

## Stress Role and Coping of Working Mothers Living in Tanah Jawa Sub-District, Tanah Jawa District, Simalungun Regency

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### ABSTRACT

Stress is a disturbance to the body and mind caused by a discrepancy between the demands received and the ability to overcome them. One source of stress is the demand to carry out two roles simultaneously, for example in working housewives. While coping is a way that is done by individuals in solving problems, adjusting to change. Coping is divided into two, namely those that focus on problems and those that focus on emotions. This study aims to identify the role stress and coping used by working mothers using a descriptive design. The samples taken were 80 women working in the Tanah Jawa Village, Tanah Jawa District, Simalungun Regency using a *purposive sampling technique*. The results showed that the stress of working mothers who lived in Tanah Jawa Village, Tanah Jawa District, Simalungun Regency was light, namely 93.8% because the majority of working hours of mothers in Tanah Jawa Village were relatively short, namely 5 hours a day, and experienced stress. role as household manager (Mean = 2.64 and SD = 2.076). And the coping used in this study is coping that focuses on problems (Mean = 21.19 and SD = 3.66) while coping that focuses on emotions (Mean = 14.23 and SD = 4.41). It can be concluded that mothers who work in the Tanah Jawa sub-district use more problem-focused coping. This is related to the mother's knowledge and personality. For further research it is recommended to conduct research on 2 other roles, namely as caregivers and workers.

#### Keywords:

Role Stress, Coping, Working Mother

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## 1. INTRODUCTION

Stress is a condition caused by the interaction between individuals and the environment, giving rise to perceptions of distance between demands originating from situations originating in a person's biological, psychological and social systems [6]. defines stress as an adaptive response mediated by individual differences and psychological processes that are a consequence of external circumstances, situations or events that impact on a person's physical or psychological state [8].

Sources of stress may change as individuals develop, but stressful conditions can occur at any time during life. According to [6] there are three sources of stress, namely the individual, family, community and society. The behavior, needs, and personality of each family member have an impact on interactions with those of other members of the family, which sometimes results in stress. Factors from the family that tend to allow for the emergence of stress are the presence of new members, divorce and the presence of sick, disabled, and death families. Contact with people outside the family provides many sources of stress. For example, children's experiences at school and competition. The existence of experiences around work and also with the environment can cause a person to become stressed [6].

According to [6] said that one of the basic sources of family stress is the occurrence of stress on a family member caused by forces outside the family, for example a father who is stressed at work and criticizes his wife then diverts it by scolding his child. This can also happen to a mother who carries out two roles simultaneously, namely as a housewife and a worker. Thus this is a source of stress in the family [17].

According to [11], the mother acts as a caregiver, educator, and household manager in the family. In Indonesia, a mother is highly demanded for her role as a good housewife, namely being wise in raising children and taking care of household needs. However, the current phenomenon is that mothers also play a role as an addition to the family economy by working outside the home. This is also supported by the impact of the financial crisis, which requires mothers to participate in improving the family economy. Another reason for working mothers is as a form of self-actualization in applying the knowledge they have [10]. The existence of two-sided demands between family and work is very risky to cause stress to working mothers [17].

Based on the description above, the researcher is interested in researching the role stress and coping of working mothers. The researcher chose working mothers who live in Tanah Jawa Village, Tanah Jawa District, Simalungun Regency because there is a cultural view that a working mother is required to be able to balance her role at work and at home. role stress and coping in working mothers.

### **Formulation of the problem**

Based on the description of the background above, it can be formulated the problem of how the role stress experienced by working mothers and what coping is used by working mothers who live in Tanah Jawa Village, Tanah Jawa District, Simalungun Regency

## **2. METHOD**

### **Types and Research Design**

The design used in this study is *descriptive* [19] which aims to identify role stress and coping in working mothers who live in Tanah Jawa Village, Tanah Jawa District, Simalungun Regency.

### **Location and Time of Research**

This research was carried out in Tanah Jawa Village, Tanah Jawa District, Simalungun Regency. This area was chosen by the researcher because in this area there is still a cultural view that working mothers must be able to balance their roles at work and at home, and the place where the researcher lives is close to this kelurahan. When conducting research on May 12 to June 7 2014.

### **Research Population**

The population of this study were all working mothers who lived in Tanah Jawa Village, Tanah Jawa District, Simalungun Regency, totaling 357 people.

### **Research sample**

In this study, the determination of the number of samples was carried out using *purposive sampling*, namely sampling based on a consideration

### **Data Processing and Analysis**

After all the data was collected, the researcher conducted data analysis. Data analysis was carried out through several stages starting with the first *editing*, namely checking the completeness of the identity and data of the respondents and ensuring that all answers had been filled in according to the instructions, the second stage of *coding*, namely giving a specific code or number on the questionnaire sheet to make it easier to tabulate and analyze data (aiming to grouping data based on the criteria of each sample), the third stage of *processing* is entering data from questionnaire sheets into a computer program, the fourth stage is *cleaning*, namely re-checking the data that has been entered to find out if there are errors or not, the fifth stage is *tabulating*, namely analyzing data descriptively. Demographic, stress and coping data are presented in the form of frequency and percentage distributions, mean and standard deviation using computerized techniques using the SPSS program version 17.0.

## **3. RESULTS AND DISCUSSION**

### **Working Mom Stress**

Based on the results of the frequency distribution of the stress percentage of working mothers, the majority of mothers said they sometimes felt they had little time with their children at home. This could be due to less busy work time, and can be related to the frequency distribution of the demographic data of the respondents, the average length of time a mother works is 5 hours a day. This statement is also in accordance with the opinion of Rini (2009) that mothers who work <6 hours are still able to care for their children because they have enough time. The most ethnic group in this study was the Batak ethnic group, with 60 people (75%) associated with the percentage of working mothers in the Tanah Jawa Village. There was an assumption from the researchers that the Batak tribe was strong enough to face stressful conditions. This can be seen from the majority of respondents, namely as many as 45 people (56.3%) never complained of having difficulty concentrating on work or assignments and some only said they

sometimes experienced it because they felt bored with work. This is in accordance with the opinion of [21], that lack of concentration in doing work can be caused by job burnout.

From the results of the study, it was found that 51 people (63.8%) said they never had enough sleep because they had to take care of work at work and manage household needs and only 24 people (30%) sometimes had less sleep. . This is related to the percentage of working hours in the distribution of demographic data, which is 5 hours a day, which shows that working time is not too busy so that it does not reduce the mother's sleep time. The majority of respondents have sufficient time to accompany their children when they are sick and they have no difficulty taking care of their children directly even though they are working. This could be due to strong commitment and responsibility to working mothers in accordance with the opinion of [18] that strong commitment and responsibility to working mothers will cause mothers to be willing to sacrifice providing the best for their children, including accompanying children when they are sick and how to babysit him.

### **Working Mother's Copy**

From the results of the study it was found that 65 people (81.3%) of respondents said that if they faced a problem they would pray to God. This is in accordance with the statement of Lazarus & Folkman (1984) that one coping strategy that focuses on problems is to pray to God. Based on the results of the study, only 14 people (17.5%) respondents analyzed and solved their own problems, while 41 people (51.3%) respondents often discussed every problem with their husbands. This shows that the need for good cooperation between husband and wife in solving every problem, especially if the wife works outside the home. In accordance with [17], the tip for success for working mothers is to establish good communication with their husbands.

Based on the results of the distribution of working mothers' coping that focuses on emotions, as many as 35 people (43.8%) often joke with colleagues when facing problems to calm their minds. This is in accordance with the opinion of [18], that women who are facing problems tend to look for friends to talk to and this is a woman's instinct to calm her mind. And 3 people (3.8%) often run or avoid problems and only 5 people (6.3%) respondents often cry when facing problems. This is in accordance with the opinion of [5] that every individual tries to try to correct the problems they face, but in trying to deal with the discrepancy between situational demands and their capabilities, they sometimes try to avoid or reject the things they have to face.

After analyzing the data, it was found that 65 people (81.25%) respondents used coping that focused on problems, while those who used coping that focused on emotions were 12 people (15%), and those who used the same coping, namely emotions and problems, 3 people (3.75%).

From the data above, respondents use problem-focused coping (mean = 21.19 and SD = 3.66). This is consistent with research which found that a person tends to use problem-focused coping more than emotion-focused coping [5] found that coping strategies that focus on problem is the most effective coping in dealing with stress in various situations [3].

## **4. CONCLUSION**

In general, respondents in this study only experienced mild stress with a percentage of 93.8%. And of the 3 roles in this study, the role stress experienced by working mothers in Tanah Jawa Village, Tanah Jawa District is the role of household manager with a mean of 2.64 and an SD of 2.076. It can be concluded that working mothers in the Tanah Jawa Village, Tanah Jawa District experience stress as a household manager.

For coping used by respondents in this study, it was found that problem-focused coping had a mean of 21.19 and an SD of 3.66, while coping that focused on emotions only had a mean of 14.23 and an SD of 4.41. Therefore it can be concluded that working mothers who live in Tanah Jawa Village, Tanah Jawa District, Simalungun Regency use problem-focused coping.

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