

The Effectiveness of Mindfulness Parenting to Reduce Parenting Stress in Single Mothers as Measured By Resilience

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ABSTRACT

Single mothers often face multiple burdens and limited social support, which increases the risk of parenting stress. Resilience is thought to influence the success of any given intervention. So, this study aims to test the effectiveness of mindfulness parenting in reducing parenting stress in single mothers and analyse differences in stress reduction based on resilience levels. The method used in this study is a one-group pretest-posttest pre-experiment design with six single mother subjects. Data were collected through parenting stress and resilience scales that have been tested for validity. Analyses were conducted using Wilcoxon and KruskalWallis tests. The results showed that mindfulness parenting significantly decreased parenting stress ($p = 0.028$). All subjects experienced a decrease in stress at the posttest compared to pretest. However, analysis of differences based on the level of resilience showed insignificant results ($p = 0.102$). Although the high resilience group showed a more significant decrease in stress, this difference was not statistically strong enough. In conclusion, mindfulness parenting effectively reduced parenting stress in single mothers without being significantly affected by the level of resilience. The intervention helped mothers better manage stress and improve relationships with their children. These results provide important implications for developing mindfulness-based programs to support single mothers' well-being in parenting.

Keywords: Parenting Stress, Mindfulness Parenting, Resilience, Single Mums

INTRODUCTION

In general, single parenthood is not something that most women want. This condition is often not a choice but a situation that many women have to face due to various factors, such as divorce due to disputes, economic problems, neglect by a partner, and domestic violence. (Christine et al., 2024). In addition, another factor that can lead to single-parent status is the death of a spouse. (Mishra et al., 2021) Based on data from the Central Bureau of Statistics, in 2023, 12.73% of Indonesian households were headed by females. This percentage increased slightly by 0.01% from the previous year when it reached 12.72%. This shows that the number of female household heads continued to increase from 2013, reaching 14.84%, to 2020, reaching 15.82%, and then decreased in 2021, reaching 14.38%.

Data from a study conducted by Sartor et al. (2022) Of 923 single mothers in Germany, it was found that 83% of single mothers experienced high levels of stress, with significant factors including children's behavioural problems reported by 35% of single mothers, as well as the presence of children with disabilities or chronic illnesses experienced by 20% of single mothers. Economic factors were also a significant stressor, with many single mothers struggling to meet financial needs without the support of a partner. In addition, a lack of social support was experienced by 25% of single mothers.

The issue of parenting stress in single mothers is not only on an international scale but in Indonesia is also a serious concern due to the high pressure they face in carrying out the dual role of breadwinner and primary caregiver. Research shows that 66.5% of working mothers report increased parenting stress caused by a combination of work pressures and household responsibilities (Asy-Syifa & Mustikasari, 2023). In addition, 74% of single mothers with low economic status experienced higher stress due to difficulties meeting financial needs. This pressure was compounded for 60% of single mothers with school-aged children, who reported

difficulties managing stress due to caregiving burdens, ineffective coping strategies, and the demands of children's education (Naziah et al., 2023).

This situation shows that a mother experiences a transition from family life to single-parent status, so having a dual role as a mother and father often poses complex challenges. Significant changes in aspects of personal, social, and economic life often accompany it. (Kühn et al., 2023). In addition, the burden of responsibility that must be borne alone, in terms of finance and care, is heavy pressure for single mothers. (Harlina et al., 2022) This double burden of responsibility requires mothers to manage their time and energy very carefully to meet their children's needs while maintaining financial and emotional stability. (Bashir et al., 2023).

Conversely, single mothers are often challenged by meeting household needs, including children's education, health, and daily living expenses, without the financial support of a partner. (Md Nor et al., 2018). Study results from Life challenges and mental health issues of single mothers: A systematic examination shows that financial hardship is one of the biggest challenges faced by single mothers. In addition, single mothers are trapped in poverty due to low-paid jobs, low levels of education, and lack of adequate social support. (Zakaria et al., 2019). Meanwhile, a study conducted by Munir et al. (2024) Thirty-three semistructured interviews with single mothers in South Sumatra Province highlighted the importance of informal support for single mothers who, as mothers and fathers, often pose complex challenges.

Based on some of the above descriptions, parenting stress is influenced by various factors, including parent-child relationships, family situations, and individual characteristics. (Păsărelu et al., 2023). Research conducted by Fang et al. (2022) suggests that parenting stress is often related to the emotional and physical demands of parenting. This can be exacerbated by external factors such as poverty, conflict between parents, or the condition of a child with special needs. High parenting stress often affects parents' mental health, increasing the risk of harsh parenting, which ultimately hurts children's development, both emotionally and behaviorally. (Camisasca et al., 2022).

On the other hand, parenting stress also has a close relationship with resilience. In the context of parenting, resilience is a person's ability to survive and recover from the pressures or challenges they face, including parenting stress. (Ali & Ariana, 2022) Single mothers who are highly resilient tend to be better able to manage their emotions and face various parenting challenges. (Harun et al., 2020). Whereas single mothers with low resilience tend to feel overwhelmed, use avoidance strategies, and have difficulty finding solutions, resulting in increased stress (Harun et al., 2020). So resilience can help single mothers stay focused on the caregiver role despite having to face various pressures such as financial responsibility, workload, and lack of social support (Luo et al., 2021) Resilience relates to mental toughness and the ability to adapt to stressful situations and find effective coping strategies. (Stepanovic, 2024).

This is because research conducted by Talib et al. (2023) found that resilience significantly reduces parenting stress in single mothers so that the negative impact of parenting stress can be minimised (Galić et al., 2022). Therefore, resilience plays an important role in helping single mothers reduce parenting stress, especially when combined with mindfulness parenting techniques that are effective in helping manage emotions better. Meanwhile, research conducted by Astaningtias et al. (2024) shows that there is a significant relationship between parenting stress and resilience in mothers of children with special needs. Using the Parental Stress Scale and the Connor-Davidson Resilience Scale (CD-RISC), the study found that parenting stress contributed 21.7% to the mother's level of resilience. The significance value obtained was $p = 0.001$, which indicates a negative correlation, where the higher the level of parenting stress, the lower the level of maternal resilience, and vice versa. Increased resilience helps mothers to manage their emotions, increase their confidence in parenting, and be more effective in dealing with parenting challenges. In addition, social support, both from husbands and communities, plays an important role in helping mothers cope with the parenting stress experienced. In research conducted by Zahra Ainayah Hafidz & Hamdan (2024), there is a slight difference, namely that resilience has a significant influence on the level of parenting stress in parents who have children with Autism Spectrum Disorder (ASD). Based on this study, the resilience variable contributed 41.5% to reducing parenting stress, while 58.5% was influenced by other factors. The impulse control aspect of resilience contributed the most to reducing the level of parenting stress. Meanwhile, the level of parenting stress was mostly in the moderate category, namely 60.9% of the total respondents.

As a form of handling parenting stress can be done in several ways, including group counselling therapy, Compassionate love parenting training, Positive Parenting Training, and Mindfulness Parenting (Neece & Lima, 2016) The research results show that reducing parenting stress and increasing mindful parenting and compassion for oneself, especially acceptance without judgment can be beneficial. (Agustin et al., 2024; Tan et al., 2024; Kumalasari & Fourianalistyawati, 2020). Mindfulness itself is an approach that focuses on being fully aware of present experiences without judging or overreacting. (Lantheaume et al., 2024).

In the context of parenting, mindfulness helps parents, especially single mothers, to be more aware and accepting of their emotions without getting caught up in excessive emotional reactions. (Cowling & Van Gordon, 2022) Mindfulness parenting not only helps mothers manage negative emotions that may arise during the parenting process but also helps them build a more positive and caring relationship with their children. (Pakdaman, 2014). Thus, mindfulness can be one of the effective strategies for reducing parenting stress in single mothers.

Research conducted by Chaplin et al. (2021) Showed that a mindfulness intervention focused on parenting (Parenting Mindfully) significantly increased mindfulness in mothers, reduced parenting stress, and improved the quality of parent-adolescent relationships in highly stressed mothers with adolescent children. Mothers who participated in the intervention reported increased emotional awareness during parenting, particularly in being aware of their own and their children's emotions, and experienced a decrease in negative behaviours and negative emotional responses during interactions with their children. In addition, the quality of the relationship between mothers and teenage children improved significantly, especially in mothers with daughters. The intervention was found to be effective in reducing parenting stress related to life restrictions and relationships with partners, as well as improving the overall quality of parenting.

This study differs from previous research in several important aspects. Previous studies highlighted resilience as a factor in reducing parenting stress. However, this study categorized resilience into three groups (high, medium, and low) and evaluated which group experienced the most significant reduction in parenting stress following the mindfulness parenting program.

Second, in contrast to Astaningias et al. (2024) The study focused on the negative relationship between resilience and parenting stress; this study examines the interaction between resilience categories and the effectiveness of mindfulness parenting as an intervention, particularly in single mothers.

Third, this study specifically targets the population of single mothers in Indonesia who face unique economic, social, and cultural challenges. This approach provides more locally relevant results than previous research.

RESEARCH METHODOLOGY

Type of Research

This study uses a quantitative method with a pre-experiment design and a one-group pre-test and post-test design approach. This design involves one group of subjects as the main focus of analysis, where measurements are taken before and after the provision of intervention or treatment.

Research Subject

The number of subjects in this study consisted of 75 people. However, in determining this sample, it must fulfil the following criteria for research subjects:

1. Single Mum Status.
2. Officially taking on the role of a single parent due to divorce.
3. Age range 20-45 years.
4. Have 1 to 3 children aged 1-15 years old.

5. She has been a single mum for the past 3 years.
6. Have high or moderate parenting stress scores.
7. Having one of the prominent scores from the three resilience categories.
8. Willing to be a respondent by filling out an informed consent form

Research subjects were selected using predetermined criteria to ensure the subject's relevance to the research objectives. From the initial population of 75 single mothers, mothers who were single parents due to divorce were identified. The results of this identification found 32 mothers who met these criteria. Furthermore, the screening process continued based on the number of children, with the criteria of having a maximum of three children. Of the 32 single mothers, 23 met this criterion. The next screening was done based on the time of divorce, with the criteria of a maximum of three years since the divorce occurred. Based on this selection, the number of eligible mothers was reduced to 15. The next stage was screening using the parenting stress scale to measure the parenting stress and the resilience scale. Researchers selected single mothers who had parenting stress levels in the moderate or high category and had varying levels of resilience (high, moderate, and low). From the screening results, 10 single mothers met these criteria. However, four of the 10 eligible mothers withdrew due to personal reasons. Thus, the number of research subjects who were willing and fulfilled all the final criteria was six.

Intervention Programme

Methods

The mindfulness parenting intervention refers to the theory of Bögels & Restifo (2014), which is adjusted based on the stages in each session. This approach includes face-to-face meetings with prepared materials, theme-based discussions, and reflection and evaluation processes. The mindfulness parenting intervention program was conducted in seven stages, with each stage or activity including one or two sessions, with details of each meeting covering one or two sessions.

Trainer Qualifications

The trainers have the following qualifications:

- a) Master of professional psychology graduates, especially in the clinical specialization.
- b) Understand the basic concepts of mindfulness and resilience through formal education, training, or practical experience.
- c) Master the module content thoroughly and have the ability to deliver the material clearly and effectively.
- d) Good communication skills to support understanding of research subjects and create an inclusive and supportive training atmosphere.
- e) Demonstrate empathy and commitment to the privacy of research subjects.

Stages of Intervention

Stage 1: Letting go with awareness

Stage 2: Body sensation

Stage 3: Compassionate body scan

Stage 4: Breathing meditation

Stage 5: Mindful wanting

Stage 6: Open awareness, accepting minds and thoughts

Stage 7: Terminals

Data Analysis

This study used data analysis with nonparametric methods, namely the Wilcoxon and Kruskal-Wallis tests. This method was selected based on the number of subjects involved in the study, less than 30 people. The Wilcoxon test was chosen to test the difference between two paired conditions, namely comparing pre-test and post-test results in each individual. This test is suitable for use in cases where the data does not follow a normal distribution, and this study also involves paired measurements on each subject (Latipun, 2022).

On the other hand, the Kruskal-Wallis test is used to analyze comparisons between three or more independent groups. This test is a development of the Mann-Whitney test, which is intended for two groups, but Kruskal-Wallis is more suitable when we have more than two groups to compare. Like the Wilcoxon test, the Kruskal-Wallis test also does not assume a normal distribution of the data, so this method is more appropriate when the data being analyzed does not meet the normality assumption. Thus, these two methods (Wilcoxon and Kruskal-Wallis) provide an appropriate way to analyze data in studies with a limited number of subjects and a non-normal distribution of data (Latipun, 2022).

RESULT

Hypothesis Test

Hypothesis 1: The Effectiveness of Mindfulness Parenting to Reduce Parenting Stress in Single Mothers.

Table I. Results of Pretest and Posttest Differences

		N	Mean Rank	Sum of Ranks
Parenting Stress (Posttest)- (Pretest)	<u>Negative Ranks</u>	<u>6</u>	<u>3,50</u>	<u>21,00</u>
	Positive Ranks	0	0,00	0,00

Source: Processed Data by Researchers

Based on the Wilcoxon test results, it was found that all research subjects (N=6) experienced a decrease in parenting stress scores at the posttest compared to the pretest, with no subjects experiencing an increase or the same score (Positive Ranks and Ties = 0). The mean rank value of this decrease was 3.50, with a total sum of ranks of 21.00. This indicates that all research subjects felt a reduction in parenting stress levels after the mindfulness parenting intervention.

Table II Wilcoxon test

Parenting Stress (Pretest- Posttest)	Z	Asymp. Sig. (2-tailed)
	-2,201	0,028

Source: Processed Data by Researchers

Statistically, the resulting Z value is -2.201 with an asymptotic significance level (Asymp. Sig. 2-tailed) of 0.028. Since this significance value is smaller than 0.05, it can be concluded that there is a significant difference between the parenting stress scores on the pretest and posttest. Next, an analysis was conducted to determine the category of the difference between pretest and posttest scores. This category aims to understand changes in parenting stress scores before and after the intervention. Details of the difference category between pretest and posttest results can be seen in the following table:

Table III. Category Results of Pretest and Posttest Differences in Parenting Stress

Subject	Resilience	Pre-test	Post-test	Result	Note
SR	High	147	63	84	Declining
UK	High	160	78	82	Declining
IR	Medium	156	91	65	Declining
SN	Medium	159	93	66	Declining
LS	Low	122	94	28	Declining
SI	Low	136	100	36	Declining

* Parenting Stress Categories: Very Low: $X \leq 64$,

Low: $64 < X \leq 85$, Medium: $85 < X \leq 118$,

High: $118 < X \leq 128$, Very High: $X > 128$

Source: Processed Data by Researchers

These results indicate that the mindfulness parenting intervention provided effectively reduces the level of parenting stress in the research subjects, so it can be concluded that the hypothesis that mindfulness parenting is effective in reducing parenting stress in single mothers is accepted.

Hypothesis 2: Differences in parenting stress levels among single mothers in terms of resilience.

Based on the calculation results, it can be concluded that all subjects experienced a decrease in parenting stress scores. In addition, the KruskalWallis test was conducted to analyze whether there was a difference in parenting stress scores after the intervention in groups of subjects with high, medium, and low levels of resilience. The results of the analysis showed the following findings:

Table IV. Kruskas-Wallis Rank Test Results

Testing	Resilience	N	Mean Rank
Parenting Stress	High	2	1,50
	Medium	2	3,50
	Low	2	5,50

Source: Processed Data by Researchers

Based on the table above, the high resilience group with a mean rank = 1.50 has the lowest mean score compared to other groups. This indicates that this group has a high parenting stress reduction score in the study context.

The moderate resilience group, with a mean rank = of 3.50, is in the middle, which means that the parenting stress reduction score is neither too high nor too low. The group with mean rank = 5.50 has the highest mean value in the data, indicating that this group has the lowest decrease score compared to other groups.

Table V. Kruskal-Wallis Test Results

Kruskal-Wallis H	4.571
df	2
Asymp. Sig.	0,102

Source: Processed Data by Researchers

The results of the Kruskal-Wallis test showed no significant difference in scores between high, medium, and low resilience (Sig. = 0.102). The mean rank for high, medium, and low resilience were 1.50, 3.50, and 5.50, respectively. Although there is a difference in mean rank, the significance value > 0.05 indicates that this difference is not statistically large enough to be concluded as a significant difference. Therefore, it can be concluded that the research hypothesis that there is a difference in the level of parenting stress between high, medium, and low resilience in single mothers after the intervention is rejected.

DISCUSSION

Based on the results of the first hypothesis with the Wilcoxon test, it is known that all subjects experienced a decrease in parenting stress scores after participating in the mindfulness parenting intervention. At pretest, some subjects had high or moderate levels of parenting stress, but after being given the intervention, their scores decreased significantly. This suggests that the mindfulness parenting intervention effectively reduces parenting stress levels in single mothers. This effectiveness can be explained through the mindfulness approach taught in the training, which helps subjects become more aware of their emotions and thoughts without judgment. By increasing this awareness, single mothers can better manage parenting stress, recognize challenges without feeling emotionally overwhelmed, and respond to situations more calmly and purposefully.

During the training, it was shown that the subjects actively practised mindfulness techniques, such as breathing exercises, meditation, and self-reflection, which helped them cope with stress directly. The training process also provided space for the mothers to share their experiences, which created emotional support from the group. With the combination of learning mindfulness techniques and a supportive environment, single mothers felt better able to cope with parenting challenges and experienced improved emotional well-being. The intervention proved effective as it provided practical and relevant strategies to reduce the stresses of caregiving while strengthening the individual's ability to better cope with difficult situations.

These results are in line with research by Chaplin et al. (2021), which states that mindfulness parenting can reduce stress by increasing awareness and acceptance of feelings and challenges. Likewise, research conducted by Bobby et al. (2024) Mindful parenting training has proven effective in reducing parents' stress levels. This can be seen from the significant difference between the scores obtained in the pre-test before training and the post-test after training. This study's significant reduction in parenting stress scores supports previous findings that mindfulness can reduce anxiety and improve parents' emotional well-being.

Various factors, both within the subject and external, can influence the success of mindfulness parenting intervention. (Nikmatunasikah, 2023) Internal factors include motivation, commitment, and discipline in following each intervention stage. Awareness of the need to make positive changes within oneself and change negative impacts to be more constructive is critical in this process. (Putri, 2020). High commitment to undergoing intervention activities has also been shown to affect the intervention's success significantly. (Rohman, 2022). On the other hand, external factors also play a role in social support from the surrounding environment, where subjects with similar problems provide support and motivation to change stress to be more positive. Group presence and active participation in the group can be a strong driver for subjects to commit to agreed goals. (Corey, 2013).

Although the mindfulness parenting intervention proved to be effective, it cannot be denied that the results achieved by each subject varied. Some subjects showed a more drastic decrease, while others experienced a

more moderate decrease. This difference could be influenced by factors such as an individual's level of readiness in accepting and applying mindfulness, as well as life experiences that may affect the response to the intervention. Therefore, although mindfulness parenting is effective overall, it is possible that more complex individual factors could influence its effectiveness. Further research with larger samples and tighter controls is needed to ensure consistency and generalisability of these results.

Furthermore, mindfulness parenting provides benefits in reducing stress through a more nonreactive approach to the problem at hand. In the context of single mothers, mindfulness helps them be more focused and aware of their feelings without being easily provoked by stress. (Agustin et al., 2024). This is in line with research findings by Adinda & Bintari (2020), which revealed that mindfulness practices can increase inner calm and reduce the impact of stress. With their increased ability to manage stress, single mothers can create a more stable and harmonious environment for their children. Therefore, it can be concluded that mindfulness parenting effectively reduces parenting stress in single mothers.

On the other hand, the results of the second hypothesis using the Kruskal-Wallis test showed no significant difference in parenting stress scores after the intervention between the high, medium, and low resilience groups. Although there was a difference in the mean rank of each group, this difference was not large enough to be considered statistically significant. These results indicate that the hypothesis that there is a significant difference between levels of parenting stress based on resilience is rejected. Research conducted by Rahman et al. (2024) Shows that parental resilience has no direct (partial) influence on parenting stress. Instead, the influence of resilience will only be seen significantly if considered together with other variables simultaneously so that it can contribute to high or low levels of parenting stress in parents.

The study results were statistically insignificant because the range of mean rank differences between high, medium, and low resilience groups was only two. The difference is still clinically meaningful even though small, so it shows differences in the level of parenting stress in each resilience category. The high resilience group had a mean rank of 1.50, the lowest score compared to the other groups. These results indicate that single mothers with high resilience experienced a significant decrease in parenting stress, with a difference in pretest and posttest scores of 84 for SR subjects and 82 for UK subjects. This decrease reflects the subjects' better tendency to manage parenting stress, including skills in regulating emotions, facing challenges with a calmer attitude, and finding solutions effectively. Therefore, single mothers in this group tend to experience lower levels of stress, suggesting that high resilience plays an important role in helping them deal with caregiving responsibilities more adaptively and constructively.

The group with moderate resilience had a mean rank of 3.50, which reflects the level of parenting stress in the moderate category, with a decrease in pretest and posttest scores of 65 in subject IR and 66 in subject SN. Mothers with moderate resilience can cope with parenting stress but face challenges in certain situations. Meanwhile, the group with low resilience has the highest mean rank, which is 5.50, with a decrease in pretest and posttest scores of 28 in subject LS and 36 in subject SI. Single mothers with low resilience tend to be more vulnerable to parenting stress, which is caused by limited ability to manage emotions and difficulty in seeking the support needed.

This non-significant result could be due to several factors, including the limited sample of only six research subjects. A study with a larger and more heterogeneous sample will likely provide different results. Previously, some studies, such as those conducted by Southwick et al. (2005) Showed that resilience is related to an individual's ability to cope with parenting stress. However, this relationship is more complex and influenced by many external factors, such as social support and emotion management skills. In this study, although there were variations in levels of resilience, the differences were not significant enough to affect changes in parenting stress scores.

Further research with larger samples and variations in resilience levels may provide a clearer picture of the relationship between resilience and parenting stress. In addition, other factors such as the type of intervention provided, duration, and consistency in application may play a role in the results obtained. For example, a study by Bonanno (2004) Found that resilience can be influenced by a broader range of environmental and individual

factors and not only by internal factors. Therefore, although no significant differences were found in this study, it is important to look deeper into the various factors contributing to the results.

This study revealed that a mindfulness parenting intervention can significantly reduce parenting stress levels in single mothers who experience high or moderate parenting stress. This finding is consistent with previous research showing that mindful parenting is effective in helping mothers who perform dual roles between parenting and earning a living. (Srifianti et al., 2022). In addition, mindfulness parenting has also been shown to provide significant benefits for parents in overcoming various child problems, such as anxiety and depression, and in improving the relationship between parents and children. (Bögels & Restifo, 2014).

Mindfulness parenting interventions for single mothers are effective in reducing parenting stress. The program teaches mothers to focus on feelings, thoughts, and behaviours when parenting, with a mindful, non-judgemental, and present-oriented approach. (Chaplin et al., 2021; Fernandes et al., 2022) Mindfulness parenting teaches single mothers to fully understand their child's life nonjudgmentally, realize the importance of self-care as the foundation of good parenting, and respond mindfully to the child's behaviour, not just with an automatic reaction. (Behbahani et al., 2018) When mothers can control their feelings, this will help individuals cope with the stress they experience. Thus, mindful parenting can encourage mothers to develop more profound affection for their children and improve relationship quality. (Ahemaitijiang dkk., 2021).

The mindfulness parenting intervention process involved various techniques, such as sharing, where participants were allowed to express their feelings and experiences in parenting (Fernandes et al., 2022). During this session, some subjects exhibited intense emotional catharsis, such as screaming or hysterical crying. Although the atmosphere of the intervention was briefly interrupted due to the overflowing emotions, this became an important moment for the subjects to release the emotional burden they had harboured (Stevens, 2022). This process had a therapeutic effect, helping single-parent mothers feel more relieved and free from emotional distress (Swain et al., 2017).

The next stage is body sensation detection and compassionate body scan. In this session, the subjects were invited to become deeply aware of their body sensations, recognize any tension or discomfort that arises, and give full attention and compassion towards their own body (Fischer et al., 2017). During this session, various emotional expressions were seen from the subjects, such as shedding tears, frowning, or even smiling (Hernández-Gutiérrez et al., 2023). All these expressions reflect the internal process experienced by the subject, where the subject begins to understand better and accept their body condition and emotions. This technique helped the subjects to connect more with themselves, creating a deep sense of peace (Price & Weng, 2021).

Breathing meditation is one of the main techniques taught in this intervention. This technique teaches single mothers to focus on the subject's breathing as a way to stay calm and manage stress effectively (Padmapriya et al., 2024). Through this meditation, the subjects learned to let go of unrealistic desires (mindful wanting) and replace them with acceptance of the current situation. This process helps single mothers not feel burdened by overly high expectations of themselves and their children. (Tiffet et al., 2022). Thus, this meditation becomes an effective tool to help single mothers deal with the pressures of parenting more calmly and purposefully. (Tumthammarong et al., 2022).

The following technique of mindfulness parenting is to develop compassion. The subjects were invited to practice compassion towards themselves and their children through deep reflection on their feelings. (Powell et al., 2024). This process helps single mothers develop genuine affection towards themselves and their children without excessive judgment or guilt. (Cohen & Naaman, 2023). By combining these techniques, the mindfulness parenting intervention was able to have a significant impact, not only in reducing parenting stress levels but also in improving emotional well-being and the quality of the mother-child relationship. This process is an important step for single mothers to face parenting challenges with a more positive and adaptive attitude. (Chaplin et al., 2021).

These therapeutic elements of mindfulness parenting reduce parenting stress experienced by single mothers. One of the key techniques in mindfulness parenting is to provide a space for mothers to share their experiences and the challenges they face in caring for their children and earning a living (Powell et al., 2024). This intervention

serves as a catharsis, allowing mothers to express grievances and feelings related to parenting and receive support or perspectives from other mothers in similar situations (Wolford & Holtrop, 2020). By sharing their experiences, single mothers can feel more connected, gain new insights, and reduce the emotional burden they face, which in turn helps them better manage stress (Vernal, 2020).

The central concept in mindfulness parenting is for the subjects to become more aware and understanding of the thoughts that are the source of anxiety or stress (Chaplin et al., 2021). This technique helps to develop an attitude of appreciation towards oneself and others, reduce feelings of suffering, and appreciate all efforts and achievements that have been made. (Featherston et al., 2024). Single mothers can accept themselves and their children more gracefully, which in turn reduces the feelings of stress and suffering that often trigger anxiety (Nabijonovna, 2023). In addition, mothers can cultivate self-compassion by listening and accepting any feelings or thoughts that arise without judgment while maintaining focus and relaxation. This process helps to create inner peace and patience and the ability to savour every small achievement, accept circumstances gracefully, and be grateful for the journey. (Gibson, 2019).

Mindfulness parenting also provides single mothers with solutions to understand better and recognize themselves in managing feelings, especially in stressful situations that commonly occur in parenting. (Burgdorf dkk., 2019). Through this awareness, single mothers can better control their emotions so they do not act impulsively when facing pressure or problems (Chaplin et al., 2021). In addition, this approach helps single mothers realize that they are good enough parents for their children, although not perfect. The mother avoids excessive expectations by accepting the child's condition according to his or her capacity (Lantheaume et al., 2024). This can improve the mother-child relationship quality as mothers become more affectionate, reducing negative parenting behaviours (Chaplin et al., 2021).

CONCLUSION

The results showed that mindfulness parenting effectively reduced parenting stress in single mothers, with all participants (N=6) experiencing a significant reduction in stress scores at the posttest compared to the pretest ($p = 0.028$). The intervention helped mothers manage stress better through mindful awareness of emotions, thoughts, and behaviours while strengthening relationships with children. The first hypothesis was accepted as the reduction in parenting stress was significant.

However, in the second hypothesis, although there was a difference in mean stress reduction based on the level of resilience (high, medium, low), the statistical analysis results showed that the difference was insignificant ($p = 0.102$). This means that the level of resilience did not affect stress reduction after the intervention. The second hypothesis was rejected, although the group with high resilience showed a more significant reduction in stress than the other groups.

In conclusion, mindfulness parenting effectively reduces parenting stress in single mothers, regardless of the level of resilience. Mindfulness-based interventions were shown to help mothers manage stress positively and improve relationships with their children.

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