Self Adjustment of Single Parent Mother
In South Sulawesi - Indonesia

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Abstract. This research discussed about self-adjustment of single parent mother who lives in South Sulawesi Indonesia. The aim of the research was to obtain a description about self-adjustment of single parent mother in Indonesia, including: respondent characteristic, respondent’s intellectual maturity, respondent’s emotional, respondent’s social maturity and respondent’s responsibility. The research method used quantitative method with descriptive approach. Data collection technique used questionnaire. The measurement toll used rating scale to show the mean score of all question from range one through four. The validity test of measurement toll conducted through face validity and realibility test used Alpha Cronbach. The result was analysed through quantitaive analysis. The result showed that single parent mother has low self adjustment viewed from three of four aspects which was measured about self adjustment namely; intellectual maturity and responsibility belong to the low category. While the emotional maturity aspect is in the high category. The results of needs analysis show the mother as a single parent requires knowledge and insight as a single parent, time management ability and socialization ability. Based on the need, a program called "Self Help Group" was proposed to improve single parent mother’s adjustment. The program aimed to meet the increasing adjustment of single parent mother on aspects of intellectual maturity (mother insight as single parent), social maturity (socialization ability), responsibility (time management ability).

Keywords: self adjustment, single parent.

Introduction

The family is the first and the main foundation in the life of society, because in the first person's family and main learning to socialize with his group. It is as written in Khairudin, 1985 that the family is the first social group in human life where human beings learn and declare themselves as social man in relationship with his group. Functioning family well is an absolute prerequisite for the continuity of a society because in the family created a new generation who have education values and norms in community life.
Some of the problems that arise in the family are growing economic demands, parenting and ego of husband and wife resulting in divorce. In addition to divorce, the death of one partner member may also result in the family becoming incomplete. This incomplete family forces one family member with an incomplete condition, forcing one member of the family in this case the mother to take over the role of a single parent and responsible for child care, breadwinner and household affairs.

According to the National Socio-Economic Survey (Susenas) data the number of families with single or single mothers or mothers in Indonesia is increasing from year to year. Susenas data in 2011 shows that the number of single parent women is only 16.2 percent of the Indonesian population. In 2012 the number increased to 18.6 percent. In 2013 the Central Bureau of Statistics (BPS) noted that in Indonesia there are 78 million families where 20.4 percent or 26 million are headed by women (mothers). Households headed by a mother have an increasing trend, which is an average of 2-3 percent per year. Figures 20.4 percent and the increase in the number of mothers as single parents indicate the increasing number of family problems that exist in Indonesia.

The number of mothers as single parents is increasing, indicating an increase in the number of mothers as single parents per year. Increasing the number of mothers as single parents can result in the emergence of various problems faced by the mother on her way to becoming a single parent. The cause of the family with the mother as a single parent is due to divorce and death of one spouse, although some of them are also caused by an out-of-wedlock pregnancy. This is as explained by Khairuddin (1985) that families with single parents can be caused by the death of one spouse, divorce and pregnancy outside of marriage. The loss of a spouse by divorce or death makes the mother assume a new status as a parent. For women, single parent status is one of the most severe emotional challenges. This shows the problems experienced by the mother as a single parent is quite complex.

According to Goode, William J (2007: 197-198) because divorce, separation and death of a father or husband this resulted in some things felt by the mother as a single parent that is: 1) Cessation of sexual satisfaction 2) Hilangya persahabata, love or sense of security 3) Loss of adult role model to be followed by children 4) Addition in household bebean for abandoned partner, first in handling children 5) Addition in economic problem, especially if husband dead or leave home.

In Indonesia, the constraints on the economic sector are felt most by mothers who are single parents. When a mother as a sole parent looks for a job, income levels are not too large due to limited work experience factors. This resulted in the emergence of problems in aspects of the implementation of the responsibility of the mother as a single parent in providing for the family.

The condition of education is also low, this can be difficult in getting a decent job. The small income earned from the job is due to the low bargaining power of the labor market by gender considerations, low education and lack of work experience. These conditions then create an economic vulnerability for the mother's family as a single parent.
The economic difficulties of the family after the new status that mother assumes as a single parent have an impact on her children. The data show that most children of mothers as single parents should drop out of school because of financial incapacity to pay for their children's schooling. Mothers in addition to facing economic problems also face difficulties in socializing. Work, home maintenance and parenting tasks make mothers as single parents have very little time to interact with their environment or do other activities that can build themselves.

According to a new mother who holds the status as a single parent, having difficulty in socializing. Rarely interacting and associating with the surrounding environment is one indication of the difficulty of socialization experienced by the mother as a single parent. Another thing coupled with the busyness in carrying out the role as a single parent increasingly reduces the allocation of time to socialize with the surrounding environment. Another thing that happens from the mother as a single parent, instead turned into a very active interact with the surrounding environment and there are feelings of hurt at the time left by the husband and want to rise from adversity.

Not many places and channels for the mother as a single parent in expressing emotions and feelings, this results in a tendency to feel and this is certainly not good for the mental health of the mother. Mothers as single parents also have children who later engage in juvenile delinquency such as smoking, hanging out on the roadside to engage in street races. Children spend time outdoors looking for identity.

Adjustment is one of the essential requirements for the creation of mental or mental health of individuals (Lazarus 1969). Hollander in Farisy (2007) says that adjustment is a process of learning new actions or attitudes to deal with new situations. Adjustment occurs when a person faces a new environment in which an individual response is required. Many individuals suffer and are unable to achieve happiness in their lives. The inability to adapt well to family life, work, and in society in general will make happiness difficult to feel.

All living things are naturally equipped with the ability to help themselves through adaptation to the state of the environment in order to survive. Reality shows many individuals who fail to adapt because individuals do not necessarily know what is called the adjustment process.

Mother's inability to adapt as a single parent may result in an unfavorable family circumstance. Relationships within and outside the family can be disrupted until it can eventually disrupt the social balance in society. Children of mothers who are not able to adapt as single parents are vulnerable to promiscuity, and in the long run the next generation of generations in Indonesia will not have adequate competence in contributing to family and society. This indicates that maternal adjustment as single parent has a big role for family life and community sustainability.

The emergence of problems on the emotional, intellectual, social and responsibility aspects and see how important maternal adjustment as a single parent in Indonesia. Based on the above, it is necessary to conduct research to find out about maternal adjustment as single parent in Indonesia. The research questions are (1) how the
respondent characteristics ?; (2) how is the emotional maturity of the respondent as a single parent ?; (3) how is the intellectual maturity of the respondent as a single parent ?; (4) how is the social maturity of the respondent as a single parent ?; and (5) what is the responsibility of the respondent as a single parent?

Adjustment is known by the term adjustment or personal adjustment. According to Schneiders (1964) the definition of adjustment can be viewed from 3 perspectives, namely adjustment as a form of adaptation, conformity as a form of conformity and adjustment as a mastery business. Adaptation as a form of adaptation leads to more adjustment in physical, physiological or biological sense. Adjustment as conformity to the norm means that the individual seems to be under intense pressure to always avoid the deviation of behavior, whether morally, socially or emotionally. Adjustment as a mastery effort is the ability to plan and organize responses in certain ways so that conflicts, difficulties and frustrations do not occur. According to Kartono's kartini (1989): "Self-adjustment is a human effort to achieve harmony in oneself and in its environment, so hostility, envy, jealousy, prejudice, depression, anger as inappropriate and inefficient personal responses can be eroded. "

Based on the definition, self-adjustment is the ability of individuals to react to the demands charged to an individual, able to learn new actions or attitudes to deal with new situations requiring mental responses, able to cope with internal needs, tension, frustration, conflict and produce quality alignment from within the individual with the demands of the environment so that individuals gain peace intrnally in relation to the world around.

According to Lazardus (1969), two types of demands require adjustment: first, external demands consisting of physical demand derived from the environment such as pain and danger. Social demands (social demands) such as the demands of others to the individual real or not, melakukan, thinking and feeling something. Second, internal demands, divided into body tissue needs such as food, drink and sleep; social motives such as the desire for doteman, respected and loved by others. Aspects of adjustment according to Schneiders (1964) there are two namely; adjustment to probabilities, and adjustments to the social environment.

Personal adjustment is the ability of the individual to accept himself to achieve a harmonious relationship between himself and the surrounding environment. One must be fully aware of who he really is, what advantages and disadvantages and able to act objectively according to the conditions that exist in the environment. The success of personal adjustment is characterized by a lack of internal hatred and daring to assume responsibility. His psychiatric life is characterized by the absence of anxiety or anxiety that accompanies guilt, anxiety, dissatisfaction, a sense of inadequacy and complaints about his destiny. Personal adjustment failures are characterized by emotional distress, anxiety, dissatisfaction and complaints about their fate as a result of a gap between individuals and the demands expected by the environment. This gap is the source of the conflict that then manifests itself in fear and anxiety.
Every individual lives in society, within the community there is a process of mutual influence each other. The process can arise a pattern of culture and behavior in accordance with the number of rules, laws, customs and values they obey in order to reach a solution to the problems of everyday life. The field of social psychology, this process is called the process of social adjustment. It occurs within the sphere of social relationships in which individuals live and interact. This relationship includes contacts with the community around his / her residence, family, school and community at large in general. Individuals and communities in this case are actually equally affecting the community. Individuals absorb the various information, culture and customs that exist, while the community (community) is enriched by the existence or work given by individuals (Scheineiders: 1964).

According to Fromm & Gilmore in Desmita (2009), there are four aspects of personality that exist in a healthy adjustment, among others; emotional arousal, intellectual maturity, social maturity, and responsibility. Emotional strength includes aspects; ability to overcome anxiety; ability to overcome sadness and shame; ability to face pressure and doubt. Intellectual maturity includes aspects; analytical skills; decision-making ability; ability to judge and consider. Social maturity includes aspects; social interaction; involvement in social participation, and social awareness. Responsibility includes aspects; responsibility to self; responsibility to the household; and responsibility for the child.

Factors were influencing self-adjustment according to Schneiders (1964) include; (1) physical condition and heredity; (2) intellectual, social, emotional, and moral development and maturity; (3) psychological factors, (4) environmental conditions, and (5) cultural factors. Physical condition and heredity can identify individual adjustments. Heredity is a naturally occurring process that affects the physical condition itself which includes temperament and trait. Body systems are conditions that affect individual self-adjustment that includes the nervous system and the muscular system. The nervous system is a body system that has a direct bearing on self-adjustment. This is because the nervous system is the basis of mental processes. Disorders of the nervous system and gland may affect adjustment. A well-functioning body system is a condition that can determine individual adaptability. Adjustment is easier when the condition of the body is better than when in a state of illness.

The development and maturity, especially the intellectual, social, emotional, and moral maturity of individual self-adjusting patterns are always changing according to the level of development and maturity that it achieves. Aspects related to development and maturity such as intellectual, social, moral and emotional.

Psychological factors include experience, learning, educational exercises, frustration, conflict and self-determination: Experience is a broad concept that affects self-adjustment. Some experiences are useful and some are traumatic. A useful experience can have a positive effect on individual adjustment. Learning factors are the most important foundation of self-adjustment. Learning factors have a clearer effect on self-adjustment, when compared to innate factors. Adjustment can also be obtained
from the results of training and education. Training is more about getting the specific habits or skills required for effective adjustment. Education is more about gaining wider knowledge that provides the values, principles and attitudes that contribute to a healthy life. Each individual has different patterns in his ability to adapt. Individuals are able to determine their own adjustment patterns in accordance with the ability and capacity it has.

Environmental circumstances such as homes and families, relationships between parents and children and community relationships: the most important factor in defining self-adjustment is home and family. This is because the family is a social unity in which the individual is an integral part in it. Some of the characteristics of family life that affect self-adjustment, such as family gatherings, family social roles, characteristic and family cohesiveness. Parent-child relationships can affect the adjustment of children and parents. Parental acceptance of a child can affect the parental adjustment itself, as well as the child. Parental acceptance will make the child feel wanted and form a feeling of security. Acceptance of parents can make children able to develop self-confidence, positive emotional reactions and compliance.

Factors of culture, customs and religion: individuals can reflect their characteristics of thoughts and behaviors according to the cultural context and customs they possess. Religion can not be separated from the cultural part because culture has a connection with religion and adaptation.

Based on this there are several factors that determine individual adjustment, namely; (1) environmental conditions such as: home, family, relationship between parent and child and community relations; (2) physical condition and heredity such as: sex, health and disease; (3) psychological factors such as: experience, learning, training and education, frustration and conflict, self-determination and security; (4) development and maturity such as: intellectual, social, emotional and moral maturity; (5) cultural factors such as: customs; 6) religious belief (religious).

Good self-adjustment is an individual who can provide a mature, useful, efficient and satisfying response (Schneiders, 1964). Aspects of normal self-adjustment are:

1. There is no absence of excessive: Normal self-adjustment can be characterized by the lack of excessive emotion or no disturbing emotional disturbance. Individuals who are able to respond to situations or problems they encounter in a normal way will feel calm and have good emotional control. His emotions will remain calm and not panic so as to mementukan problem solving charged to him by using the ratio of controlled emotions.

2. There is no feeling of personal frustration (absence of the sense of personal frustration): The feeling of frustration will make the individual difficult or even impossible to react normally to the situation or problem it faces. Individuals should be able to deal with problems fairly, not to be anxious and frustrated.

3. Ability to learn: Able to learn the knowledge that supports what is faced so that the knowledge obtained can be used to overcome the problems encountered.
4. Utilization of experience: The ability of individuals to learn and make use of experience is essential for normal self-adjustment. In the face of problems, the individual must be able to compare experiences with the experience of others so that experiences can be used in overcoming the problems faced.

5. Realistic and objective attitudes: This characteristic is closely related to one's orientation to the reality it faces. Individuals are able to resolve the problem immediately, as is and not delayed.

6. Rational deliberation and self direction: Rational considerations can not work properly when accompanied by excessive emotion so that the individual can not direct himself. Individuals who are unable to consider problems rationally will have difficulty in adjusting themselves. Individuals can deal with problems with rational considerations by pointing directly to the problem with all its consequences.

The family is a group formed from the male and female relationships, a relationship that has lasted a long time to create and raise children (Washer in Friedman (1998)). According to Setiadi (2006) mentioned that the family is a member of a mutual household related through blood relationships, adoption or marriage Friedman (1998) states that families are two or more persons united by the bonds of togetherness and emotional bonding in which individuals have their respective roles that are part of the family.

Families in addition to having a function also has a role that must be run by every member in the family. The various roles that exist in the family are as: father, mother and child (Friedman, 1998). The condition of the family with the mother as a single parent, then the role of father and mother will be carried out in the same time in order to maintain balance, and the sustainability of family functions.

General and special family characteristics according to Mac Iver and Page, in Khairudin (1985). Common features include: 1) the family is a marriage-oriented group, 2) in the form of a marriage or institutional arrangement concerning a deliberately formed and maintained marital relationship; 3) a nomenclature system, including the form of line counting; 4) economic needs formed by group members with special provisions for the fulfillment of economic needs related to the ability to have offspring and rearing children; 5. It is a place to live together, a house or household that, however, may not be separated from the family group.

Newman and Newman in Barnes (2000) argued that the mother as a gifted parent is a family within the family structure, the mother plays a double role as the main breadwinner and cares for the household either with the husband, or without the husband due to death, divorce or marital status that is not obviously or it could be a single person who adopts a child. The definition of mother as single parent is proposed by Huffman et al (1977), namely: "Parents who are mother raising and educating children and organize family life due to change in family structure because of divorce, or spouse's death". According to Perlmutter and Hall (1985) argue for the mother as a single parent: "Santrock (1995) suggests that the mother as a single parent replacing..."
father role as single parent, decision maker, breadwinner in addition to his role taking care of household, raising, guiding and fulfilling requirement of child psychic.

The phenomenon of the occurrence of single parent in Khairudin (1985) can be caused by death, separation, pregnancy outside marriage. According to Goode, William J (2007), family clutter can be caused by:

1. Unlawfulness: an incomplete family unit, this is due to the absence of a father or mother, such as the occurrence of an out-of-wedlock pregnancy or a phenomenon for a woman or man who does not want to marry and then adopts a child. Therefore it does not perform the obligations according to its role.

2. Cancellation, separation, divorce and abandonment: family interruption due to one or both spouses of the father, the mother decides to separate or divorce on the grounds that there are no more conflicts, domestic violence, prolonged conflicts and quarrels. Divorce or separation can also be with divorce. According to Eshleman, J. Ross et al (1993), "Wherever two people interacts may arise, and one person or both may and the relationships". This means that a divorce or separation is a ketka couples who have a bad interaction which often arises problems so that one or the couple decided to end the marriage relationship.

3. "Keluarga selaput kosong": family in this case stay together but do not greet each other, do not get along and do not work together and there is no sense of affection, so the family is considered failed in providing emotional support among family members.

4. The absence of a partner because of unwanted things: a broken or incomplete family situation caused by a father or mother dead, imprisoned, in battle, hit by disaster and so on. This will cause deep loss and sadness for family members.

5. Failure of an "undesirable" important role: a family situation in which one family member is sick, either mentally, emotionally or physically so severely that even if the fiscal person exists, it causes one member of the family to be unable to perform his or her primary role.

The problems faced by single parents according to Goode, William J (2007), because divorce, separation and death of a father or husband result in the following: 1) the cessation of sexual satisfaction 2) the loss of friendship, compassion or sense of security 3) loss of adult role model to be followed by children 4) additions in household bebeans for abandoned couples, especially in dealing with children 5) additions to economic problems, especially if the husband dies or leaves home 6) redistribution of household duties and responsible.

According to Hozman and Froiland in Barnes, GR (2000), described the difficulties and complexities of self-adjustment that the mother has to face as a single parent. Five phases of self-mutation phase:

1. Denial: one finds it difficult to admit that there has been a rift in his marriage. They refuse to believe that they have separated from their partners.

2. Anger: nothing is more normal than feeling very angry when a marriage believed to have occurred only once must end in divorce or death.
3. Bargain: a person has been able to solve the problem. This phase is very painful because it cannot completely forget themselves from the shadow of the husband.

4. Depression: a person feels himself insignificant and feels as a failure. This situation can cause a person can not concentrate and think healthy.

5. Acceptance: a person begins to realize that marriage is over, but it must be experienced because it is important to accept the existing reality, both in the form of beliefs and feelings. Based on that opinion that adjustment as a single parent often get into trouble, where the relevant phase of denial that the relevant refused to believe that there has been separation. This phase continues until the acceptance phase, which has begun to realize that marriage is over.

The role of single parents is very important in a family. Here the role of single parents in the family menurut Khairudin (1985) is:

1. The main breadwinner: The single parent in this case the mother, must take over the role of head of the family by earning a living to meet the needs of family life. This role is important enough to maintain the condition of the stable remains alive despite the state there is only one person, namely the mother.

2. Family educators and patrons: Mothers who are single parents have an educating and security role for the whole family. Educating children through parenting that is appropriate to the age of the child becomes a very important thing diperrhatikan. At the same time the mother as a single parent should be able to protect and create a sense of security and comfort for members of his family.

3. Taking care of the household: This role is the fundamental role of a mother in the family. When the mother's condition as a single parent, then a mother should be able to balance the role of mengururs household and earn a living. Taking care of the house, raising children, to cooking are examples of activities in taking care of the household.

4. As a member of the community: Mother as a single parent will automatically keep in touch with the community. Mom's busyness as a family seeker and has a full responsibility of affairs both in family and outside family affairs. Adapting to new circumstances, mother still carry out the responsibility as a member of society that always keep harmony in social relation in social lifet.

Method

This research was to know the behavior of single parent mother aimed to obtain a description about self adjustment variable of single parent mother. The research method used quantitative approach with descriptive design. Descriptive research was a study to find facts with right interpretation.

Data source used primary data and secondary data source. In accordance with the focus of research, then the primary data source was a single parent mother, while the secondary data source was data obtained indirectly and can support research such as from population data and from other relevant sources of information. Respondents in
this research amounted to 42 people. The sampling technique used was the census because all the populations were sampled.

Data collection technique used questionnaire, observation, documentation study. Questionnaire used in this research was compiled using multiple choice questions by compiling using multiple choice questions by providing four categories of answers.

Measuring tool in this research using rating scale. Data analysis technique used quantitative data analysis technique. The results of the research were interpreted in detail in terms of the figures presented in the table.

Research Result

The general picture of the condition in Indonesia as a whole the self-adjustment of single parent mother has constraints on the economic sector. When trying to find a job, income levels were not too large due to limited work experience. This can result in the emergence of problems in aspects of the implementation of the responsibility of the mother as a single parent in providing for the family. Maternal education conditions as a single parent who is relatively low makes it more difficult to get a decent job. The small income earned from the work is due to the low bargaining power of the labor market by gender considerations, low education and lack of work experience.

In addition to economic problems, mothers also faced problems in socializing with their environment. Work, home maintenance and parenting tasks make mothers as single parents have limited time to interact with their environment or do other activities that can build themselves. Busyness in carrying out the role of single parent increasingly reduced the allocation of time to socialize with the surrounding environment. This illustrates the background in research on maternal adjustment as a single parent in Indonesia.

Aspects of intellectual maturity, viewing from hasty decision making; make the decision with the least risk; the ability to assess was never able to assess. Based on the results of data processing that the actual score on aspects of intellectual maturity of respondents amounted to 515 with an ideal score of 1.008 and the percentage of 51.1% with a mean score of 2.04. This illustrated that the intellectual maturity of respondents is in low category.

Aspects of Emotional Maturity, viewing from the ability to overcome anxiety and fear; ability to overcome sadness and shame; ability to face pressure and doubt. Based on the results of data processing that the actual score on aspects of emotional maturity of respondents of 644 with an ideal score of 1.008 and the percentage of 63.9% with a mean score of 2.55. This illustrated that the emotional maturity of respondents was in the high category.

Social maturity aspect, can be seen from social participation; social interaction; social concerns. This showed that the majority of respondents sometimes in social maturity. Based on the results of data processing that the actual score on aspects of social maturity of respondents amounted to 558 with an ideal score of 1.176 and the
percentage of 47.4% with a mean score of 1.89. It illustrated that the social maturity of respondents is in the low category.

Aspect of Responsibility, viewing from the ability of responsibility to own; in the household; and against the child. Based on the results of data processing that the actual score on aspects of emotional maturity of respondents amounted to 507 with an ideal score of 1.008 with a mean score of 2.01. This illustrated that the responsibilities of respondents were in the low category. Implementation of responsibilities indicated that respondents have not been able to adapt well in carrying out responsibilities as single parents.

The following recapitulation aspects of single parent mother adjustment can be seen through three aspects: intellectual maturity, emotional, social and responsibility. The results of recapitulation on each aspect of adjustment, are presented in the following table:

Table 1. Aspects Recapitulation of single parent mother

<table>
<thead>
<tr>
<th>Self Adjustmen Aspect</th>
<th>Kategori</th>
<th>Very Low</th>
<th>Low</th>
<th>High</th>
<th>Very High</th>
</tr>
</thead>
<tbody>
<tr>
<td>Intellectual maturity</td>
<td></td>
<td>40.4 %</td>
<td>35.8 %</td>
<td>7.1 %</td>
<td>16.7 %</td>
</tr>
<tr>
<td>Emotional Maturity</td>
<td></td>
<td>4.7 %</td>
<td>42.9 %</td>
<td>45.3 %</td>
<td>7.1 %</td>
</tr>
<tr>
<td>Social Maturity</td>
<td></td>
<td>38.2 %</td>
<td>50.0 %</td>
<td>11.8 %</td>
<td>0 %</td>
</tr>
<tr>
<td>Responsibility</td>
<td></td>
<td>19.1 %</td>
<td>54.8 %</td>
<td>21.4 %</td>
<td>4.7 %</td>
</tr>
</tbody>
</table>

The results showed that the overall intellectual maturity of the respondents was low. The low intellectual maturity will cause the mother as a single parent unable to make rational decisions. This can lead to problems faced by the mother as a single parent will be difficult to resolve. Low intellectual maturity also makes mothers have difficulty making plans in fulfilling family needs. Planning of needs fulfillment made without careful consideration will result in inefficient household expenditure. Expenditure positions in the household become unbalanced where the fulfillment of needs and desires can not be distinguished. This indicates that the mother has not been intellectually mature in adjusting as a single parent.

The results also showed that the emotional maturity of all respondents was high. High emotional maturity indicated that the mother can overcome the feelings that exist in the self after the status as a single parent. Feelings such as anxiety, fear, doubt, sadness and shame. Mother's ability as a single parent to overcome these feelings makes the mother becomes more focused in carrying out the role as a single parent.

Mother's social maturity as a single parent as a whole was low. Low social maturation leads to a social relationship between mother and others will tend to be monotonous. This can happen because the mother is not able to do social interaction well to the people around her residence. Inadequate social participation also contributes to the mother's relationship with the neighboring neighbors not developing, so in that condition the mother as a single parent will find it difficult to access informal sources that can help her like neighbors and relatives.
The result of the research showed that the overall responsibility of mother as single parent has not yet been able to perform its responsibilities optimally. It can be seen from three kinds of responsibility as single parent that is responsibility to herself, child and household which have not yet able to be implemented proportionally. Implementation of disproportionate responsibilities will result in chaos within the mother's family as a single parent. The chaos that can be generated in the form of child abandonment and unfinished household affairs. Based on the description of the mother's self adjustment as a single parent was low. This is based on the low three aspects of the four aspects of adjustment, namely intellectual maturity, social and responsibility.

Discussion

Characteristics of respondents by age, the majority of respondents aged 30 years, at this age respondents included in the early adult category. Early adulthood is characterized by a relationship of mutual pleasure and satisfaction, especially through marriage and friendship. But on the journey, the household can not be maintained even though the age includes in the age of adulthood should be characterized by emotional maturity. Causes that trigger a divorce include economic difficulties, infidelity, husband died, the desire for polygamy so that there is a dispute and family intervention. The cause of the divorce requires intellectual and social skills, not just mere emotional maturity. Low respondent education as a result of awareness of some people who are also low on the importance of education. Education has not been considered a necessity by some people. Thought that states that with higher education eventually women will return to the kitchen, this is one reason awareness of education to respondents is also lacking. The negative stigma to education, that schools require a very large cost, this dampen the intention of respondents to school. Another thing is the ignorance of respondents in accessing various educational assistance such as BOS (School Operational Assistance), scholarships for the poor and achievers. Another cause is the economic level of most people are low, which makes it difficult for respondents to access education. The low level of education of the respondents has an impact on the work done. Limited employment is also the cause of difficult respondents get decent work.

Age relationship with adjustment aspects: Age affects the implementation of mother's responsibilities as a single parent. Mom as a single parent who is in middle adulthood has better intellectual abilities than early adult mothers. Age affects the emotional maturity of the mother as a single parent. Age does not affect mother's social maturity as a single parent. Age affects the implementation of the mother's responsibilities as a single parent, but there are other factors that also affect the implementation of mother's responsibilities as a single parent such as mother's ignorance of responsibility as a single parent.

Relation of education level with adjustment aspect: Maternal education level as single parent can influence intellectual maturity. The higher the level of mother's
education as a single parent, the higher the intellectual maturity that is owned. Another thing proves that there is no influence from the level of education to emotional maturity of the mother as a single parent. The higher the level of education, the higher the social maturity of the mother as a single parent. Based on the data indicates that there is no significant influence between mother education as single parent against responsibility.

Employment relationship with adjustment aspects: Based on the data indicated that the mother's work affected the intellectual maturity as a single parent. The mother's job as a single parent can also affect emotional maturity. The mother's job as a single parent influenced her social maturity. Jobs that provide a wider interaction environment for mothers to continue to learn and socialize themselves. The mother's job as a single parent affects responsibility.

Relation of education level with self-adjustment aspect: Maternal education level as single parent influenced intellectual maturity. The higher the mother's education as a single parent, the higher the intellectual maturity. Character education that mother acquires as a single parent depends on the family environment, friends and the surrounding environment. The interaction of the mother with various types of environment will build the character of self besides the existence of genetic factors that also influence one's character. This proves that there is no influence from the level of education to emotional maturity of the mother as a single parent. The level of education of the mother also affects the social maturity owned. The higher the level of education, the higher the social maturity. Education has a general purpose to make individuals accountable, but the responsibility is not the specific responsibility of the mother as a single parent. The lack of information and insight into the responsibilities of a single parent resulted in the mother not knowing the exact responsibilities, in the end the mother carries out her responsibilities in accordance with her instincts and intuition.

Mother employment relationship as single parent with adjustment aspects: Jobs belonging to the informal sector such as domestic helpers, casual laborers, have low intellectual maturity. This is because the job does not require education level, and intellectual maturity. The job is because it focuses more on physical ability so as not to give priority to intellectual. This illustrates that the work of the mother affects intellectual maturity as a single parent. Mother's work affects intellectual maturity as a single parent can mepengaruhi emotional maturity. The mother's job as a single parent influences her social maturity. Jobs that provide a wider interaction environment can provide space for mothers to continue learning and maturing themselves socially. The mother's job as a single parent also affects responsibility.

Identification of the problem closely related to the need assessment, according to Edi Suharto (2005) needs can be defined as a deficiency that encourages people to admit it. Needs assessment can be interpreted as a baseline or the extent of a condition in a population to be improved or determining the shortcomings of the conditions to be realized. Based on the theory it can explain that the needs are things done by individuals or groups that aims to meet the needs of life in order to run roles and functions in the family and social environment with both.
Based on the findings in the field and problem analysis, identified the needs required by the mother as a single parent. These needs include knowledge, insight and experience as a single parent, social skills and time management skills. Referring to this, it is necessary a program that can be a medium of enhanced ability to adjust themselves in groups.

Increased adjustment in groups so that all members who are single parent mother can practice interacting dynamically. The formation of the group will also foster a sense of mutual destiny and mutual need among members who can finally need each other to sense the same destiny and mutual need among members who can finally mutually reinforce each other. The ability of self-adjustment obtained through the group can be an increase in the mother's ability to socialize, manage time and form a better mindset.

The identification of the human resource existence depends very much on the various systems around his life, to obtain material, emotional or spiritual resources and the services and opportunities necessary to meet his aspirations and needs. Max Siporin (1975) says the source concept is: "A resource is any valuable thing, on reserve or at hand, that one can mobilize and put to instrumental use in order to function, meet a need or resolve a problem". Sources are all worthwhile things that are both available and that must be found and can be mobilized and utilized to meet the needs or solve the problem.

Pincus and Minahan in Edi Suharto (1977) said that social work is concerned with the problem of interaction between people with their social circle. Sources in such a perspective have strategic functions and roles in the spectrum of social work. Any social problem, approach and method of social work used by a social worker should consider the source as a medium of professional help.

Sukoco (1993), said that the source is a basic material that can be utilized to meet human needs. So the source is everything that has a nialai to be used in meeting needs and solving problems. Efforts to address problems both at the community level and at the individual and group level, the source system is a potentially strategic potential to help achieve the goal of problem solving. The source system is everything that has value that can be used in an effort to meet the needs and solve a problem.

Source identification is intended to acquire and recognize relevant support forces and have the opportunity to be empowered in problem-solving efforts. Thus to carry out relief practices to improve or improve the social functioning and problems faced by the mother as a single parent, it is necessary to utilize and adapt to the available source system. According to Allen Pincus and Anne Minahan in Dwi Heru Sukoco (1993) the source can be classified as:

1. Informal source system. An informal or natural source system can be family, friends, neighbors and people willing to help. Even help that can be utilized is emotional support, affection, advice, information and so on. The source of the trsebut is one source that can be accessed by the mother as a single parent to overcome the problems and needs faced. Through the support of family, relatives and community leaders and mutual understanding between fellow citizens and give attention because driven by the spirit of 'gotong royong' is a force that can motivate
the mother as a single parent to productive and dynamic in every duty and menagtasi every problem faced him.

2. Formal source system. Formal source systems include banks, cooperatives, PNPM SPP, accessible and provide facilities to its members. The formal source system can provide financial assistance to accelerate maternal adjustment as a single parent relating to funding.

3. Community source system. The system of community resources can be formal institutions such as government agencies, hospitals and other authorized services accessible to mothers as single parents. Government or private sources that can provide services to mothers as single parents.

Potential resources that can be used to meet the needs and solve self adjustment problems of a single parent mother, derived from informal, formal and societal sources. Informal sources of accessible systems are families and relatives, neighbors, friends, communities, community leaders, who can provide financial assistance or material support, morale, service information, motivation, mingle with the community. The formal source system includes banks, cooperatives related to financial aid related to income generation. The system of social resources in the form of official institutions are: government, and Social Service.

Based on the results of the research, problem analysis and the available source system, the proposed program is proposed on the following grounds. Being a single parent is not an option for a mother. The fact that the mother becomes a single parent is caused by several things between her, the divorce, the death of the couple until the premarital pregnancy.

Mother as a single parent automatically adds to the responsibilities of a mother, so that the mother is required to replace the role of father at once. This requires adaptation of the mother as a single parent. A good self-adjustment can be described as one's efforts in achieving balance or harmony in self and in its environment. Good self-adjustment can bring psychological and social balance, so that multiple parental responsibilities can be done proportionally.

Based on the findings in the field that the mother as a single parent has not been able to adjust well. This can be reviewed from four aspects of research results on adjustment, namely: intellectual maturity, social maturity and responsibility are in the low category, while emotional maturity is in the high category. This is evidenced by the occurrence of various problems experienced by the mother as a single parent, such as the fulfillment of family needs, care and child care to socialize with the environment.

Based on the results of needs analysis conducted, there were some things that need to be improved to achieve maternal adjustment as a single parent. These needs include knowledge of single parent status. These needs include knowledge of single parent status, insight and experience as single parent, social skills and time management capability. The need arises as an analysis of the results of research on aspects of adjustment of intellectual maturity, emotional, social and responsibility. As an effort made in order to solve the problem of mother's adjustment as a single parent is through
a self help group program. For more details the program name: "Self Help Group Formation to Improve Your Mother's Self Adjustment as Single Parent". The method used is social group work, with modeling and sharing techniques circle group. The program feasibility analysis technique uses SWOT (strength, weakness, opportunity and threat).

The program's objectives in general is increasing the adjustment mother as a single parent, which include the achievement of maturity: 1) intellectual with increased insight and knowledge; social with increasing socialization ability; 3) responsibility with increased time management capabilities. The target of the program is the potential target group or target group of the main target is mother as single parent. Participant system and program organizing are arranged in the work team, with the division of duties as: person in charge, executor, secretary, treasurer, sections (event, public relations, equipment, consumption), facilitator.

The social work method used in the implementation of this problem-solving program was the social group work, which is a social work method that aimed to assist individuals or individuals in improving their social functioning through group experiences aimed at and to more effectively address personal problems, groups and society (Konopka in Dubois & Milley, 1992). This method aimed to help individuals, families and groups to overcome personal and social problems. Through this method group members can take advantage of the opportunity to improve understanding, knowledge and participation levels in the improvement of maternal adjustment as a single parent.

The technique used modeling, application of modeling practice based on research on behavior change that can be observed in the form of respondent behavior and operant behavior. Behavior can be learned through the process of conditioning and appearing in the same way as normal behavior. Modeling is a behavior change that is done through observation and imitation. The technique of sharing the circle group in social work by forming a group in which the recipient and the solution to the problems encountered are members of the group itself. The use of circle group sharing in which groups are circular and members of the group describe problems, complaints and desires of himself. After that it is responded by all the other members of the group so that it can come up with various problem solving alternatives that are discussed.

**Conclusion**

Research on aspects of intellectual maturity was conducted by looking at three sub-aspects, namely the ability of analysis, decision-making ability, and assess. Based on the results of research on aspects of intellectual maturity, it can be seen that the intellectual maturity of the mother as a single parent is still relatively low. These conditions indicate the intellectual maturity of the mother as a single parent influence the rational decision making in overcoming every problem faced. The problem can ultimately make maternal adjustment as a single parent becomes difficult to achieve.
Mother's emotional maturity as a single parent is reviewed through three sub-aspects including the ability to overcome anxiety and fear, overcome sadness and embarrassment and face pressure and doubt. The results showed that the emotional maturity of the mother as a single parent included in the high category. These conditions indicate the mother as a single parent able to control feelings, so that psychologically accept the reality as a single parent. High emotional maturity becomes an important capital in shaping a good adaptation as a single parent.

Mother social maturity as single parent in making adjustment as single parent seen through three sub-aspect that is social participation, social interaction, and social awareness. Based on the result of the research, it can be seen that the social maturity of mother as single parent shows that it is in low category. The condition of social maturity is low, vulnerable to cause the mother as a single parent has difficulty in interacting with the environment. This causes the mother as a single parent does not have good relations or relationships with the surrounding environment, whereas social relations is an important capital for mother as a single parent to get support from the community in making adjustments.

The aspect of mother's responsibility as a single parent is reviewed through three sub-aspects such as self-responsibility, household and child. The results indicated the responsibility of the mother as a single parent was in the low category. This condition indicated that the implementation of mother's responsibility as a single parent was not sufficient. This was because the mother as a parent tuggal difficult to manage the time they have in performing various responsibilities. The number of responsibilities that the mother assumes as a single parent was also vulnerable to causing physical and psychological fatigue. Inadequate execution of responsibilities indicated the mother was still not able to adjust as a single parent. "Self Help Group" is a solution to solve mother's problems as a single parent.

Reference


