondents feel inner pressure so that they can more easily drag on sadness.

Stress is an individual's response to a threatening situation [20]. Stress can originate from external factors sourced from the environment, or be caused by an individual's internal perception. Stress is defined as a physical, psychological response such as feelings of discomfort or distress. Stress also has an impact on human social life resulting in uncontrollable overthinking [21]. Furthermore, mindfulness can also help individuals strengthen their ability to cope with stress [22]. If stress can be handled, then self-confidence in individuals can increase, the right method to increase self-confidence is the show and tell method [23]. In addition, the sociodrama technique can also increase self-confidence [24]. Furthermore, existential therapy can also build individual consciousness, so that

the individual does not drag on in sadness [25]. Related to this, coping is needed as a process of minimizing conflicts that exist in individuals. Stress coping is an attempt to overcome problems in the best possible way according to the individual's own abilities [26].

This research is reinforced by research whose results say that there is a relationship between coping strategies and stress levels [27]. Similar to the results of several other studies which state that there is a significant relationship between coping strategies and stress levels [28], [29]. This is also supported by several other studies which also state that there is a relationship between stress and coping strategies [30], [31], [32].

Furthermore, based on table 2, it was found that the majority of respondents had good family support, as many as 27 people (84.3%). Family support has an important role for individuals in facing the challenges of daily life. Family support is a form of interpersonal relationship that individuals receive involving behavior, attitudes, and also acceptance from family members, where individuals can feel that someone cares about them [33]. The results showed that most respondents had low family support with the highest number of 2 people (6.2%), moderate family support 3 people (9.3%), and high family support 27 people (84.3%). From the results of hypothesis testing, it shows that there is a significant relationship between family support and coping strategies with a significance value of $(0.005 < 0.05)$ and the calculated t value of $2,912 >$ from the t table value of 2.048, then H_a is accepted, meaning that there is an influence between family support on coping strategies significantly.

According to the researcher's assumption, this is because the family always provides attention, care and is always willing to listen to complaints experienced by Single Mother. Family support can be in the form of internal family support, such as support from their children or support from siblings. Researchers also assume that family support is needed to minimize negative effects caused by a person's negative feelings or assumptions about himself, the positive impact of family support is to improve one's adjustment to events in life.

Family support is an integral part of social support. Social support also has a relationship with an individual's motivation to recover [34]. Individuals who receive family social support can overcome problems by acting directly using stress coping strategies. In addition to family social support, self-efficacy also affects stress coping mechanisms in individuals [35]. Family support also affects individual motivation to improve productivity and quality of life [36], [37].

This study is in accordance with other studies which say that there is a relationship between family support and coping mechanisms [38]. The higher the family

support, the higher the well-being and self-integration of the individual. Then, some other studies also say that there is a significant relationship between family support and coping mechanisms [39], [40]. Individuals need family support, with family support will reduce the level of stress faced by individuals.

Coping mechanisms based on the results of research that researchers get the majority of respondents have high coping mechanisms, namely 21 people (65.6%). Coping mechanism is a pattern to withstand the tension that threatens a person's self to solve problems properly, coping mechanisms aim to overcome situations and demands that are felt to be stressful, challenging, burdensome, and exceed the resources possessed. The results showed that 21 respondents (65.6%) had high coping mechanisms, 8 respondents (25%) had moderate coping mechanisms, and 8 respondents (9.3%) had low coping mechanisms. Coping mechanisms are ways that individuals solve problems adjust to changes and respond to threatening situations. From the results of the F test hypothesis test, the significance value is obtained $(0.000 < 0.05)$ and the calculated F value is $14.055 >$ from the F table value of 3.33, so H_a is accepted, meaning that there is an influence between stress and family support on coping strategies significantly.

According to the researcher's assumption, every human being has their own way of coping to deal with existing stressors, the coping they use according to them is the best way to get out of unpleasant situations in their lives. However, the selection of coping also depends on several things, namely the intensity of stress, the presence of other stressors, individual characteristics and social support. The purpose of coping is to achieve emotional balance and adjust to negative conditions in life.

Coping mechanism is a person's ability to deal with stressors that arise from within and outside themselves related to various physical, psychological, behavioral responses [41]. Sources of coping to deal with stress can come from abilities and motivation, as well as support systems. Support systems mean helping to solve problems by involving others, and giving individuals greater social control [42]. Support can be obtained from the closest people including family through family support. Family support has a relationship with psychological well-being, then stress coping also has a relationship with the psychological well-being of individuals who experience stress [43]. Family support also affects stress levels [44], [45], [46]. The role of family support on stress coping is highly expected in overcoming stress in individuals, family support must be given at all times because with family support, individuals can improve their quality of life.

Based on the direct experience of researchers while conducting this research, there are several limitations experienced, namely the number of respondents is only

32 people, of course this is not enough to describe the real situation, when collecting data through questionnaires sometimes does not show the actual state of the respondents, and conclusions are drawn only based on the acquisition of data analysis, so further researchers can further refine the research.

4. Conclusion

The conclusion of this study shows that the relationship between stress, family support and Coping Strategies in Single Mother shows a positive direction, because the significance value obtained is positive. The stress experienced by single mothers is due to the loss of support from the closest person then added at the age of 30-45 years individuals generally want to spend more time with their partner. With the loss of attention and affection, respondents feel inner pressure so that they can more easily drag on in sadness. Then, the majority of respondents have high family support, the family always provides attention, care and is always willing to listen to complaints experienced by single mothers. Research on single mothers has important implications for guidance and counseling (BK), including First, understanding the specific context, counselors need to understand the specific challenges faced by single mothers. Second, an empathetic approach, counselors must develop an empathetic approach because single mothers often face social stigma. Third, Emotional Support, counselors need to provide strong emotional support, helping single mothers manage stress, anxiety, and feelings of loneliness. Suggestions submitted for further research, namely further deepening the specific factors that cause single mothers to experience stress, deepening the factors needed by single mothers, and increasing the number of respondents and developing the scope so as to get maximum research results.

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