

The Meaning and the Source of Mother's Happiness: An Explorative Study to Young Adult Mothers with Ages 20-40 Years Old

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Abstract: Subjective well-being or happiness has become a focus of positive psychology for the last three decades, however the meaning of happiness based on life span perspective and gender, especially for motherhood, so far is still unknown. In the other hand, mother's happiness has an important role in the family because it effects social interaction with significant others. The aim of research: to understand the meaning and the source of happiness. The research which is used is survey methods. There are 40 respondents from various levels of occupation. 25-40 aged mothers who have characteristic: mostly have children aged around 1-6 years, college educated, the number of respondents who work and do not work are impartial. The result shows that (1) the meaning or definition of happiness by respondents were "subjective well-being in family domain" (2) the family is a source of happiness and foremost, once the source of unhappiness is when there are problems related to interaction with spouse and their children. (2) the lowest happiness perceived as problematic marriage age 1-4 years, and when respondents 20-24 years of age and continued until 25-30 years. (3) according to the respondents the most important predictors of happiness on the internal aspect is the character strength including gratitude, while families who provide emotional support is an important external predictor. Implications of the research findings:(1) The instrument of subjective well-being "new" namely subjective well-being in family domain needs to be developed, both components of cognitive (life satisfaction) and affective components (positive and negative affect) (2) should be developed model of subjective well-being 's mother with character strength as predictors.

1 INTRODUCTION

The differentiation of happiness and wellbeing is rooted in two traditions. Based on the tradition of eudaimonic the definition of happiness is self-realization, which means realizing all the potential that exists in the self (diamond) meaning that one is happy when reaching the goal and developing its unique potential (Baumgardner & Crothers, 2010). Relevant to the definition of happiness based on the eudaimonic tradition, Riff (1995) proposes psychological well-being, characterized: self-acceptance, personal growth, purpose in life, environmental mastery, autonomy and positive relation with others.

Subjective well-being or hedonic happiness is well-being by emphasizing internal and subjective parameters, consisting of the cognitive component (life satisfaction) of an assessment of the satisfaction

of one's life compared with the standard and affective components consisting of positive affect and negative affect (Diener, 1984, 2009). Subjective well-being, often used in terms of happiness, is then used interchangeably (Baumgardner & Crothers, 2010).

Happiness is the ultimate goal of human existence, although the source of personal happiness varies, yet almost every culture places happiness as an important life goal (Lyubomorsky, 2001). The meaning of subjective well-being to the eastern culture and collectivist culture, research on research in local culture, family sense and ties are the highest aspect of happiness (Anggoro & Widhiarso, 2010).

The meaning of subjective well-being based on life span development and temporal state differs in different stages of development. At the age of children oriented to the present and pleasant life, when the teenagers began to be oriented to future

and engagement life, adult-oriented period of meaningful life, focusing on finding life goals, meaning of life and experience of choosing (Durayappah, 2011).

The subjective well-being of life span perspective, especially young adult age, among others, is related to success & satisfaction in the work setting, and the interaction and satisfaction of marriage (Pavot & Diener, 2004), in other words the relationship with others plays an important role and becomes a source of happiness (Baumgardner & Crothers, 2010). The subjective well-being problem is shown by dissatisfaction in marriage and divorce, a special concern for researchers (Baumgardner & Crothers, 2010). The lowest point of subjective well-being in the young adulthood period (Papalia & Olds, 1986), occurs at the age of 30-40 years, (Mroczek & Kolarz, 1998, in Santrock, 2011), while the transition period of 30s, (28-33 years) some people can pass through the transition and grow or experience problems of marriage and divorce (Levinson, in Papalia & Olds, 1986).

The problematic of subjective well-being in the family context is evident from the continuing decline in life satisfaction in the domain of marriage up to the 8th to 10th years (Kurdek in Baumgardner & Crothers, 2010). In addition to the problematic of marriage, in the late adult early period (Papalia & Olds, 1986), around age 35 (Shaie & Willis, 1991), involves resolution of the generativity crisis vs. stagnation. The attainment of generativity through care (Schaie & Willis, 1991) has a stronger effect on well-being, especially in women (Shin An & Cooney, 2006).

Subjective well-being in mothers plays an important role in building family happiness. The Low family happiness, marked by the presence of parental stress which affects well-being in children. The result of research showed parenting stress was negatively correlated with children's well-being (Lee, et al., 2016). Parental distress is also a determinant of life satisfaction in children (Powdthavee & Vignolas, 2007), this means parents who have negative affect will have an impact on children's parent interactions, through a mechanism of poor emotion regulation that has an impact on parenting (Psychogiou & Parry, 2014).

Questions unanswered by previous research: how do women specifically define happiness (subjective well-being), what are the sources of happiness for the mother and what is the source of the problematic of the mother's happiness? The purpose of this study to explore and describe (a) the meaning of hedonic (subjective well-being) for the mother (b the source

of hedonic happiness (subjective well-being) for the mother (c) problematic of mother's happiness (subjective well-being), (d) factors affecting the happiness of the mother.

2 METHOD

2.1 Research Design

The design of this study uses a survey research design. Performed on a number of respondents using a measuring instrument in the form of a list of questions (questionnaires) with the aim of study is to describe: (a) the meaning of subjective well-being for mothers (b the most important source of happiness for the mothers (c) problematic of happiness for the mother (d) the factors that affect happiness for the mothers.

2.2 Participants

This study involves participants with the following characteristics: (a) The status of a mother, who has a child, (b) 20-40 years of age, (c) employment status: work or not work, (d) Islamic religion. Respondents in this study amounted to 40 mothers, are the parents of PG & TK Laboratorium UM students, with the following characteristic of respondents coming from urban area, with average age 31-35 years, family income ranges from Rp.2,600,000 to Rp.5,000,000, most of educational level is College S1, working status and not working equally, most respondents have children with age range 1-6 years.

2.3 Data Collecting Instrument

In this study data collections using the guide list of questions are open and closed to know the meaning of subjective well-being in the respondent mothers aged 20-40 years old. The questionnaire be arranged to understand (a) the meaning of subjective well-being for mothers (b the most important source of happiness for the mothers (c) problematic of happiness for the mother (d) the factors that affect happiness for the mothers.

2.4 Data Collecting Instrument

Data analysis using descriptive statistics (percentage technique), is supported by theme analysis that appears based on the subject's narrative answers.

3 RESULTS

3.1 The Meaning of Subjective Well-being for Mothers

The result of the research that some of the respondents defines the satisfaction of life is when the needs, desires, goals and dreams can be achieved both the inner and inward. The highest requirement is related to the family, namely "family happiness". Thus, the definition of life satisfaction for the mother is when the family is happy, indicated by the fulfillment of needs, desires, dreams and expectations; this means the meaning of life satisfaction for the mother is related to the family context. Other findings of happiness are characterized by positive feelings such as: feeling happy, safe, calm, peaceful, peace, compassion, free feelings, feelings of satisfaction, happy and cheerful and unique feelings such as sufficient feeling, sincere feelings and gratitude, and free from sadness, pressure and stress.

3.2 Subjective Well-being Resources for Mothers

The results showed that the source of satisfaction for the mother described in Table 1.

Table 1: The source of mother's life satisfaction (N=40)

Source of Subjective Well-Being	Frequency	Percentage (%)
Social Group	1	0.89
Self-Development	4	3.57
Office / Home Work	5	4.46
Finance / Economics	11	9.82
Religion	24	21.43
Health	33	29.46
Family	34	30.36

Based on Table 1, it was found that most of the respondents (30.36%) considered that the highest source of life satisfaction for the mother was the family, while few respondents considered economic and even self-development factors were considered as the source of life satisfaction. Furthermore, the respondents provide the reasons why the family is the source of satisfaction and the happiness of life is most important. Some reasons are derived from the response of most subjects as illustrated below:

"family is everything, the number one, the main, everything, is a priority of life, always" there in all atmosphere, is the foundation of life, if the family is happy, others will

automatically follow, other than that life is more meaningful when in the family..."

These findings reinforce the results of subsequent studies related to the source of positive feelings for the mother as shown Table 2.

Table 2: The Source of Positive Mother's Feelings (N=40)

The Source	Frequency	Percentage (%)
House keeping	1	1.02
Interactions with others	1	1.02
Office work	3	3.06
Religion	10	10.2
Financial	11	11.22
Health	17	17.35
Interaction with spouse	27	27.55
Interaction with children	28	28.57

Table 2 provides empirical evidence that for mothers the source of positive feelings is also related to the family context means that the majority of respondents perceive that interaction with children and with spouses is the source of positive feelings of the highest order. Is the family also a source of dissatisfaction? The results are shown in Table 3.

Table 3: The Source of mother's dissatisfaction (N=40)

The Source	Frequency	Percentage (%)
Work problems	4	4.76
Homework Issue	5	5.95
Financial problems	10	11.9
Health problems	10	11.9
Child care issues	11	13.09
Leisure & Recreation issues	11	13.09
Family Problems	15	17.86
Interaction Problems with Couples	18	21.43

Based on the data in Table 3 shows that: the source of life dissatisfaction is also related to problems in the family (17.86%), especially the problem of interaction with spouse (21.43%) and parenting problems (child care issues). This means the family is the source of life satisfaction, as well as the source of life dissatisfaction, especially the problem of interaction with the spouse occupy the highest order.

Results of research related to the source of mother's unhappiness, can be shown Table 4.

Based on the data in Table 4 shows that: the source of mother's unhappiness is also related to the

problem in the family, especially the problem of interaction with the partner occupies the highest percentage (22.22%), followed by child care (15.28%). It is concluded that the family is the first source of happiness and unhappiness for mother, means that the family becomes the "frame" of how high the satisfaction of one's life and how high the positive feelings of a mother, especially the social interaction both with the spouse and the child through parenting, rather than the opportunity to develop himself. This finding is interesting, because half of the respondents' work, but the family remains a source of satisfaction and happiness for the respondent's life.

Table 4: The Sources of Mother's Unhappiness (N=40)

Source	Frequency	Percentage
Recreation & leisure	1	1.38
Religion	4	5.50
Self-development	5	6.94
Homework	8	11.00
Office work	8	11.00
Health	9	12.50
Finance / Economics	10	13.88
Child Care	11	15.28
Interactions with spouse	16	22.22

3.3 Subjective Well-being Problems for Mothers

The results related to the problematic of subjective well-being mothers, especially young mothers attributed to the length of marriage are shown in Table 5 and Table 6.

Table 5: Lowest related subjective well-being levels associated with age (N= 40)

Age range	Percentage	Frequency (%)
36-40 years old	4	10.26
31-35 years old	4	10.26
25-30 years old	15	38.46
20-24 years old	16	41.03

Based on the data as outlined in Table 5, it shows interesting findings that the majority of respondents (41.03%) reported when aged 20-24 years old, continued at the age of 25-30 years old (38.46%) per year perceived as the lowest point of subjective well-being. It is concluded that the lowest level of happiness of life is directly proportional to age, means that the lower the age level is followed by the higher frequency of respondents experiencing happiness at the lowest level, the more increasing age decreases the frequency of respondents who

experience subjective well-being is low, means that subjective well-being mothers aged 20-40 years reflect a dynamic adaptation process.

The subjective well-being problems can also be seen from the length of marriage. Data on the research results related to this are illustrated in table 6.

Table 6: Lowest Well-Being Subjective Level Associated with Age of Marriage (N=40)

Age of Marriage	Frequency	Percentage (%)
13-16 years old	1	2.63
17-20 years old	1	2.63
9-12 years old	2	5.27
5-8 years old	4	10.53
1-4 years old	30	78.95

Table 6 provides empirical evidence that the majority of respondents (78.95%) reported that the beginning of family life, primarily 1-4 years of marriage, subjected subjective well-being to the lowest level. This means happiness is a dynamic adjustment process. In this phase is a "critical crisis" if you can face it will be possible to build happiness.

3.4 Factors Affecting the Well-being Subjective of Mother

Based on the results of the research shows that according to the perception of respondents, internal factors that play a role is: the ability to mature, characterized by the ability to solve problems and the will to be "good people", characterized by positive thinking, learn to forgive, accept, manage emotions, learn happy and grateful to all given by Allah. It is interesting from these findings that the respondents also revealed that such as learning to receive, learning to forgive, sincerity, and gratitude towards all the gifts of Allah as an internal factor affecting subjective well-being, while families who provide emotional support, accept and appreciate are external factors which gives the color of happiness for the mother.

4 DISCUSSION

4.1 The Meaning of Subjective Well-being for Mother

The results of research on mothers aged 20-40 years old found that the meaning or definition of subjective well-being according to the respondent's

perception is "subjective well-being in family domain," means that the satisfaction and happiness of life for the mother is when can make happy his family, characterized by the emergence of positive feelings such as: feelings of joy, calm, peace, peace, affection, and free from pressure and sadness.

The meaning of well-being according to respondents is more focused on hedonic happiness, rather than eudaimonic happiness, it is based on findings of data that respondents view the family as a source of happiness, on the other hand self-development or psychological well-being optimization such as personal growth (Riff, 1995) in the context of work is less important, although in adulthood the success and satisfaction in the work setting becomes the goal (Pavot & Diener, 2004). It also proves that subjective well-being is related to the context of social interaction, means that relationships with others play an important role and become a source of happiness (Baumgardner & Crothers, 2010).

The results showed that subjective well-being according to mothers, is subjective well-being in family domain. Although 50% of respondents are working mothers, subjective well-being is more meaningful life-oriented (Durayappah, 2011), and relationships with others are a source of happiness (Baumgardner & Crothers, 2010).

Other findings show that happiness is characterized by positive feelings such as: feelings of pleasure, safety, calm, peace, peaceful, compassion, feelings of freedom, feelings of satisfaction, happy and cheerful and unique feelings such as sufficient feelings, sincere feelings and gratitude, sadness, pressure and stress. The results of this study will imply the need to develop subjective well-being instruments in the family domain, since so far, the subjective well-being measuring instruments such as SWLS (Diener, et al 1985), SPANE (Diener, et.al, 2009) and also PANAS (Watson, et al. 1988), only measure subjective well-being in general.

4.2 Subjective Well-being Resources for Mother

The results of the study found that the source of happiness and subjective well-being in family domains, related to the interaction of mothers with spouses and children (significant others), ironically the family is also a source of dissatisfaction and unhappiness. This is in accordance with the results of previous research on local communities that the aspect of happiness in the highest order is the sense

or bond in the family (Anggoro & Widhiarso, 2010), but for female respondents the least satisfaction is their social interaction in the family context (Eggleston et al., 2001).

4.3 Subjective Well-being Problems for Mother

The results showed that most respondents perceived the lowest well-being level at the age of 25-30 years. Based on this data, it can be concluded that the lowest level of happiness of life is directly proportional to age, means that the lower level of age will be followed by the higher frequency of respondents experiencing happiness at the lowest level. This means that the lowest level of subjective well-being when the graph is made will follow the letter U. This means that subjective well-being is primarily in the context of the family in the respondent's mother aged 20-40 years old, reflecting the dynamic process. This is reinforced by other research findings that the level of subjective well-being is when the age of marriage of first 1-4 years.

The results of this study are in accordance with previous research that the problematic subjective well-being in the context of the family, seen from the declining life satisfaction until the year of marriage year 8 to 10 (Kurdek, in Baumgardner & Crothers, 2010). This means that subjective well-being is a process of high adjustment, in the early marriage is a "critical crisis" if it can deal effectively then it will be possible to build a stable subjective well-being.

4.4 Factors that Affect the Subjective Well-being of the Mother

The results showed that according to the respondents, internal factors that play a role in the happiness of life is when individuals are able to mature, characterized by the ability to solve problems and the will to be "good people" by realizing the positive potential of individuals such as: positive thinking, self-confidence, learning to forgive, managing emotions, learning to be happy and thankful for all that Allah has given. Among the predictors as reported by the respondents, based on a previous study of emotional factors or emotional regulation, acceptance is a dimension of mindfulness, and gratitude, a strong predictor of influencing subjective well-being.

Emotional regulation means the whole strategy is consciously or unconsciously used by individuals to reduce, maintain or enhance emotions, be they

positive or negative emotions (Gross, 2003) affect subjective well-being (Prastiti & Rini, 2016). The mindfulness can also increase life satisfaction and happiness (Blasco, Viguer & Rodrigo, 2013). Grateful as coping responses (Emmons & McCulhough, 2003), based on previous research results with diverse samples, the gratitude affects subjective-wellbeing (Emmons & McCulhough, 2003; Martinez, et al, 2010; Tofangchi, 2013; Datu, 2014).

The problematic of subjective well-being mothers of adults aged 20-40 years old are influenced by the length of marriage. The research results prove the beginning of marriage (1-4 years) shows subjective well-being that tends to decline, meaning that subjective well-being is a dynamic process. A stable subjective well-being requires adaptation, while an effective adaptation process requires the role of emotional regulation, mindfulness and gratitude.

Based on these findings it is recommended to conduct further research on subjective well-being models in mothers of young adults aged 20-40 years with a quantitative approach, involving character strength especially emotional regulation, mindfulness and gratitude as predictors.

5 CONCLUSIONS

The meaning of subjective well-being (hedonic happiness) for the respondents of young mothers aged 20-40 years old is subjective well-being in family domain, means that satisfaction and happiness of life for mother is the happiness of her family. The subjective source of well-being for the mother is the family, especially how the interaction of the mother with significant others (spouse and child). The problem of subjective well-being mothers is also family-based.

According to the age and length of marriage, the lowest level of subjective well-being when the age of 20-25 years old and the age of 26-30 years old. Factors affecting the subjective well-being of the mother, from the internal aspect are character strength: emotion, acceptance, gratitude, forgiveness, while the family providing emotional support is an external predictor that important for the respondent.

Based on the research findings, it is suggested that further research is developed by the subjective well-being model of the mother, involving predictor of character strength that is strongly influenced subjective well-being. Using a quantitative

approach, involves a large number of respondents. In addition, further research is needed to develop a "new" subjective well-being measuring instrument, which is a subjective well-being in family domain measurement tool designed for mother's respondents aged 20-40 years old.

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