

Resilience of Single Mother Muslimah who has Children with Special Needs (Psychology & Mental Health)

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ABSTRACT

Objective: This research aims to understand the resilience of Muslim single mothers who have children with special needs. The main focus of the research is how mothers deal with the psychological, emotional, and social challenges of parenting their children.

Method: This research uses a qualitative approach with phenomenological methods. Data was collected through in-depth interviews with two informants who met the criteria as single mothers with children with special needs. Purposive sampling technique was used to select subjects who had demonstrated resilience in facing their life challenges. **Results:** Research finds that mothers' resilience is influenced by various aspects, including emotional regulation, impulse control, optimism, causal analysis, empathy, self-efficacy, and reaching out. Apart from that, social support, spirituality and positive emotions also play an important role in helping them overcome difficulties. Differences in resilience patterns were found between informants, with one relying more on social support, while the other focused more on self-control and confidence in facing challenges. **Novelty:** This research provides new insight into how resilience is formed in the context of single Muslim mothers with children with special needs. By understanding the aspects that support their psychological resilience, it is hoped that the results of this research can provide recommendations for other mothers who face similar situations and for those who want to provide support for families with children with special needs.

INTRODUCTION

Every family of course wants the children who come into their family to be born in perfect conditions and according to their stages of development. However, the reality is that not all children are born with the right conditions. Some of them are born with limitations, both physical and psychological, who are often referred to as children with special needs (abk) [1]. A study revealed that, children are children with special characteristics that are different from children in general, without necessarily showing mental, emotional, or physical disabilities. Other research also revealed that children with special needs are children who require more intensive educational attention, both temporarily and permanently [2]. Meanwhile, there is also research which confirms that children with special needs are children who have mental characteristics, sensory abilities, social and emotional behavior, as well as communication abilities, which deviate from the average of normal children [1]. One of the special needs conditions is Down syndrome. Down syndrome is a genetic condition characterized by a different number of chromosomes compared to typical children [3]. Generally, every human being has 46 chromosomes, 23 from the father and 23 from the mother. However, in children with Down's syndrome, there is an extra chromosome number 21 due to an error during cell division, so they have three copies of that chromosome [1]. This extra chromosome contributes to delays in the child's physical, language, and social

development. As a result children with Down syndrome often experience mental retardation, which affects their cognitive abilities, language, and speech abilities [3].

In the diagnostic and statistical manual of mental disorders, it is stated that mental retardation is a disorder that occurs during the developmental period which causes a decrease in intelligence function and adaptive abilities, both in the conceptual, social and practical fields. As a result, children with Down syndrome have difficulty carrying out daily activities, such as communicating, socializing, and living independently in various environments, such as home, school, workplace, and community [1]. A study revealed that Developmental delays in down syndrome children impact their ability to learn, speak, and pick up on signals from other people. They also tend to get angry easily or have tantrums, which is caused by delays in the development of brain abilities. This results in children with Down syndrome being late in understanding the consequences of their actions. Therefore, these children require special attention and treatment that is different from normal children in general [4].

With the physical condition of children who have limitations, the role of parents and families becomes very important to support the development of children with Down syndrome. The family is the initial environment for a child's growth, starting from birth to the physical and mental development process in the future. The role of parents is very strategic, especially in terms of education, which is the main capital for each individual to be able to adapt and survive in the face of modern life. In one study, it was stated that the attitude of parents has a big influence on how they treat their children. The treatment given will have an impact children's attitudes towards parents and their behavior. When parents' attitudes are more positive towards their children, the relationship between parents and children will be more harmonious compared to parents' attitudes that are less positive towards their children [5]. On the other hand, there are some mothers who have to live life as a single parent. Become one *single mother* being in a household is not an easy thing, especially for a woman who has to raise children alone due to divorce or the loss of her husband. Therefore, one *single mother* often facing psychological, emotional, and physical stress [6]. Moreover, the responsibility in parenting a child with Down syndrome often has to be carried alone by the mother. A *single mother* required to make decisions independently, be responsible as a parent as well as a teacher and advisor for their children. Mothers who have children with Down syndrome must have the resilience to face the reality that their children were born with differences. By accepting and understanding these conditions, a mother can provide optimal care for her child [5].

According to a study, it is revealed that being *single mother* is a situation that can be said to be difficult for a woman, this is because *single mother* will face a period of stress, as well as feelings of guilt and fear of events that make him slump or down, then he will try to accept and learn to live a new life full of responsibility for his family [7]. Besides that, *single mother* It can also be interpreted as a woman who is abandoned by her husband either through divorce or death and chooses not to remarry after her husband dies. So, she has to care for and raise her children alone without the support of a husband.

Become *single mother* taking him to a new chapter in life, plus he has the responsibility to raise children with special needs, and again he doubles as the head of the family who earns a living for his children's needs and oversees their psychological well-being [8]. Mothers, with their role as the child's main caregiver, will of course try their best to facilitate the child's growth and development. However, providing care for children with Down syndrome requires the implementation of special measures. Mothers who have children with Down syndrome may experience various emotions, including shock, sadness, worry and irritation when they find out about their child's condition [9].

This fact was revealed from the initial interview conducted by the researcher, namely the first subject with the initials r, who was 49 years old, who said that r was able to rise from challenging situations because he received support from the surrounding environment. Having a child with Down syndrome requires more attention in caring for him, he faces it patiently, painstakingly and sincerely. Drawing closer to Allah made him more steadfast, enthusiastic, and more able to accept the situation he was experiencing at that time. Continuing with subject l, 44 years old, he explained that he was ready for the worst reality that would happen. Because during that time, she was the only one who always took her husband for treatment wherever he went. After her husband died, she turned her mind to work and could only complain to God because she couldn't trust other people. He explained that the child had been accustomed to being independent so that there were no too big obstacles in raising his crew member's child. Because of the many problems faced by *single mother*, they need resilience to overcome all obstacles. In order to grow positively from situations full of stress, trauma and full of risk. Humans need resilience in resilience, which includes the ability to build social bonds, solve problems, gain autonomy, plan ahead, and have appreciation for the future [10].

Resilire (Latin) which means letting go again. Initially the word resilience was intended and referred to a physical context or physical science. Resilience is the ability to bounce back from situations and regain drive or enthusiasm after being compressed, stretched, and bent. Resilience in psychology refers to people's ability to bounce back quickly from adversity, illness, change, or grief [11]. Resilience can also be defined as the human strength or ability that an individual, group or society has to face, avoid and eradicate negative effects that worsen unpleasant circumstances or turn challenging circumstances into opportunities for growth and development [12]. A study argues that resilience (*resilience*) is the process of adaptation in facing difficult situations [13]. A resilient person is not a strong, tough and stress-free individual. Those who are resilient are not powerful people or have protectors so they can avoid difficulties. Resilient people still experience stressful situations, they still experience negative emotional feelings after going through a traumatic experience. Like people in general, they still experience sadness, anger, and disappointment. But, people who have been resilient have a different strategy to improve their situation by rising from depression [14].

Resilience is very influential, without resilience there will be no strength and rationality. Several studies show that resilience in individuals greatly influences their thinking styles, and that resilience also influences the possibility of individual success in

life [15]. Islam teaches people to be persistent in their efforts and never give up on the mercy of Allah SWT, along with begging and praying for the results they desire. This is because, if we have strong faith, Allah SWT will not give us trials that are beyond our limits or impose heavy orders. From a psychological perspective, taking a religious stance is one way for people to overcome their problems when they encounter them [16]. In a study, it is stated that resilience is founded on seven strengths, namely: emotional regulation, impulse control, optimism, identification of the root causes of problems, and increasing positive elements [17]. The factors that influence resilience in a person are: social support (*social support*), spirituality, and positive emotions [18].

Resilience aspect *emotion regulation* In one study, it was stated that emotional regulation is very important because it influences the human brain to do something in that situation, while another section believes that emotional stimulation is not in line with the situation being experienced, thus influencing whether an individual acts or not [19]. *Control impulses* (self-control) is a person's ability to modify behavior, manage information (both desired and unwanted), and make decisions based on individual beliefs [20]. Optimism is related to adaptive techniques such as the ability to solve problems, get social support and look for all the good aspects of a down situation which is related to optimism [21]. *Causal analysis* (analysis of the causes of problems) is a person's ability to determine the causes of events and it is very important for us to avoid taking actions that are not wrong and detrimental to ourselves or others [22]. Empathy is a person's ability to understand what other people are experiencing and see the situation from their point of view. In one study, empathy is the ability to experience and feel as other people do [23]. *Self-efficacy* (self-efficacy) is a belief in an individual's ability to plan and carry out the sequence of steps necessary to complete a task. *Self-efficacy* is the belief that a person can learn to perform a behavior or produce something expected under certain circumstances [24]. *Reaching out* is an effort to increase one's potential by taking lessons from the problems that exist in one's life, as well as self-evaluation efforts, so that every step one takes is considered [12].

Social support factors (*social support*) explains that someone with strong social support is better able to handle various problems. The spirituality factor makes a person believe that God is there to support him through the life challenges he is facing. The positive emotional factor is a person's ability to view every situation more optimistically and feel more grateful which can help a person reduce stress and be more positive [18]. In a study, it was stated that resilience in mothers who have children with Down syndrome shows that support from the family is an important factor influencing their resilience. A research on the psychological well-being of mothers with children with Down syndrome noted the existence of four main themes, namely the acceptance process, challenges in parenting, the way mothers face parenting problems, as well as factors that encourage mothers' skills in overcoming these challenges [4]. Therefore, the purpose of this research is to show the image of a Muslim single mother who has a child with special needs who has been declared resilient in terms of several aspects and factors that they have met.

RESEARCH METHOD

This research uses a qualitative method with a phenomenological approach which is defined as a study that seeks to examine in a descriptive and introspective manner all human understanding and life experiences in the form of sensory, imaginary, religious, moral and ethnic aspects. The phenomenological approach aims to express and explain all the meanings contained in phenomena with original or direct background in the form of meaning concepts and operations in an individual's social life based on the experiences and situations they experience. This qualitative research method carries out in-depth interviews from the background experienced by the subject (*in-depth interview*) by presenting knowledge about the process of marking an individual's life journey to succeed in achieving resilience from the challenging situations they go through [10].

The research informants were in Sidoarjo, and information was collected there by getting to know each other, then explaining the goals of the two informants so that there would be no misunderstandings and they could gradually open up to the researcher. The researcher conducted an initial interview to determine the suitability of the research article variables, and in the introduction, the researcher provided *informed consent* to the informant as an agreement between the researcher and the informant to maintain data confidentiality and the informant's anonymity is guaranteed. The sampling used was a purposive sampling technique, namely subjects were taken from key informants with the characteristics of a mother who had lost her husband due to death and had not remarried. (*single mother*), has a child with Down syndrome, and is willing to be interviewed further as stated in writing with *informed consent*. There are two informants with the initials R, 49 years old, female and the informant with the initials L, 44 years old, female. Both informants in this study have children with special needs.

Research and data collection using techniques (*in-depth interview*) semi-structured in-depth interviews with open-ended questions (*open questions*) to be able to dig deeper into information and create opportunities for further questions. Research data was analyzed, which included: 1) verbatim transcripts of interview results; 2) carry out reduction in the form of condensing facts from interview data to create categorization (*open coding*); 3) match the reduction results to theory from previous research articles, 4) draw conclusions about the results of data collection based on existing aspects and factors.

RESULTS AND DISCUSSION

Results

This research produces information data regarding a description of the aspects and factors that help in the resilience process *Single Mother* who have children with special needs. In general, this research found several differences in the resilience process from the same factors and aspects in the two participants.

Aspect

The resilience process explained by the two participants in this research was influenced by aspects that included *emotion regulation, Impuls Control, Optimistic, Causal Analysis, Empathy, Self Efficacy, And Reaching Out.*

a. Emotion Regulation

An individual's ability to maintain a calm and controlled state in stressful situations. In other words, it refers to the extent to which a person can manage emotions, especially negative emotions, when faced with failure [22]. Based on both participants, they showed resilience in aspects of emotional regulation. That subject R once experienced despair when his child was sick at the same time, to manage his emotions, subject R always remembers that his children are a gift from Allah, This is in accordance with subject R's statement.

"Yes, it's right when you're sick. If you're sick, you're in the cottage. The three of you, like twins, there's a two year gap between Alfie and his little brother." (R120624:7)

"Yes, so Mrs. Katene is angry, I want to get emotional, I remember, God, God's entrustment to Gusti" (R120624:10)

Temporary subject L once felt tired and hard in caring for her child without her husband accompanying her. She was able to process her emotions by drawing closer to the Almighty and always being grateful, plus the child was already accustomed to being independent. This is in accordance with subject L's statement.

"Eeemm If you are tired, you must have it, mba, maybe you feel heavy like that too. Why don't you have a friend to confide in, right?" (L120624:7)

"Eeeem, that is, getting closer to yourself, ngeh, and increasing your gratitude, that's the key (laughs)" (L120624:11)

b. Impuls Control

Individuals who have a high impulse control factor will find it easier to regulate emotions. The ability to manage self-impulse is important to ensure that every behavior carried out remains within self-control and does not get out of control. [22]. Based on both participants, they showed resilience in aspects Impulse Control. That subject R prefers to move his child to a new school even with the consequence that his child repeats a grade rather than waiting for the uncertainty of a transfer letter from the school. This is in accordance with subject R's statement.

"Alfie has been studying at SLB Porong, but he didn't give me a letter of transfer until my mother gave up. The headmaster said he was worried... so I moved." (R120624:14-15)

Temporary subject L thinks more wisely that way subject L prioritizes the needs of his children, both in terms of education and independence, as well subject L tries to remain calm, patient, and sincere in accepting destiny. This is in accordance with subject L's statement.

"Maybe you should think more wisely. Eeeee average, not average for me, my priority is the children" (L120624:16)

"Eeeee, what is it? We have to be calm, we try to always be fresh, always happy. The key is to be grateful, to be grateful and patient, wes that's the key, the key is that we have to try when we

have accepted the nggeh ning sincerity of the term, the term is to be sincere with the fate we have accepted, we live it with gratitude, God willing, everything is not difficult, sis, just enjoy it." (L030724:17)

c. Optimistic

Belief in ourselves that everything can change for the better, accompanied by hope for the future, as well as the belief that we can control the course of life according to our desires, is a very important aspect [22]. Based on both participants, they showed resilience in aspects Optimistic. That subject R and her husband have a plan so that their children get the best education. Subject R saw that even though his son was like that, his son could give in to smaller ones and not take things that were not for him. This is in accordance with subject R's statement.

"Ngge wonten plan to meet riyen, "I'm going to Alfi didolekno school an seng anu, dek yo not not want to cage" nek sanjang teng kulo" (R280624:26)

"If under the age of Alfi like his sister ngoten sister, all given Alfi tu so, if the small one give up, if both big e usually do not want to give up" (R280624:19)

"I don't care, but I have a friend who doesn't want to, so I have 3, so I have 3, so I'll go home, 3, hey, I have a friend who doesn't want to, it's usually returned" (R280624:20)

Meanwhile though child subject L has shortcomings but his son also has several advantages. In her child's future, subject L just follows the flow, because subject L is aware of his son's limitations, however subject L still tries to teach his children what they need so they don't depend on other people. This is in accordance with subject L's statement.

"In the past, we tend not to see the future (chuckles), we tend to follow the flow because we know the limitations of Amel's deck" (L220624:34)

"The important thing is that your child can be independent nggeh and can take responsibility, especially for himself... by getting used to good things nggeh" (L220624:34)

d. Causal Analysis

Analysis of the causes of the problem is A person's ability to determine the causes of events and it is very important for us to avoid taking actions that are not wrong and detrimental to ourselves or others [22]. Based on both participants, they showed resilience in aspects Causal Analysis

That subject R experienced a challenging situation after the death of her husband when both of her children were sick at the same time, but despite this there was no change in her parenting style towards her children. This is in accordance with subject R's statement.

"It's normal when I'm sick, my sister, when I'm sick, I'm kept at home, there's no one to pick me up, usually when I'm sick it's like having twins, one is sick, the other follows" (R280624:30)

"I don't want to, I don't want to, I don't want to, I don't want to see Alfie, I'm sick yesterday, I'm like my mother. (R280624:34)

Temporary subject L does not demand that his child be like his siblings, however subject L educates his children well so that they can better control their emotions, even

sometimes subject L is tired of his work. subject L also told his son to always take care of himself, especially to strangers. This is in accordance with subject L's statement.

"It hasn't been explained yet, but Mrs. Lilik explained eeee no nggeh, the term is like "the house is being cleaned, son" "then let no crazy people come in" (interviewer: ooh ngoten) Mrs. Lilik said that but she already knows what kind of crazy people are, she knows that she has been people like that "it's locked, don't open it if (heeh like coughing) I don't know" if it's the night that's locked, brother, "the door is locked, there's a thief" she can, he understands" (L220624:47)

"the one who looked after Nopo Nggeh used to get used to the good habits of Nggeh at that time (interviewer: Nggeh) when he was still young, he liked Nopo, his emotions were not controlled, Mister Nggeh" (L220624:42)

"I've had it, but frankly, I've never complained, what's more, maybe there's a lot of work, isn't there, is there anything that needs to be done, but thank God it's still under control?" (L220624:52)

e. Empathy

The ability to feel or identify with the same conditions, feelings, or thoughts as another individual or group is known as empathy. Empathy plays an important role in increasing our sensitivity to the feelings of others as well as reducing the risk of conflict [22]. Based on both participants, they showed resilience in the aspect of empathy. That subject R understands what his child feels and wants by seeing conditions that are not as usual, and the child will say while pointing to parts or objects. This is in accordance with subject R's statement.

"When I saw the lesson, I didn't mean it (observee: unusual)" (R280624:36)

"Good night, just like yesterday when I got my first date, I didn't get laid" bro.... "Hey pean apakno, pean jiwit ya" (R280624:37)

Temporary subject L knew what his son was feeling from the change in his attitude. Child subject L also likes getting attention and being listened to subject L, as well as being able to interact with others. This is in accordance with subject L's statement.

"Ngeh, you can see it from her body movements, usually if it doesn't suit her, she's silent and then she goes straight into the room." (L220624:57)

"The meaning of nggeh is being approached nggeh, perhaps that requires nopo nggeh, the term is that he is listened to more even though his language may be different from that of normal children." (L220624:58)

f. Self Efficacy

Describes a belief that individuals can solve problems and achieve success. With this belief, we become motivated to solve problems and believe that the problems we face can be overcome [22]. Based on both participants, they showed resilience in aspects *Self Efficacy*

That subject R faced various challenges in raising her children, especially after losing her husband. Despite pressure from some of its neighbors, subject R still chooses to focus and filter constructive opinions, while remaining enthusiastic and sincere in carrying out his destiny. subject R feels grateful for the support he received from his neighbors in caring for his child. This is in accordance with subject R's statement.

"Sometimes I go to the hospital, my son, I often go to the hospital. Sometimes I go to the hospital. (R260624:42)

"You have to be strong, you have to be strong, you have to be strong, you have to accept what you have, you have to accept it, you have to accept it sincerely, you can't do it" (R260624:47)

"Hey mom, I'm happy, I'm grateful, I feel like I'm not there, I'm not there, I'm not there, Alhamdulillah, there's someone who helps me" (R260624:42)

Meanwhile, even though he cannot go to formal school subject L already feels proud of himself because he has succeeded in educating his child's independence and social skills. Plus the surrounding environment helps in looking after the child. This is in accordance with subject L's statement.

"Maybe you can tell from him that now he can be independent, right? He can do work like normal children, right?" (L030724:73)

"eee special attention enggeh often nenggeh, that rich person may have been reminded often ngeh that means he doesn't remind his son maybe more to his parents than me ngeh yes in particular, if he does ngegeh often, indeed there are ngeh neighbors around that ngeh yes. In other words they still welcome the same adek amel, they have never been ostracized" (L030724:70)

g. Reaching Out

The ability to reach the desired goals shows that the individual is capable of improving himself and achieving what has been set. Therefore, individuals who have this ability tend to have more positive aspects [22]. Based on both participants, they showed resilience in the Reaching Out aspect. That subject R stated that he became a person who was more patient, enthusiastic and grateful when faced with difficult situations, enthusiastic and grateful that his son was not as bad as his other friends. This is in accordance with subject R's statement.

"Sometimes my mother yaknopo nggeh when I'm annoyed and squeamish and keeps on smacking yaknopo nggeh paleh jange moreng-moreng keeps getting squeamish, patiently singing" (R020724:55)

"It's sincere that you gave me this gift, sometimes I don't see Alfi, I see my husband, Alhamdulillah, Alfi did it" (R020724:54)

Temporary subject L feels that he has not been successful in his child's education because of the limited time he has subject L on the other hand subject L feels grateful because even though he has limited time to educate his child, subject L feels grateful for being able to educate his child's independence. This is in accordance with subject L's statement.

"It's not rich yet, Mrs. Lilik hasn't reached there yet. The term is nobo ngeh, actually there are many things that Mrs. Lilik wants, for the younger brother to work, the rich may have been taught in a non-formal place. Maybe, ngeh, some say "mom, try to give it" if the child is academically difficult, ngeh, if for non-academics, for example, advantages in sports, or skills. It seems that they want Mrs. Lilik, so they haven't felt successful." (L220624:82)

"But for independence, thank God, with good habits, little Amel can be independent" (L030724:85)

Factor

The resilience process explained by the two participants in this study was influenced by factors including Social Support, Spirituality, Positive Emotions.

a. Social Support

Social support, as expressed, shows that individuals who have a good social support network tend to be more resilient in facing various problems they face. [18]. Based on both participants, they showed resilience to factors Social Support. That subject R received social support from neighbors, friends and relatives in the form of input and materials. This is in accordance with subject R's statement

"There are neighbors who clean, there are neighbors who plan to cook and others who clean" (R020724:56-57)

"Now that my children have clothes, I don't have any money, I'm going to go to school for my children, I'm going to go to the neighbor's house, I'm trying to make a school for my children to pay for." (R020724:58)

"I was told to go to the cranes, you know... I was given input to the neighbors, it's like if you think it's comfortable for me to do it" (R020724:61-62)

While subject L received good social support from the surrounding environment, both friends and family of subject L. However, subject L himself was not yet able to tell other people about his condition in more depth. Subject L more often got motivation for his life from the experiences that subject L had gone through or been through by the people around him that subject L had observed. This is in accordance with subject L's statement.

"Alhamdulillah, it's all good. What's more, you're really good with such shortcomings, you know. The family and the environment may be aware, so there's no such thing as the term nyinyir or what." (L030724:90)

"Even though there are problems, God willing, we can still handle them ourselves. Mrs. Lilik never confides in people, maybe yesterday she brought herself closer to Mawon. God willing, the solution is always there, so Mrs. Lilik doesn't have any friends to confide in." (030724:99)

"It's better to motivate yourself. We're in nobo ngeh, by seeing what might be more brought by bu lilik, that's where the motivation is" (030724:104)

"Yo mak, how do you see the reality in the environment around Mrs. Lilik? The term is that people who give up easily are the same as those who don't. It's the same as people who like to complain. It's different, isn't it? The people who are often grateful are true, yes, that's what Mrs. Lilik holds "'La in syakartum la azidannakum" that's a tok wes" (030724:106)

b. Spirituality

Encouraging individuals to believe that God is a source of help in every misery they are experiencing [18]. Based on both participants, they showed resilience to factors Spirituality. That subject R participated in recitation and gathering activities which made him more punctual in carrying out worship and other religious activities, as well as being aware and more patient in caring for his child. This is in accordance with subject R's statement.

"I'm the one who's making a fuss about it, you know. I'm making a fuss about it." (R030724:64)

"Usually my prayer is like being stretched out to be on time... I pray at night, I usually don't wake up early, I have a regular routine" (R030724:65)

"As usual mother angry moro hands paleh eleng ngoten palehan, coro ngono patience mother niku lho reduced kale paleh yaknopo nggeh, usually emosuwian ngoten kale Alfi become ooo my son this Ya Allah jange seng drag me to heaven ngoten kan paleh conscious, mother wau ne not conscious paleh conscious" (R030724:66)

Meanwhile, subject L believes that recitation is one way for subject L to remain patient and feel calm and gain knowledge that can be put into practice. This is in accordance with subject L's statement.

"Nggeh lah, that was by taking part in the Koran, we can gain new knowledge so that we can be more patient, more grateful, right, nggeh, calm, maybe there will be more open-minded, nggeh, accepting fate, maybe nggeh, maybe if there is lek at home, we will automatically practice the knowledge, nggeh to share the knowledge" (L0307:119)

c. Positive Emotions

An individual's ability to increase a positive attitude in viewing every problem and increase gratitude can contribute to reducing stress and negative emotions. [18]. Based on both participants, they showed resilience to factors positive emotions, that subject R is happy and grateful because his child is independent. After losing her husband, she was active selling in front of the house while pregnant, helping friends, and diligently participating in religious activities. subject R also often shares stories with his first child and his adoptive parents, showing a close relationship with his family and environment. This is in accordance with subject R's statement.

"It's important to be independent, Alhamdulillah, it's worth it compared to your friends." (R030724:68)

"I don't have a father, I can't go to sell Alfi, I can't leave him, I sell sausages and ice cream in front of the house, Alfi is pregnant and my sister is pregnant...if there are friends, it's a hassle to plan" (R030724:69-70)

"It's like when you meet a friend, you can't wait to see your mother for a long time" (R030724:71)

"Kados so-and-so is first teng yugo then mother niku, Kados saumpami wonten anuan nopo masi splicing" (R030724:72)

Meanwhile, subject L busied herself more with work after her husband died. Subject L always looks happy in front of other people without needing to tell other people much about what he has gone through and makes him happy for his child. Subject L always tries to give the best and appreciation to his child. This is in accordance with subject L's statement.

"Eem, it seems like Mrs. Lilik is just enjoying herself, the term is drooling, then she's more busy with work." (L030724:127)

"People know, Mrs. Lilik. Happy keeps saying that she has enough. People even say that "lahyo sis pean iku" including her sister, Mrs. Lilik, "ganok ewange isok nyekolahno ark isok mondokno ark random nduwe isok tuku random" Thank God, that's how it is, wes the answer is already wes, there's no need to be so long, wes ning" (L030724:139)

"He likes to smile when he's great, he's smart, yes, that's usually the mother's son, Brother Amel hahaha (slightly laughing). If he's praised, he's happy." (L030724:125)

Discussion

Resilience is a person's ability to choose to overcome difficult and sad life experiences by increasing knowledge to adapt to overcome similar adverse situations in the future [25]. Resilience has several aspects, namely: 1) *Emotion regulation*, 2) *Control impulses*, 3) *Optimistic*, 4) *Causal analysis*, 5) *Empathy*, 6) *Self-Efficacy*, 7) *Reaching out*. While the factors include: 1) *Social support*, 2) *Spirituality*, 3) *Positive emotions* [22]. Resilience is not just about overcoming problems or persevering in the face of trials. More than that, resilience includes the ability to adapt positively, bounce back, and experience self-change and better relationships through various experiences that have been passed. The book "The Resiliency Factor" explains that resilience is not only related to overcoming and emerging from adversity, but also provides opportunities for us to strengthen the positive aspects in our lives [26]. In developing resilience, religious intervention also plays a very strategic role. The teachings of the Islamic religion continue to motivate its followers to always strengthen their attitudes of patience and steadfastness, both of which are important strengths in facing various challenges in life. The characteristics of individuals who have resilience are reflected in their patient and steadfast attitudes, which are actually the innate potential possessed by every human being [27]. The resilience efforts of parents of children with special needs can be reflected in several ways, including self-acceptance, involvement in positive activities, maintaining relationships with other people, and developing aspects of spirituality [28].

This research shows the results that aspects *self efficacy* has the greatest strength in the resilience process of both subjects where both have confidence that they can manage the challenges of parenting effectively through problem-solving abilities, although demonstrated in different ways. On the subject R is more focused on filtering all positive, constructive words and remaining focused on raising his children. Meanwhile, subject L focuses more on learning independence for the child so that it succeeds in forming the child's independence and ability to socialize. This is in line with the statement that *self-efficacy* is a person's belief in his ability to do various things or deal with certain situations, as well as the belief that he can achieve success in these endeavors [29].

Next there is the spirituality factor spirituality provides both of them with a framework of meaning through religious beliefs that foster calm, optimism and acceptance of life's conditions in the process of resilience for both subjects. In the resilience process, spirituality factors play an important role in the resilience process of both subjects, although in different ways. Subject R stated that after subject R attended the study, he became more active in carrying out worship, subject R also enjoyed meeting his friends at the study to be able to share stories and get suggestions or advice from his friends. Meanwhile, subject L stated that subject L took part in the recitation to gain knowledge, and to be more patient and open-minded in accepting fate. Subject L by

attending the recitation made new friends but did not tell stories and more often listened to the experiences of other people as lessons. In a study explaining that Spirituality beliefs can act as a source of strength for parents who have children with special needs, helping them to rise up and face existing challenges [27].

The other most influential factor in the resilience process of the two subjects is the positive emotional factor. Positive emotions arise as a result of a combination of spirituality and success in facing daily challenges through self-confidence, which synergistically strengthens the psychological adaptability of both subjects which is demonstrated in different ways. On subject R, subject R showed that he was happy and grateful because his child was able to be independent. After losing her husband, subject R was active again selling in front of the house, and also often shared stories with her first child and her adoptive parents. Meanwhile subject L shows that subject L busies herself more with work after the death of her husband and also always tries to give the best and appreciation to her children. This is in line with the statement that individuals who are able to look more positively at every problem and increase their sense of gratitude are able to reduce stress and negative emotions [18].

This research shows that aspects *self-efficacy* has the biggest role in the resilience of both subjects, where they are able to manage parenting challenges through problem solving in different ways. Subject R focuses more on positive thinking and parenting, while subject L emphasizes learning independence for his children. Apart from that, it is supported by spirituality factors which play an important role in resilience, where spirituality provides calm and acceptance of life conditions. Subject R is more active in worship and social interaction through recitation, while subject L uses recitation to increase knowledge and increase patience. So as to produce a positive emotional factor where this factor arises from a combination of self-confidence (*self efficacy*) of success in facing life's challenges and the spirituality of each subject which can strengthen their psychological adaptation. Subject R feels happy and grateful for his child's independence and is active in selling and sharing stories, while subject L is more focused on work and gives appreciation to his child. This shows that self-efficacy, spirituality and positive emotions play a synergistic role in building the resilience of the two subjects.

CONCLUSION

Fundamental Finding : The findings of this study indicate that both single mothers raising children with special needs demonstrated a notable capacity for resilience. This resilience was characterized by their ability to adapt to challenging circumstances, regulate their emotional responses, accept personal and situational limitations, and seek support through both social networks and spiritual practices. Participant R's resilience was predominantly shaped by self-efficacy, social support, spiritual grounding, and the presence of positive emotional experiences. On the other hand, participant L demonstrated resilience through a strong sense of impulse control, self-efficacy, spiritual faith, and emotional positivity. These differing profiles highlight the multifaceted nature of resilience among single mothers in similar circumstances. **Implication :** The insights

from this research suggest that cultivating emotional strength and spiritual trust plays a critical role in supporting the psychological well-being of single mothers with children who have special needs. Accepting one's life circumstances with patience and gratitude may serve as a foundation for adaptive parenting. Moreover, by embodying resilience, these mothers can act as role models and sources of inspiration for others in similar situations, reinforcing the value of inner strength and communal support in caregiving roles. **Limitation** : One notable limitation of this research lies in the small number of participants, which restricts the generalizability of the findings. The study's in-depth approach provides rich, individual insights but may not capture the broader spectrum of experiences among single mothers with special needs children from diverse backgrounds. Furthermore, the study does not account for variations across different socioeconomic or cultural contexts, which could influence resilience mechanisms in significant ways. **Future Research** : Future research should consider expanding the participant pool to include a more diverse range of single mothers, possibly across regions or cultures, to explore the universality or specificity of resilience factors. It would also be beneficial to examine the role of external resources – such as institutional support, peer networks, or counseling services – in shaping maternal resilience. Additionally, longitudinal studies could offer deeper understanding of how resilience develops or changes over time in response to evolving caregiving challenges.

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