

The existence of single parents who have careers

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Abstract

Purpose: This research is aimed at exploring the existence of single parents who had previously been housewives. Single parents in facing difficulties in working and being successful with their careers and prove their existence with their career and performing their role as a single parent.

Research methodology: This research used a qualitative research method with a phenomenological approach. The selection of participants was done by the purposive sampling technique. Data collection methods are interviews, observation, and documentation. Data were analysed data reduction, data display, and conclusion drawing/verifying.

Results: There are several other factors outside of the structure of existence that they have experienced, including educational factors, religious devotion, and motivation to arise their children that make them survive.

Limitation: This research is only focused on the qualitative. Future researchers may consider conducting mixed methods.

Contribution: Understanding the structure of existence finding answers to the single mothers who left by their husbands due to death or divorced. Feeling helpless, losing confidence, unstable economy and overcoming these circumstances, shows their existence through career stability.

Keywords: *Existence, Single parents, Career, Being in the World, Rollo May*

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1. Introduction

Family is the most important primary group in society which is formed from the marriage relationship of men and women to create and raise children. The family in its pure form is a social unit consisting of husband, wife, and children (Ahmadi, 2007). Each family member has a specific role that plays, and each member depends on the other members to play their role.

Greenglass (Putrianti, 2007) mentioned that the role of a husband is to help his wife by giving information, advice, or something that can encourage his wife to be more active in solving problems. However, the structure of the role of parents in an intact family then changes due to divorce or the death of a spouse. According to Papalia, Olds, and Freadman (2009), the loss of a spouse, which is caused by divorce and especially for those left behind due to the death of a spouse, certainly leaves adjustment problems for men or women. Therefore, the phenomenon of single-parents often found in society.

According to (the) data from the National Socio-Economic Survey (SUSENAS), the number of families with single female parents or so-called single mothers in Indonesia is increasing every year. In 2010, the Central Bureau of Statistics (BPS) estimated that in Indonesia there were 65 million families and about 14 percent or 9 million were headed by women. Thus, there is an increasing trend

of female-headed households, which is an average of 0.1 percent per year. The 14 percent figure and the increase in the number of single mothers is not a small number. Some single mothers are truly independent and earn a living for the economic needs of their family. However, other single mothers are being a burden to their extended family ([Syafa'at, 2012](#)).

The main impact directly felt by single mothers who were being leaved by their husbands due to death or divorced because of the economic issue. When trying to find a job, the income level is not too large due to limited work experience because priorly they were always at home and responsible for the household work ([Santrock, 2002](#)). Single mothers are also required to be good at dividing their time, completing their roles as mothers and fathers for their children. The status of widows in society is also a new and hard challenge for women whose marriages that were full of hope and happiness come to an end due to the death of their husbands or divorce ([Zulfiana et al, 2012](#)). Based on these conditions, it is not surprising that individuals experience anxiety about new problems that will be faced alone, the emptiness and loneliness of life.

According to May ([Latief, 2010](#)), emptiness, loneliness, and anxiety are conditions where a person does not know what she wants anymore. Emptiness leads the individual to depend on others. Loneliness or solitude makes individuals experience the threat of losing themselves or their existence. Realizing their existence from the work they do in addition to carrying out the role of single parents to overcome and exceed the time limits they have faced in the past to design their future, all of these are the distinctive characteristics of human existence.

2. Literature review and hypothesis development

According to Sartre ([Misiak and Sexton, 2005](#)), what marks humans as the best creatures is their freedom and freewill. A man himself is free and therefore he can choose and decide at any time. Humans are unavoidable from the consequences of the decisions they made, so freedom is the partner of human life. When the individual avoids his freedom then arises anxiety, sadness, and despair.

For single mothers themselves, the anxiety about the future that must be faced and the new responsibilities that were previously shared are not an easy process after the death of their spouse or due to divorce. Fear, feeling helpless, losing confidence, and trying to overcome, going beyond the past to the present and the uncertain future experienced by single mothers can be understood through the structure of the experience of human existence.

Binswanger ([Lathief, 2010](#)) explains how to understand, interpret, express oneself and explain various ways of how human existence presents in the world through the structure of the experience of human existence. This structure arises from various human behavior and experiences which are then understood (experience of being understood) by the individual, such as:

A. Death

According to Jaspers ([Lathief, 2010](#)), humans are constantly involved in crises that bring them into situations where they experience inevitable death. Acceptance of death is referred to as self-surrender, readiness to accept the situation. The experience of death is seen as the basis for humans to create meaningful lives.

B. Emptiness

According to May ([Lathief, 2010](#)), emptiness refers to a human condition that no longer knows what he wants and has power over what happens. David Riesman ([Lathief, 2010](#)) mentioned that emptiness has changed modern humans into humans who direct themselves to others (outer-directed) in order to find guidance in their lives.

C. Anxiety

Anxiety is a threat to the center of human existence. Anxiety can go beyond the individual's awareness of its existence, eliminate the meaning of time, collect memories of the past and close the

future. Anxiety arises when individuals have potentials or possibilities, but only some of these potentials and possibilities can be actualized in fulfilling their existence.

D. Guilt Feelings

When the individual rejects his potential or fails to realize and actualize it, then his condition is in a state of guilt.

E. Togetherness

The psychotherapists of existentialism stated that togetherness or living with fellow human beings in society is not merely a coincidence or a reality, but is something that is a necessity for human existence.

F. Spatial

This is where humans are in the midst of the world with all its complexity, and the basic fact that humans are always aware of being in the midst of the world. Human personality can be understood as humans look on the way to the future; humans can understand themselves after they project themselves into the future.

G. Temporality

Temporality (time) relates to the structure of the experience of being. In the structure of human experience, time is not understood and lived objectively, but participative. Humans experience the past, present, and future differently.

H. Bodily

Humans experience their own body, not as a physiological body, but a body that is lived, a body that has existential meaning and gives meaning to the world. Sartre connects with the fact that existence is always in the form of a body.

Based on the description of the structure of the experience of human existence according to Binswanger ([Lathief, 2010](#)) above, further understanding of human existence can be seen through the concept of human personality. May ([Feist, 2008](#)) expresses the concept of human existence are named Being in the World and Non-being. According to [Lathief \(2010\)](#), the structures of human existence are:

A. Being and Nothingness

The ontological meaning of the word being is intended as a human being present and appearing, experiencing himself consciously, actively participating. Meanwhile, nothingness is a measure of human non-existence, a dimension in which humans regress on their existence and experience themselves as objects.

B. Being in the World (Being in the World)

According to Heidegger, the concept of humans being in the world implies that humans live and express themselves that they are in the midst of other lives that have been determined by themselves. Binswanger developed Heidegger's concept by detailing the human world as Umwelt, Mitwelt, Eigenwelt.

C. Being Over the World

According to existentialist psychotherapists, being beyond the world means trying to reveal the possibilities that humans have to overcome the world they inhabit and enter a new world so that humans are always in the process of overcoming themselves (self-transcending).

D. The I-Thou Relationship

I-Thou social relations individuals are aware and respect other individuals as participants like themselves, participants with their world, participants who are always in process, participants who have their feelings, thoughts, and desires.

E. Intentionality

Intentionality is the structure of human existence, like the structure and concept of psychic determinism from psychoanalysis. Intentionality means that humans never think about or imagine emptiness and futility.

F. Being Authentic and Inauthentic

According to Heidegger and Sartre, human existence, in general, is inauthentic where they need to choose, take responsibility, fear, anxiety, the experience of death, social isolation, meaningless. Authentic existence is where humans can affirm themselves (self-affirmation) without avoiding or denying the inevitability of life such as threats, anxiety, making various choices.

G. Freedom and Responsibility (Independence and Responsibility)

Existentialist psychotherapists always emphasize freedom and responsibility as the most basic human existential structure, where freedom is associated with the responsibility to choose possibilities, make decisions, and choose actions according to authentic capacities.

H. Self Consciousness

Psychotherapists view self-awareness as a capacity that allows humans to live as whole persons. Kierkegaard reveals that the higher self-awareness of the human, the more complete the human person is.

I. Existence is Individual-Being

Existence is private and individual, whose existence cannot possibly be represented by the existence of other humans. So human existence is an individual being, and then determines their social existence, social being, or exists in society.

J. Existence precedes Essence

The concept of existentialist psychotherapy suggests that humans are responsible for themselves, regardless of the form and model of their existence. In shaping themselves, humans always get the opportunity to choose what is good and bad for them.

The existence of finding answers to these worries, where the individual comes out of circumstances, shows the potential, and dares to decide to enter a new world that she has never experienced, shows her existence through career stability, which is the existence of a single parent with a career.

3. Research methodology

This research used the qualitative research method. According to [Herdiansyah \(2010\)](#), research methodology is a series of laws, rules, or certain procedures that are regulated and determined based on scientific principles in researching a certain scientific perspective, the results of which can be scientifically justified. The phenomenological model in psychology is more aimed at getting clarity from phenomena in natural situations experienced by individuals every day ([Herdiansyah, 2010](#)). Phenomenology seeks to reveal and understand a phenomenon and its unique context experienced by individuals.

A. Research Time and Place

The research started in May 2013 until November 2013. It was located in Malang city, Indonesia.

B. Research Participant

The number of participants in this research was 4 people with the following criteria:

1. Women who become single mothers due to death or divorce from a spouse.
This relates to the experience of the existence of individuals who experience emptiness, anxiety over a divorce, or the death of a spouse.
2. Supporting their children financially.
There is a responsibility that arises when they decide to support their children without depending on others and make single parents show their existence in fulfilling various economic needs with a career.
3. The participant is a full-time housewife when she is still with her partner and then has worked and show their existence through career after separating from her husband.
According to Creswell ([Herdiansyah, 2010](#)), the phenomenological model determines the limits of the experience of the participants raised in the research, so the authors limit the experiences of special participants to single parents who become housewives before the divorce or husband's death so that there is an equality of experience for the participants of research.
4. Being a single parent for more than 2 years.
This is based on the theory of [Pickhardt \(1996\)](#) where the process of recovery and adjustment of single mothers to be able to rise from the separation with husband is after 2 years.

C. Data Collection Techniques

The data of this research were obtained through primary data sources and secondary data. Primary data sources were data sources that directly provide data to researchers, in this case, are single mothers with careers. Secondary data sources are obtained through friends, family, neighbors, and several aspects that can provide information about the things being researched. Primary and secondary data used are through:

1. Interview

The interview aims to collect information about human life in a society, which is the main assistant of the observation method ([Bungin, 2010](#)). Interviews in this research used semi-structured interviews ([Herdiansyah, 2010](#)).

2. Observation

In addition to the interview, the method of collecting qualitative data is observation. This research uses the Anecdotal Record observation method ([Herdiansyah, 2010](#)) where the method used by the researcher is to make observations by only bringing blank paper to record the distinctive, unique, and important behavior of the research participants.

3. Documentation

According to [Sugiyono \(2012\)](#) interview results can be recorded properly when the researcher has evidence of having conducted interviews with the interviewees, the following tools are needed:

a. Tape recorder

This recorder is used to record all conversations. The use of a recording device in this case is a recording device from a cell phone owned by the author. The researcher has obtained permission from the participant to use it.

b. Stationary

Stationery was used to write on the observation sheet to record all conversations with the interviewee. The use of stationery in the interview can be used during the interview.

D. Data Analysis

According to [Miles and Huberman \(1992\)](#), qualitative data analysis is carried out interactively and takes place continuously until complete. There are three kinds of activities in qualitative data analysis, namely:

1. Data Reduction

The data obtained in the field are quite large, therefore, data analysis is carried out through data reduction. Reducing data means summarizing, choosing the main things, focusing on the important things, looking for themes and patterns, and removing unnecessary data.

2. Data Display

The next step after reducing the data is data display. Data display in qualitative research is carried out in the form of brief descriptions, charts, relationships between categories, and so on. Milles and Huberman stated that the most frequently used to present data in qualitative research is narrative text. By displaying data, it will be easier to understand what is happening, plan further work based on what has been understood.

3. Conclusion Drawing/ Verifying

The third step in data analysis is drawing conclusions and verification. The conclusions raised at the initial stage are supported by valid and consistent evidence when the researcher returns to the field to collect data. Conclusions in qualitative research can answer the problem and be new findings.

E. Data Validity

According to [Moleong \(2012\)](#), to determine the validity of the data, an examination technique is needed. The implementation data validity is based on the four criteria used such as:

1. The degree of trust (credibility), where the author uses triangulation. Triangulation is a data checking model to determine whether data accurately describes the phenomenon in research ([Bachri, 2010](#)). This research uses the data triangulation method.
2. Transferability, where the researcher in making his report must provide a detailed, clear, systematic, and reliable description. Thus, readers can clearly understand the results of the research, and decide to apply or not to apply the research ([Sugiyono, 2012](#)). This research provides a detailed, clear, and systematic description through a complete description of the structure of the experience of existence and the structure of human existence in single parents with careers.
3. Dependability. In qualitative research, this dependability test is carried out by conducting an audit of the entire research process. The audit is carried out by an independent auditor or supervisor to audit the overall activities of researchers in conducting research. In this research, the auditor who audits the entire research process is carried out by the thesis supervisor.
4. Confirmability refers to the level of ability of research results to be confirmed by others. The whole research was confirmed starting from the theory following the research, the conduct of proposal seminars, and research consultation with the thesis supervisor.

4. Results and discussions

Background of Participants

A. OS

Divorced in 2011 when her son was 1 year old. She decided to get a divorce because OS never felt happiness during her marriage life. She always got violent treatment from his ex-husband. After

becoming a single mother, OS realized that it was not easy to raise a child without a father figure for her child. However, OS's own motivation to prove to her ex-husband's family that she is able to raise her child and provide a good education for her child. OS is grateful for her life and she considers that the presence of her child is the source of her happiness. OS was able to show his potential by working in a boutique shop which allowed her to demonstrate her communication skills, how to attract customers to buy their collections. An important place to produce quality resources is education. OS also participated in fashion events held at the Matos Mall Malang and MX as a committee according to her education in language study when she was in high school. OS can prove her existence because of the role of her family who always motivates OS. When OS decides to get a divorce and family has been a place for the OS to pour out its heart to share problems. Her family also helps her to act to deal with these problems.

B. TM

Divorced in 2006 officially but has been separated from her ex-husband since 2001. TM decided to get married in 1999 but their marriage relationship was not approved by her ex-husband's parents. TM then decided to return to the city of Malang after previously at her husband's house in Jepara. The distance that separates TM and her husband makes her hope that her husband will follow her to Malang because TM did not want to go back to Jepara, but apparently, her husband did not come because he did not want to leave his parents. Confidence in TM arises as a single mother because she wanted to show herself, prove that she is not who people think she is. She then saw other successful people, learned how these people work by selling necessities, and now finally has her shop.

TM views death as something that should not be thought about. Death can make her despair. She has the principle that the important thing is to work hard. The hard work she did was not only for herself but also for her children. Sometimes, TM had a feeling of emptiness when she sees a married couple. But she later encouraged herself saying that it wasn't time for her to be happy yet, one day she would be like them. When she has a desire and it has not been fulfilled, she prays. She convinced herself that God would help her. TM experienced feelings of guilt because after graduating from college she immediately got married, even though she wanted to have a career first before getting married. Even then, her marriage failed. In addition, the long-distance they traveled made it impossible for them to last much longer. TM herself sees that she can't compare to her ex-husband who has a handsome face, she even becomes inferior when she is still married to her ex-husband.

TM does not feel a significant difference between when she was married before and her status as a single mother now. TM views that her previous marriage was unhappy, meaningless, she felt pressured because there was no parental approval. During her marriage, TM also did not work, so she became the subject of ridicule from people that she was a graduate but unemployed. TM thinks that she does not remember the past anymore but remembers the bad things in the past to make progress for the better. TM forgets the failure of her marriage, trying not to look back.

C. WT

Since her husband died in 2008 due to a stroke, WT, who was previously a full-time housewife, now works as a food stall owner. It is through the food stall business that WT fills his time and keeps herself busy and distracts herself from her husband's death. WT views her husband's death as something she must accept because she cannot sue God for her husband's death. But she always felt her husband's presence. WT who can accept her husband's death realizes that the next thing she must do is to keep herself busy with new activities, as she is doing now, busy with her job of owning a food stall. WT feels the emptiness after her husband's death due to decades of marriage and being together with her husband every day, in carrying out activities together either going to church together but now being lived alone by WT. WT realized that it was impossible for people who had died to come back to life. Having been married for decades, WT feels that her marriage was always filled with happiness and attention from her husband. But when WT's husband died,

now he no longer feels the care, for example when she is sick, WT needs to care for herself without being accompanied by her husband. WT used to keep all her husband's clothes for her to remember, but now she chooses to give them to people in need.

The economic downturn hit WT when her husband died. But WT has the principle that she can work, so the economic downturn is not so affected. WT chose to be grateful for what is now because she stated that no matter how much a person earns, they will feel less if they are not grateful. WT in her daily life admits that being together with her niece and nephew is the reason why she is always cheerful. She also likes to participate in PKK activities in her environment because she feels happy when she meets and participates in PKK activities. Talking about WT matters, she never talks about it with the people around her, including her sister. She just chooses to believe in God and reveal everything only to God in prayer. WT's sister had offered her several times to help her find a life partner for WT, but WT refused. Even though her husband has died, and it is impossible to get back up again, WT always feels that her husband is still there and lives in her heart. WT never got into trouble with the neighbours around her. A neighbour of WT even said that WT has a good personality, does not like to talk about gossipy things.

D. MR

MR's husband used to be a national footballer and it made her life not lacking in anything. However, her life changed after the death of her husband in the year 1988 due to a stroke. MR tried to provide for the needs of her children by selling various MLM products from house to house outside the city. After that, MR switched professions to become a nurse (nanny) in the cities of Bandung and Surabaya. After his children grew up and worked, MR was then assisted by his first child who became a teaching staff to support her financially. Now MR is working and acting as a Church Council which is engaged in the counseling program for prisoners in Malang city. MR views death from a positive perspective because according to her, death is the beginning of eternal life meeting God so that she can accept her husband's death. In the beginning, MR did not feel a deep emptiness because she is more focused on the future of her children, so she did not think about herself and her feelings. However, over time she experienced difficulties without her husband. It made her feel empty, and she then prayed to God if God did not give a transformation in her life, it would be better if went back home to heaven.

Anxiety is experienced by MR when her expectations are not in line with her children's behaviour. For instance, when her children are dating someone that is not according to MR's wishes. But in the end, the children chose to obey MR and that made MR feel relieved. Feelings of guilt arose in MR when she felt failed to nurture people in prison because she heard that the people in the prison previously trained continued to commit crimes when they got out of prison. She felt like a failure because she could not make people better. MR then joined PKK activities with her neighbours. She realises that it is a good activity because when an individual gets sick or dies, they visit and participate in helping others. In addition, she also involves in the activities of the church. It makes her happy and certainly eases MR's burden. MR felt that her existence was useful for others where was moved to strengthen and pray for the people in prison and was willing to be invited to share stories and motivations for the people in the prison. MR knows that her past is a life experience that she should be grateful for because she realizes that she can become what she is today because she has gone through a long process and challenges from the start of her becoming a single mother. MR sees the present and future as good times because she has seen and felt how she, her children, and grandchildren are taken care of by God.

MR's personality as a single mother who has succeeded in educating her six children is a role model for MR's neighbours who see her struggles to work to support herself and her child since her husband died. MR's neighbour who is also a single mother who is inspired and motivated by MR also feels capable of being like MR. Seeing this, MR feels her life is useful for others.

Discussion

Based on the discussion of the structure of existence experience and the structure of existence between participants, it shows that the four participants have different experiences. The existence of OS begins with the anxiety she experienced when she was still married due to violence and their household ended in divorce. TM shows the experience of existence starting from emptiness due to the distance from her husband which then ends in divorce. The similarity of existence experience starting from the experience of death is found in WT and MR due to the death of their husbands.

After going through the existence experience, these four participants showed the structure of their existence through their careers without depending on others or their families, where the OS worked in a clothing boutique shop. Moreover, [Hafezi&Etemadinia \(2022\)](#) stated that the goals of development can be achieved with interconnected education. TM is an entrepreneur who owns a small restaurant based on the degree she gained, a Bachelor of Economics. WT opened a food stall because it was following her pleasure in cooking. MR chose a career in counseling services in various places such as in prison and serve the elderly because it is her life goal, to have a meaningful life for others.

As stated by Linde ([Abidin, 2007](#)) existence is the ability of the individual to project herself in her self-conscious imagination towards the future that is not just an hour or two, but weeks, years, and even decades. The ability to transcend these time limits, to see her experiences consciously in the light of the past and future, to act and react in those time dimensions, to learn from the past to design her future, are the distinctive characteristics of human existence. This is what happened to the four research participants namely OS, TM, WT, and MR. Each of the participants realized that the comparison of their situation before and after they became single mothers had significant differences both in terms of responsibilities and conditions.

The ability to cope with household conditions without the presence of their husbands is shown by the work careers they currently have without depending on others or their families and bring out their potential in work as experienced by OS, TM, WT, and MR who choose work because it suits them. Education also played an important role in enhancing their work skill. Education is a key role in human resource development and integrates growth of learners ([Miftahurrohmah et al., 2021](#)). OS works as a boutique staff with marketing skills, TM opens a small restaurant in accordance with his Bachelor of Economics degree and MR works prison services and has worked as a nurse for babies and the elderly because it is following her education in teaching. WT herself chooses a job according to her enjoyment of cooking, so she opened a food stall.

In addition, according to Sartre ([Misiak and Sexton, 2005](#)), what marks humans as the best creatures is their freedom and ability to choose. Man himself is free and therefore he can choose and decide at any time. Humans are unavoidable from the consequences of the decisions they make, so freedom is a partner of human life. When the individual avoids his freedom then what arises is anxiety, sadness, despair. Existence finds answers to these worries, gives understanding and the possibility to find meaning in life. For WT, after deciding to accept her husband's death, she realized that her husband could no longer live, she was able to rise from the feeling of emptiness without her husband by deciding to join some activities, which is currently her job, opening a food stall. Individuals have specific goals and follow specific norms to achieve them ([Hafezi, 2021](#)). For MR, after going through various challenges in life at work and having achieved her life target of educating her children until all of them are married, she realizes that her current life is focused on being mean to others because when she is meaningful to others, she can give others what they need.

Going through the process of becoming a person who achieves existence begins with the process of overcoming anxiety and emptiness, single mothers are then faced with the responsibility to work because of economic factors. According to [Santrock \(2002\)](#), the main impact that is directly felt by single mothers when left by their husbands (died or divorced), is that there is no economic stability.

[Greenberg and Avigdor \(2011\)](#) also say that money is a problem and an important motivation for mothers to have jobs and careers. Without a doubt, working mothers certainly make a significant contribution to the family's financial income. This is also stated by OS that with the income they get from work, she is able to support her child at the age of about 2 years of marriage which ended in divorce. Contributions to family income are the main focus of OS and TM. They emphasize the importance of the future of their children through education, and by earning money, they do not have any obstacle to giving the best education for their children.

Research conducted by [Jenkins and Gillman \(2000\)](#) regarding single mothers, found that there is a relation between work and depression. The more positive the work environment of this single mother, the less depression they have. In addition, good working environments are essential to employees, they can serve as a motivational factor for ensuring organizational productivity and getting the best out of employees ([Emmanuel, 2021](#)). Therefore, the hope that single mothers work for the welfare of their families and their work is important for the survival of their families. For OS and TM, they do not deny that economic problems immediately hit them when they decided to divorce, but the belief that they can live life as single mothers who work in a work environment that is comfortable enables them to fulfill their daily needs and bring out their potential at work. Likewise, with WT and MR who were left behind by their husbands, these two single mothers had previous work experience because the processes and challenges during work make them become a whole person and they can pay for their daily needs and their children's education can be met. Now, their existence is recognized by neighbors and coworkers that they are the good role model of single mothers.

In addition, although the four participants came from different religions, the factor that influenced the existence of the four single mothers was their belief in the existence of God in their lives so that the four participants revealed that by praying they felt calmer and believed that God would help them, as shown stated by TM.

5. Conclusion

The structure of the experience of the existence of the four research participants is experienced by each differently. OS's experience of existence begins with the anxiety she experienced when she was still married due to violence and her household ended in divorce. TM shows the experience of existence starting from emptiness due to the distance from her husband which then ends in divorce. The similarity of the existing experience starting from the experience of death is found in WT and MR participants due to the death of their husbands. After going through the experience of the existence, the four participants showed the structure of their existence through their careers without depending on other people or their families, where OS worked in a clothing boutique shop. TM is the owner of a small restaurant where she gained knowledge from her bachelor's degree in economics. WT opened a food stall because it was by her pleasure in cooking. MR chose a career in counseling services in various places such as correctional institutions and serving the elderly because it is following her life goals, which is meaningful for others. Eventually, it can be seen that the participant whose husband died experienced a crisis in economic factors. However, they motivate to work in order to pay for their children's living and education needs. It makes them able to fulfill their needs as well as become single mothers who have an existence. Likewise, single mothers due to divorce, do not deny that economic problems immediately hit them when they decided to divorce but the belief that they can live life as single mothers by working, enables them to fulfill their daily needs and bring out their potential in work.

Suggestion

Based on the experiences and considerations that have been obtained from research on the existence of single parents who have careers, suggestions are presented as follows:

1. For Single Mothers with Career
 - a. They should respond to every challenge and problem in life with hope and have an optimistic attitude in order to tackle circumstances in their lives.

- b. The more they maximize their present existence by working, the more successful they are. The experience of their existence showed that they can overcome difficult situations in their lives.
2. For the family and the environment
- a. The environment and the community should always provide continuous encouragement and motivation and for single mothers who are divorced. Families should not blame single mothers for their decisions.
 - b. The environment and the community should not have a negative perspective regarding the status of single parents, because they need acceptance from the environment to live a better life.

Limitations and research forward

- a. For the future researcher who wants to examine the existence of single parents who have careers can choose the structure of existence from different theories so that the existence of single parents can be seen from a different perspective.
- b. The need for more intensive rapport development and paying attention when proposing sensitive topics related to the experience of participants.
- c. This research is only focused on the qualitative aspect and is limited to four participants only. Future researchers may consider conducting mixed methods and gain more participants to involve in the research.

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