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Psychological Well-Being of Mothers who are Members of the Movement Empowerment and Family Welfare: A Preliminary Study

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Abstract

This study discusses the preliminary study on the psychological well-being (PWB) of mothers who are members of the movement empowerment and family welfare. This study aimed (1) to obtain a profile of mothers PWB, (2) to describe each dimension of PWB consists of autonomy, positive relations with others, environmental mastery, personal growth, purpose in life and self-acceptance in the mother, (3) to obtain a profile PWB based on level of education and marital status. Respondents of this study were 228 mothers aged between 32 years to 63 years. This research method is survey research design. The results showed that (1) profile of mothers PWB in 3 villages (kelurahan) in Bekasi, was 29.8% in the high category, 67.9% moderate and 2.3% in the low category. (2) a description of the each dimensions of PWB shows the dimensions of autonomy 59% in the low category, the dimensions of positive relations with others 76% in the low category, the dimension of mastery of the environment 50% in the medium category, dimensions of personal growth 65% in the moderate category, dimensions purpose of life 51% in the middle category, and dimension of self-acceptance 76% in the middle category. (3) profile PWB based on level of education were 97% senior high in the low category and undergraduate education were 43% in the high category. Meanwhile, PWB based on marital status showed that married status showed 29% in the high category and widowed 34% in the high category.

Keywords: psychological well-being, autonomy, positive relations with others, environmental mastery, personal growth, purpose in life, self-acceptance.

1. Introduction

Psychological well-being (PWB) is an achievement of the full potential of a human being. It is about lives going well which is the combination of feeling good and functioning effectively (Huppert, 2009). This potential psychological is needed by every human being includes mothers. However, not all mothers who have a dual role and function in family life, can develop psychological potential and growth themselves. This is because there is bottleneck in carrying out their role and function in the family such as guidance on the duties as a housewife and mother also works.

The changing role of the mother can be advantages as well as new problems in the family. Role of mothers is not only in the family but also has a role and responsibility in the world works. Wyn and Ojed (2003) suggested that many women have multiple roles such as wife, spouse, caregiver and employee. This role requires that she makes time for consolidation, creating intimacy, affection and unity that will give new energy to carry out other tasks in creating a family atmosphere.

Based on the fact, roles of Indonesian women were not only as a wife, spouse, and caregiver but also they work outside the home. The consequence of the roles was their activities for the family should be reduced. They recognize that all of roles have an impact on their own health and family. Mothers who work outside the home and became the sole breadwinner with low incomes often have a difficult time. These difficulties are to balance the health of the family and job responsibilities. Mothers who have problems related to the role can affect their PWB. When this occurs, it can cause symptoms or indicators that show low levels of PWB of the mother.

Lower PWB suggests that the inability of individuals to accept themselves, fostering good relations with others, autonomy, environmental mastery, purpose in life and personal growth. According to Ryff (1989), lower PWB can make a person feel dissatisfied with himself, less confidence in relationships with other people, not able to cooperate with other people, worry about the expectations and evaluations of others, not able to change and improve situation, does not care the opportunity around the neighborhood, do not believe that life is meaningful, less desire to evolve and grow.

According to paragraphs above, it showed that PWB important for mothers who have multiple roles in their daily life. This phenomenon is interesting to study, especially for Indonesia women.

The purpose of this study is as follows:

1. To obtain profile PWB of mother who are members the movement empowerment and family welfare.
2. To describe each dimension of PWB consists of autonomy, positive relations with others, environmental mastery, personal growth, purpose in life and self-acceptance in the mother.

3. To show the PWB based on level of education and marital status.

2. Material and Methods

This research uses survey research design which a procedure in quantitative research in which investigator administer a survey to a sample or to the entire population of people in order to describe the attitudes, opinions, behaviors, or characteristics of the population (Creswell, 2002). This study used purposive sampling method that has the following characteristics: married and adult development. According to Papalia, Olds, Feldman, (2008) in the adult stage, a relatively stable personality and personality changes may be influenced her life. At this stage the majority of adults are married, and the majority of them have become parents.

Respondents in this study were 228 mothers (aged between 32 to 62 years old). Based on respondents' level of education, 80 at the elementary and junior high, 123 senior high, 21 under graduate, and 4 graduate. While in marital status of respondents, 198 respondents are married and 30 widowed.

Instrument in this study was scales of Psychological Well-being by Ryff (1995) which contain of six dimensions of 7 items each. The six dimensions were autonomy, positive relations with others, environmental mastery, personal growth, purpose in life, and self-acceptance. The six scales were 42 items in total. The responses to the questionnaire items were designed on a six-point Likert-type scale.

3. Results and Discussion

3.1 Results

The results showed that profile of PWB mothers who member of movement empowerment and family welfare was 29.8% in the high category, 67.9% moderate and 2.3% were in the low category. Detailed profile of PWB is presented in Figure 1.

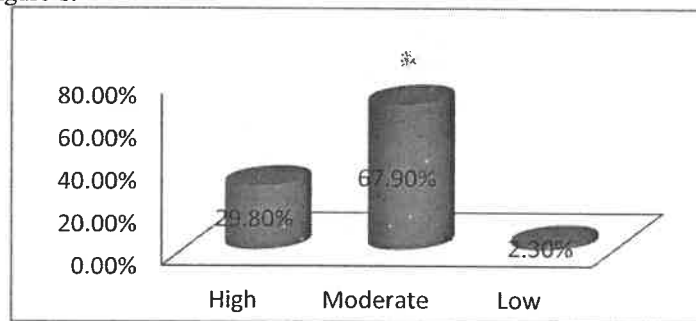


Figure 1: Profile of Psychological Well-Being

Profile of PWB of mothers who are members of the family welfare movement and empowerment based on the dimensions of autonomy shows 59% in the low category. Dimensions of positive relations with other showed that 76% were in the low category. Environmental mastery dimensions shows 49% were in the high category. Dimensions of personal growth shows that 32% are in the high category. Dimensions of life goals shows 47% were in the high category. Dimensions of self-acceptance shows 76% moderate category.

Results of the study showed the PWB is based on level of education. Respondents who have elementary and junior high level were 96% in the moderate category. Respondents who have senior high level of education were 97% in the low category. Respondents with undergraduate education were 43% in the high category, and respondents with graduate education were 75% in the moderate category. The following figure details of profile the psychological well-being based on level of education.

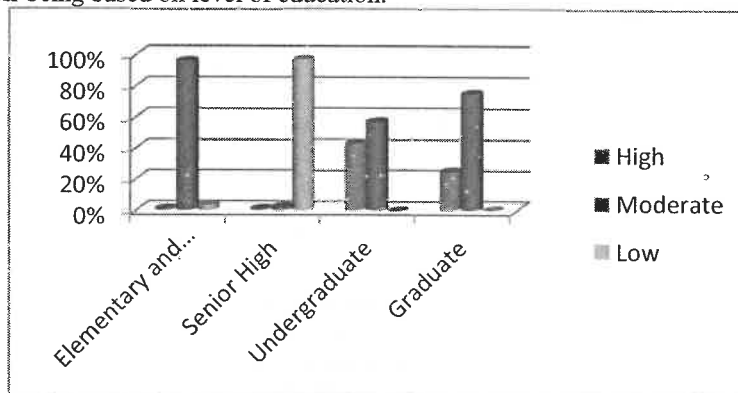


Figure 2: Psychological well-being based on level of education

Another finding of this study is the PWB based on marital status. Respondents who married showed 29% in the high category and 69% in the moderate category. While widowed respondents showed 34% in the high category, and 60% in the moderate category, and 6% in the low category. The following figure details of profile the PWB based on marital status.

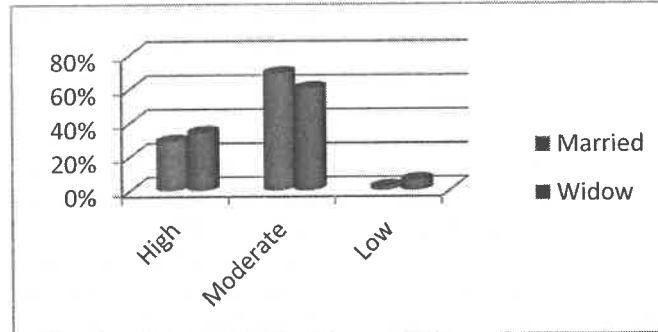


Figure 3: Psychological well-being based on marital status

3.2 Discussion

Helson & Srivastava (Edwards, Ngcobo, Edwards & Palavar, 2005) suggests that the PWB is developed through a combination of emotional regulation, personality characteristics, identity and life experiences, increasing age, and education. Related to the understanding of PWB, research conducted Ryff (1989) found that there are different levels of PWB in individuals of various age groups.

People know the best conditions for the old persons so they can adjust the environment. In addition it shows that the influence of age in adulthood has a high value on personal growth and purpose in life, and shows a high value on environmental mastery. (Ryff, 1989; Ryff & Keyes, 1995).

The results of preliminary studies in terms of the dimensions of PWB of mothers, showed that 59% of the dimensions of autonomy that are in the low category, 76% dimension positive relationship with others that are in the low category, 50% dimension of mastery environment in moderate category, 65% dimension personal growth in moderate category, 51% dimension of purpose of life in moderate category, and 76% dimension of self-acceptance in moderate category.

Ryff (1989) stated that the lower PWB can make a person: (1) are not satisfied with him/herself, (2) lack of confidence in relationships with other people, not able to work, (3) concerns about the expectations and evaluations of others, was not able to change and improve the situation, (4) do not care about the opportunities in the environment, (5) does not believe that life is meaningful, (6) lack the desire to grow and develop.

Results of this study indicate that there are dimensions of PWB are not optimally owned by the mother. In other words, not all mothers have autonomy, positive relations with others, environmental mastery, personal growth, purpose in life and self-acceptance. This can be caused by several factors such as the problems that arise in family life such as housework problems, children and husband. Another factor is the level of education may impact on the PWB. In level of education, the result showed that in level of senior high, PWB of the respondents tend to be low.

Meanwhile, the result of this study showed that PWB based on marital status, both married and widow respondent in the moderate category. In fact, mothers are generally projected to have optimal performance. Based on the above it shows that each dimension is very important to be developed so that the mother has PWB optimally.

Based on these findings, it needs a development effort in the form of models and programs (such as counseling and guidance) to enhancing PWB, especially for mothers who have multiple roles which can cause problems on their PWB. Mathewson (Abhimanyu, 2001) argues that there are four areas related to the needs of the guidance: (1) the need assessment and self-understanding, (2) the need for self adjustments and the environment, (3) the need of the orientation of the current situation and the future, (4) the need for the development of personal potential.

4. Conclusion

This preliminary study indicates that the profile of PWB of mothers in general are in the moderate category. Result of this study also shows the profile of dimensions of PWB of mother (such as autonomy, positive relations with others, environmental mastery, personal growth, purpose in life and self-acceptance) are generally in moderate the category. Other findings of this study are PWB based on level of education and marital status. In level of education, the result showed that in level of senior high, PWB of the respondents tend to be low.

Meanwhile, the result of this study showed that PWB based on marital status, both married and widow respondent in the moderate category. It means that in general the PWB is still not optimal condition. In other words, not all mothers develop optimally in every dimension of PWB. Although mothers would have entered adulthood and are expected to have been able to develop the dimensions of PWB as well as having an attitude, insight and experience of religious values, as well as the ability to take responsibility.

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