

FACTORS AFFECTING SINGLE FATHER'S QUALITY OF LIFE DURING THE COVID-19 PANDEMIC

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Abstract

Single-father families are vulnerable to economic problems during the Covid-19 pandemic. This study aims to analyze factors that influence the quality of life of single fathers during the Covid-19 pandemic. This research uses quantitative research methods with a cross-sectional study design involving 60 single fathers who were selected using purposive sampling with the criteria of 1) being domiciled in Leuwiliang District, 2) living with dependent children in the same house, and 3) having separated from their partner due to divorce. Life or death divorced. The results of the study found that almost half of single fathers had a moderate quality of life and objective and subjective economic pressure, and most single fathers had low coping strategies. The correlation test showed that objective and subjective economic pressure was negatively related to quality of life. In contrast, per capita income and coping strategies were positively related to quality of life. The regression test shows that subjective economic pressure hurts quality of life, while coping strategies positively impact quality of life.

Keywords: coping strategies, economic pressures, pandemic covid-19, quality of life, single father

FAKTOR-FAKTOR YANG MEMENGARUHI KUALITAS HIDUP AYAH TUNGGAL SELAMA PANDEMI COVID-19

Abstrak

Keluarga ayah tunggal rentan dengan permasalahan ekonomi di masa pandemi Covid-19. Penelitian ini bertujuan untuk menganalisis faktor yang memengaruhi kualitas hidup ayah tunggal selama pandemi Covid-19. Penelitian ini menggunakan metode penelitian kuantitatif dengan desain cross sectional study yang melibatkan 60 ayah tunggal yang dipilih secara purposive sampling dengan kriteria 1) berdomisili Kecamatan Leuwiliang, 2) tinggal bersama anak yang menjadi tanggungan dalam satu rumah, dan 3) telah berpisah dari pasangannya karena cerai hidup ataupun cerai mati. Hasil penelitian menemukan bahwa hampir dari separuh ayah tunggal memiliki kualitas hidup, tekanan ekonomi objektif dan subjektif kategori sedang, dan sebagian besar ayah tunggal memiliki strategi koping rendah, Uji korelasi menunjukkan bahwa tekanan ekonomi objektif dan subjektif berhubungan negatif dengan kualitas hidup, sedangkan pendapatan per kapita dan strategi koping berhubungan positif dengan kualitas hidup. Uji regresi menunjukkan bahwa tekanan ekonomi subjektif berpengaruh negatif terhadap kualitas hidup, sedangkan strategi koping berpengaruh positif terhadap kualitas hidup

Kata kunci: ayah tunggal, kualitas hidup, pandemi covid-19, strategi koping, tekanan ekonomi

INTRODUCTION

At the end of 2019, the world was shocked by the emergence of a virus that could spread through the air, namely Covid-19 (Corona Virus Disease), which was first detected in China, precisely in the city of Wuhan. The government has issued various policies to reduce the rate of spread of Covid-19, starting from Large-Scale Social Restrictions (PSBB) to the Implementation of Community Activity Restrictions (PPKM) as an effort to social -

distance, namely an appeal to maintain distance, stay away from activities in all forms of crowds, gatherings, and avoid meetings that involve many people. This policy requires people to carry out activities from home, from studying, worshipping, to working. The implementation of this policy is expected to reduce the impact of the economic crisis (Nasution et al., 2020). However, restrictions on activities outside the home have an impact on the socio-economic conditions of the community. The results of a survey conducted by BKKBN & IPB (2020) revealed that during the Covid-19 pandemic, family lifestyles in the areas of economics, work, and the adequacy of primary needs worsened. Meilianna and Purba (2020) stated that as many as 15.6 percent of workers in Indonesia were laid off and 13,8 percent of workers did not receive severance pay. Declining economic conditions have triggered various conflicts. According to Tristanto (2020), the Covid-19 pandemic is one of the causes of the increase in divorce rates, especially in contested divorce decisions. Referring to the SI-KABAYAN page (2021), there were 9,089 divorce cases decided by the Cibinong Religious Court where economic factors were one of the causes of the high divorce rate. Many families were not prepared and experienced economic shocks due to the Covid-19 pandemic which made it difficult for them to meet their living needs, so many of them resolved their problems with divorce (Ramadhani & Nurwati, 2021). Divorce that occurs can cause changes in the structure of the family. This change in family structure has given rise to a term called single parent. In Indonesia, single parents are recorded as single parents with the cause being divorce (divorce) and death of a partner (divorce). Park (2008) differentiates between single parents into 4 categories, namely families with the father as a single parent because divorced, family with father as single parent due to death, family with mother as a single parent due to divorce, and family with mother as single parent due to death

Based on the results of a survey conducted by the Central Statistics Agency (2021a), the percentage of single parent households in Indonesia, both divorced and divorced, is 83,35 percent with a woman as the head of the household and 4,9 percent with a man as the head. household. This shows that the number of single fathers is much smaller than single mothers. Lestari and Amaliana (2020) stated that this comparison raises people's doubts about fathers' ability to play multiple roles. A single father also has his own burden because a single father will carry out a dual role as a caregiver and responsible for material needs. This requires mature physical, material and mental abilities from a single father (Hewot et al., 2020). Therefore, carrying out multiple roles during the pandemic is a challenge for single parents.

The results of a survey conducted by UNICEF (2021) show that family expenses have increased along with the increase in prices of food and other basic necessities (24,4%), the proportion of households with children is much higher (65,0%) spending more money. more for internet or cell phone credit compared to households without children (28,9%), households pawned property to survive (27,3%), and households borrowed money informally from family or friends (25,3 %). The results of research conducted by Yulfa et al. (2022) on single parent families showed that almost half of the respondents (42,0%) experienced economic pressure which was in the high category. This results in changes in the family economy in terms of income and expenditure, so that it is not uncommon for household life to lose balance (Alghifari et al., 2020).

According to Herawati et al., (2017), economic pressure requires families to take various coping actions to overcome the problems they face. This means that families must have coping strategies to overcome problems and achieve family resilience. The results of research conducted by Octaviani et al. (2018) on single parents showed that three quarters of respondents (75,0%) had low coping strategies and the remainder (25,0%) were in the medium category. The low level of coping strategies is thought to be because single parent families do not know how to overcome and manage stress. The results of research conducted by Azizah et al. (2022) also stated that there were several coping measures that were carried out before the Covid-19 pandemic, but when the Covid-19 pandemic occurred, their implementation decreased. This happens with maximum effort in solving problems and struggling to get what you want. One of the inhibiting factors is limited mobility caused by the Covid-19 pandemic.

Research conducted by Kim and Kim (2020) states that the quality of life of single parents is lower than that of married parents. There are several factors that influence the quality of life of single parents but do not affect married parents, including the type of residence and work, both of which are related to economic level. Thus, these findings indicate that economic difficulties have a stronger effect on the quality of life of single parents than married parents. The results of research conducted by Kong and Kim (2015) found that the quality of life of single parents was lower, they had symptoms of depression and higher stress compared to married parents, whose economic conditions were poor, did not have a home, worked in menial jobs, having two or more children, as well as having the youngest child who is still studying at primary or secondary school significantly influences poor mental health. Meanwhile, there has been no research that discusses economic pressure, coping strategies,

and quality of life simultaneously. Based on this, researchers want to know more about economic pressure, coping strategies, and quality of life in single parent families, especially from the father's perspective. Based on the explanations above, the author is interested in examining the influence of economic pressure (X1) on quality of life (Y) and the influence of coping strategies (X2) on quality of life (Y).

METHODS

This research uses quantitative research methods with a cross-sectional study design. The population of this study is single fathers who live in Bogor Regency. The example in this research is a single father whose criteria is that he is domiciled in the Leuwiliang District area and lives with his children as dependents, and has separated from his partner due to divorce or death. The research sample was selected using purposive sampling with a total number of respondents who filled out the questionnaire being 60 respondents. Data was obtained through direct interviews with respondents for two weeks, to be precise in early to mid-April 2022.

Measurement of economic pressure uses a reference questionnaire from Sunarti (2021) in the Family Inventory Book. Economic pressure is divided into two, namely objective economic pressure and subjective economic pressure. Objective economic pressure consists of 9 question items with multiple answer choices, while subjective economic pressure consists of 10 question items with a semantic scale starting from 1 (low) to 7 (high) regarding economic difficulties faced during the Covid-19 pandemic. The subjective economic pressure indicator is unidirectional, the higher the score the more it indicates difficulty. After processing the data, there was one invalid question item on the objective economic pressure variable regarding the burden of paying credit or loan installments per unit of time. After the data was reprocessed, the Chronbach's alpha value, which was originally 0,525, increased to 0,604.

The coping strategy variable was measured using the Brief COPE (Coping Orientation to Problem Experienced) questionnaire from Carver (1997). This questionnaire consists of 3 dimensions, namely problem-focused coping, emotion-focused coping, and dysfunctional coping which consists of 14 sub-dimensions, namely active coping, planning, positive reframing, acceptance, humor, religion, using emotional support, using instrumental support, self-distraction, denial, venting, substance, behavioral disengagement, and self-blame with 2 statements each, so that in total there are 28 statement items. The questionnaire was measured using a Likert scale starting from 1=never, 2=rarely, 3=often, and 4=always. This questionnaire has a Chronbach's alpha value of 0,667.

The quality of life variable is referred to and modified from the World Health Organization Quality of Life or WHOQOL-BREF (2004) questionnaire which consists of 4 dimensions, namely physical health, psychological health, social relationships and the environment with a total of 26 question items. There was one item that was deleted regarding satisfaction with sexual relations, this was adjusted to the respondent's criteria, namely a single father who had been left behind by his wife after death or divorce. Thus, the total items used in this research were 25 question items. The questionnaire was measured using 5 different Likert scales adjusting the question items. The Chronbach's alpha value is 0,747.

Data was collected by filling out questionnaires from interviews, then processed and analyzed using Microsoft Excel and SPSS 25 For Windows. The data analysis carried out was descriptive analysis, correlation analysis and regression analysis. Descriptive analysis is used to identify the number, percentage, average value, maximum value, minimum value, and standard deviation of family characteristics as well as the three variables to be studied, namely economic pressure, coping strategies, and quality of life. Correlation analysis is used to analyze the relationship between family characteristics, economic pressure, and coping strategies, and quality of life, while regression analysis is used to analyze the influence of family characteristics, economic pressure, and coping strategies on quality of life.

RESULTS

Family Characteristics

The results of family characteristics show that the average age of single fathers is 47,82 years or in the middle adulthood category, but there are two single fathers who are in the late adulthood category. The average length of education for single fathers is 8,57 years or the equivalent of not having completed junior high school (SMP).

Meanwhile, the lowest level of education for single fathers is no school at 1,7 percent and the highest level of education for single fathers is a bachelor's degree at 3,3 percent. Single father family size is in the small category with the average family size being 3,12 people. The average per capita income of single father families during the Covid-19 pandemic was IDR985.583.1746. Referring to BPS (2021b), the Poverty Line for Bogor Regency is IDR418.483.00 so the poverty limit is 1,5 GK or IDR627.724.500. Therefore, the average single father family in this study is in the non-poor category because the family's per capita income is above the poverty limit. The average length of divorce is 57,17 months or the equivalent of 4,76 years with a range between 1 month to 204 months. The dominant job carried out by single fathers is labor at 40,0 percent. Other types of work for single fathers are online motorcycle taxis, parking attendants, masseurs, electronics service workers, entrepreneurs, and civil servants (PNS). Meanwhile, there are four single fathers who are not working during the Covid-19 pandemic. Single fathers in this study separated from their partners due to divorce or death. More than half of single fathers (53,3%) separated from their partners due to divorce and the rest separated due to divorce.

Economic Pressure

The research results in Table 1 show that based on dimensions, the highest percentage of objective family economic pressure is in the medium category (48,3%) with an average of 0,41. This also occurs in subjective economic pressure, where almost half of single fathers (43,3%) are in the medium category. In objective economic pressure, the highest average score is in the savings ownership item, almost all (95,0%) of the savings owned by single fathers are less than 6 months of family needs, while the lowest average score is in the housing cost burden item, this is because almost all single fathers (96,7%) live in their own or family owned house, so they do not have expenses for house contract costs. The highest mean score on subjective economic pressure was on the cost of improving life skills items, while the lowest mean score was on the cost of donations and participation in social activities.

Table 1 Distribution of single father economic pressure categories

Dimension	Category								Min-Max	Mean \pm Std
	Very low (0,00-0,19)		Low (0,20-0,39)		Medium (0,40-0,69)		High (0,70-1,00)			
	n	%	n	%	n	%	n	%		
Objective	6	10,0	23	38,3	29	48,3	2	3,3	0,00-0,75	0,41 \pm 0,16
Subjective	11	18,3	14	23,3	26	43,3	9	15,0	0,02-0,97	0,45 \pm 0,22

n: number of samples; %: percentage; min: minimum value; max: maximum value; Std: standard deviation

Coping Strategy

In this research, the coping strategies used by single father families during the Covid-19 pandemic. Coping strategies are divided into three dimensions, namely problem-focused coping, emotion-focused coping, and dysfunctional coping. The research results in Table 2 show that the coping strategies in the problem-focused coping dimension obtained by half of the single fathers were in the low category (50,0%). The same thing happened to coping strategies in the emotion-focused coping dimension which was obtained by almost half of single fathers in the low category (43,3%). In the dimension of dysfunctional coping, all single fathers are in the low category (100,0%). The highest average score is for the indicator of trying to find comfort in religion by praying or meditating when feeling depressed, while the lowest average score is for the indicator of using alcohol and drugs to overcome problems. Overall, the majority of single fathers in this study obtained coping strategies that were in the low category (86,7%).

Table 2 Distribution of single father coping strategy categories

Dimension	Category						Min-Max	Mean \pm Std
	Low (<60)		Medium (60-80)		High (>80)			
	n	%	n	%	n	%		
Problem-focused coping	30	50,0	26	43,3	4	6,7	25,00-100,00	60,42 \pm 16,32
Emotion-focused coping	26	43,3	23	38,3	11	18,3	16,67-100,00	65,00 \pm 18,32
Dysfunctional coping	60	100,0	0	0	0	0	11,11-55,56	30,05 \pm 10,64
Total	52	86,7	8	13,3	0	0	20,24-72,62	48,71 \pm 10,90

n: number of samples; %: percentage; min: minimum value; max: maximum value; Std: standard deviation

Quality of Life

Based on the research results in Table 3, it is known that the quality of life in the physical health dimension obtained by more than half of single fathers is in the moderate category (66,7%). The same thing happened in the psychological health dimension, which was obtained by more than half of single fathers in the medium category (56,7%). The quality of life in the social relations dimension obtained by almost half of single fathers is in the medium category (45,0%). In contrast to the quality of life in the environmental dimension, almost half of single fathers were in the low category (48,3%). The lowest average score is for the indicator of having the opportunity to have recreation with children, while the highest average score is for the indicator of the ability to accept one's own appearance. Overall, the majority of single fathers in this study had a quality of life that was in the moderate category (71,7%).

Table 3 Distribution of single father quality of life categories

Dimension	Category						Min-Max	Mean ± Std
	Low (<60)		Medium (60-80)		High (>80)			
	n	%	n	%	n	%		
Physical health	10	16,7	40	66,7	10	16,7	11,11-100,0	52,87±21,45
Psychological health	13	21,7	34	56,7	13	21,7	26,67-183,33	62,89±20,94
Social relationships	23	38,3	27	45,0	10	16,7	13,89-66,67	36,20±11,11
Environment	29	48,3	26	43,3	5	3,8	20,24-95,24	49,31±12,38
Total quality of life	13	21,7	43	71,7	4	6,7	47,00-88,00	66,78±8,82

n: number of samples; %: percentage; min: minimum value; max: maximum value; Std: standard deviation

Factors that influence quality of life

The data in Table 4 presents the results of the linear regression test on total quality of life. The research results show that the Adjusted R² value is 0,349. This shows that as much as 34,9 percent of quality of life is influenced by father's age, father's length of education, family per capita income, family size, length of divorce, economic pressure, and coping strategies and the remaining 65,1 percent is influenced by other variables outside this research. Quality of life is influenced by subjective economic stress and coping strategies. Subjective economic pressure ($\beta = -0,339$; $p = 0,017$) has a significant negative effect on quality of life. This means that every one unit increase in subjective economic pressure reduces the total quality of life by 10.812 points. On the other hand, coping strategies ($\beta = 0,340$; $p = 0,004$) have a significant positive effect on quality of life. This means that every increase in one unit of coping strategy increases the total quality of life by 0,220 points.

Table 4 Regression coefficient model of the influence of family characteristics, economic pressure, and coping strategies on quality of life

Variable	Total quality of life		
	B Unstandardize	B Standardize	Sig.
Constanta	47,151		0,000
Father's age (years)	0,162	0,166	0,146
Father's length of education (years)	-0,246	-0,123	0,278
Per capita family income (rupiah)	1,123E-7	0,018	0,893
Family size (people)	-0,314	-0,052	0,647
Length of divorce (months)	-0,013	0,084	0,510
Objective economic pressure	-11,927	-0,268	0,095
Subjective economic pressure	-10,812	-0,339	0,017**
Coping strategies	0,220	0,340	0,004**
Adj R ²		0,349	
F		4,946	
Sig		0,000	

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

DISCUSSIONS

The research results show that the average age of single fathers is in the middle adult category, which is in the age range of 41-60 years. The average length of education for single fathers is 8,57 years or the equivalent of not having completed junior high school (SMP). This shows that the education level of single fathers is still relatively low. A low level of education means individuals have limited skills and knowledge, this is in line with Julianto and Utari (2018) who state that individuals who have skills have a better level of education and undergo various types of training compared to individuals who lack skills. The research results show that the majority of single fathers work in the informal sector with the largest percentage as laborers. However, there are two single fathers who work in the formal sector, namely as Civil Servants (PNS). The length of education of the two single fathers is known to be 16 years or the equivalent of graduating from a bachelor's degree. Herawati (2012) states that the level of education will have implications for the type of job one has. The research results also found that there were two single fathers who did not work during the Covid-19 pandemic. The National Population and Family Planning Agency/BKKBN (2005) groups family size into three categories, namely small families (≤ 4 people), medium families (5-7 people), and large families (≥ 8 people). The research results show that most single fathers fall into the small family category with an average of 3,17 people. The average per capita income for single father families is IDR985.583.1746. More than half of single father families (53,3%) are classified as not poor, while the rest are classified as poor families. The average length of divorce experienced by single fathers is 57,17 months or the equivalent of 4,76 years.

Economic pressure is defined as a family's inability to meet its basic needs, such as clothing, food and shelter, as well as other needs such as recreation. According to Sunarti et al. (2005), economic pressure is divided into two types, namely objective economic pressure and subjective economic pressure. Objective economic pressure is measured based on family economic stability including per capita income, employment status, income and expenditure ratio, debt to asset ratio. Subjective economic pressure is measured based on the family's perception of the economic difficulties faced (Firdaus & Sunarti, 2009). The research results show that the objective economic pressure felt by almost all single fathers is in the moderate category. This is shown by the highest average score on the objective economic pressure dimension, namely the savings that almost all single fathers have is less than 6 months of family needs. However, the lowest mean score shows that almost all single fathers live in their own homes. The results of research conducted by Astuti et al. (2016) stated that families think that having their own home is important for the future, so that there is no worry that one day they will be left behind because they don't have a place to live if the real owner of the house takes away their rights. Additionally, most single fathers have no debt, and more than half of single fathers do not have the burden of caring for a family member with a serious illness. Fadhilah and Sari (2019) stated that if a family member has a serious illness, other household members are affected, not only helping to support the family's economy, but also covering medical costs. Meanwhile, the subjective economic pressure felt by almost half of single fathers is also in the medium category. According to Firdaus & Sunarti (2009), a person's perception of a situation, problem and difficulty will be different, where a person's perception indicates acceptance of a condition. Based on the average score on the lowest dimension of subjective economic pressure, single fathers do not find it difficult to pay for donations and social activities. However, single fathers find it difficult to afford the costs of improving life skills, therefore the skills possessed by single fathers are limited so they only depend on one profession. Apart from that, single fathers also find it difficult to afford recreation with the family. According to Firdaus & Sunarti (2009), families with income prioritize fulfilling the family's basic needs over other needs. Meanwhile, to minimize economic pressure, measurable and directed management is needed. Overall, the economic pressure, both objective and subjective, of single father families is in the medium category.

Herawati et al. (2017) stated that families need coping strategies to be able to overcome problems as a possible impact of economic pressure. In general, coping strategies are a way to deal with problems that cause stress through assessment or perception and certain action responses. Coping involves the process of managing a source of stress, including efforts to minimize, avoid, tolerate, change, or accept stressful situations (Lyon, 2012). Fox and Bortholome (2000) explain that every individual in facing pressure will make efforts and improvise or what are called coping strategies as a defense effort to get out of the uncomfortable conditions they feel, so that the higher the emotional pressure and physical pressure faced by the individual will encourage the individual to make increasingly higher coping efforts. This shows that every family will need skills in managing the resources they have, so that a balance is achieved between the pressures they face and efforts to resolve them to obtain a good quality of life. The coping strategies measured in this study are divided into three dimensions, namely problem-focused coping, emotion-focused coping, and dysfunctional coping. The research results show that the problem-

focused coping dimension of half of single fathers is in the low category. Based on the lowest average score of this dimension, it states that single fathers have tried to get back on their feet. This is related to the limited life skills of single fathers. This is indicated by the highest average score on the subjective economic pressure variable which states that single fathers find it difficult to pay for improving life skills. So, this is one of the obstacles for single fathers to get back on their feet. Apart from that, the average score for single fathers in getting help and advice from other people is also low. This is in line with the average score of the social relations dimension in the quality of life variable, namely the support received from friends is low. Sarafino (2011) states that individuals will not get help if they do not tell them that they need help, this is because some individuals tend not to be assertive in asking for help, feel independent, do not want to burden others, and feel uncomfortable sharing their secrets with others. Apart from that, in the emotion-focused coping dimension, the lowest mean score for this dimension indicates that single fathers feel they have not received comfort and understanding from other people. In line with Aprilia (2013) who states that in general single parents receive very minimal and limited social support because single parents feel social isolation and society has a bad opinion regarding the status of single parents. Despite this, the single father tries to find comfort in religion and prayer when feeling depressed. On the dimension of dysfunctional coping, the lowest mean score indicates that single fathers do not use alcohol or other drugs to help them feel better so they can get through the problems they are facing. Single fathers tend to return to work or their normal activities to divert their minds. In line with the statement (Butcher et al., 2013) that men tend to divert the problems they face by looking for alternative activities such as watching films, exercising, and even consuming alcohol.

WHO (1996) defines quality of life as an individual's perception of one's existence in relation to hopes, goals, standards and problems faced. The quality of life measured in this study is divided into four dimensions, namely physical health, psychological health, social relationships and the environment. The research results show that in total, the quality of life experienced by single father families during the Covid-19 pandemic was in the medium category. In the physical health dimension, more than half of single fathers are in the moderate category. This can be seen from the distribution of answers which states that almost half of single fathers rarely feel sick, while seven out of ten single fathers do not need medical therapy. The results of research conducted by Janzen et al. (2006) found that single fathers had worse health outcomes compared to fathers with partners. This can be influenced by single fathers being older, having a lower income, and a higher unemployment rate. Westin & Westerling (2006) added that single fathers tend to fulfill their medical needs compared to single mothers.

In the psychological health dimension, more than half of single fathers are in the medium category. Based on the distribution of answers, almost half of single fathers quite often have negative feelings such as loneliness, hopelessness and anxiety and almost half of single fathers rarely have enough money to meet their daily needs. This is in line with Kong and Kim (2015) who stated that single fathers have more symptoms of depression and stress compared to married fathers, poor economic conditions also cause poor mental health. In the dimension of social relationships, almost half of single fathers are in the medium category. This is indicated by the lowest average score which shows that single fathers feel dissatisfied with the support they receive from their friends. This is in line with coping strategies in the emotion-focused coping dimension which states that almost half of single fathers sometimes get comfort and understanding from other people. This is because the single fathers in this study tended not to try to get advice from other people. In the environmental dimension, more than half of single fathers are in the medium category. This is indicated by the lowest average score which shows that single fathers have little opportunity for recreation with their family. This is in line with research conducted by Khasanah and Fauziah (2021) which states that fathers tend to use their free time to seek additional family income. In addition, based on the distribution of answers to the objective economic pressure variable, it is known that almost all single fathers do not have sufficient savings, so single fathers find it difficult to meet recreation costs. In general, the quality of life for single fathers is in the medium category.

The results of multiple linear regression tests show that the higher the subjective economic pressure felt by single father families, the lower the quality of life. This is in line with research conducted by Kumalasari et al. (2018) who said that economic pressure has a significant negative effect on subjective and objective quality of life. Thus, families who can overcome economic problems by utilizing family resources are able to survive in a good quality of life. Apart from economic pressure, quality of life is also influenced by coping strategies. The higher the coping strategy, the better the quality of life for single father families. In line with Sagala and Pasaribu (2018) who stated that coping strategies are significantly related to quality of life, the higher the use of problem-focused coping strategies, the better the quality of life, while the higher the use of emotion-focused coping strategies, the quality of life will decrease. This is because coping strategies focused on emotions are more effective for short periods of

time (Carver et al., 1989), while dysfunctional coping has an impact on reducing the quality of life, especially in the psychological health dimension (Rodríguez-Pérez et al., 2017).

The limitation of this research is that the scope of the research location is still relatively narrow. This is because researchers only conducted research in one of the sub-districts in Bogor Regency. This research also uses non-probability sampling techniques so it cannot be generalized. Apart from that, researchers used closed questionnaires so they did not conduct more in-depth interviews due to limited time.

CONSLUSIONS AND RECOMMENDATIONS

The average age of single fathers in this study was in the middle adult category. The average length of education is not completing junior high school (SMP). More than half of single father families are classified as not poor because the per capita income earned by the family is above the poverty limit for Bogor Regency. The average size of a single father's family is classified as a small family. The average length of divorce for single fathers is under five years. The research results show that the economic pressure, both objective and subjective, felt by almost half of single fathers is in the moderate category. For most single fathers, the quality of life felt by most single fathers is in the medium category. Based on the research results, it was concluded that there was a simultaneous influence of subjective economic pressure on the quality of life, as well as coping strategies on the quality of life of 34,9%.

The results of the study showed that there was a significant negative influence of subjective economic pressure and a significant positive influence of coping strategies on the quality of life of single father families. This means that the higher the subjective economic pressure, the lower the perceived quality of life. The better the coping strategies implemented, the higher the quality of life for single father families. Therefore, single fathers are expected to increase the family's per capita income. This can be achieved by taking courses or training to improve life skills, so that you don't just depend on one type of job. Single fathers are also expected to be able to manage family finances well by making shopping planning lists and setting aside some money for savings. For the relevant government, it is hoped that it will provide free life skills training for single fathers and provide wider employment opportunities, so that single fathers can improve their quality of life. Apart from that, extended families, neighbors and the general public are expected to provide assistance in the form of energy, advice or understanding for a better life for single fathers.

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