

A Review of resilience effects of single mother entrepreneurs and lifestyle

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Abstract: There is a need for single mothers to raise the ability to survive to face the complex challenges in their life. These challenges could be seen in work, finance, childcare, and social support. Therefore, developing self-resilience to solve problems and face challenges seems necessary to lead to a productive, healthy life. One way to be taken is to become an entrepreneur who initiates a business to guarantee the family's economic stability. Several factors are seen to be contributing to the success of single mothers' entrepreneurial activities, such as skills, training, motivations, and initiatives. This study focuses on the effects of the role of the entrepreneurial resilience and lifestyle of single mothers. Therefore, this study recommends that single mothers deserve assistance in their entrepreneurial journey in order to increase their independence and elevate the self-resilience to livelihood obstacles.

Keywords: Single mother, Resilience, Entrepreneurship, Lifestyle

I. INTRODUCTION

Single mothers experience more complex problems than complete families. The thing is, single mothers, show an increase every year. Being a single mother is not an easy thing. Single mothers face many problems, including adversity and emotional well-being, budget challenges, and redundant work issues (Mustari, Ya'kob, Chik, Jasmi, & Mohamed, (2004). When the title of a single mother is assumed, problems of adaptation and adjustment must be made due to the loss of important persons in daily functional life (Nichols, 2010). Other problems that affect single mothers include work, childcare, social assistance, and time (Escudos, Boogmans, Loots., & Friedlander, 2012). Therefore, the role of a single mother is quite complicated in facing life's challenges.

Besides, the role of developing resilience may authorize single mothers to face the challenges while leading psychologically healthy and productive lives (Taylor & Conger, 2017). They need tenacity and family support to become a mother as well as a father in a household. An entrepreneur and a company that changes business models or may stop their business activities in the face of new challenges may be considered to be more resilient. Therefore, entrepreneurial success can be considered one indicator to determine the outcome after entrepreneurs experience various obstacles in business activities.

Previous research has stated that the majority of women start their businesses to provide added flexibility and balance in

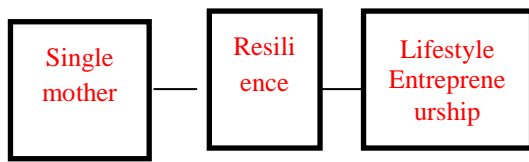
life, income generation, freedom, time spent with children, and access to a healthy social life (Roddin, Sultan Sidi, Yusof, Mohamed, Abdul Razzaq, 2000; Esnard, 2016; Abu, Abidin, & Zaidi, 2018; & Banda, 2018). The majority of single mother entrepreneurs who ventured into the business world to ensure their families' economic stability was guaranteed, especially after losing their husbands, retiring, or being fired from their jobs. They enter the business world based on their respective interests and creativity (Abu, Abidin, & Zaidi, 2018). Besides, poverty among single mothers is also a factor in their involvement in entrepreneurship. For example, low-income jobs, lots of self-employment, unemployment, low education levels, lack of skills, and age factors are adequate (Roddin et al., 2000).

A single mother, with her various roles, is still a source of family strength. Based on that, this paper aims to explain the resilience of single mothers in entrepreneurship and lifestyle.

Based on the theory of entrepreneurial psychology emphasizes the psychological characteristics of an entrepreneurial individual, according to Schumpeter (1958), which emphasizes psychological influence, personal characteristics, and the effects of previous experiences individuals in predicting what successful entrepreneurs do (Brockhaus, 1982). Furthermore, Schumpeter (1993) states that the "vision" of an entrepreneur includes the intuition of doing things right without analyzing the situation; has the power to create something new; and the power to overcome the doubts and hostility of their environment (Schumpeter, 1993). Since entrepreneurs need certain psychological traits that help them overcome difficulties and uncertainties, a single mother's resilience can be one of these psychological traits. In this regard, Banda (2018) emphasizes three personal characteristics of successful women entrepreneurs developed a conceptual model based on the literature, includes balance, resilience, and determination.

Concerning lifestyle, Morris (1998b) complements seven interrelated life-quality domains (economic, health, social, technological, work, institutional, and ecological) to examine the nature of lifestyle business ventures, characteristics of lifestyle entrepreneurs, and their impact on personal and community life quality. Based on that, this paper aims to explain the effect of single mothers' entrepreneurial resilience and lifestyle.

The conceptual framework can be described as follows:



II. LITERATURE REVIEW

The Concept of Single Mother

The term single mother has many different definitions. Single mother families are formed in many ways. Divorce or parental separation is the most common reason to form single-mother families. There has also been an increasing number of children born to single unmarried mothers due to unplanned pregnancies (Golombok, Zadeh, Imrie, Smith, & Freeman, 2016). Previous studies such as Evans (2011) argue that the words "single mother" only applicable to women. Besides, the word "single" is associated with the absence of a husband living together concerning marital status aspects, which are related to divorce, separation, or widowhood. Thus, Hew (2003) argues that single mothers include not through legal marriages, women who are not married but have adopted children, and women whose husbands work away from home for extended periods are categorized as single mothers (Hew, 2003). Moreover, the term single mother is further expanded by Hamzah & Jaafar (2017), a single mother with children aged 13-15 years who live together in her care and attend high school. Therefore, the definition of a single mother is given, and usually, it all involves married women.

Single Mother Profile

A mother is an individual who dedicates her life to ensuring that her child can live the best possible life. The bond that exists between a mother and child is strong and nurturing no matter what the circumstances. They play a role in parenting until watching their child grow up. Even though the dynamics of a family are changing, the relationship between mother and child remains unique (Fuzia, 2020).

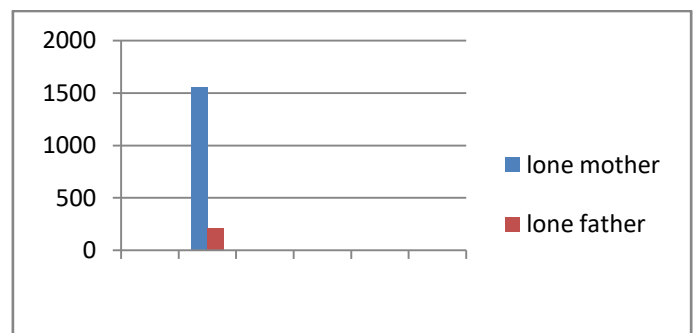
Single mothers are an issue that is increasing every year. There has been a dramatic increase in the number of single-parent families. This increase occurs in Western and Asian countries based on previously reported statistics (Hew, 2003; Parent, Jones, Forehand, Cuellar, & Shoulberg, 2013; Takada, 2011; US Census Bureau, 2014). From the report, it was found that single mothers head the majority of families.

Statistics show an increase in the number of families with single mothers in the United States, rising from 14.48 in 2008 to around 15.05 million in 2018 (Statista Research Department, 2021). More can be seen in the following table:

Table 1: Number families of a single mother in the United States from 2008 to 2018 (in 1.000s)

Year	Number of families in thousands
2018	15.052
2017	15.305
2016	15.581
2015	15.630
2014	15.553
2013	15.195
2012	15.489
2011	15.678
2010	15.243
2009	14.857
2008	14.482

Meanwhile, in the United Kingdom, there were 1.5 million lone mothers with dependent children in 2020. It was reported that dependent children are those living with their parent and either (a) aged under 16 or (b) aged between 16 to 18 in full-time education, the statistics excluded single mothers with children aged 16 to 18 or any single mothers who have a spouse, partner, or child living in the household (Clark, 2021). Thus, the increase in single mothers has been able to affect their lives. For more details, an overview of single mothers with dependent children can be seen in the following chart:



Source: Statista, 2021

Besides, previous studies state that single mothers who are divorced or unmarried have had an unplanned pregnancy, single mothers by choice make an active decision to become parents themselves and are thus different from those who accidentally find themselves in the situation. Their children are exposed to parental conflict and are less likely to experience economic hardship or maternal psychological problems, which are usually the result of marital breakdown and unplanned single parenthood (Hertz, 2006; Jadvá, Badger, Morrissette, & Golombok 2009; Murray & Golombok, 2005a). The problem becomes more serious when they grow up fatherless from the start and conceive via donor insemination at a fertility clinic and do not know their biological father's identity. Moreover, Golombok (2005b)

explains that single mothers showed lower levels of interaction and sensitivity responding to their infants than married mothers. This is probably because a partner's presence allowed the married mothers more time with their babies. The families continued to function well as the children reached two years old.

Therefore, being a single mother is a huge life transition that requires new challenges. The status of "single mother" is a unique set of challenges with various problems encountered. A single mother's presence is usually discussed rather than by a single father (Doherty & Craft, 2011). They are responsible for two functions as the head of the house and provide support to the children (Rahman et al., 2017). Therefore, single mothers' challenges are usually related to single mothers' definitions by including several aspects such as children, finance, education, health care, and legal aid. Also, the absence of a single mother consumer husband has hopes and friends who are often giving, loving, and safe (Zakaria, Akhir, Omar, 2018). Thus, Bitter (2009) states that they are responsible for providing support and solving various family problems. Every family member who can handle family affairs well is considered to play a role and know the structure and institution of the family.

Resilience

The concept of resilience has been used in sociology (Adger, 2000), crisis management (Williams, Gruber, Sutcliffe, Shepherd, & Zhao, 2017), and entrepreneurship (Ayala, & Manzano, 2014). Resilience relates to a dynamic adaptation process that enables entrepreneurs to face challenging market conditions characterized by instability. It is the entrepreneur's capacity to overcome challenges (McInnis-Bowers, Parris, & Galperin, 2017). Moreover, Grotberg (1997) views resilience as "a universal capacity that allows a person, group or community to prevent, minimize or overcome the damaging effects of adversity." It has also been defined as a set of personal and behavioral qualities in entrepreneurs at the individual level (Sun, Buys, Wang, & McAuley, 2011).

Similarly, Korber, & McNaughton (2018) resilience is synonymous with self-efficacy (Korber, & McNaughton, 2018). An example of that, Bullough and Renko (2013) found that ambitious entrepreneurs who have confidence in their abilities to deal with difficult conditions are far more likely to start a business. Resilience puts a positive emphasis on entrepreneurial intent (Bullough, Renko, & Myatt, 2014). Also, a shield that protects intentions from the negative effects of fear of failure" and raises market intentions (Monllor & Murphy, 2017). Moreover, as personal traits, self-efficiency emphasizes the need to encourage individuals to create a business with limited chances of success (Hayek, 2012; Spivack, McKelvie, & Haynie, 2014).

Entrepreneurs and firms that change their business models or perhaps stop their business activities in the face of new challenges may be considered more resilient than other relentless entrepreneurs who focused on the same business

activities (Korber, & McNaughton, 2018); such resilience requires individual learning at a micro-level, high degree of self-awareness, and critical reflection. However, there is an argument that not everyone always benefits from resilience (Derissen, Quaas, & Baumgärtner, 2011). Resilient entrepreneurs and firms, for instance, may ignore the balance between social, environmental, and economic consequences by focusing on urgent, short-term issues (Walker, Holling, Carpenter, & Kinzig, 2004; Korber, & McNaughton, 2018). The strength of business intentions could be predicted by individuals with a higher degree of resilience (Korber, & McNaughton, 2018). Therefore, one of the reasons that could self-efficacy as a good predictor of future performance is that entrepreneurs with similar abilities and experiences may grow different levels of self-efficacy partly due to the outcome of entrepreneurial characteristics (Chen, Greene, & Crick, 1998); as not all entrepreneurs have the same confidence or belief in their entrepreneurial capabilities (Sweida, & Reichard, 2013). This takes us to the value of an entrepreneur's skills, which encourages individuals to create and grow new firms and promote social development (Suparno and Santono, 2018). Such skills are essential to increase competitiveness and the ability to take risks (Chew, Hoe, Kim, & Wan, 2016).

The Effect of Resilience Single mother Entrepreneurship

In this stream of literature, entrepreneurial resilience is widely understood as an initial condition that allows entrepreneurs or firms to handle better challenges and potential crises (Korber, & McNaughton, 2018). As a success factor, resilience plays a critical role for woman entrepreneurs to overcome difficulties and challenges (Li, Cho, & Chaudhuri, 2020). Resilience can make individuals less likely to perceive a threat to themselves or world views (Mak et al., 2011).

Therefore, resilience encompasses notions of hope, optimism, and self-efficacy (Fang, Prayag, Ozanne, & de Vries, 2020). Consequently, it enables individuals to continue living a purposeful life during or after difficult times (Quagraine, Adams, Kabalan, & Dankwa, 2020). It has been proposed as a critical success factor for entrepreneurs facing continuing risk and failure (London, 1993). To achieve their business goals, successful entrepreneurs take timely decisions in highly competitive and unpredictable conditions, as these entrepreneurs often have ambiguous, incomplete, or continuously changing information. In these environments, resilient entrepreneurs more likely to succeed if they are highly tolerant with uncertainty and rapidly adapt to changes in the business environment (Ayala & Manzano, 2014).

Entrepreneurial success can be considered as one of the indicators to determine the outcome after entrepreneurs experience various obstacles in business activities. This is confirmed by previous studies that have stated that the majority of women start their own businesses to provide additional flexibility and balance of life (Nguyen, 2005). They must balance between being a breadwinner and a primary caregiver for children. Besides, Franck (2012) argues that

women make choices to enter the field of entrepreneurship based on the expected outcomes for themselves and their families, including gains in income, freedom, flexibility, time spent with their children, and access to a healthy social life.

In the same manner, some women have succeeded in the ongoing struggles and challenges that make them successful in business. Most single mothers are involved in small industries based on their initiative and motivation to survive and earn income to support their families (Roddin et al., 2000). Besides, the way single mothers survive involves generating income by acquiring skills and training to become entrepreneurs or participate in small-scale businesses in their district. Single mothers also raise social support through family members and associations such as the single mothers' association, which provides assistance, social networking, advice, contacts, information on skills training availability, and encouragement to progress (Mulia, 2017).

Some examples that prove the success of women as entrepreneurs such as in Malaysia, the results of this study indicate that the role of motivation does have a significant effect on entrepreneurial passion, which is then used to explain entrepreneurial success (Ismail, Husin, AbdulRahim, Mohd Kamal, & Che Mat, 2016). Single mother entrepreneurs are satisfied with their business performance. Single mother entrepreneurs also agree that their business performance is related to the increase of some primary measures such as "profit," "capital," and "product selection." (Topimin, Fabeil, & Abdullah, 2019).

Entrepreneurs are known for creating ideas and generate value for both firms and societies (Shane & Venkataraman, 2000; Fisher et al., 2020). In order to respond to challenges, creativity leads to taking innovative action (Castro, & Zermeño, 2020), as entrepreneurs take the risk to introduce revolutionary ideas by using their initiative (Abdullah, Hadi, & Dana, 2018). Therefore, self-efficacy depends on individuals' ability to determine the challenges they face; the number of efforts must be taken to overcome these challenges (Mauer, Neergaard, & Linstad, 2017). Previous research has indicated potential associations between self-efficacy and intention, as self-efficacy encourages individuals to strengthen their intention in creating business venture since this intention refers to the ability to start a business or to add value or expand an existing business (Palazzechi et al., 2018; Castro, & Zermeño, 2020).

Lifestyle Entrepreneurship

The term "lifestyle" was introduced many years ago by Alfred Adler (Lazer 1963). Versantvoort and Van der Lann (1998 p.6) refer to the "orientation of the individual towards the structure of his life." This is relevant to individuals who lead a lifestyle while managing a business (Ateljevic and Doome, 2001). Thus, those entrepreneurial individuals focus on improving work/life balance while conducting business activities that allow them to live a certain way (Amabile, 1996). They are able to generate a decent income while

pursuing their passion. Further, lifestyle focuses on maintaining a balance between work life and family life (Fadda, 2020).

Lifestyle emphasizes the way of life that an individual considers necessary and places importance on the individual's expectations and values. Then it is further emphasized by Bredvold & Skálén (2016) that the construction of lifestyle-entrepreneurial identity is based on the last analysis: (1) modern, (2) loyal, (3) seeking freedom, 4) and postmodern lifestyle entrepreneurs. In this regard, lifestyle entrepreneurs are fueled by the desire to earn a modest living, find satisfaction in career attainment and achievements, and spend quality time with family and friends (Henderson, 2002). Similarly, Djermani (2020) emphasizes that life equilibrium refers to keeping a balance between work and private life, living in a methodical and ordered way, and reducing stress. Thus, the general benefits of entrepreneurship (economic activity, profit, job creation, innovation) are well recognized, the literature distinguishes lifestyle entrepreneurs by their contributions to family, community, and life quality versus high growth (Burns, 2001; Davidson & Henrekson, 2002; Pastakia, 1998; Thompson, Alvy, & Lees, 2000). Moreover, lifestyle entrepreneurs provide many essential community services as well as the "personality and charm that characterizes Main Street economies" (Henderson, 2002). Therefore, Murry's (2002) complements research captures lifestyle entrepreneurs' desire for life quality, suggesting that balance in family and business demands generally enhances one's awareness that life is meaningful and manageable. According to him that Quality-of-life questions concerning the impact of business operation on self, family, and community were also included (Marcketti, Niehm Fuloria, 2006).

Lifestyle entrepreneurship has passed in different phases of time, such as pre-crisis, in general focus on entrepreneurs' lifestyle needs based on societal trends Anticipate long-term needs of lifestyle entrepreneurs. The crisis phase provides help for lifestyle entrepreneurs struggling to stay competitive. Prioritize resources that contribute to the longevity of lifestyle businesses. Therefore, post-crisis can focus on emerging lifestyle trends for entrepreneurs to reinforce the importance of entrepreneurship's lifestyle aspects (Ratten, 2020).

How single mother resilience contributes to the lifestyle?

A concept may refer to the way of life which a person considers crucial (Ratten, 2020b). This reflects entrepreneurial characteristics that trigger entrepreneurs to become emotionally attached to their business and increase the personal impact of business failure (Branicki, Sullivan-Taylor, & Livschitz, 2018; Castro, & Zermeño, 2020). Therefore, in the individual entrepreneurial attribute, lifestyle often directly and indirectly affects business resilience (Castro & Zermeño, 2020).

In this regard, Ratten (2020b) states that there is an increasing trend in contemporary society to mix between lifestyle and entrepreneurship, with more focus on the quality of life.

Women entrepreneurs also are not an exception to that, but they have different behavioral styles from the male financial motive, as women entrepreneurs tend to have personal or lifestyle reasons to start business venture (Moreira, Marques, Braga, & Ratten, 2019).

In the literature, various factors that might influence resilience to emerge, among these factors is the lifestyle factor, because firm (business) resilience is deeply rooted in lifestyle identities, with greater resilience demonstrated by business owners who are committed to individual lifestyles (Espiner, Orchiston, & Higham, 2017). Similar to the study of Anthopoulou, Kaberis, & Petrou (2017), Castro, & Zermeño (2020), women entrepreneurs' role contributes to the family income by combining work life and family life, especially when their partners are unemployed.

Moreover, three core variables (levels-institutional, interpersonal, and individual) were identified as influencing the restructuring process--social support, economic resources, and psychological attributes. One can see that these variables also emerged as important determinants of the quality of family life and family well-being (Tallman, 1994). Furthermore, children who grow up in single-parent families often are economically disadvantaged compared to children in two-parent families (Bianchi, 1995).

A study conducted from both research fields showed that single mother endurance levels at Felda Chini and Felda Jengka are at a reasonable level (Rahimi, Lukman, Azlini, Rosmala, & Kamal, 2018). Several factors contribute to the development of respondent resilience, such as planning for the future, relationships with family members, self-perception, social resources, and lifestyle structures. Associations need to take responsibility for ensuring this single mother is always in the best position to allow them to live an orderly and good life. The factor that most influenced the resilience of a single mother in Felda Chini and Felda Jengka was the factor of family member relations, namely 47.50% (Fulda Chini) and 48.36% (Felda Jengka) stated that they had a good relationship with family members can increase their level of resistance. However, the future planning factor shows the lowest proportion, which affects a single mother's resilience. This can be proven by 41.39% of respondents at Felda Chini and 45.55% of respondents at Felda Jengka. This research is supported by previous studies' findings that illustrate a phenomenon in which single mothers suffer from depression, stressed by responsibility and consequently influencing parenting styles and relationships with children (Taylor & Conger, 2014). Therefore, Holland & Neimeyer (2010) states that the duration of a spouse's death can affect the level of functionality of the spouse's survival. Similarly, Calderwood (2011) changes in the structure of life will happen to someone suffering from death their partners. Also, Holland & Neimeyer (2010) stated that the duration of a partner's death could affect the level of functionality survival of the partner.

III. CONCLUSION

In general, single mothers have more complex problems in living life with their children. They are required to survive various problems such as work, finances, childcare, and social support. Besides, single mothers must be able to balance a healthy and productive life psychologically. However, Schumpeter (1958) focuses on psychological influence, personal characteristics, and the effects of previous experiences individuals in predicting what successful entrepreneurs do (Brockhaus, 1982). According to him, the "vision" of an entrepreneur includes the intuition of doing things right without analyzing the situation, creating something new; and the power to overcome the doubts and hostility of their environment (Schumpeter, 1993). This paper argues that entrepreneurs need certain psychological traits that help them to overcome difficulties and uncertainties. The conceptual description of resilience can be one of these psychological traits that have provided clarity about single mothers' entrepreneurial resilience and lifestyle. This study recommends related parties to hold entrepreneurship training or workshops to increase the individual resilience in their entrepreneurial activities and encourage them to be independent, which is, in turn, improve single mothers' quality of life.

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