

Strengthening the psychological well-being of students with single parent through the role of religiosity, parenting, and conformity

Sita Ana Janti, Azam Syukur Rahmatullah, Muhammad Syifa Amin Widigdo

Universitas Muhammadiyah Yogyakarta, Indonesia
sita.ana.psc21@mail.umy.ac.id

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Abstract: Childcare is essential, and parents must educate children during their development phase. Parental care provided by both the father and mother has an important role. This research aims to determine the influence of religiosity, parenting patterns, and conformity on the psychological well-being of students with single parents. This research is a field study with a quantitative approach. The research subjects were chosen by randomly sampling as many as 63 students from 5 Muhammadiyah high schools in Yogyakarta. Research data was obtained from the distribution of the Scales of Psychological Well-being (SPWB), The Centrality of Religious Scale (CRS), The Parenting Scale (PS), and The Comfort Scale (CS). Research data was analyzed using a simple regression approach. The research results show that religiosity, parenting style, and conformity are proven to influence the psychological well-being of students with single parents. The religiosity variable contributed an influence of 28%, parenting style 25.3%, and conformity 32.6%; in other words, the conformity variable had the most significant influence compared to the religiosity and parenting variables. This research implies that improving the psychological well-being of students who have single parents can be done by increasing the value of religiosity and good conformity and paying attention to students' parenting patterns.

Keywords: Conformity; parenting style; psychological well-being; religiosity

Introduction

Single parents often face unique challenges in educating their children. This factor can directly influence students' psychological well-being (Cahyani et al., 2022). Students whom single parents educate need social support, an understanding of moral values, and inner calm, which are essential in facing difficulties (Nocentini et al., 2019). Single parents must develop strategies that balance affection, discipline, and emotional support for children.

Childcare is essential, and parents should educate children during their development phase. The parental care the father and mother provide is critical (Nurlatifah et al., 2020; Rahmatullah, 2021). Fathers play a role in children's development and interactions that involve physical play; for example, they are breadwinner, gives a sense of security, participate in children's education, and act as firm protector (Lilawati, 2020; Shobihah & Walidah, 2021). Meanwhile, the mother's role fulfills physiological and psychological needs, for example, setting an example as a wise manager caring for and taking care of the family patiently as an educator who manages children (Candra, 2018; Gumiandari et al., 2021).

Facts on the ground show that not all children receive good care from their parents (Aziz & Rahmatullah, 2022; Aziz et al., 2023); this can be due to several factors, including parents who neglect their children, busy work, or parents who divorce, so they neglect their children. Based on research conducted (Riyanti, 2018; Young et al., 2018), it is stated that children who are victims of divorced parents have weaker adjustment than children from complete families. Divorce of a child's parents is not only caused by problems or separation between the parents but can also be caused by conflicts that occur within the family, such as parental arguments that occur at home, and also caused by the death of a member of the family (Holik & Sulthon, 2020; Jamilah, 2019; Nurlatifah et al., 2020; Nursyifa & Hayati, 2020).

In some conditions, children from divorced families do not get the warmth, trust, and interpersonal relationships that children from harmonious families get (Apriliana et al., 2020). There needs to be success in the student development phase during childhood, which influences future mental development and psychological well-being. Psychological Well-being is related to the various challenges individuals face to achieve the functional values of happiness (Smith et al., 2021). Santrok explained that relationships with parents and friends are the main factors in producing their psychological well-being. Santrok said that apart from the presence of parents, the presence of friends in teenagers' lives also determines psychological well-being (Ravichandran et al., 2020).

Student well-being should be an asset to living independently, having good social relationships, determining life goals, and maintaining physical and mental health (Poudel-Tandukar et al., 2021). Suppose it is not correctly embedded in the child, it can cause students to become less happy, have negative emotions (stress, depression, anxiety), and have less life satisfaction (Peng et al., 2022). Teenagers aged 13 to 21 begin to experience biological changes, such as height and body shape, especially for children entering adolescence (Aziz et al., 2023). Cognitively, it is characterized by changes in the way of thinking, and socio-emotionally, it is characterized by changes in relationships or social interactions and unstable emotions (Murfield et al., 2020). So, parental care is required to maintain the psychological well-being of students.

Building psychological well-being in students indeed starts with parental care. The care built is the result of an agreement between the parents for the child's future and starts as early as possible to achieve maximum results in the child's growth and development process. One of the psychological well-being problems that occurs among students from divorcing families is related to mental health (Aziz et al., 2023); this can happen to teenage students, as happened at Muhammadiyah High School in Yogyakarta. Based on the results of observations by researchers at the school, it was found that students experienced psychological well-being problems, and this occurred in students who were victims of divorced families. Hence, the care of these students came from single parents, either from father or mother.

Religiosity is often associated with increased psychological well-being. Several studies also show that people who have religious beliefs tend to have higher levels of life satisfaction and fewer symptoms of depression (Susiaty et al., 2020). Apart from that, parenting styles can help develop children's psychological well-being; this can be done by providing emotional support, healthy boundaries, and facilitating children's self-exploration (Rahmatullah & Chaer, 2020). Furthermore, the role of conformity tends to follow social or group norms, which can also influence psychological well-being. Healthy conformity, which does not sacrifice individual freedom or personal values, can create a sense of social connectedness and support mental well-being (Sahidin & Insan, 2022). Thus, the relationship between religiosity, parenting style, and conformity can form a strong foundation in shaping a person's psychological well-being.

Psychological well-being in children who have parents with single-parent status can be overcome in various ways, including by increasing the child's religiosity. Religiosity is one of the character values that is used as attitudes and behavior that are obedient in implementing the teachings of the religion one adhere to, tolerant towards the implementation of worship of other religions, and living in harmony with followers of other religions (Hasanah, 2021; Ningsih & Prasetyo, 2022). Low religiosity in students results in less harmonious relationships with their fellow students, feeling the most righteous in their religious activities even though they have the same religion and blaspheming each other; this can even result in juvenile delinquency, and they tend to not be able to avoid actions that are prohibited by religion, so they commit acts of crime (Ningsih, 2022; Hasanah, 2023).

Apart from that, their parenting patterns can improve the psychological well-being of students with single parents. According to Supriani & Arifudin (2023), parenting is how parents control, guide, and accompany their children in carrying out their developmental tasks towards the maturation process. Baumrind divides parenting into three forms: authoritarian, democratic, and permissive. Good parenting focuses on encouraging positive behavior, praising desired behavior, setting limits, and teaching emotional regulation and problem-solving skills (Hill & Paxton, 2020).

Lastly, psychological well-being in students with single parents can be improved with conformity. Conformity is a characteristic of the desire to identify with and imitate others, join groups to avoid conflict and be a follower rather than a leader in creating values, ideas, and behavior (Mehrabian & Stefl, 1995). Conformity in the friendship environment is divided into two, namely rational conformity and irrational conformity. Rational conformity is behavior that occurs through a process of thinking, consideration, and reasoning. Irrational conformity is a person's behavior when they do it because of intuition and instinctive activities that are influenced by the behavior of particular objects (Song & Li, 2012). Conformity in the friendship environment is divided into two, namely rational conformity and irrational conformity. Rational conformity is behavior that occurs through a process of thinking, consideration, and reasoning. Irrational conformity is a person's behavior when they do it because of intuition and instinctive activities that are influenced by the behavior of particular objects (Song & Li, 2012).

This research aims to analyze the influence of religiosity, parenting patterns, and conformity on the psychological well-being of students whose parents are single parents. Previous research has a similar theme to this research (Gusumawati, 2022; Larasati et al., 2019); Nurhidayah et al., 2021).

Method

This type of research is a field survey with a quantitative correlational model approach. The research location consists of 5 Muhammadiyah Middle Schools in Yogyakarta. The research subjects were selected using a cluster sampling technique, as many as 63 students with the criteria of having parents who were single parents. Data collection techniques use observation, interviews, and Likert scale research instruments with four alternative answers. Data analysis was presented using two tests, namely descriptive analysis and analysis carried out using the SPSS version 20 application with a simple regression test to determine the influence of religiosity, parenting patterns, and conformity directly on the psychological well-being of students who have single parents.

The instruments used in this research were adopted from previous research. The instrument for the psychological well-being variable uses the Scales of Psychological Well-being (SPWB) instrument, which has six indicators, namely: Autonomy [AU]; Positive Relations [PR], Environmental Mastery [EM]; Personal Growth [PG]; Purpose in Life [PL]; and Self-Acceptance [SA] (van Dierendonck, 2004). The religiosity variable uses the Centrality of Religious Scale (CRS) instrument, which has five indicators, namely: Religious Belief [RB]; Religious Practice [RP]; Religious Feeling [RF]; Religious Knowledge [RK]; and Consequential [C] (Huber & Huber, 2012).

Furthermore, for the parenting pattern variable, we use the Parenting Scale (PS) instrument, which has five indicators, including Laxness [L], Overreactivity [O]; Verbosity [V], General Dysfunctional Discipline [GDD], and Child Misbehavior [CM] (Arnold et al., 1993). Finally, the research instrument on the conformity variable uses The Conformity Scale (CS), which has eight indicators, including Trust vs. Defensiveness [T], Orderliness vs. Lack of Compulsion [O], Social Conformity vs. Rebelliousness [C], Activity vs. Lack of Energy

[A], Emotional Stability vs. Neuroticism [S], Extraversion vs Introversion [E], Masculinity vs Femininity [M], and Empathy vs Egocentrism [P] (Comrey et al., 1978)

Result and Discussions

1. Descriptive Analysis

A descriptive analysis of this research data shows the results of the average value for each indicator per variable. The indicators with the highest and lowest average values are displayed for each variable. The results of descriptive analysis data processing are explained as follows:

a. Psychological Well-being



Figure 1. Psychological Well-being Variable Indicator Values

Based on the data in Figure 1, it can be seen that out of the six indicators in the psychological well-being variable, the autonomy indicator [AU] has the highest value, namely 193; this describes that students with single parents have a high sense of desire to seek personal experience-itself which is based on the student's integrity (Ilmi, 2022). Meanwhile, the personal growth indicator has the lowest value, which is 178; this explains that students' openness to new experiences is low compared to other indicators for students who have single parents (Chasanah et al., 2023).

b. Religiosity

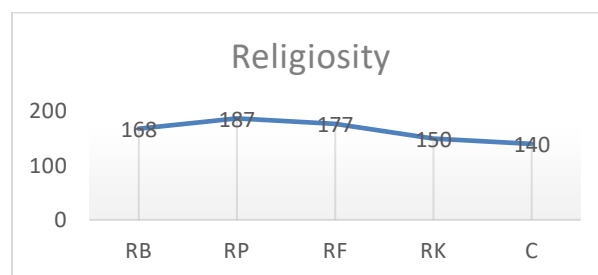


Figure 2. Religiosity Variable Indicator Values

Based on the data in Figure 2, it can be seen that out of the five indicators in the religiosity variable, the religious practice [RP] indicator has the highest value, that is 187; this shows that practices in worship such as prayer, supplication, dhikr are things which is most often done by students who are raised by single parents (Hasanah, 2023). Meanwhile, the consequential indicator [C] has the lowest value, 140. It shows that understanding the correctness of these actions still needs to be fully implemented by students who have single parents (Nurlatifah et al., 2020).

c. Parenting

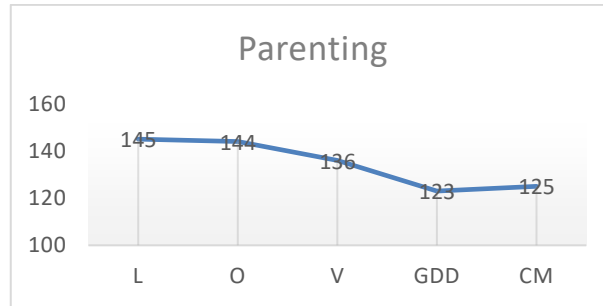


Figure 3. Average Value of Parenting Pattern Variables

Based on the data in Figure 3, it can be seen that out of the five indicators, laxness [L] has the highest value, i.e 145; this shows that students receive higher permissive Parenting than others parenting patterns (Fitri & Masyithoh, 2023). Meanwhile, the general dysfunctional discipline [GDD] indicator has the lowest value, namely 123, which means that parents are less responsive to bad behavior from students in their care (Nafisah & Basuki, 2023).

d. Conformity

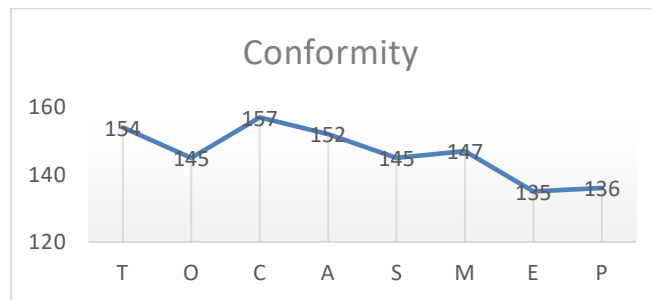


Figure 4. Average Value of the Conformity Variable

Based on the data in Figure 4, the Social Conformity vs Rebelliousness [C] indicator has the highest value, 157; this shows students' ability to choose good and bad social morals is high (Manurung et al., 2023). Meanwhile, the Extraversion vs Introversion [E] indicator has the lowest value, namely 135; this shows that the attitudes of students who are extroverts and introverts are the lowest in showing Conformity (Farayani et al., 2022).

2. Data Analysis

a. Data Validity Test

The test results of the 24 question items have a calculated r value (correlation coefficient) > r table (critical value) with a significance level of 5% (0.254), so that all indicators have been declared valid, and can be used to measure the influence religiosity, parenting patterns and conformity on the psychological well-being of students with single parents. The reliability test is declared reliable if Cronbach's alpha value is > 0.6. The test results show results like the image below:

Cronbach's Alpha	N of Items
.910	24

Based on the reliability test results, Table 1 shows that this research's Cronbach's Alpha value is 0.91 > 0.6, so the research data has met the reliability test.

b. The Influence of Religiosity on Psychological Well-being

The results of research data processing related to the influence of the religiosity variable on students' psychological well-being are explained as follows:

Table 2. ANOVA Value of the Religiosity Variable on Psychological Well-being

Model	Sum of Squares	df	Mean Square	F	Sig.
Regression	196.363	1	196.363	24.125	.000 ^b
Residual	496.495	61	8.139		
Total	692.857	62			

Based on simple regression test results, we obtained data on the ANOVA value of the religiosity variable on psychological well-being, as shown in Table 2 above. It is known that the calculated F value = 24.125 with a Sig value level. of 0.000 (< 0.05); this shows that the regression model can be used to predict whether the religiosity variable influences psychological well-being.

Table 3. Model Summary of Religiosity Variables on Psychological Well-being

R	R Square	Adjusted R Square	Std. Error of the Estimate
.532a	.283	.272	2.853

The results of the simple regression test values shown in the summary model values in Table 3 above show that the correlation value (R) is 0.532. Based on the output results, the coefficient of determination (R Square) value was 0.283, which means that the religiosity variable on psychological well-being influences 28.3%.

Table 4. Coefficient Values for the Religiosity Variable on Psychological Well-being

Model	Unstandardized Coefficients		Standardized Coefficients	t	Sig.
	B	Std. Error	Beta		
(Constant)	9.577	1.695	.532	5.649	.000
Religiosity	.624	.127		4.912	.000

Based on the output coefficients in Table 4 above, it is known that the Sig. of 0.000 (<0.005). So, it can be concluded that the religiosity variable influences psychological well-being. Table 4 above shows that the t-count value is 4,912 > t-table 2,390, so it can be concluded that the religiosity variable significantly affects psychological well-being. Therefore, **H1 is accepted**. It means that the higher the level of religiosity, the better the student's psychological well-being. These findings strengthen previous research, namely the positive and significant influence of the religiosity variable on psychological well-being, including research from (Dewi et al., 2021; Qoniah, 2021). The influence of religiosity on psychological well-being has been explained in QS. Al-Baqarah verse 155:

وَلَنَبْلُوَنَّكُمْ بِشَيْءٍ مِّنَ الْخَوْفِ وَالْجُوعِ وَنَقْصٍ مِّنَ الْأَمْوَالِ وَالْأَنْفُسِ وَالثَّمَرَاتِ ۗ وَبَشِّرِ الصَّابِرِينَ

"And We will surely test you with something of fear and hunger and a loss of wealth and lives and fruits, but give good tidings to the patient" (QS. al-Baqarah: 155).

The verse above explicitly explains that various trials will test humans, but by increasing devotion to Allah and patience with the trials that befall them, Allah SWT will help. QS. Asy-Syarh verses 5-6 explain that ease will come after hardship, so for individuals who always draw closer to Allah SWT for all their difficulties, ease or help will come, which makes a person strong psychologically, mentally, and spiritually. Religiosity is control of

each person's self, and this control can make someone do anything with consideration of good and evil.

c. The Influence of Parenting Patterns on Psychological Well-being

The results of research data processing related to the influence of parenting variables on students' psychological well-being are explained as follows:

Table 5. Anova Value of Parenting Pattern Variables on Psychological Well-being

Model	Sum of Squares	df	Mean Square	F	Sig.
Regression	175.064	1	175.064	20.624	.000b
Residual	517.793	61	8.488		
Total	692.857	62			

Based on the results of a simple regression test, data obtained on the ANOVA value of the parenting pattern variable on psychological well-being, as shown in Table 5 above, shows that the calculated F value = 20.624 with a Sig value level. of 0.000 (< 0.05); this shows that the regression model can be used to predict parenting variables that influence psychological well-being.

Table 6. Model Summary Value of Parenting Pattern Variables on Psychological Well-being

R	R Square	Adjusted R Square	Std. Error of the Estimate
.503a	.253	.240	2.913

The results of the simple regression test values shown in the summary model values in Table 6 above show that the correlation value (R) is 0.503. Based on the output results, the coefficient of determination (R Square) value was 0.253; this means that the parenting variable on psychological well-being influences 25.3%.

The findings above show the critical role of parenting patterns on students' psychological well-being. Positive parenting styles can profoundly impact the development of children's mental well-being, including emotional support; the presence of parents who listen, understand, and express affection can increase emotional stability (Dhiu & Fono, 2022). In addition, parents facilitating children's exploration of their interests, talents, and personal values can help form self-identity (Rakhmawati, 2015). Lastly, parents who do positive behavior, including dealing with stress and facing life's challenges, provide an excellent example for children (Ismaniar, 2022). Open communication between parents and children is also crucial in adapting the parenting approach according to the child's needs and development.

Table 7. Coefficient Value of Parenting Pattern Variables on Psychological Well-being

Model	Unstandardized Coefficients		Standardized Coefficients	t	Sig.
	B	Std. Error	Beta		
(Constant)	11.136	1.494	.503	7.452	.000
Parenting	.616	.136		4.541	.000

Based on the output coefficients in Table 7 above, it is known that the Sig. of 0.000 (<0.005). It can be concluded that parenting style variables influence psychological well-being. In Table 7 above, it is known that the t-count value is 4,541 > t-table 2,390, so it can be concluded that the parenting variable significantly affects psychological well-being. Therefore, **H2 is accepted**. It shows that the higher the level of parenting, the better the student's psychological well-being.

These findings strengthen previous research, namely the positive and significant influence of parenting variables on psychological well-being, including research from Cahyani et al., (2022), Emelia et al. (2021), and Firdaus, R.T., & Buruologo (2020). Raising children is an obligation that parents must carry out. As mandated in Q.S. al-Baqarah verse 233:

وَالْوَالِدَاتُ يُرْضِعْنَ أَوْلَادَهُنَّ حَوْلَيْنِ كَامِلَيْنِ لِمَنْ أَرَادَ أَنْ يُتِمَّ الرَّضَاعَةَ....

"Mothers may breastfeed their children two complete years for whoever wishes to complete the nursing [period]..... " (QS. al-Baqarah: 233)

The verse above explicitly explains that parents must provide breast milk, which directly and profoundly impacts the child's physical and spiritual health. In the Hadith History, Baihaqi also explains other obligations parents must fulfill towards their children, including giving them a good name, providing a place to live, and teaching them good manners. All of the above needs to be fulfilled to make children physically, spiritually, and psychologically healthy during their development process. Parental parenting styles play an essential role in determining and forming a person's character, and this parenting style can determine whether a person has good behavior or not.

d. The Effect of Conformity on Psychological Well-being

Hasil pengolahan data penelitian terkait pengaruh variabel konformitas terhadap *psychological Well-being* siswa dijelaskan sebagai berikut:

Tabel 8. Anova Value of Conformity Variable on *Psychological Well-being*

Model	Sum of Squares	df	Mean Square	F	Sig.
Regression	225.572	1	225.572	29.447	.000b
Residual	467.285	61	7.660		
Total	692.857	62			

Based on the results of a simple regression test, we obtained data on the ANOVA value of the conformity variable on psychological well-being, as shown in Table 8 above. It is known that the calculated F value = 29,447 with a Sig value level. of 0.000 (< 0.05); this shows that the regression model can be used to predict whether conformity variables influence psychological well-being.

Table 9. Model Summary Value of Conformity Variables on Psychological Well-being

R	R Square	Adjusted R Square	Std. Error of the Estimate
.571a	.326	.315	2.768

The results of the simple regression test values shown in the summary model values in Table 9 above show that the correlation value (R) is 0.571. Based on the output results, the coefficient of determination (R Square) value was 0.326, which means that the conformity variable on psychological well-being influences 32.6%. The findings above show that conformity affects students' psychological well-being. One of them is that conformity can be a mechanism for seeking social acceptance and involvement that may be lacking because parents are single parents (Isnaeni, 2021). In addition, conformity students can conform to their parents' values or expectations to maintain positive relationships and get emotional support (Sahidin & Insan, 2022). For students with single parents, establishing healthy relationships and open communication can support students' psychological well-being.

Table 10. Coefficient Value of Conformity Variables on Psychological Well-being

Model	Unstandardized Coefficients		Standardized Coefficients Beta	t	Sig.
	B	Std. Error			
(Constant)	9.355	1.579		5.923	.000
Conformity	.450	.083	.571	5.426	.000

Based on the output coefficients in Table 10 above, it is known that the Sig. of 0.000 (<0.05). It can be concluded that the conformity variable influences psychological well-being. Apart from that, in Table 10 above, it is known that the t-count value is 5,426 > t-table 2,390, so it can be concluded that the conformity variable significantly affects psychological well-being. Therefore, H3 is accepted. It shows that the higher the level of conformity, the better the student's psychological well-being.

These findings strengthen previous research, namely the positive and significant influence of the conformity variable on psychological well-being, including research from (Isnaeni, 2021; Sahidin & Insan, 2022; Widyorini & Rahayu, 2021). Conformity is the tendency or behavior to adapt to a group or society's norms, values, or social expectations, exemplified by the Prophet Muhammad SAW, which Allah SWT has said in QS. al-Anbiya verse 107:

وَمَا أَرْسَلْنَاكَ إِلَّا رَحْمَةً لِّلْعَالَمِينَ

“*And We have not sent you, [O Muhammad], except as a mercy to the worlds*” (QS. al-Anbiya: 107).

The meaning of the verse above is that the Prophet Muhammad SAW was sent to perfect human morals on Earth, which requires a slow approach and adapting to the surrounding environment. In the Hadith narrated by Baihaqi, he explains that the Prophet Muhammad was ordered to perfect human morals, which also mean culture, traditions, and customs of society, not the opposite, but to eliminate them. The goal of good behavior is an adjustment to society's culture. Adapting to the surrounding environment can minimize the occurrence of misunderstandings that can cause commotion that has an impact on psychological health.

Conclusion

From the results of the analysis and discussion of the research above, it can be concluded that religiosity, parenting style, and conformity are proven to influence the psychological well-being of students with single parents; this has been proven to be able to guide religiosity and good parenting patterns, plus good conformity in relationships with friends so that positive psychological well-being can be achieved. Students can also adapt to school under any conditions, on psychological well-being. The religiosity variable contributed 28% of the influence, parenting style 25.3%, and conformity 32.6%. Therefore, in this study, the conformity variable has the most significant influence compared to the religiosity and parenting variables. Other factors that can influence psychological well-being are social support, cultural background, demographic factors, and life experiences. So, the implications of this research in increasing the level of psychological well-being of students can be done by increasing religiosity, parenting patterns, and conformity for students who have single-parent.

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