



Resilience of Children Growing Up with Single Parent (Study of Symbolic Interactionism)

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Abstract. The growth and development of children in the process of being cared for by complete parents and single parents will have different impacts. The role of parents in raising children does not always depend on the parents' status (complete or single), but rather on how they interact with their children. Study of the resilience of children who grow up with single parents in the context of symbolic interactionism, how these interactions influence their understanding of themselves and their family situation. How to interpret the role of a single parent, how resilient teenagers live with a single parent and how single parents support and develop children's resilience. Symbolic interactions can help understand how adolescents who do not have a father/mother construct meaning regarding the role of one of them, including symbols such as words, actions or symbols in their lives. This research is qualitative research with a case study approach. Data validity is carried out to explain the data using source triangulation. Single parents are also role models for their children. The way mothers deal with stress, resolve conflicts, and pursue life goals can influence how children learn to deal with challenges and uncertainty.

Keywords: Single Parent, Children, Resilience, Symbolic Interactionism.

1 Preliminary

It cannot be denied that children's growth and development in the process of being cared for by complete parents and single parents will have different impacts. The role of parents in raising children does not always depend on the parents' status (complete or single), but rather how they behave and interact with their children. In studies of symbolic interaction, attention is paid to how children and single parents interact with social symbols relevant to their situation. This can include how they answer questions such as "What happened to your father?" or "What's it like not having both parents?" Children can develop resilience strategies by creating positive and meaningful stories that help them cope with social and emotional stress.

A single parent is a parent who cares for, provides for, raises their child without a partner, can be male or female, in whatever status, whether divorced, still married, separated without divorce, death, without marriage.

Single parents, if they carry out their role well, will not be inferior in quality to complete parents. However, there is a skill called understanding multiple points of view or

perspective taking, which often helps make someone resilient. The ability to solve problems or problem solving can be said to be part of mental agility. In living life, individuals cannot be separated from the process of interacting with each other. It is the interaction process that will determine individual growth and development through participation in a series of communications that occur in society.

In terms of emotional development, children whose parents divorce or die will have unstable emotions, be moody, lazy (become aggressive) and want to seek attention from their parents/other people. Searching for identity in a household that is overlapping and less harmonious.

Teenagers whose parents are single are very likely to experience unpleasant things. This feeling occurs and develops in the child's personality until adulthood [1]. During adolescence, teenagers' feelings are turbulent, these feelings combine with feelings of depression, shame, sadness, disappointment, annoyance, hurt, confusion, feeling thrown away, and other unhealthy personalities [2]. The concept of resilience is conventionally defined as a dynamic process that allows individuals to adapt positively in the context of facing significant difficulties such as when facing trauma, so that they can determine coping strategies and other Senses of Coherence so that they can better understand the concept of resilience in themselves [3].

Regardless of parental status, it is important to put the child's well-being first and try to create a positive and supportive environment for them. Open communication, understanding, and cooperation between parents, whenever possible, is always important in meeting children's needs. The resilience process in individuals can vary according to different types of outcomes (for example, negative behavior such as depression and disruptive behavior can occur) but individuals can adapt by involving themselves in controlling the risks or difficulties that occur to them [4]. Ego resilience forms an individual's adaptive reserves that can change reactions and perceptions into control in response to the environment [5]. Individuals who have psychological resilience are able to adapt to the challenges of life and are able to maintain their mental health even though they are exposed to various problems and difficulties [6].

Resilience influences children's psychology through actions called symbols to convey meaning and emotion. This interaction is called symbolic interaction. Symbolic interaction theory can explain symbolic processes in interactions that form a common point of view, namely the definition that one action gives meaning that can be understood by the individual or subject who carries it out [7]. George Herbert Mead emphasizes understanding the subject's point of view. interact further using symbols by pointing to the meaning given through interpretation.

That's why researchers are interested in examining the resilience of teenagers who live with single parents, how interactions between children and single parents influence children's emotional development. This can involve communication, support and mutual understanding. Understanding how children's perceptions and interpretations of their situations play an important role in their emotional development, exploring how social support from family, friends, or society can influence children's resilience in facing incomplete family situations.

Study of the resilience of children who grow up with single parents in the context of symbolic interactionism, how these interactions influence their understanding of themselves and their family situation. How to interpret the role of a single parent. The problem formulation is: How is the resilience of teenagers living with a single parent and how single parents support and develop children's resilience. Symbolic interactions can help understand how adolescents who do not have a father/mother construct meaning regarding the role of one of them, include symbols such as words, actions, or symbols in their life. We can understand several aspects related to their emotions such as social stigma, self-perception, interactions with symbols: father's/mother's day, images, or words related to fathers influence their feelings and the way they interact with these symbols.

2 Method

This research is qualitative research with a case study approach. Data collection was carried out through interviews, observation and documentation. Data analysis was carried out by reduction, data presentation and drawing conclusions. The validity of the data is carried out to explain the data using source triangulation. The type of research used is case study research, where this type of case study research is carried out by extracting detailed data from various sources, the researcher examines in depth about a unit such as social unity, individual circumstances, community conditions, individual interactions in groups, conditions of turmoil. social, as well as paying attention to all aspects so as to produce complete and detailed data. Case study research focuses attention on a particular case in depth so that researchers can identify it in detail and accurately. Researchers chose qualitative research methods and types of research. This case study is because we want to study it in detail and in depth.

Just get information from various sources so you can get an in-depth picture of the resilience of children growing up with single parents in symbolic interaction studies. The selected case studies have a lot of background. Single parents are often the primary source of emotional support for their children. The quality of the relationship between a single mother or single father and a child is important in determining the child's level of resilience. If these relationships are positive and supportive, children tend to be more resilient to stress and life changes. Single parents are also role models for their children. The way mothers deal with stress, resolve conflicts, and pursue life goals can influence how children learn to deal with challenges and uncertainty.

3 Result

Single parents are often the main source of emotional support for their children. The quality of the relationship between single mother or single father and child is important in determining the child's level of resilience. If these relationships are positive and supportive, children tend to be more resilient to stress and life changes. Single parents are also role models for their children. The way mothers deal with stress, resolve conflicts,

and pursue life goals can influence how children learn to deal with challenges and uncertainty.

The results of this study refute the myth circulating among the lay public that complete parents will be better at educating and raising children than single parents. Based on this study, we cannot guarantee that a lasting marriage is the best for the child, in fact a marriage that is maintained but is accompanied by arguments and infidelity will have a negative impact on the child's development. The point is that children will grow up in a healthy mental and physical condition if they are raised in a family that is stable, caring and financially sufficient, regardless of whether the family is single parent or not. What is important is the parenting style, not the completeness of the parents. Because complete parents are not a guarantee that they will provide good care.

The characteristic of resilience in adolescents is usually being able to identify and analyze the causes of problems. Grotberg suggests there are three sources One of them is I Can. I can is a source of resilience arises from an individual's interpersonal and social abilities. One of These skills are when someone has the ability to assess a problem, analyze the causes of its emergence problems and know how to solve them. Besides, someone also have an attitude of self-determination to survive (survive) with a problem until finally the problem can be resolved [8].

There are factors that shape a person's resilience [9]:

1. Emotional regulation, to manage their inner self to remain effective under pressure, resilient people develop personal skills that help them control their emotions, attention, and behavior well. People who often cannot control their emotions will have difficulty dealing with various problems that arise.
2. Impulse control, ability to manage behavioral patterns of emotional impulses in the mind, including the ability to delay obtaining things that satisfy one. The ability to control impulses is also related to emotional regulation.
3. Causal, to accurately determine the cause of the problem. Resilient individuals have a thinking style that is used to identifying possible causes and finding potential solutions.
4. Optimism, person's ability to remain positive in facing an unrealized future while making plans. This is related to self-esteem, but it is also causally related to self-efficacy and also related to accuracy and realism.
5. Empathy, the ability to read other people's behavioral signals to understand their psychological and emotional states, in order to build better relationships. Resilient people can read other people's nonverbal cues to build deeper relationships and are more likely to regulate their emotional states.
6. Self-efficacy, Self-efficacy is a person's belief that he or she has the ability to solve problems and succeed; someone who believes they have done good things in life. Resilient people are confident and confident, which allows them to build trust with others and put themselves in better positions and have more opportunities.
7. Reaching out, The ability to enhance the positive aspects of life and take on new opportunities and challenges. Achieving something is hindered by shame, perfectionism, and self-defeat.

One of the positive characters that we can teach our little ones from an early age is Resilience. Children who are tough/have resilience will not give up easily and can get back up when they encounter difficulties and challenges. What are the Characteristics of a Resilient Child?

- Emotional Well-being: Able to manage their emotions
- Courageous: Facing fears and being willing to try new things
- Autonomy: Independent, self-confident (confidence in one's own abilities in unexpected conditions)
- Problem Solving: Able to understand problems and be able to overcome or solve various problems
- Social Competence: Can adapt and socialize in their environment.

Based on the description above, 3 concepts of Symbolic Interaction can be identified, namely mind, self and society. This is closely related to children's emotional resilience. One of them:

- a) Positive communication from children living with single parents who can develop strong communication with the people around them. They use symbols such as words of encouragement or positive body language to express support and affection. This goes into the concept of self, mind and society which in communication is developed for society.
- b) Identification with symbolic figures. The child looks for symbolic figures outside their family, such as teachers, friends, or inspirational figures, to identify themselves and seek inspiration in facing challenges in forming resilience. The creation of this concept enters society, which makes figures from society their role models.
- c) Use of symbolic objects, for children this can be objects such as family photos, objects that symbolize parental love such as necklaces, bracelets, letters from their parents, or other meaningful items as a symbol of support and relationship with their parents. their single.
- d) Healing through artistic expression: Some children may express their feelings through visual or creative arts, such as making pictures of their parents and themselves, writing, or making music, as a symbol of their journey in overcoming pain or stress.

These symbolic interactions can help children living with single parents to develop psychological resilience and overcome life's challenges in a positive way.

4 Conclusions

Based on the relationship between 7 resilience factors and 3 symbolic interaction concepts, namely: Relation to the social environment, resilience factors such as social support, social connections and community trust can be understood through the concept of symbolic interaction, where individuals interact with other people through symbolic interactions such as language and acts to build strong social relationships.

The concept of symbolic interaction helps to understand the concept and identity of an individual. Resilience factors such as self-esteem and emotional resilience are

closely related to the way individuals interpret symbols in their social interactions, thus influencing their resilience.

Resilience factors such as the ability to solve problems and adapt to difficult situations can be understood through the concept of symbolic interaction, where individuals learn from previous experiences and adapt to changes through social interaction and interpretation of symbols. Including perception and adaptation, the concept of symbolic interaction plays a role in how individuals perceive stress and crisis. Resilience factors such as the ability to cope with stress and problem-solving strategies may be influenced by the way individuals interpret symbols associated with stressful situations.

Therefore, parents have a tremendous opportunity to influence children's emotional intelligence by helping them learn self-comforting behaviors from infancy onward. Even though babies are helpless, they are able to learn from our response to their discomfort that emotions have a direction, moving from feelings of sadness, anger and fear, to feelings of comfort and Happy Again. Positive emotions play a significant role in making someone resilient, even increasing it. By increasing positive emotions, our health will also improve, this is not just a perception or suggestion, but indeed people who have high levels of positive emotions usually produce less hormones related to stress, but are high in hormones related to growth and relationships.

More importantly, the hormone called dopamine which is related to stress is also lower and biochemically we are in good condition. Individuals are very dependent on their protectors, people who love them, where the individual can feel comfortable with their caregivers and tend to feel more resilient. Having caring people around us has long been researched as a factor that makes people resilient. A person's resilience capacity is also determined by a person's cognitive or thinking capacity. When a person's thinking patterns do not accurately interpret the events experienced and add to the future, their resilience capacity can be reduced.

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