

# Factors Identification of Rising a Resilience among Single Mother: A Case Study in Felda Chini and Felda Jengka, Pahang, Malaysia

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**Abstract**— Single mothers has been recognized as a challenging role, with difficulties including low monetary and poor psychological health. Developing resilience may authorize single mothers to face the challenges whilst leading psychologically healthy and productive lives. This study focuses on the factors that influence Malay single mother's resilience in Felda Chini and Felda Jengka. The data acquired from the respondents were analyzed using the pivot table in Microsoft Excel to get the percentage and frequency. Finally, the results of the analysis show that there are five factors that can influence the rise of the resilience of Malay single mothers in the area of the study. The five factors are future planning, relationship with family members, self-perceptions, social resources, and lifestyle structures.

**Keywords**— Single Mothers, Resilience, Felda Chini and Felda Jengka

## I. INTRODUCTION

Single mothers are basically women who are known as widows, separated, divorced or those with adopted children [1]. Surveys of single mothers show low levels of maintenance either for themselves or regarding the children after divorce [2]. Due to this matter, these groups should strive more to achieve a better life function to support themselves as well as ensuring the well-being of their children [3]. In some cases, a low monetary situation also led to severe tensions for single mothers compared to those with spouse [4].

Other than that, single mothers need to secure a job, and this proves to be a crucial matter for them to survive. In addition, a working single mother also faces another challenge which is to balance their time with work and families [5]. They need to manage their time wisely so that their children did not feel neglected which could give the youth the opportunity to get themselves involve with social problems [6]. Nonetheless, with support programs that were being provided at the workplace, it is beneficial for single mothers concerning with their time management in everyday life[7].

The role of a single mother is quite complicated, and some deficiencies have been detected and identified [8]. Due to that reason, some studies indicated the psychological health of a single mother is more worrying than the average married mother [9]. If viewed closely, they are individuals who have a much more painful and worse life experience with low mental

health compared to those with husbands [10]. In connection with it, this affects the resilience level of single mothers in their daily lives.

Resilience research as stated by [11] is related to the self-reliance that has thoughtful responses and has several levels. Issues concerning resilience have attracted many researchers, and they have come up with some definitions or intentions to the resilience issues [9]. Resilience carries the meaning of personality of a person who can adapt and withstand stress and keep it alive despite the hardships [12]. Moreover, it also provides the ability to look healthy or recover from extreme trauma, stress, and threats [13]. Among the identified phases is the endurance process that is capable of overcoming and adjusting thus leading to factors that can contribute to a positive result [14]. [15] said that one of the issues is resilience protection and risk factors. The phase of protection is intended to identify specific or appropriate sources to help and stimulate someone's resilience. For the resilience, the risk factor is to look for a cause that allows a person to be depressed and able to survive or adapt to that stress.

Although there are various definitions, generally resilience is related to endurance involving interactions between two factors. The first is a negative event that leads to misappropriation and the second is a positive behavior that leads to self-adjustment towards a better life [16].

## II. LITERATURE REVIEW

### A. Single Mothers And Resilience

Single parents are a populace that encounters impediments in zones including misery and emotional well-being issues, budgetary challenges and issues encompassing job overburden [17]. At the point when single parenthood was the aftereffect of separation, adaptation issue emerges in connection to the loss of a significant other and the adjustment in the everyday functional life [18]. Different problems that affect single mothers include work, child-rearing, social help and time [19].

Single mothers are not just required to finish most of the roles they have before separation, but at the same time, they are needed to complete extra works to deal with their sole duty of everyday life [6]. According to [20], one build that may help

single parents stood up to these difficulties is resilience. There have been a variable number of phases into resilience, anyway, some challenges stay identified with the development of resilience, including its definition. [20] added that in any case, there is ascension in the studies that some problem must occur followed by positive adjustment. The astonishment of resilience experienced interestingly by single mother creates resistive elements suitable to their unique situation while limiting or at least acknowledging their essential risk factors [21]. Single mothers also viewed or esteemed their protective factors diversely relying upon their conditions [13]. These single mothers used and expanded their protective factors in various areas, for instance, building up the coping strategy of asking for help [21].

### *B. Factors That Affecting Single Mother Resilience*

#### *Future Planning*

It relates to measuring self-confidence, efficacy, realistic expectations, and the ability to plan early with a clear and positive goal [11]. This also illustrates how far the attitudes, thoughts, and willingness of the respondents are at a dismal level. Single mothers still have less awareness of their potential, worried about negative perceptions and are in a state of hesitation. This is likely to be driven by cultural factors and local values in Southeast Asia which are generally still conservative and closed [22].

#### *Relationship with Family Members*

The findings of the previous study also illustrate the phenomenon in which single mothers suffer from depression, depressed with responsibility and consequently affect parenting style and relationships with children [23]. Relationship factors are also key to a single mother's psychological well-being especially in giving and receiving support from families and communities [23].

#### *Self Perceptions*

Self-perceptions are social skills, sense of humor, and the ability to be flexible and strong in a relationship [11]. Besides, individuals with positive self-concept and perceptions have their characteristics as being able to feel confident about their abilities, to feel comparable to others, to receive shameless praise and to improve themselves [24].

#### *Social Resources*

Social resources support availability, which is supportive and encouraging [11]. Single mothers with high levels of social resources illustrate the importance of relationships and support in a society in shaping self-esteem [25]. Although single mothers face the negative stigma of community support from friends can provide effective psychological balance for single mothers [22].

#### *Lifestyle Structure*

It measures the tendency of respondents who have routine, more organized, and have a clear goal [11]. Respondents who

respond to this subscale have high expectations about the future and are one of the key interests of self-resilience [26]. In addition, [27] states that the duration of the death of a spouse can affect the level of functionality of the spouse's survival.

### III. DATA AND METHOD

The selected respondents who answered the questionnaires in this study were women that became a single mother regardless of their age and reasons into being a single mother. This descriptive study is done by using the questionnaire in the research to identify the factors that influence Malay single mother's resilience in Felda Chini and Felda Jengka. The purpose of the researcher using this research instrument is to ensure the objective of the study is always on the right track along with the data obtained.

Then, this questionnaire is divided into two parts which are the respondents' background information and single mother resilience section. Based on the literature review written by [20], there are a total of 15 item of the questionnaire in the resilience section that is suitable to find out the factor that can increase the resilience level of a single mother.

#### *Data Collection*

The respondents for this research are Malay single mothers living in Felda Chini and Felda Jengka, Pahang Darul Makmur. Then, a total of 120 respondents have given their cooperation to conduct this research in which about 60 people from Felda Chini and 60 people in Felda Jengka. The time scope of the study was not fixed on a particular date because it depends on the number of respondents. At the point when the survey was terminated, the information collected was then traded to an Excel spreadsheet for data cleaning and analysis.

### IV. FINDINGS AND DISCUSSION

Figure 1 shows the factors that contribute to the resilience level of single Malay mothers in Felda Chini and Felda Jengka. From Question 1, it was found out that majority of respondents in both of the study areas felt their future are bright as the data collected was 87.50% in which Felda Chini recorded 42.50% and Felda Jengka 45.00%. Next, Question 2 revealed that majority of the respondents knows how to achieve their future goals. This can be proved by the 88.33% of respondents that agrees with the statement in which 42.50% from Felda Chini and 45.83% from Felda Jengka. The findings from Question 3 then show that a majority of respondents in both study areas stated that their future planning is easy to be achieved. This is evident as Felda Chini recorded 39.17% while Felda Jengka recorded 45.83% which brings to a total of 85.00%. These three questions are closely related to future planning factors that can increase the resilience level of single mothers. [28] implements various programs such as the Smart Radiation Program and Creative Inspiration aimed at raising the living standard of single mothers. The results of these programs have indirectly made

the single mother feel that their future is bright and guaranteed.

Based on Question 4, the majority of the respondents of the study areas stated that they feel happy being with their families. The data displayed 94.17% of respondents agreed with the statement in which 46.67% from Felda Chini and 47.50% from Felda Jengka. Then in Question 5, the majority of respondents with a total of 98.33% said that the people who are always supporting and encouraging them are their family members and close friends. In this matter, the data collected from Felda Chini are 50.00% while Felda Jengka recorded 48.33%. Question 6 shows a total of 95.10% of respondents which stated that their relationship with family members is in good condition in which Felda Chini is 45.83%, and Felda Jengka is 49.27%. Based on these questions, this is related closely to family relationship factors that can affect the resilient level of a single mother. The problems faced by single mothers can be solved with the cooperation of fellow family members, better understanding with each other, stable financial and good family support [29]. Thus, the result of these supports can increase the resilience level of the single mother.

The findings of Question 7 revealed that respondents in the study areas stated they have a high level of confidence in themselves in which from 89.17% of respondents, 41.67% is from Felda Chini while 47.50% is from Felda Jengka. Question 8 then showed a total of 94.17% of respondents that know how to solve their problems. In this case, Felda Chini recorded 47.50% meanwhile Felda Jengka recorded 46.67%. Besides that, Question 9 indicates that the respondents were able to adapt well to society. This can be proven by the 91.66% of data collected in which 43.33% in Felda Chini and 48.33% in Felda Jengka. The factors that are closely related to the statement are self-perceptual factors or self-conception that affect the rise of a single mother's resilience level. Individuals with perceptions or positive self-concepts can create an increase in their attitudes such as self-esteem, and also helping to see themselves in reality [30]. Individuals with positive self-concept and perceptions have their characteristics as being able to feel confident about their abilities, to feel comparable to others, to receive shameless praise and to improve themselves [24].

Furthermore, the result of Question 10 indicates that the majority of respondents stated that their relationship with colleagues is in good condition. This is evidenced by the data acquisition of 95.00% respondents who noted the matter in which Felda Chini recorded 48.33% while Felda Jengka recorded 46.67%. Moreover, Question 11 shows that majority of respondents agrees that they were often assisted when they needed something. The 90.84% of data recorded are 44.17% from Felda Chini and 46.67% from Felda Jengka. Next, in Question 12 revealed that majority of the respondents said that they could create and make friends with other easily. As documented, a total of 90.84% respondents are 44.17% in Felda Chini while 46.67% in Felda Jengka. The factors that

are closely related to this statement are social resource factors which are one of the factors that can increase the resilience level of single mothers. Social support from friends is also a role like family [31]. According to [32] it is said that single mothers need support from peers to aim at stabilizing themselves. Hence, it is clear that social resource factors also affect the resilience level of an individual once they enter the single mother phase in their life.

The data recorded in Question 13 shows that the majority of respondents in the study areas stated that they managed to overcome bitter events experienced in life. A total of 92.50% respondents noted the matter in which 44.17% from Felda Chini and 48.33% from Felda Jengka. Then in Question 14, a majority of 95.83% respondents stated that when they want to start something new, they will plan well in advance. In this matter, respondents from Felda Chini recorded 47.50% while Felda Jengka recorded 48.33%. Last but not least in Question 15, the data acquired indicates that majority of respondents love to do activities together when they are with their family. As recorded, 94.17% of respondents are 47.50% from Felda Chini and 46.67% from Felda Jengka. These questions are closely related to the lifestyle structure factor that can increase the resilient level of a single mother. Change of structure of life will happen to someone who suffers from the death of their partner [33]. In addition, [27] states that the duration of the death of a spouse can affect the level of functionality of the spouse's survival. Nevertheless, the majority of respondents show a positive response related to these questions.

Figure 1: Factors that can influence the rise of single mothers resilience level

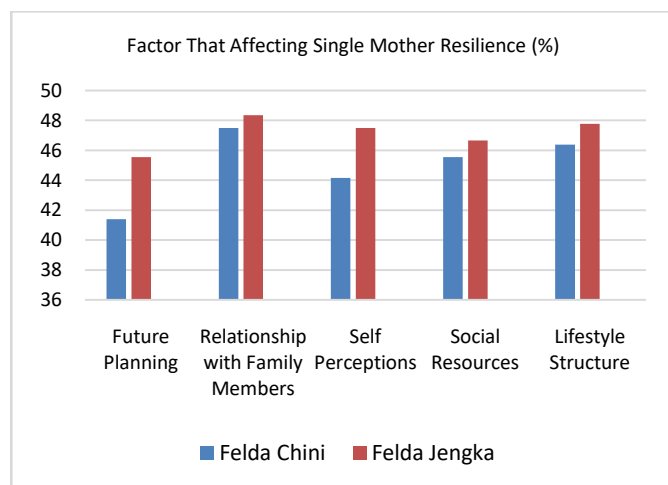
Factor That Affecting Single Mother Resilience	Felda Chini		Felda Jengka	
	Yes (%)	No (%)	Yes (%)	No (%)
<b>Factor: Future Planning</b>				
I feel my future are bright	42.50	7.50	45.00	5.00
I know how to achieve my future goals	42.50	7.50	45.83	4.17
My future planning is easy to be achieved	39.17	10.83	45.83	4.17
<b>Factor: Relationship With Family Members</b>				
I feel happy being with my families	46.67	3.33	47.50	2.50
People who always support and encourage me are family members and close friends	50.00	0	48.33	1.67
My relationship with family members is in good condition	45.83	4.27	49.27	0.83
<b>Factor: Self Perceptions</b>				
I have a high level of confidence in myself	41.67	8.33	47.50	2.50
I know how to solve my problems	47.50	2.50	46.67	3.33
I were able to adapt well to society	43.33	6.67	48.33	1.67
<b>Factor: Social Resources</b>				
My relationship with colleagues is in good condition	48.33	1.67	46.67	3.33
I were often assisted when it needed something	44.17	5.83	46.67	3.33
I could create and make friends with other easily	44.17	5.83	46.67	3.33

Factor: Lifestyle Structure				
I managed to overcome bitter events experienced in life	44.17	5.83	48.33	1.67
When I want to start something new, I will plan well in advance	47.50	2.50	48.33	1.67
I love to do activities together when I with my family	47.50	2.50	46.67	3.33

## REFERENCES

Based on Figure 2, the highest percentage of factors that affecting single mother's resilience in Felda Chini and Felda Jengka is a factor of relationship with family members. As recorded, 47.50% of respondents in Felda Chini and 48.36% of respondents in Felda Jengka stated that a good relationship with family members can increase their resilience level. Besides, the result shows the lowest percentage of factors that affecting single mother's resilience in study areas is a factor of future planning. This can be proven by the 41.39% of respondents in Felda Chini and 45.55% of respondents in Felda Jengka stated that future planning is one of a factor that can influence single mother's resilience.

Figure 2: Percentage of Factor that Affecting Single Mother's Resilience



## V. CONCLUSION

Based on the result of the data collected, the majority of the respondents from both areas of the study indicate that the resilience level of single mothers in Felda Chini and Felda Jengka

is at a reasonable level. This is mainly due to a few factors that contribute to the respondent's resilience development such as future planning, relationships with family members, self-perceptions, social resources, and lifestyle structures. Various associations need to take responsibility to ensure that single mothers are always in the best position to enable them to carry out a regular and good life. The government, for instance, need to provide more financial assistance by creating job opportunities especially and specifically for single mothers. This study indirectly helps multiple parties in raising the resilience level of single mothers even though they had to face a variance of challenges after the absence of their spouse.

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