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Work Family Conflict and Coping of Single Mothers

Konflik Pekerjaan-Keluarga dan Coping pada Single Mothers

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Abstract

This research aimed to reveal the description of work family conflict of single mothers, also discover the coping they used. This research was using qualitative approach. It was done on 3 single mothers. It carried out interviews and field note as data collecting. The collected data were analyzed by thematic analysis technique. The result of this research showed that descriptions of work family conflict of single mothers were explained in 5 dimensions. There were time-based work interference with family, time-based family interference with work, strain-based work interference with family, behavior-based work interference with family, and behavior-based family interference with work. Work family decrease when the value was enjoy life, relax, and had good support system. Coping used to overcome work family conflict felt by single mothers are 3 kinds. There were direct action, help-seeking, and avoidance/resignation. The selection of coping didn't depend on the dimensions of work family conflict faced, but depends on the individual value, thinking, feeling, and action.

Keyword: work, family, conflict, coping, single, mothers,