

## LEVEL OF STRESS, SELF-ADJUSTMENT, AND QUALITY OF LIFE FOR SINGLE FATHER

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### Abstract

Single parents are associated with unique adjustment needs because of the multiple roles they accept, so heavy burdens, especially for single fathers, can trigger stress and affect their quality of life. This study aims to analyze the effect of stress levels and adjustment on the quality of life of single fathers. This study involved 60 single fathers living in villages and cities distributed throughout Indonesia using a purposive sampling technique with data collected through an online questionnaire google form. Processing data using Microsoft Excel and SPSS version 25 with descriptive analysis, different independent sample t-tests, Kendalls tau-b and Pearson correlation test, and multiple linear regression test. The results showed that the variables of stress level and quality of life were in the medium category, while the adjustment variable was in the low category. The relationship test results showed a significant relationship between stress levels (negative), adjustment (positive), and quality of life. The regression test results showed a significant negative effect of stress levels and a significant positive self-adjustment on the quality of life of single fathers, meaning that the lower the stress level and the better the adjustment, the higher the quality of life of single fathers. The single father feels that with his current conditions, his quality of life can still be controlled, although sometimes he has some obstacles. In the future, it is hoped that this can be done regarding other variables that affect the quality of life, as well as exploring the comparison of single fathers and single mothers.

Keywords: level of stress, quality of life, self-adjustment, single father

## TINGKAT STRES, PENYESUAIAN DIRI, DAN KUALITAS HIDUP AYAH TUNGGAL

### Abstrak

Orang tua tunggal diasosiasikan dengan kebutuhan penyesuaian yang unik karena peran ganda yang diterima sehingga beban berat terutama bagi ayah tunggal dapat memicu timbulnya stres dan berpengaruh pada kualitas hidupnya. Penelitian ini bertujuan untuk menganalisis pengaruh tingkat stres dan penyesuaian diri terhadap kualitas hidup ayah tunggal. Penelitian ini melibatkan 60 ayah tunggal yang tinggal di desa maupun kota dengan penyebaran di seluruh wilayah Indonesia menggunakan teknik *purposive sampling* dengan data yang dikumpulkan melalui kuesioner daring *google form*. Pengolahan data menggunakan *Microsoft Excel* dan *SPSS* versi 25 dengan analisis deskriptif, uji beda *independent sample t-test*, uji korelasi *Kendalls tau-b* dan *Pearson*, serta uji regresi linear berganda. Hasil penelitian menunjukkan variabel tingkat stres dan kualitas hidup berada pada kategori sedang, sedangkan variabel penyesuaian diri terkategori rendah. Hasil uji hubungan menunjukkan adanya hubungan yang signifikan antara variabel tingkat stres (negatif), penyesuaian diri (positif) dengan kualitas hidup. Hasil uji regresi menunjukkan bahwa terdapat pengaruh signifikan negatif tingkat stres dan signifikan positif penyesuaian diri terhadap kualitas hidup ayah tunggal, bermakna semakin rendah tingkat stres dan semakin baik penyesuaian diri akan mengakibatkan tingginya kualitas hidup ayah tunggal. Ayah tunggal merasa dengan kondisi yang dihadapinya saat ini, kualitas hidup yang dimilikinya masih dapat dikontrol walaupun terkadang memiliki beberapa kendala. Kedepannya diharapkan dapat dilakukan terkait variabel lain yang berpengaruh terhadap kualitas hidup serta mengeksplor terhadap perbandingan ayah tunggal dan ibu tunggal.

Kata kunci: ayah tunggal, kualitas hidup, penyesuaian diri, tingkat stres

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## INTRODUCTION

Ideally, a family is a complete unit consisting of a father, mother, and children. However, for various reasons, the family may only be headed by one parent. Single-parent families or so-called single parents dealing with a problem have different ways and tips depending on the conditions faced by each family (Suwinita & Marheni, 2015). Single parents are tough people and have a dual role as father and mother for their children because they balance the two roles (Layliyah, 2013). Ultimately, single parents, either father or mother, are forced to carry out various family tasks such as raising children, taking care of household chores, earning a living, and guiding children's education alone. According to Chrustueny (2016), the thing that causes single fathers to be heavier than single mothers is that men rely more on their wives in social relationships, stress management, and household chores.

The existence of the Covid-19 pandemic condition will cause the pressure that the father has to be even heavier. This pressure is obtained from the external environment, especially from work. Subjective welfare is not optimal due to decreased income levels, and increased basic needs can trigger single fathers to stress, leading to low welfare levels (Jusoh & Latada, 2020). During the pandemic, single fathers will experience more pressure or stress due to several changes that occur, such as working at home or Work From Home, accompanying children to study at home due to the implementation of Distance Learning (PJJ), as well as supervising family mobility due to the implementation of Level Social Restrictions (PSBB) which can cause stress.

Stress is a reaction that occurs both physically and psychologically caused by stimuli that affect the balance, happiness, and well-being of individuals originating from within or outside the environment (Sunarti, 2013). The stress experienced by a person has several levels depending on each individual. Stress level results from an assessment that arises due to the severity of stress experienced by a person. The classification of stress is divided into three levels: mild, moderate, and severe, which is seen from different signs, symptoms, and impacts (Wulandari, Hadiati, & As, 2017).

The dual role experienced by single parents is necessary to have the ability to adapt to changes even though each person has different abilities. The opinion of Gunarsa & Gunarsa (2008) states that everyone's ability to adapt quickly to changes varies, so it is possible to develop stress. However, stress can be neutralized through adjustment. This self-adjustment ability is needed to suppress the stress in the individual even though each individual's ability is not the same. The results showed that there was a negative relationship between self-adjustment and stress, meaning that the higher the adjustment, the lower the stress (Hidayat, 2018). Adjustment is a change that occurs in achieving satisfaction in a relationship, both with other people and the surrounding environment (Anissa & Handayani, 2012). Success in adapting, such as setting the mind to stay positive, taking advantage of opportunities in the family, and being communicative, will lead to a good quality of life.

Quality of life is an individual's perception of their position in life in the context of the culture and value system in which they live and concerning their goals, expectations, standards, and concerns (WHO, 1997). The structural and functional roles of the family can be strengthened by improving one's quality of life. Quality of life is also a broad concept that includes complex ways of relating to a person's physical health, psychological state, level of independence, social relationships, personal beliefs, and their relationship to prominent environmental features (WHO, 1997). Difficulty in adjusting effectively in daily life and experiencing subjective distress, often, if not accompanied by the ability to cope with stress, will reduce the quality of life. With the current situation facing Covid-19, adapting and increasing the spirit of life is one of the keys for families to continue living in the future (new-normal) (Nurussyifa, Brebahama, & Kinanthi, 2020).

Community life generally varies from one community to another. The difference can be caused by the community structure and place or area factors that have an important role. Families living in rural areas certainly differ from those in urban areas, both in terms of characteristics, values, and norms, the pressures they face, and their welfare. According to Soekanto (in Suparmini & Wijayanti, 2015), the difference between rural and urban communities does not actually have anything to do with the notion of a simple society aimed at one of the characteristics of society, both in terms of the village and urban character. The existence of this diversity affects the social conditions of the community and has the potential to cause social inequality. The needs of each family are not the same in rural and urban areas. Moreover, viewed from several inequality factors such as structural and cultural, there will be quite clear differences between the two. It will be interesting to discuss both in acceptance of government policies from structural factors and policies or characters possessed by the community from cultural factors.

This study specifically has two objectives, namely: 1) identifying differences in family characteristics of

stress levels, adjustment, and quality of life in single-father families in rural (villages) and urban (cities) areas; 2) analyze the relationship and influence of single father characteristics, stress level, adjustment, and quality of life.

## METHODS

The research design used is cross-sectional, namely research intended to analyze something in a certain time unit (Nurdini, 2006). Locations in this study were disseminated throughout Indonesia through social media. The research phase includes the preparation of proposals, data collection, data processing, and interpretation, to reporting the results of research conducted from February to August 2022. The population for this study is single father who has dependent children and lives together in the same house and resides throughout Indonesia. The sampling method used Non-Probability Sampling with a purposive technique and a total sample of 60 single fathers.

The data collected in this study include primary data obtained through self-report techniques in the form of a questionnaire (Google Form) distributed through social media Instagram, Facebook, Twitter, and Whatsapp. Respondents fill in answers to questions and statements. The primary data from the respondents include the characteristics of single fathers, stress levels, adjustment, and quality of life of single fathers.

In measuring stress levels, a modified Perceived Stress Scale (PSS-10) instrument was used (Cohen & Williamson, 1988). The scale used is a Likert scale (0=never, 1=rarely, 2=sometimes, 3=often, 4=always), and there are unfavorable/inverted code questions. The value of Cronbach's alpha questionnaire for stress levels was 0,662, with 11 questions used from a modification of 12 questions in the original instrument. The measurement of self-adjustment uses an instrument modified by Yuniarti (2009), which consists of four dimensions: emotional maturity, intellectual maturity, social maturity, and responsibility. The scale used is a Likert scale (0=very inappropriate, 1=not appropriate, 2=undecided, 3=appropriate, 4=very appropriate), and there are unfavorable/inverted code questions with a reliability value for self-adjustment of 0,897 with 16 questions used from 44 questions in the original instrument. Specific questions were carried out by looking at the suitability of the four dimensions of the adjustment instrument and its relationship to the current perceived condition. Quality of life was measured using a modified WHOQOL-BREF instrument. This instrument consists of 26 question items and four dimensions, namely the dimensions of physical health, psychological, social relations, and the environment (Salim, 2007) with a value of  $r = 0,89 - 0,95$  and reliable ( $R = 0,66 - 0,87$ ). The scale used is a Likert scale (0=never/strongly disagree, 1=rarely/not appropriate, 2=sometimes/undecided, 3=often/appropriate, 4=always/very appropriate). The questions used are 17 of the 26 questions in the original instrument, with modifications to the selection of questions that match the current perceived conditions.

The collected data is processed through editing, coding, scoring, entry, cleaning, analyzing, and interpreting. The software used is Microsoft Office Excel, and the Statistical Package for Social Science (SPSS) version 25 program is used for data processing and analysis. Reliability and validity tests were used to test the consistency between the questions. After getting the data's results and processing, it will be analyzed using descriptive and inferential analysis. The research variables will then be given an assessment score for each question in the questionnaire, converted to index form, and then grouped according to predetermined class intervals. After measuring the index on each variable, the grouping will be carried out based on the cut-off point category. For example, the stress level is categorized based on three distribution intervals, namely low (<35%), moderate (35-65%), and high (65%) (Bhat, Sameer, & Ganaraja, 2011). Adjustment and quality of life were also categorized into three distribution intervals, namely low ( $\leq 59\%$ ), moderate (60-79%), and high ( $\geq 80\%$ ) (Abdullahi et al. 2016). Furthermore, the results of the data obtained will be analyzed descriptively and inferentially. Descriptive analysis is used to describe the distribution, which includes the number, percentage, minimum value, maximum value, average, and standard deviation on the characteristics of single fathers, stress levels, adjustment, and quality of life of single fathers. Inferential analysis was used, namely (1) different independent sample t-tests to determine differences in stress levels, adjustment, and quality of life of single fathers living in urban and rural areas, (2) Kendall's tau-b and Pearson correlation test. To determine the relationship between the characteristics of single fathers, stress levels, adjustment, and quality of life of single fathers, as well as to see the direction of the relationship, (3) multiple linear regression test to determine the effect of single father characteristics, stress levels, and adjustment on the quality of life of single fathers.

## RESULTS

### Characteristic Single Father

There were 60 single fathers involved in the research, consisting of 30 people in the village/district and 30 in the city. The location of the single father's domicile in this study is spread throughout Indonesia, with the largest area coming from Outside Java (70%). Almost half (48,33%) of single fathers in this study were in the adult category, ranging from 27-48 years old, with the average age of single fathers living in rural and urban areas being 41,03 and 43,5 years, the rest in the range of 19-26 years and 49 years. 71 years. Half of the single fathers (51,67%) have a high school education, with the majority (83,33%) working and the rest (16,67%) not working. The largest proportion of single fathers (51,67%) has an income range of <IDR2,664,186 (Mean Provincial Minimum Wage 2020). The biggest reason to become a single father is divorced, with a percentage of 51,67 percent. Dependents of families living in the same house are counted with single fathers themselves at most, namely 3-4 people (51,67%). And the largest proportion of years being a single father is 12 months (46,67%). The results of the independent sample T-test on the characteristics of age, family dependents who live at home, and long being a single father show that there is no significant difference between single fathers who live in villages/districts and cities.

### Stress Level

Table 1 shows that more than three-quarters (76,7%) of single fathers who live in villages/districts and more than half (60%) of single fathers who live in cities have moderate stress levels and the rest have low and high-stress levels. The average value of the stress level of single fathers in the village/district is 19,25, and in the city is 20,28. The results of the different tests (independent sample T-test) showed no significant difference in the stress level variable between single fathers who lived in villages/districts and cities.

Table 1 Single father distribution based on category, domicile, and stress level statistical data

Stress Level	Village/District		City	
	n	%	n	%
Low ( $\leq 35$ )	5	16,7	9	30
Moderate (35-65)	23	76,7	18	60
High ( $> 65$ )	2	6,7	3	10
Total	30	100,0	30	100,0
Min-max	11-27		3-32	
Mean $\pm$ SD	19,25 $\pm$ 0,48		20,28 $\pm$ 0,61	
<i>P-value</i>	0,467			

Notes: \*significant at  $p < 0,05$

Table 2 shows the distribution of answers for single fathers who live in villages/districts and cities on the stress level variable. Single fathers who live in villages and cities rarely answered (76,7% and 83,3%) about feeling anxious and depressed daily. Single fathers also answered that they rarely (86,7% and 70%) feel overwhelmed and sometimes emotional when caring for their children. Single fathers also always answered (70% and 66,7%) in being confident about their ability to handle personal problems. However, with an unfavorable (reverse) code, single fathers who live in villages/regencies and cities rarely answered (53,3% and 56,7%) and felt disturbed by their social status in society and rarely answered (86,7% and 80%) feeling themselves to be more good during the Covid-19 pandemic. This is a factor that the stress level is in the moderate category because a single father can overcome feelings of anxiety, depression, and emotions, but other factors trigger single father stress, and social status is one factor.

Table 2 The distribution of single father's answers on the variables of stress level and domicile

Questions	Village/District		City	
	Seldom	Always	Seldom	Always
Feeling restless and depressed every day	76,7%	23,3%	83,3%	16,7%
Finding it difficult to meet the objective needs of the family (paying dues for water, electricity, etc.)	70%	30%	76,7%	23,3%
Feeling overwhelmed and sometimes emotional while taking care of children	86,7%	13,3%	70%	30%
The burden seems to increase with children's online learning	63,3%	36,7%	70%	30%
*Confident in self-ability in handling personal problems	30%	70%	33,3%	66,7%

Table 2 The distribution of single father's answers on the variables of stress level and domicile (Continue)

Questions	Village/District		City	
	Seldom	Always	Seldom	Always
*Do not feel disturbed by social status in society	53,3%	46,7%	56,7%	43,3%
*Feeling better during the Covid-19 pandemic	86,7%	13,3%	80%	20%

\*Means unfavorable code

### Self-Adjustment and Quality of Life

Table 3 shows that more than half (53,3%) of single fathers who live in villages/districts and almost three-quarters (70%) of single fathers who live in cities have low self-adjustment, and the rest have moderate adjustment. The average value of single-father adjustment in the village/district is 37,63 and in the city is 35,3. The independent sample T-test results showed no significant difference in the adjustment variable between single fathers who lived in villages/districts and cities.

Table 3 also shows that more than half (56,7%) of single fathers who live in villages/districts and more than half (53,3%) of single fathers who live in cities have a moderate and high quality of life. The average value of the single father's quality of life index in the village/district is 85,16 and in the city is 83,4. The results of the different tests (independent sample T-test) showed no significant difference in the quality of life variable between single fathers who lived in villages/districts and cities.

Table 3 Single father distribution based on category, domicile, self-adjustment, and quality of life statistical data

	Self Adjustment				Quality of Life			
	Village/District		City		Village/District		City	
	n	%	n	%	n	%	n	%
Low ( $\leq 59$ )	16	53,3	21	70	8	26,7	8	26,7
Moderate (60-79)	13	43,3	9	30	17	56,7	16	53,3
High ( $> 80$ )	1	3,3	0	0	5	16,7	6	20
Total	30	100,0	30	100,0	30	100,0	30	100,0
Min-max	30-100		26-92		30-100		35-100	
Mean $\pm$ SD	70,5 $\pm$ 0,57		66,19 $\pm$ 0,46		85,16 $\pm$ 0,66		83,4 $\pm$ 0,69	
<i>P-value</i>	0,195				0,884			

Note: \*significant at  $p < 0,05$

### Relationship between Single father Characteristics, Stress Level, Self-Adjustment, and Quality of Life

The correlation test results (Table 4) show that self-adjustment has a significant positive relationship with family dependents who live with a single father. That is, the more dependents of the family who live in the same house will be associated with the high adjustment of single fathers. Meanwhile, self-adjustment has a negative and significant relationship with the age of single fathers. It means that the younger the age of the single father, the higher the adjustment. Finally, quality of life has a significant positive relationship with self-adjustment but significantly negatively with stress levels. That is, the higher the adjustment of the single father and the lower the stress level, the higher the quality of life of the single father.

Table 4 Correlation coefficient between single father characteristics, stress level, self-adjustment, and quality of life

Relationship between variables	Stress Level	Self Adjustment	Quality of Life
Characteristic single father			
Age (year)	-0,070	<b>-0,316*</b>	-0,123
Domicile (1=village/district; 2=city)	0,061	-0,198	-0,035
Education (1=not finished SMA; 2=finished SMA)	-0,017	0,028	-0,176
Job status (1=not work; 2=work)	-0,009	-0,108	-0,142
Income (1= $<$ mean UMP 2020; 2= $\geq$ mean UMP 2020)	0,041	0,058	-0,196
Reason for being a single father (1=divorced; 2=death)	-0,002	-0,101	-0,014
Family responsibility (person)	0,134	<b>0,315*</b>	-0,095

Table 4 Correlation coefficient between single father characteristics, stress level, self-adjustment, and quality of life (continue)

Relationship between variables	Stress Level	Self Adjustment	Quality of Life
Duration for being a single father (month)	0,054	-0,139	0,055
Stress level (index)	1	0,167	<b>-0,288*</b>
Self-adjustment (index)		1	<b>0,385**</b>
Quality of life (index)			1

Notes: \*significant at  $p < 0,05$ ; \*\*significant at  $p < 0,01$

### The Influence of Single father Characteristics, Stress Levels, and Self-Adjustment on the Quality of Life

The quality of life regression analysis results have an Adjusted R Square value of 0,307 (Table 5). This value indicates that 30,7 percent of the quality of life is influenced by the variables studied, and the remaining 69,3 percent is influenced by other variables not examined. The results of this multiple linear analysis have gone through the classical assumption test with the results of the data being normally distributed. There is no autocorrelation because the Durbin-Watson value is two or close to 2 (DW = 1,952). Based on the ANOVA value, the simultaneous effect of the variables studied on the quality of life was significant. In addition, there is no multicollinearity with a Tolerance value  $> 10$  and a VIF value  $< 10,00$ . Other results obtained were no symptoms of heteroscedasticity with  $p > 0,05$ . The results in Table 4 show that the level of stress (B=-0,279) has a significant negative effect on the quality of life. That is, every increase in the stress level score will reduce the quality of life of a single father by 0,279. Other results also showed that self-adjustment (B=0,545) had a significant positive effect on the quality of life. That is, increasing self-adjustment scores will increase the quality of life by 0,545.

Table 5 Regression test coefficient single father characteristic, stress level, and self-adjustment to quality of life

Variables	Quality of Life		Sig.
	Coefficient unstandardized	Coefficient standardized	
	B	B	
Constant			
Characteristic single father			
Age (year)	-0,061	-0,075	0,654
Domicile (0=village/district; 1=city)	3,343	0,145	0,250
Education (0=not finished SMA; 2=finished SMA)	-7,612	-0,165	0,179
Job status (0=not work; 1=work)	-5,629	-0,182	0,156
Income (0= $<$ mean UMP 2020; 1= $\geq$ mean UMP 2020)	-3,315	-0,143	0,288
Reason for being a single father (0=divorced; 1=death)	-0,967	-0,042	0,756
Family responsibility (person)	-1,731	-0,181	0,160
Duration for being a single father (month)	0,027	0,134	0,357
Stress level (index)	-0,279	-0,377	<b>0,002*</b>
Self-adjustment (index)	0,545	0,515	<b>0,000*</b>
R <sup>2</sup>		0,425	
Adjusted R <sup>2</sup>		0,307	
F		3,62	
Sig		<b>0,001*</b>	

Notes: \*significant at  $p < 0,05$ ; \*\*significant at  $p < 0,01$

## DISCUSSION

The results showed that the stress levels of single fathers who lived in rural (village/district) and urban (city) areas were moderate. This is in line with McCubbin's (1989) research, which states that the average stress level in single families is characterized in the medium category. Based on item level data, these results were obtained because single fathers still felt anxious and depressed feelings that sometimes came

every day, found it quite difficult to meet family needs, emotional conditions were less stable in taking care of household needs and children, and sometimes felt The pandemic is disrupting productivity. This means that the stress experienced by single fathers can still be controlled or overcome during the Covid-19 pandemic, even though it is quite disturbing. The strength and duration of stress on a person will weaken the immune system and increase vulnerability to disease (Harvard Medical School, 2002 in Price, Masser, & Hafler, 2005). Longitudinal studies by Almeida and Kessler (1998) found that single fathers who worked did not affect their psychology, but someone who stopped working or did not work increased stress more than those who worked.

According to Anissa and Handayani (2012), self-adjustment is a change in achieving satisfaction in a relationship, both with other people and the surrounding environment. The results showed that the self-adjustment of single fathers living in rural and urban areas was included in the low category with no significant differences. Based on the data items, this result was obtained because the single father still felt emotionally depressed during the Covid-19 pandemic, lacked clear thinking related to problem-solving, did not want to tell it to those closest to him, had doubts in interacting with others, and abandoned his responsibilities. When dealing with risky things and limiting communication with the community in which they live. Disappointment, frustration that has not been released, despair with the situation, and excessive anxiety become a formidable challenge for the single father to adjust (Hamid & Salleh, 2013). Working, looking for additional activities, asking for help from family or relatives, and sharing household work with children can improve single-father adjustment (Anggraini, 2014).

The self-adjustment has a significant positive relationship with family dependents who live in the same house. The more family responsibilities the single father bears, the higher the self-adjustment will be. Cahyani (2016) mentions that a single father, due to divorce or the death of a spouse in the face of the family economy, is not a serious problem because, in a family, a man should earn a living to meet the economic needs of the family. Meanwhile, self-adjustment is significantly negatively related to the age of single fathers. This means that as you get older, your adjustment will decrease. The results of research by Karepowan, Wowor, and Katuuk (2018) state that increasing a person's age will allow a decrease in physiological function. This decrease in physiological function causes the ability to adapt to also decrease.

Based on the study's results, the quality of life of single fathers who live in villages/districts and cities is in the moderate category. This is because single fathers can quite organize themselves in dealing with, adapting, and having the sufficient spirit of life in fighting Covid-19 and the existing changes (new normal) (Nurussyifa, Brebahama, & Kinanthi, 2020). The different tests also found no significant difference between single fathers living in rural and urban areas in their quality of life. According to Afiyanti (2010), a person's quality of life is based on feeling happy with their conditions so that they feel pride in what they live in life.

The correlation and regression test results showed a negative and significant relationship between the stress level variable and the quality of life. The higher the stress level, the lower the quality of life possessed by a single father. These results align with the research by Santos, Chaves, Andrade, & Duarte (2013), which shows that stress levels directly correlate with quality of life. The higher stress level of a single father, in thinking about the problems he faces, family, social, and economic, causes his quality of life to decline. Plus, the pandemic has had a big enough impact when a single father has to be sent home, he will feel sad and emotionally unstable (Wiresti, 2020). This study states that the lack of ability to manage stress for single fathers and the demands of their role causes higher stress levels (Simpson & Floud, 2018).

The results of the correlation and regression tests also showed that there was a significant positive relationship between the variables of self-adjustment and quality of life. The higher a person's adjustment, the higher the quality of life. These results align with the research of Desmita (2009), which shows a direct relationship between self-adjustment and quality of life. Therefore, increasingly adapting to existing changes and adjusting to the environment will improve the quality of life of a single father. These results are in line with research by Anissa & Handayani (2012) regarding the adjustment of a single father, which affects the quality he has is characterized by interacting well with family members, being able to understand his condition, having good self-control, and acting according to norms in the social and cultural environment.

This study has limitations, such as the method of filling out the questionnaire, which is self-administered, which allows for bias. In addition, data collection to examine all variables is not in-depth because it is only done by filling out questionnaires with closed statements online, so they do not get more in-depth information and allow data bias to occur. Other factors that become obstacles are the level of technology literacy in using the Google Form feature, the information disclosure (trust issue) owned by the respondents, and the uneven distribution of information. The absence of socialization beforehand in data

entry and in-depth interviews is something that can be considered in understanding single fathers in filling out questionnaires. In addition, the area coverage is not evenly distributed throughout Indonesia, and the research was conducted using a non-probability sampling technique so that the research results cannot be generalized to the population.

## CONCLUSIONS AND SUGGESTIONS

Single fathers in this study were in the age range of 19-71 years with an average age of 42,27 years and an average of high school graduation. Most single fathers currently work as private workers and have incomes below the 2020 Provincial Minimum Wage mean or <IDR2.664.186. The average dependents in a single-father family are three to four people, including himself. The results showed that single fathers' average stress level and quality of life were in the medium category, while self-adjustment was in the low category. Other results also found no significant difference between single fathers living in rural and urban areas. The results of the relationship test show that the younger the age of the single father and the greater the number of family members borne by him, the higher the adjustment. Lower stress levels and adjustment are associated with a higher quality of life. The regression test results show that stress levels have a negative effect, while self-adjustment has a positive effect on the quality of life. This can be interpreted that the lower the stress level and the higher the adjustment will improve the quality of life of a single father.

Based on research and item-level data, the older the single father, the higher the adjustment associated with wisdom, patience, and experience. Single fathers are advised to be more restrained, especially in their emotions, and be wise in expressing their feelings. The stress and anxiety that single fathers have by being more open to their environment, both internal and external. Activities that can be carried out are consulting or communicating their condition to their children, family, or relatives, and even counselors/psychologists if they feel they need more serious treatment. Meanwhile, single fathers who have not been able to achieve maximum adjustment are expected to be more accepting of themselves with their social status, abilities, and expertise, it is also recommended to be more interactive in socializing in their families and surrounding communities. Accepting oneself and sharing, especially with family, will increase feelings of calm and comfort in the family environment, and family attachment will be established in achieving quality of life.

Further research can develop a wider research subject with an added number so that the research data becomes more valid and reliable. Therefore, further research is expected to analyze the influence of other variables on single fathers, such as the level of communication satisfaction in the household, religious level, and social support, because research on single fathers or widowers in Indonesia is still relatively rare.

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