



Peaceful Mindset to Prevent Parenting Stress

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ABSTRACT

This study aims to provide an overview of parenting stress experienced by mothers. This research is a type of descriptive research with a quantitative approach. This study used a data collection tool in the form of Parenting Stress Index Short Form (PSI-short form). The subjects used in this study were mothers who live in various regions in Indonesia who were taken by simple random sampling. Data analysis in this study uses percentage techniques. The results obtained in this study describe the stress of parenting in the high category of 1.4%, the medium category of 38.02%, and the low category of 60.5%. Based on the results of the stress level, it shows that the majority of respondents are still able to control their response to the stressors they experience in parenting.

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ABSTRAK

Penelitian ini bertujuan memberikan gambaran mengenai stres pengasuhan yang dialami oleh para ibu. Penelitian ini merupakan jenis penelitian deskriptif dengan pendekatan kuantitatif. Penelitian ini menggunakan alat pengumpul data berupa Parenting Stress Index Short Form (PSI-short form). Subyek yang digunakan dalam penelitian ini adalah para ibu yang berdomisili diberbagai wilayah di Indonesia yang di ambil dengan cara simple random sampling. Analisis data dalam penelitian ini menggunakan teknik persentase. Hasil yang diperoleh dalam penelitian ini menggambarkan kondisi stres pengasuhan pada kategori tinggi sebesar 1,4%, kategori sedang 38,02%, dan kategori rendah 60,5%. Berdasarkan hasil tingkatan stres tersebut menunjukkan bahwa mayoritas responden masih dapat mengendalikan respon terhadap stressor dalam mengasuh anak yang dialaminya.

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INTRODUCTION

The understanding of peace is known as the personal peace perspective, which views peace as part of an individual's personality. (Sims, Nelson, & Puopolo, 2014).. The importance of the personal peace perspective from a psychological perspective is reinforced by the results of research that shows a positive relationship between personal peace and psychological aspects because peace has a close relationship with health and happiness (Sims et al., 2014). (Sims et al., 2014).

Assessing a peaceful person is based on personality traits associated with peaceful behaviors (behaviors that create and maintain nonviolent and harmonious relationships), peaceful

states (calm emotions, harmonious aspects of self), and peaceful attitudes (beliefs and values that facilitate the formation and maintenance of nonviolent and harmonious relationships). (Nelson, 2014).

Webel and Galtung map several definitions of peace and can be interpreted as follows: 1) a state free from conflict, namely a safe and orderly society with norms and laws; 2) a mental and spiritual condition free from anxiety and emotional disturbance (inner peace); 3) a state free from chaos and violence; 4) harmony of life between individuals, where individuals respect each other and live in harmony. Peace is a need of all people, just like happiness, justice and well-being.

To achieve a peaceful mindset, individuals must have a mental and spiritual state that is free from cognitive distortions, depression, stress, and other emotional disorders. However, the challenges of parenting often make it difficult for parents to achieve a peaceful mindset. The magnitude of responsibilities and demands of children's needs that must be met by parents, causing parenting stress.

Parenting stress is defined as the experience of negative emotions felt by parents in response to the demands of parenthood (Widarsson, Engström, Rosenblad, Kerstis, Edlund, & Lundberg, 2012). The definition of negative feelings present in parenting stress is directly attributed to the demands of individual parenthood (Deater-Deckard, in Widarsson et al., 2012). If parenting stress is not addressed immediately, then it will have a negative impact on parents and children.

METHOD

This study uses descriptive research with a quantitative approach. This study aims to provide a descriptive explanation of parenting stress. The subjects used in this study were mothers who live in various regions in Indonesia totaling 71 people who were taken by simple random sampling. Data collection techniques in this study used non-test techniques with instruments in the form of a modified parenting stress scale from the adaptation of Richard Abidin's Parenting Stress Index Short Form (PSI-short form) scale by Isma Junida in 2015. Furthermore, data analysis in this study used the percentage formula in order to obtain an overview of the condition of parenting stress.

RESULTS AND DISCUSSION

In parenting, a mother's mental state often experiences shocks caused by several factors such as fatigue, a wounded inner child, a lack of understanding of parenting knowledge, and so on. Therefore, in this study the authors raised several indicators of parenting stress based on the definition of peace described by Webel and Galtung who said that peace is a mental and spiritual condition that is free from anxiety and emotional disturbance (inner peace).

The results of data analysis on parenting stress are generally categorized into several categories. The profile of parenting stress can be seen in table 1.

Table 1
Parenting Stress Profile

Category	Frequency	Presentation
Low	43	60,5%
Medium	27	38,02%
High	1	1,4%
Total	71	100%

Table 1 shows that out of a total of 71 respondents who live in various regions in Indonesia, there are 1 person (1.4%) with a high level of parenting stress, 27 people (38.02%) with a moderate level of parenting stress, and 43 people (60.5%) with a low level of parenting stress. Based on the results of these stress levels, it shows that the majority of respondents can still control their responses to stressors in parenting. This

means that mothers have the skills to manage emotions and also have a fairly good resilience.

Based on Barnett and Baruch's research (in Berry & Jones, 1995), it is stated that the role of parenthood can be the most important source of stress in a woman's life because of the great responsibility that comes with it. Increased parenting stress in mothers is associated with low levels of education, large numbers of children, lack of social support, and age at motherhood (Ostberg & Hagekull, in Skreden, et.al, 2012). To minimize the occurrence of parenting stress in mothers, adaptive and positive parenting skills are needed, such as better communication between parents and children, as well as more consistent application of discipline (Duncan, Coatsworth, & Greenberg, in Gouveia, et.al, 2016).

Adaptive and positive parenting skills will be formed from a mother's mindset, namely a peaceful mindset that can encourage mothers to be more mindful in undergoing parenting, especially in implementing positive discipline for children. Mindful parents have better emotion regulation of emotions that arise when interacting with their children and can handle parenting stress better (Bögels, Lehtonen, & Restifo, 2010; Bögels & Restifo, 2014; Duncan, Coatsworth & Greenberg, in Medeiros, et.al, 2016).

The benefit of having a peaceful mindset for parents is the creation of harmonious relationships with children and other family members. Parents resolve conflicts in the family without violence, but rather democratically by involving family members to jointly think of the right solution. Children also feel valued and increase their responsibility towards their duties.

To establish a peaceful mindset for a mother, some things that can be done are: 1) prioritize time for yourself; 2) manage expectations and manage stress; 3) share feelings with others; 4) find support from family, friends or other mother groups; 5) seek professional help; 6) find a balance between motherhood obligations and time for yourself.

CONCLUSIONS AND RECOMMENDATIONS

The results illustrate that the parenting stress experienced by mothers tends to be low, namely 60.5% of the total number of respondents, meaning that mothers have a peaceful mindset that results in the skill of managing emotions appropriately.

For future research, it is hoped that it can seek more in-depth data about the description of peaceful mindset indicators owned by mothers, so that researchers can see the relationship between peaceful mindset and parenting stress experienced.

For future studies that want to examine the same variables, they can conduct comparative research or with other populations, namely focusing on working mothers and housewives. Thus, the results obtained can be more focused on working mothers or housewives and the data obtained can be generalized to the population.

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