



**RELATIONSHIPS BETWEEN SOCIAL SUPPORT, WORK-FAMILY
CONFLICT AND COPING WITH PSYCHOSOCIAL WELL-BEING
AMONG SINGLE MOTHERS IN MALACCA, MALAYSIA**

By

NOOR WATEE BINTI RAHMAN

**Thesis Submitted to the School of Graduate Studies, Universiti Putra Malaysia,
in Fulfilment of the Requirements for the Degree of Master of Science**

June 2021

FEM 2021 30

COPYRIGHT

All material contained within the thesis, including without limitation text, logos, icons, photographs, and all other artwork, is copyright material of Universiti Putra Malaysia unless otherwise stated. Use may be made of any material contained within the thesis for non-commercial purposes from the copyright holder. Commercial use of material may only be made with the express, prior, written permission of Universiti Putra Malaysia.

Copyright © Universiti Putra Malaysia



DEDICATION

*This thesis is dedicated to the people who mean a lot to me
My beloved mother, father, husband, daughter, friends and family.*



©

Abstract of thesis presented to the Senate of Universiti Putra Malaysia in fulfilment of the requirement for the degree of Master of Science

**RELATIONSHIPS BETWEEN SOCIAL SUPPORT, WORK-FAMILY
CONFLICT AND COPING WITH PSYCHOSOCIAL WELL-BEING
AMONG SINGLE MOTHERS IN MALACCA, MALAYSIA**

By

NOOR WATEE BINTI RAHMAN

June 2021

Chairman : Professor Haslinda Abdullah, PhD
Faculty : Human Ecology

This study aimed to identify the relationships between psychosocial well-being and social support, work-family conflict, and coping among working single mothers in Melaka, Malaysia. This study used a quantitative approach and survey technique with descriptive analyses. Besides, the moderator analysis was performed to measure the moderating effect of coping on the relationship between independent and dependent variables. A total of 364 single mothers working in government agencies in the state of Melaka participated in this study. An online survey with a self-administered questionnaire was employed to collect data. The questionnaire collected data on demographic background, social support [based on The Multidimensional Scale of Perceived Social Support (MSPSS)], work-family conflict [Work-family Conflict (WFC) Scale], coping [Ways of Coping Checklist (WoCC) Scale], and psychosocial well-being (Psychosocial Well-being Scale). Findings revealed that respondents showed a moderate level of social support and work-family conflict, while above 50% of respondents showed high level of coping and psychosocial well-being. The ANOVA revealed that there was a significant difference in psychosocial well-being based on age and education level. Furthermore, the findings indicated that social support (family, friend, and significant other) and coping had a positively relationship with psychosocial well-being while work-family conflict (work interference with family and family interference with work) had a negatively relationship with psychosocial well-being. The multiple regression analysis showed that predictor variables, namely age, education, social support, and work-family conflict had significantly predicted psychosocial well-being. Meanwhile, the results of aggression analysis using the stepwise method showed that friend support and significant other support were the most important predictors in predicting psychosocial well-being followed by work interference with family. The regression analysis also revealed that friend support was the most significant predictor in predicting psychosocial well-being followed by work interference with family. Next, the moderator test indicated that coping was a moderator of the relationships between psychosocial well-being and social support and

work-family conflict. The findings imply that a support from family, friends, and significant other would increase the ability to cope and reduce psychological distress. For example, in drafting any related programmes, the element on coping must be taken into consideration when planning programmes for single mothers to enhance their psychosocial well-being.



Abstrak tesis yang dikemukakan kepada Senat Universiti Putra Malaysia sebagai memenuhi keperluan untuk ijazah Master Sains

HUBUNGAN ANTARA SOKONGAN SOSIAL, KONFLIK KERJA-KELUARGA, DAN DAYA TINDAK DENGAN KESEJAHTERAAN PSIKOSOSIAL DALAM KALANGAN IBU TUNGGAL DI MELAKA, MALAYSIA

Oleh

NOOR WATEE BINTI RAHMAN

Jun 2021

Pengerusi : Profesor Haslinda Abdullah, PhD
Fakulti : Ekologi Manusia

Kajian ini bertujuan untuk mengenal pasti hubungan antara kesejahteraan psikososial dengan sokongan sosial, konflik kerja-keluarga, dan daya tindak dalam kalangan ibu tunggal yang bekerja di Melaka, Malaysia. Kajian ini menggunakan pendekatan kuantitatif menerusi kaedah tinjauan dengan analisis deskriptif. Selain itu, analisis moderator telah dijalankan untuk mengukur kesan penyederhana daya tindak terhadap hubungan antara pemboleh ubah bebas dan bersandar. Pemilihan responden telah dilakukan menerusi kaedah persampelan mudah, di mana seramai 364 orang ibu tunggal yang bekerja di agensi kerajaan negeri Melaka telah menyertai kajian ini. Tinjauan dalam talian melalui soal selidik kendali sendiri telah digunakan untuk mengumpul data. Data yang diperolehi daripada soal selidik adalah berkaitan latar belakang demografi, sokongan sosial [berdasarkan Skala *The Multidimensional Scale of Perceived Social Support* (MSPSS)], konflik kerja-keluarga [Skala *Work-family Conflict* (WFC)], daya tindak [Skala *Ways of Coping Checklist* (WoCC)], dan kesejahteraan psikososial [Skala *Psychosocial Well-being*]. Dapatan kajian mendapati responden menunjukkan tahap sederhana dalam sokongan sosial dan konflik kerja-keluarga manakala lebih 50% responden menunjukkan tahap tinggi dalam daya tindak dan kesejahteraan psikososial. Keputusan ANOVA mendedahkan bahawa terdapatnya perbezaan yang ketara dalam kesejahteraan psikososial berdasarkan umur dan tahap pendidikan responden. Di samping itu, dapatan kajian menunjukkan bahawa sokongan sosial (keluarga, rakan, dan pasangan) dan daya tindak mempunyai hubungan positif dengan kesejahteraan psikososial manakala konflik kerja-keluarga (campur tangan kerja dengan keluarga dan campur tangan keluarga dengan kerja) mempunyai hubungan negatif dengan kesejahteraan psikososial. Analisis regresi berganda menunjukkan bahawa pemboleh ubah peramal iaitu umur, pendidikan, sokongan sosial, dan konflik kerja-keluarga telah meramal kesejahteraan psikososial secara signifikan. Manakala analisis agresi menggunakan kaedah berperingkat menunjukkan sokongan rakan dan pasangan sebagai peramal paling penting dalam meramal kesejahteraan psikososial, diikuti dengan campur tangan kerja dengan keluarga. Analisis regresi juga

mendedahkan bahawa sokongan rakan merupakan peramal paling signifikan dalam meramal kesejahteraan psikososial, diikuti dengan campur tangan kerja dengan keluarga. Seterusnya, ujian moderator membuktikan daya tindak sebagai penyederhana hubungan antara kesejahteraan psikososial dengan sokongan sosial dan konflik kerja-keluarga. Kesedaran tentang kesan sokongan keluarga, rakan, dan pasangan boleh meningkatkan keupayaan dalam mengendalikan dan mengurangkan tekanan psikologi. Contohnya, daya tindak harus diambil kira dalam merangka sebarang program berkaitan bagi memastikan kesejahteraan psikososial ibu tunggal dapat ditingkatkan.



ACKNOWLEDGEMENTS

In the Name of Allah, the Most Merciful, the Most Compassionate all praise be to Allah, the Lord of the worlds; and prayers and peace be upon Muhammad His servant and messenger. First and foremost, I must acknowledge my limitless thanks to Allah, the Ever Magnificent; the Ever Thankful, for His Help, and Bless and Guidance.

All praises to Allah S.W.T. for bestowing upon me the physical, mental, and emotional strength to endure the challenges of juggling thesis writing, coursework, housework, parenting, and singlemotherhood. More importantly, Alhamdulillah for introducing me to amazing individuals, to whom I am greatly indebted, as this academic endeavor would not have come to fruition without them.

I would like to convey my foremost gratefulness to Professor Dr. Haslinda Abdullah. I thank Prof Dr. Haslinda for bringing out in me skills which I never knew I had. She has guided me not only academically, and empirically, but most essentially, spiritually. In the past months, I have learned from her so many insights about research, academic writing, work ethics, motherhood, righteous parenting, and just about anything under the sun. She is an inspiration to me.

My deepest gratitude also goes to Dr. Nobaya Ahmad, my supervisory committee member, for showing interest in my work and for her encouragement and guidance. Special thanks as well to Dr. Maarof Redzuan for imparting their knowledge on social statistics and research methodology, which have been very useful to my thesis and I highly appreciate the efforts expended by Dr. Roslan Rosnon

This thesis was submitted to the Senate of Universiti Putra Malaysia and has been accepted as fulfilment of the requirement for the degree of Master of Science. The members of the Supervisory Committee were as follows:

Haslinda binti Abdullah, PhD

Professor
Faculty of Human Ecology
Universiti Putra Malaysia
(Chairman)

Nobaya binti Ahmad, PhD

Associate Professor
Faculty of Human Ecology
Universiti Putra Malaysia
(Member)

Mohd Roslan bin Rosnon, PhD

Senior Lecturer
Faculty of Human Ecology
Universiti Putra Malaysia
(Member)

ZALILAH MOHD SHARIFF, PhD

Professor and Dean
School of Graduate Studies
Universiti Putra Malaysia

Date: 14 April 2022

Declaration by graduate student

I hereby confirm that:

- this thesis is my original work;
- quotations, illustrations and citations have been duly referenced;
- this thesis has not been submitted previously or concurrently for any other degree at any institutions;
- intellectual property from the thesis and copyright of thesis are fully-owned by Universiti Putra Malaysia, as according to the Universiti Putra Malaysia (Research) Rules 2012;
- written permission must be obtained from supervisor and the office of Deputy Vice-Chancellor (Research and innovation) before thesis is published (in the form of written, printed or in electronic form) including books, journals, modules, proceedings, popular writings, seminar papers, manuscripts, posters, reports, lecture notes, learning modules or any other materials as stated in the Universiti Putra Malaysia (Research) Rules 2012;
- there is no plagiarism or data falsification/fabrication in the thesis, and scholarly integrity is upheld as according to the Universiti Putra Malaysia (Graduate Studies) Rules 2003 (Revision 2012-2013) and the Universiti Putra Malaysia (Research) Rules 2012. The thesis has undergone plagiarism detection software

Signature: _____

Date: _____

Name and Matric No: Noor Watee binti Rahman

Declaration by Members of Supervisory Committee

This is to confirm that:

- the research conducted and the writing of this thesis was under our supervision;
- supervision responsibilities as stated in the Universiti Putra Malaysia (Graduate Studies) Rules 2003 (Revision 2012-2013) were adhered to.

Signature: _____

Name of Chairman
of Supervisory
Committee:

Professor Dr. Haslinda binti Abdullah

Signature: _____

Name of Member
of Supervisory
Committee:

Associate Professor Dr. Nobaya binti Ahmad

Signature: _____

Name of Member
of Supervisory
Committee:

Dr. Mohd Roslan bin Rosnon

TABLE OF CONTENTS

		Page
ABSTRACT		i
ABSTRAK		iii
ACKNOWLEDGEMENTS		v
APPROVAL		vi
DECLARATION		viii
LIST OF TABLES		xiii
LIST OF APPENDICES		xv
LIST OF ABBREVIATIONS		xvi
CHAPTER		
1	INTRODUCTION	1
	1.1 Background of the Study	1
	1.2 Problem Statement	3
	1.3 Research Questions	6
	1.4 Research Objectives	6
	1.5 Hypotheses	7
	1.6 Theoretical Framework	8
	1.6.1 The Well-being Theory	8
	1.7 Conceptual Framework	10
	1.8 Conceptualisation and Operationalisation Definition	11
	1.9 Significance of the Study	12
	1.10 Limitations of the Study	12
	1.11 Summary	12
 2	LITERATURE REVIEW	 14
	2.1 Introduction	14
	2.2 Psychosocial Well-being of single mothers	14
	2.3 Age and Education Factors and Well-being	15
	2.4 Social Support and Single Mothers' Psychosocial Well-being	16
	2.5 Works-Family Conflict and Single Mothers' Psychosocial Well-being	19
	2.6 Coping and Single Mothers' Psychosocial Well-being	21
	2.7 Coping as a Moderator between Social Support and Psychosocial Well-Being	23
	2.8 Coping as a Moderator between Work-Family Conflict and Psychosocial Well-Being	23
	2.9 Summary	24
 3	METHODOLOGY	 25
	3.1 Introduction	25
	3.2 Research Design	25
	3.3 Study Location	25
	3.4 Population and Sampling	26

3.5	Instrumentation	26
3.5.1	Instrument for Social Support	26
3.5.2	Measurement of Social Support	27
3.5.3	Instrument for Work-family Conflict	28
3.5.4	Measurement of Work-family Conflict	29
3.5.5	Instrument for Coping	30
3.5.6	Measurement of Coping	30
3.5.7	Instrument for Psychosocial Well-being	30
3.5.8	Measurement of Psychosocial Well-being	31
3.5.9	Summary Range of Values	31
3.6	Pilot Study	32
3.7	Reliability Results	33
3.8	Data Collection Process	34
3.9	Ethical Consideration	35
3.10	Data Statistical Analysis Plan	36
3.10.1	Descriptive Statistics	36
3.10.2	Pearson Correlation	36
3.10.3	Linear Regression Analysis (LRA)	38
3.11	Multiple Regression Analysis (MRA)	39
3.12	Regression Assumption	40
3.13	Exploratory Factor Analysis (EFA)	41
3.14	Missing Data Analysis	42
3.15	Normality and Outlier	43
3.16	Data Storage	43
3.17	Strategies to Increase the Response Rate	43
3.18	Summary	44
4	RESULTS AND DISCUSSION	45
4.1	Introduction	45
4.2	Descriptive Analysis	45
4.2.1	Social Support	45
4.2.2	Work-family Conflict	46
4.2.3	Coping	46
4.2.4	Psychosocial Well-being	47
4.3	Bivariate Analysis	47
4.4	Pearson Correlation	48
4.5	Determining the Predictor of Psychosocial Well-being	51
4.6	Summary	53
5	SUMMARY, CONCLUSION AND RECOMMENDATIONS	54
5.1	Introduction	54
5.2	Summary of Findings	54
5.2	Conclusions	55
5.3	Implications	56
5.3.1	Theoretical Implications	56
5.3.2	Practical and Policy Implications	57
5.4	Recommendations	57
5.5	Summary	58

REFERENCES	59
APPENDICES	79
BIODATA OF STUDENT	107
LIST OF PUBLICATIONS	108



LISTS OF TABLES

Table	Page	
3.1	Level of Social Support by Dimension	28
3.2	Levels of Work Interference Family and Family Interference Work	29
3.3	Levels of Coping	30
3.4	Levels of Psychosocial Well-Being	31
3.5	The Range of Values	32
3.6	Reliability Coefficient of Instruments	33
3.7	The Data Collection Flowchart	34
3.8	Statistical analysis utilised to achieve the research objectives	36
3.9	Descriptive Sample Statistics	37
3.10	Guidelines for Interpreting the Correlation Coefficients	38
3.11	Standard of Collinearity Statistics	40
3.12	Reliability Results	42
3.13	Cases of Missing Value	43
4.1	Level of Social Support (N = 364)	45
4.2	Level of Work-family Conflict (N = 364)	46
4.3	Level of Coping (N = 364)	46
4.4	Level of Psychosocial Well-being (N = 364)	47
4.5	The correlations between social support and psychosocial well-being	48
4.6	The correlations between (work interference with family and family interference with work) and psychosocial well-being	49
4.7	The correlation between coping and psychosocial well-being	49
4.8	The interaction effect of coping in the relationship between social support and psychosocial well-being	50

4.9	Regression results for the moderating effect of coping on the relationship between work-family conflict and psychosocial well-being	50
4.10	Forced entry for multiple regressions for psychosocial well-being	52
4.11	Stepwise multiple regression analysis for psychosocial well-being (N = 364)	52



LIST OF APPENDICES

Appendix		Page
A	Informed Consent (Malay Version)	79
B	Surat Jemputan	82
C	Informed Consent (English Version)	91
D	Invitation Letter	94
E	Descriptive Statistics Analysis	103

LIST OF ABBREVIATIONS

ANOVA	Analysis of Variance
APA	American Psychological Association
EFA	Exploratory Factor Analysis
EM	Expectation-Maximization
FIW	Family Interference Work
KMO-MSA	Kaiser-Meyer-Olkin – Measure of Sampling Adequacy
MCAR	Missing Completely at Random
MSPSS	Multidimensional Scale of Perceived Social Support
PhD	Doctoral in Philosophy
SPM	Sijil Pelajaran Malaysia
SPSS	Statistical Package for Social Sciences Software
WFC	Work-Family Conflict
WIF	Work Interference Family
WoCC	Ways of Coping Checklist

CHAPTER 1

INTRODUCTION

1.1 Background of the Study

According to Luthar and Ciciolla (2015), even the most successful, educated, or invested woman may find motherhood difficult. Previous research has revealed that depression is more prevalent among single mothers than married mothers (Meier et al., 2016). Families with only one parent, especially single mothers, are becoming increasingly common throughout the world (Richeter & Lemola, 2017). The Population and Housing Census 2020 (Census of Malaysia 2020) report by the Department of Statistics Malaysia (DOSM) recorded that the number of single mothers in the country has almost reached 1 million people. Single mothers in developing countries are among the unfortunate groups that deserve attention due to their disadvantaged position in numerous life domains (Klasen et al., 2015).

Single mothers, who typically serve as their family's cornerstone, suffer from a greater strain than women in traditional dual-parent households (Rahman et al., 2017). For example, single mothers have been observed to experience more psychological discomfort and financial hardship (Nair & Sagarin, 2015). Motherhood can be very stressful for single mothers who are both primary caretakers and primary wage providers for their children (Kim et al., 2018). They are more likely to experience emotional discomfort and disturbances in parenting due to high levels of both financial and emotional stressors, making their children more sensitive to psychological distress (Taylor & Conger, 2014). In Malaysia, divorce and the death of a partner are the main reasons for the existence of single mothers (Rahman et al., 2017). Vast research on women's well-being in Malaysia has been conducted; factors such as conflict, personality, and roles are examined (Noor, 2002a, 2006; Noor et al., 2008). Nevertheless, unlike in developed countries, research pertinent to the well-being of single mothers in developing countries such as Malaysia is limited.

In general, well-being is classified based on the eudaimonic and hedonic approaches (Diener et al., 2018). These approaches are different entities associated with well-being (Della Fave, 2014) and are discussed either together or separately, depending on the interest of the researcher. Although numerous studies have been conducted, the coverage of the well-being is different from time to time since some researchers prefer to discuss them together, while others discuss them separately. The eudaimonic approach is focused on oneself to perform the best (Ryff, 2018). Furthermore, eudaimonic is linked with the personal and social aspects which contribute to the psychosocial functioning of an individual (Diener et al., 2018). On the other hand, the hedonic approach is focused on positive rather than negative emotions.

The principle of hedonic well-being refers to emotional disturbance, psychological distress, and cognitive distortion. Past studies have shown that the emotional and psychological distress of single mothers is related to their psychosocial well-being. Researchers have found that happiness contributes to a high quality of life for single mothers (Avison et al., 2007; Nelson et al., 2014; Nomaguchi & Milkie 2003). Research has revealed that loneliness and depression are linked to psychosocial well-being. Moreover, depression is the most stressful event for single mothers. Concerning single mothers' psychosocial well-being, work-related problems, long hours, and working conditions are the risk of psychological distress (Bull & Mitelmark, 2009). Previous studies have reported that the custody of children, unemployment (Kotwal & Prabhakar, 2009), sexual harassment, out-of-wedlock pregnancy, financial problems (Stack & Meredith, 2018), mental health (Zakaria et al., 2019), health problems, and housing arrangements (Raymo & Zhou, 2012) generally contribute to psychosocial well-being.

Malaysia's Ministry of Women provides financial assistance to qualifying single mothers as well as medical, business, and welfare assistance. Nonetheless, as the number of single mothers has increased, their psychosocial well-being has deteriorated. Therefore, it is critical to understand the contributing variables when discussing the psychosocial well-being of single mothers. Several elements that influence the psychosocial well-being of single mothers have been identified in previous studies. Among them, social support is the element that most influences the well-being of single mothers around the world (Lee & Yoo, 2015; Taylor & Conger, 2015; Viner et al., 2012). Past studies have revealed the relationship factors and that authentic relationships are universal and have a lot of supportive dimensions to influence well-being. Matjeke (2017) has found that social support is an important aspect that influences the work satisfaction of single parents. Furthermore, stressful events may be reduced when single parents have a good relationship with their family, as opposed to those who do not maintain a good relationship with their family (Stouthamer-Loeber et al., 2002; Johnson et al., 2016). Single mothers with higher social support recorded higher positive parenting behaviours and lower depression and anxiety levels. As a result, there is evidence that a positive relationship is beneficial to one's psychosocial well-being (Jaladin et al., 2020)

On the other hand, conflict also has a significant relationship with well-being. Conflict is a stage of pressure between the work and family where those concerned a kind of mediator relationship between work and family roles and well-being which meant that conflict would direct to stress and other forms of psychological outcomes (Obronovic et al., 2020). Previous studies have demonstrated the existence of the relationship between work-family conflict and well-being. For example, Kalliath et al. (2013) report that work-family or family-work conflict is an influential antecedent to well-being. Other studies agree with that research, indicating that work-family factors play a role in psychological stress (Kossek & Ozeki, 1998; Spector et al., 2004; Bakker et al., 2005; Ford et al., 2007). Besides, work-family conflict reduces employees' productivity and affects employee turnover, psychological distress, and life satisfaction.

According to the Well-being Model by Taylor & Conger (2015), social support exerts a significant influence on positive mental health and righteous parenting for single mothers. Therefore, it is important to investigate psychosocial well-being and social support (Wu & Eamon, 2011). For single mothers, lack of social support has been identified as the most problematic issue, as well as a persistent source of psychological conditions (Eamon & Wu, 2011; Liang et al., 2019). The losses of income and raising children have a negative impact on single mothers' psychosocial well-being. In other words, single mothers who received greater social support tended to adopt more coping strategies when faced with issues. Meanwhile, there is an evidence proof that coping moderated the link between social support and well-being (Yu et al., 2020). Thus, coping is not influenced by external factors such as social support. In other words, coping is a static construct and works in dynamic processes depending on the situation (Lazarus & Folkman, 1984). Therefore, coping was an important construct emphasised in this study.

1.2 Problem Statement

Single mothers form an important group in a country. Based on statistics up to 2021, in Malaysia, there are currently a total of 910,091 single mothers which is equivalent to 8.3 per cent of the total population in the country (Department of Statistics, 2021). There are various issues concerning single mothers, not only in Malaysia but all around the world. For example, 80% of about 12 million single-parent families with children under the age of 18 in the United States are headed by single mothers who must deal with psychological and financial difficulties (Kim et al., 2018). The increase in the number of single mothers, in turn, has indirectly contributed to the increase of households living in poverty (Damaske, 2017). It is now well recognised that mental illness is a significant issue in Malaysia, and the impact of such problems is increasingly recognised (Institute of Public Health, 2019). According to the latest National Health and Morbidity Survey (2019), every three in ten adults aged 16 years and above in Malaysia suffer from some form of mental health issues. In fact, the COVID-19 outbreak also caused the people losing their source of livelihood. This situation affect the increase in the unemployment rate in Melaka, that is, from 2.2 percent in 2020 to 3.0 percent until the third quarter of 2021, compared to rates Malaysian unemployment, which is 4.5 per cent each to 4.7 percent for the same period. The effects on work and families can be significant, and the quality of support and ways to cope is crucial.

Previous studies determined that psychological distress would impact single mothers' psychosocial well-being and later influence the children's behaviour (Marchetti et al., 2020). While there are single mothers who can raise their children on their own and manage their families, there is evidence revealed single mothers' psychosocial well-being is poor due to the work family conflict (Agnafors et al., 2020). Consequently, single mothers suffer from long-term effects such as psychological distress (Daryani et al., 2016). Recently in Malaysia, a series of studies has gained attention due to the rising mental health issues caused by financial hardships and poverty (Zakaria et al., 2019). In some cases, poor mental health can contribute to the emergence of psychological stress. As a result, poor mental health have caused single mothers to

suffer higher stress levels, personal and work burnout, and greater episodes of depression compared to mothers with a partner to pool resources with (Brady, 2016; Hartwig, 2016; Krame et al., 2016). Depression cases are increasing in Malaysia (National Health & Morbidity, 2019). Despite depression being an age-old dilemma, all concerned parties must treat it as a serious matter. Hence, this study focused on factors contributing to psychosocial well-being.

The present study was designed to uncover factors that might contribute to the psychosocial well-being of single mothers. Thus, this study examined three main variables namely social support, work-family conflict, and coping. Many factors that contribute to well-being have been recognised by previous scholars, and supportive relationship factors are the most significant factors affecting single mothers' well-being (Hannighofer et al., 2017). A meaningful relationship with their family and friends will protect them from anxiety and depression. Today, social phenomenon proved that the family problems occurred from the result of weak family institutions (Fomby & Cherlin, 2007). A study by Thomas et al. (2017) has indicated that family factors such as family relationships play an important role in well-being. Another study has revealed the association between family bonding and self-esteem (Symister & Friend, 2003). Family relationships have the greatest impact on single mothers' psychological well-being and high attachment leads to low involvement in misconduct activities (Karunanayake, 2021). Although previous research has discussed in-depth family factors and their contributions to single mothers' well-being, the domains used are varied, depending on the need of each study. Besides that, friend relationship also has an important role in supporting single mothers (Amati et al., 2018). According to Banovcinova et al. (2016), friend support greatly influence social support and enhance the quality of life of single mothers, thus, this friend factor should be examined further in conjunction with other variables.

Meanwhile, negative workload, role conflict, and role ambiguity are important factors contributing to work-family conflict. Accordingly, work-family conflict has a great influence, either positively or negatively, on single mothers' psychosocial well-being. For example, past studies indicate that heavy workload contributes to work stress (Lu, 2007). Research also indicates that due to a lack of physical and emotional support, single mothers tend to suffer from high stress than married mothers (Cooper et al., 2009). The stressors experienced by single mothers are often linked to the financial demands of raising a family single-handedly, the multiple roles and responsibilities they hold (e.g., mother, daughter, and employee), and the challenge to strike a balance between work at home (e.g., childcare and housework) and at the workplace (Hancioglu & Hartmann, 2014; Hsieh & Leung, 2015; Knoef & Ours, 2016; Rose, 2017). Furthermore, the lack of affordable childcare and the need to satisfy basic family needs, such as shelter, food, education, and childcare (Brady, 2016; Shirahase & Raymo, 2014) have caused single mothers to experience higher levels of chronic stress, personal and work burnout, and greater episodes of depression as compared to married mothers (Biblarz & Gottainer, 2000; Cairney et al., 2003; Robinson et al., 2016; Taylor & Conger, 2017). Some studies have reported evidence regarding how negative workload, role ambiguity, and role conflict directly influence the work-family conflict (Elloy & Smith, 2003). Besides, family interference with work is a predictor of stress (Uddin, 2019). Similarly, multiple roles and being overburdened contribute to the

work-family strain (Amah, 2021). Moreover, work interference with family and family interference with work either directly or indirectly contribute to work-family conflict (Boyer et al., 2008).

This study also intended to identify the differences in psychosocial well-being in terms of age and education level of single mothers. Research has consistently indicated that a mother's age and education level are strongly associated with her well-being (Birditt & Antonucci, 2008). For example, people in older age groups are shown to have a better well-being than those in younger age groups. Nevertheless, Noor (2006) mentions that minimising the age gap in the influence of well-being is essential since it may provide insights into the life-course approach. Meanwhile, it has been reported education can have a significant positive impact on psychosocial well-being. However, new studies revealed higher education is associated with less satisfaction of life (Tran, 2021). Thus given contradictory of result, there is a need for further research in understanding the link between education and psychosocial well-being.

The present study also examined coping as the moderator of the relationships between psychosocial well-being and social support and work-family conflict. According to Lazarus (2010), coping is a dynamic process and is not a static but fluid construct influenced by interactions with family and friends. In addition, Lakey and Archer (2000) state that there is a positive relationship between emotional support and coping. Family and friend relationships play an important role in single mothers' healing process. A lack of support from family and friends and being avoided by friends contribute to stress and consequently result in negative emotions and behaviour problems (Rahim, 2020). Social relationship is positively associated with self-esteem (Harris & Orth, 2020) which turned to high quality of life (Kim & Kim, 2020). In other words, coping plays a crucial role in giving support, which contributes to mental well-being.

Prior investigations have exposed that psychosocial well-being can be explained by the presence of family, friends, and significant other's support. Nonetheless, the association between work-family conflict and psychosocial well-being that is moderated by coping has rarely been investigated. Past studies explain that coping can reduce work-family conflict. According to Broussard et al. (2020) however, single mothers' stress and coping are linked to higher rates of violence. Therefore, coping was an important construct addressed in this study. Past research has shown that psychosocial factors can be explained by the presence of social support, work-family conflict, and coping. Nevertheless, the examination of the association between social support (family, friend, and significant other), work-family conflict (work interference with family and family interference with work), coping, and psychosocial well-being, in the context of single mothers, is limited. As a result, researchers have employed various techniques to study these elements, such as looking into them separately. The current study believed that all the factors were important aspects that should be discussed.

1.3 Research Questions

Based on the research problems, this study was conducted to answer the following questions:

- 1) What are the levels of social support, work-family conflict, coping, and psychosocial well-being of single mothers?
- 2) Are there any significant differences in psychosocial well-being of single mothers according to respondents' age and levels of education?
- 3) Are there any significant relationships between social support, work-family conflict, coping and psychosocial well-being of single mothers?
- 4) Does coping moderate the relationships between psychosocial well-being and social support and work-family conflict of single mothers?
- 5) Which factors uniquely predict the psychosocial well-being of single mothers?

1.4 Research Objectives

Main objective:

To determine the relationships between social support, work-family conflict, coping, and psychosocial well-being of single mothers.

Based on the research questions addressed in this study, five specific objectives were formulated as follows:

Specific objectives:

- 1) To identify the levels of social support, work-family conflict, coping, and psychosocial well-being of single mothers.
- 2) To determine the differences in psychosocial well-being of single mothers according to respondents' age and levels of education
- 3) To determine the relationships between social support, work-family conflict, coping, and psychosocial well-being of single mothers.
- 4) To determine the role of coping as a moderator of the relationships between psychosocial well-being and social support and work-family conflict of single mothers.
- 5) To determine which factors significantly predict the psychosocial well-being of single mothers.

1.5 Hypotheses

In this study, non-probability sampling was used for the selection of samples. The results in this study cannot be generalised to the general populations. Therefore, the aim of the results was not to test a broad population but to develop an initial understanding of a small population. Social support, work-family conflict, and coping were hypothesised to be significantly related to single mothers' psychosocial well-being. Carbonari (2013) states that social support has an important role in reducing the effects of stress. Meanwhile, Kingston (2013) reports that support network is significantly associated with psychological conditions, and there is a positive correlation between lack of good social support and negative feelings (Carbonari, 2013). On the other hand, work-family conflict is significantly related to depression, poor physical health, and heavy alcohol use (Rattay, Von Der Lippe, Borgmann, & Lampert, 2017) while coping has often been regarded as a positive approach to overcome stress (Puad Mohd Kari, 2017).

Previous research has demonstrated that age and education level may influence social support (Ahrens & Ryff, 2006), work-family conflict (Kalliath et al., 2013; Xu, 2009), and coping (Kalliath et al., 2013; Xu, 2009, Hurley, 2018; Williams, 2016). Furthermore, these variables have a reciprocal link to each other, according to the theory of Well-being, which is based on a theoretical framework on the relationships between social support, work-family conflict, coping and psychosocial well-being. As a result, hypotheses for this present investigation were meant to explore whether similar trend on findings exist in the sample.

Objective 2: To determine the differences in psychosocial well-being of single mothers according to respondents' age and levels of education

Ha1a: There is a significant difference in psychosocial well-being in terms of respondents' age.

Ha1b: There is a significant difference in psychosocial well-being in terms of levels of education

Objective 3: To determine the relationships between social support, work-family conflict, coping, and psychosocial well-being of single mothers

Ha2: There is a significant relationship between family and psychosocial well-being of single mothers.

Ha3: There is a significant relationship between friend and psychosocial well-being of single mothers.

Ha4: There is a significant relationship between significant other and psychosocial well-being of single mothers.

Ha5: There is a significant relationship between work interference with family and psychosocial well-being of single mothers.

Ha6: There is a significant relationship between family interference with work and psychosocial well-being of single mothers.

Ha7: There is a significant relationship between coping and psychosocial well-being of single mothers.

Objective 4: To determine the role of coping as a moderator of the relationships between psychosocial well-being and social support and work-family conflict of single mothers

Ha8: There is a significant moderating effect of coping on the relationship between social support and psychosocial well-being.

Ha9: There is a significant moderating effect of coping on the relationship between work-family conflict and psychosocial well-being.

Objective 5: To determine factors that significantly predicts psychosocial well-being of single mothers

Ha10: Age, education, social support, work-family conflict, and coping significantly predict psychological well-being of the respondents

1.6 Theoretical Framework

1.6.1 The Well-being Theory

The overarching theory employed in this study was the Well-being Theory (Deci & Ryan, 2008) to examine the psychosocial factors that influenced the well-being of single mothers. Well-being is a condition of holistic health in all its dimensions i.e. physical, cognitive, emotional, social, physical, and spiritual. In this study, psychosocial well-being refers to the emotional, psychological, and physical components that underscore the connection between psychological aspects and social interaction (Larson & Lee, 1996; Martikainen, 2002). Psychosocial well-being is a multidimensional construct consisting of psychological, social, and subjective components that influences the overall functionality of individuals in their true potential (Kumar, 2020). The term psychosocial emphasises the close connection between the psychological aspects of our experience and the psychosocial environment (Burns, 2016). This state of well-being motivates us to engage with the environment and live a better life. Specifically, all these aspects must converge to transform an individual into a meaningful person and live a good life. In other words, having a good social support from family and friends will lead to better overall functioning of an individual's well-being.

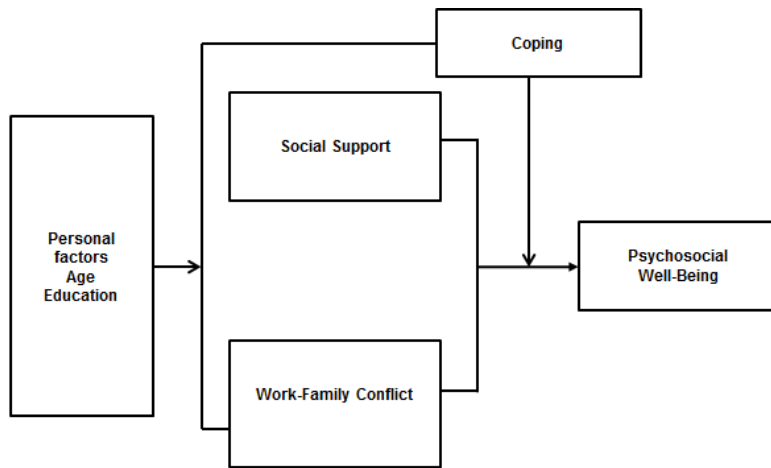


Figure 1.1 : Theoretical Framework

Figure 1.1 displays the theoretical framework of this research which indicates the interaction of the variables consisting of environmental and psychological aspects. The Well-being Theory discusses the viewpoint of people's feelings about everyday life activities. These feelings range from negative mental states to psychological strains such as anxiety, frustration, and unhappiness. In the past decades, this theory has postulated that the individual factors are the key indicators of well-being (Csikszentmihalyi, 2008; Frederickson, 2001; Steger et al., 2009). Later, the environment and psychological aspects must converge to form well-being since life is becoming too complex (Diener et. al., 2010; Seligman, 2018).

The Well-being Theory is explained in various ways by assuming a relationship between personal and environmental factors. In general, this theory postulates that personal factors interact with environment factors to develop behaviours. Furthermore, the theory considers a person's social interaction with the environment. Daily activities' psychosocial environment influences stressful life events. In other words, psychosocial environments such as workload, working conditions, and multiple roles are the major stressors that shape an individual's well-being. The interrole conflict of multiple roles has negative implications on psychological distress causing individuals to experience high stress levels. Two domains of interrole conflict, work to family conflict (WFC) and family to work conflict (FWC), have been observed to impact individuals' family, work, and personal lives in numerous ways. Nevertheless, the psychosocial factors provide an understanding of good life in meaningful ways. The internal and external environments' effects will lead to a state of stress to adapt to the work environment. Due to the uncertainty, the imbalance of getting the expectation of work and family will create high stress in life. A good life is when a person achieves certain meaningful things in life such as friendship, happiness, and purposeful life (McQuaid & Kern, 2017).

The goal of well-being is to explain how people perceive stress through unique appraisals and coping resources. The Well-being Theory states that people possess capabilities to cope with stress. Thus, coping is the most important predictor of emotional outcomes. Several researchers believe that coping is a process rather than a trait that varies from situation to situation for any one individual (Puah Mohd Kari, 2017). Overall, the Well-being Theory emphasises meaningful life by focusing on the psychosocial environment that influences the behaviour of individuals. In this study, the association between the three factors (social support, work-family conflict, coping) was explained by the relationship between the environmental factors and psychosocial factors towards achieving psychosocial well-being.

1.7 Conceptual Framework

Based on the theoretical background, the conceptual framework of the present study was developed, as illustrated in Figure 1.2. It demonstrates the relationships between the independent variables (social support, work-family conflict, and coping), the respondents' demographic factors (age and education), and psychosocial well-being. The current study also postulated that coping would moderate the relationships between psychosocial well-being and social support and work-family conflict.

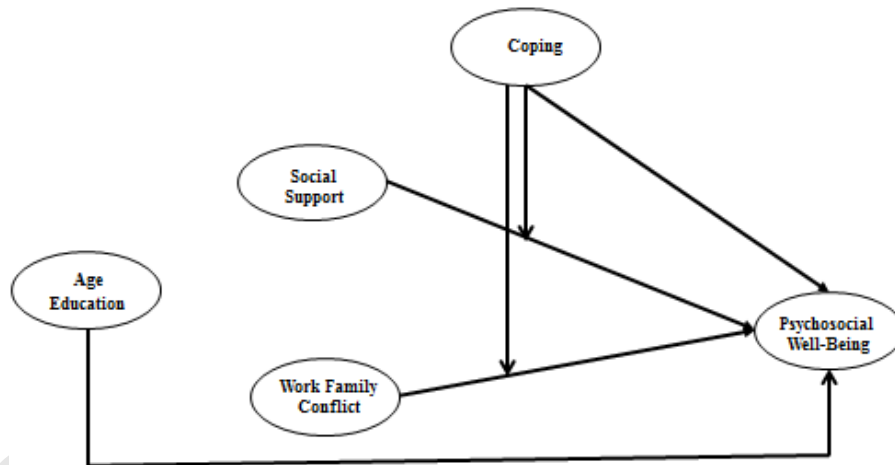


Figure 1.2 : Conceptual Framework

1.8 Conceptualisation and Operationalisation Definition

This section conceptually and operationally describes the meaning of the study's variables. The definitions of the variables are as follows:

i. Psychosocial Well-being

Conceptual definition: Psychosocial well-being consists of psychological, social, and subjective components which influence the overall functionality of individuals (Kumar, 2020).

Operational definition: The respondents' scores on the PERMA-Profiler (Peggy Kern, 2005). A high score indicates a higher level of well-being.

ii. Social Support

Conceptual definition: Family, friends, and significant others are widely known as the main resources of social support (Martinez & Abrams, 2013).

Operational definition: The respondents' score on the Multidimensional Scale of Perceived Social Support (Zimet et al., 1988). A higher score indicates a higher level of social support.

iii. Work-family Conflict

Work-family conflict consists of two domains of interrole conflict, i.e. work to family conflict (WFC) and family to work conflict (FWC).

Conceptual definition: Work interference with family (WIF) refers to the distraction of work to the family (Zainal et al., 2020).

Operational definition: The respondents' score on work interference with family (Netemeyer et al., 1996). A high score indicates a higher level of work interference with family.

Conceptual definition: Family interference with work (FIW) is the distraction of family to work (Zainal et al., 2020).

Operational definition: The respondents' score on family interference work (Netemeyer et al., 1996). A high score indicates a higher level of family interference work.

iv. Coping

Conceptual definition: Coping can be defined as the cognitive and behavioural efforts when dealing with special external or internal demands that are shown to be exhaustive to the person's resources (Lazarus & Folkman, 1991).

Operational definition: The respondents' score on the Ways of Coping Checklist (WoCC) (Lazarus & Folkman, 1991). A high score indicates a higher level of coping.

1.9 Significance of the Study

First, this research could assist collaborations among practitioners such as educators, counsellors, and policymakers in addressing psychosocial well-being issues. In conflict situations, the psychosocial well-being of single mothers is vital because they may not only suffer from the psychosocial environment but also daily sources of stress such as at the workplace and home. Without paying attention to these issues, the workplace environment could become a highly stressful environment that encourages poor attendance and performance. Hence, this research can play an important role in enhancing single mothers' psychosocial well-being through an effective preventive at workplace. To achieve this, the educators, counsellors, and policymakers must promote psychosocial well-being and support single mothers for them to perform their tasks well under difficult situations.

Second, the findings from this study could create awareness in the family institution, whereby families should give more attention towards the single mothers or single parents' well-being. Additionally, this research may be an eye-opener to the community as it can provide information regarding psychosocial well-being. Finally, the findings of this study are expected to show a correlation between work-family conflict, social support, and coping on the development of psychosocial well-being. Moreover, this study can also offer some benefits to single mothers, the focus of this research.

1.10 Limitations of the Study

The research implication is that the data gathered in this study can serve as a need assessment survey to gauge the severity of the psychosocial environment stressors. Nevertheless, this study has a few limitations that must be indicated to provide more opportunities for further studies in the related field. The survey method process helped the researcher to develop study. Even though surveys are extremely useful, there are some disadvantages to using online surveys. Participants in this study responded to self-reported survey questions without being reviewed or observed, thus, their answers could include some response biases. Besides, the non-probability sampling using convenience sampling is not useful enough when compared to the probability sampling in terms of data, analysis, and findings. Therefore, the results of this study cannot be generalised and can be treated as descriptive explorations only.

1.11 Summary

This chapter began with an introduction of the current scenario and issues concerning single mothers and the impact of psychosocial stressors on psychosocial well-being.

Based on the problem statement, there is a need to study the psychosocial factors that contribute to the psychosocial stressors among single mothers. As such, from the research questions, some research objectives and hypotheses were developed. Next, the conceptual framework, theoretical framework, definitions of terms, and significance of the study were presented in this chapter. The present research is important because it can provide information and serve as a guideline to employers and policymakers.



REFERENCES

- Abdul Talib, M., Abdul Mutalib, N.K., Shahabudin, S.M, & Mahmud, A. (2020). Household Income and Life Satisfaction of Single Mothers in Malaysia. *International Journal for Studies on Children, Women, Elderly and Disabled*, 9 (1), 75-83
- Abdullah, K., Noor, N., & Wok,S. (2008). The Perceptions of Women's Roles and Progress: A Study of Malay Women, Social Indicators Research: *An International and Interdisciplinary Journal for Quality-of-Life Measurement*, 89(3), 439-455
- Acheampong, A. (2018). Work-Family Interference and Work Performance among Employed Single Mothers in Ghana. *International Journal of Innovative Research and Development*, 7 (1), 364-372. <https://doi.org/10.24940/ijird/2018/v7/i1/121110-287716-1-SM>
- Agnafors, S., Bladh, M., & Svedin, C., & Sydsjö, G. (2019). Mental health in young mothers, single mothers and their children. *BMC Psychiatry*. <http://doi.org/19.10.1186/s12888-019-2082-y>
- Ahmad, S., Sabri, M.F., Abd. Rahim, H., & Osman, S. (2018). The mediation effect of self-coping mechanism between financial strains and financial security of single mothers in Malaysia. *Malaysian Journal of Consumer and Family Economics*, 21, 103-123
- Ahrens, C. J. C., & Ryff, C. D. (2006). Multiple Roles and Well-being: Sociodemographic and Psychological Moderators. *Journal of Research*, 55(11), 801–815. <https://doi.org/10.1007/s11199-006-9134-8>
- Akram, M.A., & Hussain, A. (2020). Relationship of Work-Family Conflict with Job Demands, Social Support and Psychological Well-Being of University Female Teachers in Punjab. *Bulletin of Education and Research*, 42 (1), 45-66
- Alin, A. (2010). Multicollinearity. *WIREs Computational Statistics*. 2 (3), 370-374. <https://doi.org/10.1002/wics.84>
- Alsarve, J. (2020). Friendship, reciprocity and similarity: lone mothers and their relationships with friends. *Community, Work & Family*, 23(4), 401- 418
- Amah, O.E. (2021). Managing the negative effects of work-to-family and family-to-work conflicts on family satisfaction of working mothers' in Nigeria. *Community, Work & Family*. 24(3), 257-271. <http://doi.org/10.1080/13668803.2019.1697646>
- Amati, V., Meggiolaro, S., Rivellini, G., & Zaccarin, S. (2018). Social relations and life satisfaction: the role of friends. *Genus*, 74(1). <http://doi.org/10.1186/s41118-018-0032-z>

- Avison, W., Ali, J., & Walters, D. (2007) Family Structure, Stress, and Psychological Distress: A Demonstration of the Impact of Differential Exposure. *Journal of Health and Social Behavior*. 62, 911–26
- Aw, E. C. X., & Sabri, M., F. (2020). Single Mothers' Subjective Well-Being: Empirical Evidence from Malaysia. *Health Care for Women International*. 42 (1). <http://doi.org/10.1080/07399332.2020174148>
- Awang, Z., Afthanorhan, A., Mohamad, M., & Asri, I. (2016). An evaluation of measurement model for medical tourism research: The confirmatory factor analysis approach. *Journal of Tourism Policy*. 6 (1), 29. <http://doi.org/10.1504/IJTP.2015.075141>.
- Bakker, A. B., Demerouti, E., & Euwema, M. (2005). Job resources buffer the impact of job demands on burnout. *Journal of Occupational Health Psychology*, 10 (2), 170–180. <http://doi.org/10.1037/1076-8998.10.2.170>
- Baranowska, A., & Matysiak, A., & Mynarska, M. (2013). Does Lone Motherhood Decrease Women's Happiness? Evidence from Qualitative and Quantitative Research. *Journal of Happiness Studies*, 15(6). <http://doi.org/10.1007/s10902-013-9486-z>.
- Bazeley, P. (1999). The Bricoleur with a computer: piecing together qualitative and quantitative data. *Qualitative Health Research*. 9, 279-287
- Benuyenah, V. & Tran, P.B. (2021), Postpartum psychological pressure on single mothers: an interpretative phenomenological analysis, *Journal of Humanities and Applied Social Sciences*, 3 (3), 199-216. <https://doi.org/10.1108/JHASS-12-2019-0089>
- Birditt, K. & Antonucci, T. (2008). Relationship Quality Profiles and Well-Being among Married Adults. *Journal of family psychology* 21, 595-604. <http://doi.org/10.1037/0893-3200.21.4.595>
- Bougie, R. & Sekaran, U. (2016). *Research Methods for Business: A Skill-Building Approach* (7th Ed.). Haddington: John Wiley & Sons
- Boyar, S. L., Maetz, C. P., Mosley, D. C., & Carr, J. C. (2008). The Impact of Work/Family Demand on Work-Family Conflict. *Journal of Managerial Psychology*, 23(3), 215-235. https://aquila.usm.edu/fac_pubs/1494
- Brady, M. (2016). Gluing, catching and connecting: how informal childcare strengthens single mothers' employment trajectories. *Work, Employment and Society*, 30(5), 821–837
- Broussard, C.A., Joseph A.L., & Thompson, M. (2020). Stressors and Coping Strategies used by Single Mothers Living in Poverty. *Journal of Women and Social Work*, 27(2), 190-204. <http://doi.org/10.1177/0886109912443884>

- Brown, J. (1999). Bowen Family Systems Theory and Practice. *Journal of Family Therapy*, 20 (2), 94-103
- Browning, S., & Pasley, B. (Eds.) (2015), Understanding and Treating Contemporary Families, 35-52. New York: Taylor & Francis/Routledge
- Bull, T., & Mittelmark, M. (2009). Work life and mental wellbeing of single and non-single working mothers in Scandinavia. *Scandinavian Journal of Public Health*. 37, 562-8. <http://doi.org/10.1177/1403494809340494>
- Burnard, P. & Hannigan, B. (2000). Qualitative and quantitative approaches in mental health nursing: moving the debate forward. *Journal of Psychiatric and Mental Health Nursing*. 7, 1-6
- Burns, R. (2016). Psychosocial Well-being. http://doi.org/10.1007/978-981-287-080-3_251-1
- Butterworth, P., Gill, S.C., Rodgers, B., Anstey, K. J., Villamil, E., & Melzer, D. (2006). Retirement and Mental Health: Analysis of the Australian National Survey of Mental Health and Well-Being. *Social Science and Medicine*. 62, 1179–1191. <http://doi:org/10.1016/j.socscimed.2005.07.013>
- Byrne, B. M. (2010). Structural equation modeling with AMOS: Basic concepts, applications, and programming (2nd ed.). Routledge/Taylor & Francis Group
- Cairney, J., Boyle, M., Offord, D. R., & Racine, Y. (2003). Stress, social support and depression in single and married mothers. *Social Psychiatry and Psychiatric Epidemiology: The International Journal for Research in Social and Genetic Epidemiology and Mental Health Services*, 38(8), 442–449. <https://doi.org/10.1007/s00127-003-0661-0>
- Carbonari, N.K. (2013). Perceived quality of life for Single Mothers Living in Affordable Housing in Columbus. Ohio State University, Ohio
- Carver, C.S. & Scheier, M.F. (1994) Situational Coping and Coping Dispositions in a Stressful Transaction. *Journal of Personality and Social Psychology*, 66, 184-195. <https://doi.org/10.1037/0022-3514.66.1.184>
- Charkhabi, M., Sartori, R., & Ceschi, A. (2016). Work–family conflict based on strain: The most hazardous type of conflict in Iranian hospitals nurses. *SA Journal of Industrial Psychology*, 42 (1), <http://doi.org//10.4102/sajip.v42i1.1264>
- Choi, S., Byoun, S.J., & Kim, E. H. (2020). Unwed single mothers in South Korea: Increased vulnerabilities during the COVID-19 pandemic. *International Social Work*, 63(5), 676–680. <https://doi.org/10.1177/0020872820941040>

- Comin, S., F., Fontaine, A. M. G. V., Koller, S. H., & dos Santos, M. A. (2013). Authentic Happiness To Well-Being: The flourishing of Positive Psychology. *Psicologia: Reflexao e Critica*, 26 (4), 663–670. <https://doi.org/10.1590/S0102-79722013000400006>
- Collings, Sunny & Jenkin, Gabrielle & Carter, Kristie & Signal, Louise. (2014). Gender differences in the mental health of single parents: New Zealand evidence from a household panel survey. *Social psychiatry and psychiatric epidemiology*. 49 (5), 811-821. <https://doi.org/10.1007/s00127-013-0796-6>.
- Cooper, C., McLanahan, S., Meadows, S., & Brooks-Gunn, J. (2009). Family Structure Transitions and Maternal Parenting Stress. *Journal of marriage and the family*. 558-574. <http://doi.org/7110.1111/j.1741-3737.2009.00619.x>.
- Csikszentmihalyi, M. (2008). *Flow: The Psychology of Optimal Experience* (1st ed.). New York, NY: Harper Collins. International R, 3(1). <https://doi.org/10.18275/fire201603011100>
- Damaske, S., Bratter, J., & Frech, A. (2016). Single mother families and employment, race, and poverty in changing economic times. *Social Science Research*. 62, 120–133
- Daniel, E. (2021). Single Mothers and Wellbeing of Adolescents Children In Kuala Lumpur, Malaysia. *International Journal of Social and Development Concerns*. 1, 116-127
- Daryanani, I., Hamilton, J. L., Abramson, L. Y., & Alloy, L. B. (2016). Single Mother Parenting and Adolescent Psychopathology. *Journal of abnormal child psychology*, 44(7)
- Deci, E. L., & Ryan, R. M. (2000). The “what” and “why” of goal pursuits: Human needs and the selfdetermination of behavior. *Psychological Inquiry*, 11(4), 227-268
- Deci, E. L., & Ryan, R. M. (2008). Self-Determination Theory: A Macrotheory of Human Motivation, Development, and Health. *Canadian Psychology Psychologie Canadienne*, 49(3), 182–185. <https://doi.org/10.1037/a0012801>
- Department of Women, Family & Community. (2021). Putrajaya, Malaysia. https://www.dwfc.gov.my/v1/index.php?r=column/ctwoByCat&parent_id=115&menu_id=L0pheU43NWJwRWVSZklWdzQ4TlhUUT09
- Desjardins, R. (2008). Researching the Links Between Education and Well-being. *European Journal of Education*. 43(1), 23-35. <http://doi.org/10.1111/j.1465-3435.2007.00333.x>.
- Diener, E., Lucas, R., & Oishi, S. (2018). Advances and Open Questions in the Science of Subjective Well-Being. *Collabra Psychology*. 4 (1), 15. <http://doi.org/15.10.1525/collabra.115>.

- Diener, Ed & Wirtz, Derrick & Tov, William. (2010). New measures of well-being: Flourishing and positive and negative feelings. *Soc Indic Res.* 39, 247-266.
- Dillman, D.A. (2000.). *Mail and Web-Based Survey: The Tailored Design Method.* New York: John Wiley & Sons
- Dina, E., Faizah, F., & Dara, Y. (2017). Emotion Focused Coping in Single Mother Who has Adolescence with Autism. *Jurnal Ilmu Pendidikan, Psikologi, Bimbingan dan Konseling.* 7(2), 158. <https://doi.org/10.24127/gdn.v7i2.979>
- Dumitru, V., & Cozman, D. (2012). The relationship between stress and personality factors. *Human Veterinar Medicine.* 4(1), 34.
- Egbert, J., & Staples, S. (2019). Doing Multi-Dimensional Analysis in SPSS, SAS, and R. In T.B. Sardinha & M.V. Pinto (Authors), *Multi-Dimensional Analysis: Research Methods and Current Issues*, 125–144. London: Bloomsbury Academic. Retrieved January 18, 2022, <http://dx.doi.org/10.5040/9781350023857.0015>
- Elloy, David & Smith, Catherine. (2003). Patterns of stress, work-family conflict, role conflict, role ambiguity and overload among dual-career and single-career couples: An Australian study. *An International Journal of Cross Cultural Management.* 10, 55-66. <http://doi.org/10.1108/13527600310797531>.
- Endut, N., Azwan, A. A., & Hashim Mohd, I. H. (2015,). Formal and Informal Support Systems for Single Women and Single Mothers in Malaysia. *EDP Sciences,* 2(9)
- Folkman S. (2013) Stress: Appraisal and Coping. In: Gellman M.D., Turner J.R. (eds) *Encyclopedia of Behavioral Medicine.* Springer, New York, NY. https://doi.org/10.1007/978-1-4419-1005-9_215
- Folkman, S., & Lazarus, R. (1984). *Manual for the Ways of Coping Questionnaire* (Research Ed.). Palo Alto: Consulting Psychologist Press.
- Fomby, P., & Cherlin, A. J. (2007). Family instability and child well-being. *American Sociological Review,* 72(2), 181–204. <https://doi.org/10.1177/000312240707200203>
- Fontanesi, L., Marchetti, D., Mazza, C., Di Giandomenico, S., Roma, P., & Verrocchio, M. C. (2020). The effect of the COVID-19 lockdown on parents: A call to adopt urgent measures. *Psychological trauma : theory, research, practice and policy,* 12(S1), S79–S81. <https://doi.org/10.1037/tra0000672>
- Ford, M., & Heinen, B., & Langkamer, K. (2007). Work and Family Satisfaction and Conflict: A Meta-Analysis of Cross-Domain Relations. *Journal of Applied Psychology.* 92. 57-80. <https://doi.org/10.1037/0021-9010.92.1.57>.

- Frank, E., Zhao, Z., Fang, Y., Rotenstein, L. S., Sen, S., & Guille, C. (2021). Experiences of Work-Family Conflict and Mental Health Symptoms by Gender Among Physician Parents During the COVID-19 Pandemic. *JAMA network open*, 4(11), e2134315. <https://doi.org/10.1001/jamanetworkopen.2021.34315>
- Fredrickson, B. L. (2000). Cultivating Positive Emotions to Optimize Health and Well-Being. *Prevention and Treatment*.
- Fredrickson, B. L. (2001). The role of positive emotions in positive psychology: The broaden-and-build theory of positive emotions. *American Psychologist*, 56(3), 218–226. <https://doi.org/10.1037/0003-066X.56.3.218>
- Fredrickson, B. L. (2001a). The Role of Positive Emotions in Positive Psychology: The Broaden-And-Build Theory of Positive Emotions. *American Psychologist*, 56(3), 218. <https://doi.org/10.1037/0003-066X.56.3.218>
- Fredrickson, B. L. (2001b). The Role of Positive Emotions in Positive Psychology: The Broaden-and-Build Theory of Positive Emotions. *American Psychologist*, 56, 218–226. <https://doi.org/10.1037/0003066X.56.3.218>
- Fredrickson, B. L. (2006). The Broaden-And-Build Theory of Positive Emotions. In M. Csikszentmihalyi & I. S. Csikszentmihalyi (Eds.). *A Life Worth Living: Contributions to Positive Psychology*, 85–103. New York, NY: Oxford University Press
- Gallagher, M.W. (2012). Self-Efficacy. <http://doi.org/10.1016/B978-0-12-375000-6.00312-8>.
- Gasse, D.V., & Mortelmans, D. (2020). Social support in the process of household reorganization after divorce. *Journal of Social and Personal Relationships*, 37(6)
- Giordano, P. C., Johnson, W. L., Manning, W. D., & Longmore, M. A. (2016). Parenting in adolescence and young adult intimate partner violence. *Journal of Family Issues*, 37(4), 443–465. <https://doi.org/10.1177/0192513X13520156>
- Gamze, G. (2020). Work-family conflict and coping strategies of employed women in a public institution. Middle East Technical University (unpublished masters dissertation).
- Hahn, R. A., & Truman, B. I. (2015). Education Improves Public Health and Promotes Health Equity. *International journal of health services : planning, administration, evaluation*, 45(4), 657–678. <https://doi.org/10.1177/0020731415585986>
- Hair, J. R. J. F., Hult, G. T. M., Ringle, C., & Sarstedt, M., (2016). *A Primer on Partial Least Squares Structural Equation Modelling (PLS-SEM)*. Sage Publications

- Halstead, E. J., Griffith, G. M., & Hastings, R. P. (2017). Social support, coping, and positive perceptions as potential protective factors for the well-being of mothers of children with intellectual and developmental disabilities. *International journal of developmental disabilities*, 64(4-5), 288–296. <https://doi.org/10.1080/20473869.2017.1329192>
- Hamid, S. R. A., & Salleh, S. (2013). Exploring Single Parenting Process in Malaysia: Issues and Coping Strategies. *Procedia-Social and Behavioral Sciences*, 84, 1154–1159. <https://doi.org/10.1016/j.sbspro.2013.06.718>
- Hancioglu, M., & Hartmann, B. (2014). What makes single mothers expand or reduce employment? *Journal of Family and Economic Issues*, 35(1), 27–39. <https://doi.org/10.1007/s10834-013-9355-2>
- Hannighofer, J., Foran, H., Hahlweg, K., & Zimmermann, T. (2017). Impact of Relationship Status and Quality (Family Type) on the Mental Health of Mothers and Their Children: A 10-Year Longitudinal Study. *Frontiers in Psychiatry*. 8. <https://doi.org/10.3389/fpsy.2017.00266>
- Harris, M. A., & Orth, U. (2020). The link between self-esteem and social relationships: A meta-analysis of longitudinal studies. *Journal of Personality and Social Psychology*, 119(6), 1459-1477. <http://doi.org/10.1037/pspp0000265>
- Hartwig, E. (2016). Social networks: A village of support for single mothers. *Journal of Family Social Work*. 19, 1-16. <https://doi.org/10.1080/10522158.2015.1112333>
- Harun, S., Mohamad, Z., Abu Talib, J., & Omar, N., E.(2020). Coping Strategies: Issues And Preferences Amongst Single Mothers In Terengganu, Malaysia. *International Journal of Management (IJM)*, 11(6), 1603-1608, <https://doi.org/10.34218/IJM.11.6.2020.146>
- Hasanah, S.,F & Ni'matuzahroh. (2018). Work Family Conflict Pada Single Parent, *Jurnal Muara Ilmu Sosial, Humaniora, dan Seni* 1(2), <https://dx.doi.org/10.24912/jmishumsen.v1i2.972>
- Hassan, Z. A., Schattner, P., & Mazza, D. (2006). Doing A Pilot Study: Why Is It Essential?. *Malaysian family physician : the official journal of the Academy of Family Physicians of Malaysia*, 1(2-3), 70 –73
- Hensher, D., John, R., & William, G. (2005). Applied Choice Analysis. <https://doi.org/10.1007/9781316136232>
- Hidalgo, B. & Goodman, M. (2013) Multivariate or Multivariable Regression? *American Journal of Public Health*, 103, 39-40. <https://doi.org/10.2105/AJPH.2012.300897>

- Hoque, A. S. M. M., Siddiqui, B., Awang, Z., & Awaludin, S. (2018). Exploratory Factor Analysis of Entrepreneurial Orientation in The Context Of Bangladeshi Small And Medium Enterprises (SMES). 3(2), <https://doi.org/10.5281/zenodo.1292331>
- Hsieh, M. O., & Leung, P. (2015). Attitudinal and behavioral indicators influencing employment decisions among married and single mothers in Taipei, Taiwan. *International Social Work*, 58(1), 123 – 141. <https://doi.org/10.1177/0020872812461045>
- Hudson, D. B., Campbell-Grossman, C., Kupzyk, K. A., Brown, S. E., Yates, B. C., & Hanna, K. M. (2016). Social Support and Psychosocial Well-being among Low-Income, Adolescent, African American, First-Time Mothers. *Clinical nurse specialist CNS*, 30(3), 150–158
- Hurley, L. N. (2018). The Relationship between Resilience, Coping, and Social Media. Eastern Illinois University Charleston, Illinois. (Unpublished doctoral dissertation)
- Hutcheson, G. and Sofroniou, N. (1999). *The Multivariate Social Scientist: Introductory Statistics Using Generalized Linear Models*. Sage Publication, Thousand Oaks, CA. 7(4). <https://doi.org/10.4135/9780857028075>
- Ilyas, N., & Arshad, T. (2017). Spiritual Intelligence, Work-Family Conflict and Psychological Distress among University Teachers. Bahria. *Journal of Professional Psychology*. 16(1), 01-25
- National Health and Morbidity Survey (NHMS). (2019). Non-communicable diseases, healthcare demand, and health literacy -Key Finding
- Isaac, O.,A. (2017). Work Stress and Marital Conflict as Correlate of Well-Being of Formal Caregivers in Abeokuta Township. *International Journal of Research in Humanities and Social Studies*, 4 (1), <http://dx.doi.org/10.22259/ijrhss.0401001>
- Jaladin, R.A.M., Fernandez, J.A., Abdullah, N.A.S., & Asmawi, A. (2020). Empowering single mothers through creative group counselling: An effective intervention to improve mental well-being. *Malaysian Journal of Medicine and Health Sciences*, 16(3), 192-201
- Javed, S., Javed, S., & Khan, A. (2016). Effect of Education on Quality of Life and Well Being. *The International Journal of Indian Psychology*. 3(3), 2349-3429. <https://doi.org/10.25215/0304.053>
- Jennifer Ikony, L. (2018). Examining Single Mothers' Religious Practices and Their Well being. Grand Canyon University Phoenix, Arizona
- Johanson, G. A., & Brooks, G. P. (2010). Initial Scale Development: Sample Size for Pilot Studies. *Educational and Psychological Measurement*, 70(3), 394-400

- Kamis, C. (2021). The Long-Term Impact of Parental Mental Health on Children's Distress Trajectories in Adulthood. *Society and Mental Health*. 11(1), 54–68. <https://doi.org/10.1177/2156869320912520>
- Kalliath, P., & Kalliath, T., & Chan, C. (2017). Work-Family Conflict, Family Satisfaction and Employee Well-Being: A Comparative Study of Australian and Indian Social Workers: Work-Family Conflict and Well-Being. *Human Resource Management Journal*. 27. <https://doi.org/10.1111/1748-8583.12143>
- Kang H. (2013). The prevention and handling of the missing data. *Korean journal of anesthesiology*, 64(5), 402–406. <https://doi.org/10.4097/kjae.2013.64.5.402>
- Karunanayake, D., Aysha, M., & Umesha, N.D. (2021). The Psychological Well-Being of Single Mothers with School age Children : An Exploratory Study. *International Journal of Scientific Research in Science and Technology*. 8, 16-37. <http://doi.org//10.32628/IJSRST21812>
- Kevin, B. W. (2005). Researching Internet-Based Populations: Advantages and Disadvantages of Online Survey Research, Online Questionnaire Authoring Software Packages, and Web Survey Services, *Journal of Computer-Mediated Communication*, 10 (3). <https://doi.org/10.1111/j.1083-6101.2005.tb00259.x>
- Kim, G. E., & Kim, E. J. (2020b). Factors Affecting The Quality of Single Mothers Compared to Married Mothers. *BMC Psychiatry*, 20(169). <https://doi.org/10.1186/s12888-020-02586-0>
- Kim, G.E., Choi, H.Y., & Kim, E.J.(2018). Impact of economic problems on depression in single mothers: A comparative study with married women. *PLoS One*. 13(8):1-14
- Kim, Ga & Kim, Eui-Jung. (2020). Factors affecting the quality of life of single mothers compared to married mothers. *BMC Psychiatry*. <https://doi.org/10.1186/s12888-020-02586-0>
- Kim, J.-E., Lee, J., & Lee, S. (2018). Single Mothers' Experiences with Pregnancy and Child Rearing in Korea: Discrepancy between Social Services/Policies and Single Mothers' Needs. *International Journal of Environmental Research and Public Health*, 15(5), 955. <https://doi.org/10.3390/ijerph15050955>
- Kim, J.H. (2019). Multicollinearity and misleading statistical results. *Korean Journal of Anesthesiology*, 72, 558 - 569
- Kingston, S. (2013). Economic adversity and depressive symptoms in mothers: Do marital status and perceived social support matter? *American Journal of Community Psychology*. 52(3), 359-366. <https://doi.org/10.1007/s10464-013-9601-7>

- Klasen, S., Lechtenfeld, T., & Povel, F. (2015). A Feminization of Vulnerability? Female Headship, Poverty, and Vulnerability in Thailand and Vietnam. *World Development*, 71, 36-53
- Knoef, M. G., & van Ours, J. (2016). How to stimulate single mothers on welfare to find a job: Evidence from a policy experiment. *Journal of Population Economics*, 29(4), 1025-1061. <https://doi.org/10.1007/s00148-016-0593-0>
- Kossek, E., & Ozeki, C.,. (1998). Work-Family Conflict, Policies, and The Job-Life Satisfaction Relationship: A Review and Directions for Organizational Behavior-Human Resources Research. *Journal of Applied Psychology*. 83, 139-149. <https://doi.org/10.1037//0021-9010.83.2.139>
- Kramer, K. Z., Myhra, L. L., Zuiker, V. S., & Bauer, J. W. (2016). Comparison of Poverty and Income Disparity of Single Mothers and Fathers Across Three Decades: 1990–2010. *Gender Issues*, 33(1), 22-41. <https://doi.org/10.1007/s12147-015-9144-3>
- Kristin, A., & Karen, R. (2012). Social Relationships. https://doi.org/10.1007/978-1-4419-1005-9_59
- Kumar, C. (2020). Psychosocial Well-Being of Individuals. http://doi.org/10.1007/978-3-319-95870-5_45
- Ladebo, O.J., & Awotunde, J.M. (2007). Emotional and behavioral reactions to work overload: Self-efficacy as a moderator. *Current Research in Social Psychology*, 13(8), 86–100
- Lakey, B., & Orehek, E. (2014). Relational Regulation Theory: A New Approach to Explain the Link Between Perceived Social Support and Mental Health. *American Psychological Association*, 118(3), 482–495. <https://doi.org/10.1037/a0023477>
- Lazarus, R. S. (1996). The role of coping in the emotions and how coping changes over the life course. In C. Magai & S. H. McFadden (Eds.), *Handbook of emotion, adult development, and aging*, 289–306. Academic Press. <https://doi.org/10.1016/B978-012464995-8/50017-0>
- Lee, M., & Larson, R. W. (1996). Effectiveness of Coping in Adolescence: The Case of Korean Examination Stress. *International Journal of Behavioral Development*, 19, 851-869
- Li H, Zhang Y, Wang H, Liang J, Zhou Y, Huang Y, Zhai T, Yang Q, Yang M, Ning Y, He H, Wu K, Chen F, Wu F, & Zhang X. (2020). The Relationship Between Symptoms of Anxiety and Somatic Symptoms in Health Professionals During the Coronavirus Disease 2019 Pandemic. *Neuropsychiatr Dis Treat*. 16, 3153-3161. <https://doi.org/10.2147/NDT.S282124>

- Liang, L. A., Berger, U., & Brand, C. (2019). Psychosocial Factors Associated With Symptoms of Depression, Anxiety and Stress Among Single Mothers With Young Children: A Population-Based Study. *Journal of Affective Disorders*, 242, 255-264
- Liang, L. A., Berger, U., & Brand, C. (2019). Psychosocial factors associated with symptoms of depression, anxiety and stress among single mothers with young children: A population-based study. *Journal of Affective Disorders*, 242, 255–264. <https://doi.org/10.1016/j.jad.2018.08.013>
- Lopez, S. J., & Snyder, (2009). *The Oxford Handbook of Positive Psychology*. New York: Oxford University Press
- Lu, Y.C Walker, R., & Richard, P., Youni, M. (2019). Inequalities in Poverty and Income between Single Mothers and Fathers. *International Journal of Environmental and Public Health*, 17, 135, <https://doi.org/10.3390/ijerph17010135>
- Luthar, S., & Ciciolla, L. (2015). Who mothers Mommy? Factors that contribute to mothers' well-being. *Developmental Psychology*, 51(12), 1812–1823
- Malhotra, Naresh, Birks & David (2007) *Marketing Research: An Applied Approach* (3rd European Edition), Harlow, UK: Pearson Education
- Maness, N.E. & Munoz, K.R, (2019). Coping Mechanisms Utilized by Single Mothers in College. *Electronic Theses, Projects, and Dissertations*. 865. <https://scholarworks.lib.csusb.edu/etd/865>
- Martela, F., & Steger, M. F. (2016). The three meanings of meaning in life: Distinguishing coherence, purpose and significance. *Journal of Positive Psychology*, 11, 531-545. <https://doi.org/10.1080/17439760.2015.1137623>
- Martikainen, P., Bartley, M., & Lahelma, E. (2002). Psychosocial determinants of health in social epidemiology. *International Journal of Epidemiology*, 31(6), 1091–1093. <https://doi.org/10.1093/ije/31.6.1091>
- Martinez, D. J., & Abrams, L. S. (2013). Informal Social Support Among Returning Young Offenders: A Metasynthesis of the Literature. *International Journal of Offender Therapy and Comparative Criminology*, 57(2), 169-190
- Matjeke, K., & Dyk, G. (2020). Factors Influencing Work Satisfaction Of Single Parents In The South African National Defence Force: An Exploratory Study. *Scientia Militaria*, 47, <https://doi.org/10.5787/47-1-1270>
- McKnight, P. E., McKnight, K. M., Sidani, S., & Figueredo, A. J. (2007). *Missing data: A gentle introduction*. Guilford Press
- McQuaid, M., & Kern, M. (2017). *Your well-being blueprint: Feeling good and doing well at work*. Melbourne: Michelle McQuaid

- Meier, A., Musick, K., Flood, S., & Dunifon, R. (2016). Mothering Experiences: How Single Parenthood and Employment Structure The Emotional Valence of Parenting. *Demography*, 53(3), 649-674
- Miloseva, L., Vukosavljevic-Gvozden, T., Richter, K., Milosev, V., & Niklewski, G. (2017). Perceived social support as a moderator between negative life events and depression in adolescence: implications for prediction and targeted prevention. *The EPMA journal*, 8(3), 237–245. <https://doi.org/10.1007/s13167-017-0095-5>
- Minnotte, K.L. (2012). Family Structure, Gender, and the Work–Family Interface: Work-to-Family Conflict among Single and Partnered Parents. *Journal Family Economics*, 33, 95–107 <https://doi.org/10.1007/s10834-011-9261->
- Mishra, P.S., Thamminaina, A., & Mishra, N. (2021). Single Mothers: Strategies of Family Management and Support Systems in Relation to Health. *Journal of International Women's Studies*, 22(5), 393-406. <https://vc.bridgew.edu/jiws/vol22/iss5/24>
- Moe, K. (2012). Factors influencing Women's Psychological Well-Being Within A Positive Functioning Framework (Unpublished doctoral disseration). University of Kentucky
- Mohd Khir, A., Rodzuwan, N. A., Md. Noor, A., Wan Jaafar, W. M., & Hassan, M. M. (2020). Sokongan Sosial, Penghargaan Kendiri dan Kemurungan dalam kalangan Mahasiswa di Universiti. *Malaysian Journal of Social Sciences and Humanities (MJSSH)*, 5(11), 33 - 42. <https://doi.org/10.47405/mjssh.v5i11.547>
- Mohamad, Z., Husain, Z., Talib, J., & Mohd Yusof, R., Ramley, F., Mohd Dagang, M., Ab Raji, N.A & Mohd Noor, M. (2019). The Effectiveness of Art Therapy Module on The Well-Being Of Single Mothers. *Humanities & Social Sciences Reviews*. 7, 441-449. <http://doi.org/10.18510/hssr.2019.7150>
- Mohd Radzi, H., Ramly, L., Farhaniza, S., & Othman, K. (2014). Religious And Spiritual Coping Used By Student In Dealing With Stress And Anxiety. *International Journal of Asian Social Science*, 4 (2), 314-319
- Moilanen, S., Aunola, K., May, V., Sevón, E., & Laakso, M.L. (2019). Nonstandard Work Hours and Single Versus Coupled Mothers' Work-to-Family Conflict. *Family Relations*. <https://doi.org/10.1111/fare.12353>
- Morrison, D. A., Mensah, J. V., Kpakpo, G. N. A., & Asante, C. (2020). Work-Family Conflict and Employee Performance in Ghana's Banking Sector. *International Journal of Research Granthaalayah*, 8(9), 113–122. <https://doi.org/10.29121/granthaalayah.v8.i9.2020.1120>
- Muarifah, A., Widyastuti, D., & Fajarwati, I. (2019). The Effect of Social Support on Single Mothers' Subjective Well-Being and Its Implication for Counseling. *Jurnal Kajian Bimbingan dan Konseling*. 4(4), 143-149

- Mukwevho, H., Edgar, A., Joseph, N., & Roberson, R. (2020). Factors Impacting Employee Absenteeism and the Managers' Perception of its Causes in the Hotel Industry. *African Journal of Hospitality, Tourism and Leisure*, 9(5), 1161-1177
- Musick, K., Meier, A., & Flood, S. (2016). How Parents Fare: Mothers' and Fathers' Subjective Well-Being in Time with Children. *American Sociological Review*, 81(5), 1069–1095. <https://doi.org/10.1177/0003122416663917>
- Nahar, J. S., Algin, S., Sajib, M., Ahmed, S., & Arafat, S. (2020). Depressive and anxiety disorders among single mothers in Dhaka. *The International journal of social psychiatry*, 66(5), 485–488. <https://doi.org/10.1177/0020764020920671>
- Nair S., Sagarán, S.(2015) Poverty in Malaysia: Need for a paradigm shift. *Institutions and Economies*. 7(3), 95-123
- National Health & Morbidity. (2019). Ministry of Health, Malaysia
- Nelson, S.K., Kushlen, K., Lyubomirsky, S. (2014). The Pains and Pleasures of Parenting: When, Why, and How is Parenthood Associated with More or Less Well-Being? *Psychological Bulletin*. 104, 846–95
- Netemeyer, R.G., & Boles, J.S. & MCMurrian, R. (1996). Development and Validation of Work–Family Conflict and Family–Work Conflict Scales. *Journal of Applied Psychology*, 81, 400–10
- Neto, M., Carvalho, V. S., Chambel, M. J., Manuel, S., Pereira Miguel, J., & de Fátima Reis, M. (2016). Work-family conflict and employee well-being over time: The loss spiral effect. *Journal of Occupational and Environmental Medicine*, 58(5), 429-435. <https://doi.org/10.1097/JOM.0000000000000707>
- Neto, M., Chambel, M. J., & Carvalho, V. S. (2018). Work–family life conflict and mental well-being. *Occupational Medicine*, 68(6), 364–369. <https://doi.org/10.1093/occmed/kqy079>
- Neuman, W. (2014) *Social Research Methods: Qualitative and Quantitative Approaches*. Essex. Pearson.
- Nguyen, A. W., Chatters, L. M., Taylor, R. J., & Mouzon, D. M. (2016). Social support from family and friends and subjective well-being of older African Americans. *Journal of Happiness Studies: An Interdisciplinary Forum on Subjective Well-Being*, 17(3), 959–979. <https://doi.org/10.1007/s10902-015-9626-8>
- Nickols, Y., (1979). Resource management for single parents. *Journal of Home Economics*, 71(2), 40-41.

- Nomaguchi, K., & Milkie, M. (2004). Costs and Rewards of Children: The Effects of Becoming a Parent on Adults' Lives. *Journal of Marriage and Family*, 65,356 - 374. <http://doi.org/10.1111/j.1741-3737.2003.00356.x>.
- Noor, N. M. (1995). Work and Family Roles in Relation to Women's Well-Being: A Longitudinal Study. *Journal of Social Psychology*, 34, 87-106.
- Noor, N. M. (2002). Work-family Conflict, Locus of Control, and Women's Well-Being: Tests of Alternative Pathways. *Journal of Social Psychology*, 142(5), 645-662. <http://doi.org/org/10.1080/00224540209603924>.
- Noor, N. M. (2006). Malaysian Women's State of Well-Being: Empirical Validation of a Conceptual Model, *The Journal of Social Psychology*, 146 (07): 95-115.
- Nor Sham, N.I.S., Salleh, R & Syed Sheikh, S.S. (2021). Women Empowerment and Work-Life Balance of Women Engineers in the Malaysian Energy Sector: A Conceptual Framework. <https://doi.org/10.1051/shsconf/202112408009>
- Nunnally, J.C. (1978) Psychometric theory. 2nd Edition, McGraw-Hill, New York
- Obrenovic, B., Jianguo, D., Khudaykulov, A., & Khan, M. (2020). Work-Family Conflict Impact on Psychological Safety and Psychological Well-Being: A Job Performance Model. *Frontiers in psychology*, 11, 475. <https://doi.org/10.3389/fpsyg.2020.00475>
- Obrenovic, B., Jianguo, D., Khudaykulov, A., & Khan, M. (2020). Work-Family Conflict Impact on Psychological Safety and Psychological Well-Being: A Job Performance Model. *Frontiers in psychology*, 11, 475. <https://doi.org/10.3389/fpsyg.2020.00475>
- Ozbay, F., Johnson, D. C., Dimoulas, E., Morgan, C. A., Charney, D., & Southwick, S. (2007). Social support and resilience to stress: from neurobiology to clinical practice. *Psychiatry (Edgmont (Pa. : Township))*, 4(5), 35-40
- Padgett, C. R., Skilbeck, C. E., & Summers, M. J. (2014). Missing data: The importance and impact of missing data from clinical research. *Brain Impairment*, 15(1), 1-9. <https://doi.org/10.1017/BrImp.2014.2>
- Pallant, J. (2013). *SPSS survival manual : A step by step guide to data analysis using IBM SPSS* (4th ed.). Crows Nest, NSW: Allen & Unwin
- Petts, Richard. (2011). Parental Religiosity, Religious Homogamy, and Young Children's Well-Being. *Sociology of Religion*. 72, 389-414. <https://doi.org/10.2307/41428339>
- Pluut, H., Ilies, R., Curseu, P. L., & Liu, Y. (2018). Social support at work and at home: Dual-buffering effects in the work-family conflict process. *Organizational Behavior and Human Decision Processes*, 146, 1-13

- Poudel, A., Gurung, B. & Khanal, G.P. (2020) Perceived social support and psychological wellbeing among Nepalese adolescents: the mediating role of self-esteem. *BMC Psychol*, 8 (43). <https://doi.org/10.1186/s40359-020-00409-1>
- Preece, J., & Nonnecke, B. (2014). Conducting Research on the Internet: Online Survey Design, Development and Implementation Guidelines Conducting Research on the Internet: *International Journal of Human Computer Interaction*, 16(2),185–210
- Puad Mohd Kari, D. N. (2017). Strategi Daya Tindak Dalam Kalangan Ibu Tunggal Kematian Pasangan (Unpublished doctoral dissertation). University of Malaya
- Ibrahim, R.Z.A., & Abu Bakar, A. (2014). Malaysian Work Family Conflict and Wellbeing: The Moderating Role of Job Control and Social Support. *International Journal of Social Science and Human Behavior Study*. 1 (2), 55-60.
- Radzi, H. M., Ramly, L. Z., Ghazali, F., Sipon, S. & Othman, K. (2014). Religious and spiritual coping used by student in dealing with stress and Anxiety. *International Journal of Asian Social Sciences*, 4 (2), 314-319.
- Rahim, N.B. (2019). Work-family conflict, coping strategies, and flourishing: Testing for mediation. *Asian Academy of Management Journal*, 24(2), 169–195. <https://doi.org/10.21315/aamj2019.24.2.8>
- Rahman, N.W., Abdullah, H., Darus, N., & Mansor A.A., (2017). Key Challenges Contributing to the Survival of Single Mothers. *Journal of Applied Environmental and Biological Sciences*, 7 (4), 105–109.
- Ramesh, V. (2018). A Study on Stress and Coping among Parents and Students using Statistical and Data Mining Techniques. *International Journal of Information Technology*. 6 (6), 1-5. <http://www.ipasj.org/IJIT/IJIT.htm>
- Rattay, P., Elena,V.D., Borgmann,R., Sophie, L., & Thomas, L. (2017). The health of single mothers and fathers in Germany. *Journal of Health Monitoring*. 2 (4), 23- 41, <https://doi.org/10.17886/rki-gbe-2017-123>
- Rattay, P., Von Der Lippe, E., Borgmann, L.-S., & Lampert, T. (2017). The Health of Single Mothers and Fathers in Germany. *Journal of Health Monitoring*, 2(24). <https://doi.org/10.17886/RKI-GBE-2017-123>
- Raymo, J., & Zhou, Y. (2012). Living Arrangements and the Well-Being of Single Mothers in Japan. Population research and policy review. 31. 727-749. <https://doi.org/10.1007/s11113-012-9247-4>
- Reimann, M., Marx, C., & Diewald, M. (2019). Work-to-family and family-to-work conflicts among employed single parents in Germany. *Equality, Diversity and Inclusion: An International Journal*. <https://doi.org/10.1108/EDI-02-2019-0057>.

- Richeter, D., & Lemola, S. (2017). Growing up with a single mother and life satisfaction in adulthood: a test of mediating and moderating factors, *12*(6). <https://doi.org/10.1371/journal.pone.0179639>
- Robinson, L. D., Magee, C., & Caputi, P. (2016). Burnout and the work-family interface: a two-wave study of sole and partnered working mothers. *Career Development International*, *21*(1), 31-44. <https://doi.org/10.1108/CDI-06-2015-0085>
- Roman, C. (2017). Between Money and Love: Work-family Conflict Among Swedish Low-income Single Mothers. *Nordic Journal of Working Life Studies*, *7*(3)
- Rose, J. (2017). “Never enough hours in the day”: Employed mothers perceptions of time pressure. *Australian Journal of Social Issues*, *52*(2), 116-130
- Rosman, M., Sabil, S., Hassan, Z., & Kasa, M. (2020). Organizational Factors and Work-Life Balance among Policewomen in Sarawak: Emotion Based Coping Strategy as Mediator. *International Journal of Academic Research in Business and Social Sciences*, *10*(1), 171–179.
- Rousou, E., Kouta, C., Middleton, N., & Karanikola, M. (2019). Mental health among single mothers in Cyprus: A cross-sectional descriptive correlational study. *BMC Women's Health*. *19*(1). <https://doi.org/10.1186/s12905-019-0763-9>
- Ruggeri, K., & García G., Eduardo M., Áine & Matz, S., & Huppert, F., (2020). Well-being is more than happiness and life satisfaction: A multidimensional analysis of 21 countries. *Health and Quality of Life Outcomes*. <https://doi.org/10.1186/s12955-020-01423-y>
- Ryff, C. D. (2017). Eudaimonic well-being, inequality, and health: Recent findings and future directions. *International review of economics*, *64*(2), 159–178. <https://doi.org/10.1007/s12232-017-0277-4>
- Ryff, C. D. (2018). Eudaimonic well-being: Highlights from 25 years of inquiry. In K. Shigemasu, S. Kuwano, T. Sato, & T. Matsuzawa (Eds.), *Diversity in harmony - Insights from psychology: Proceedings of the 31st International Congress of Psychology* (pp. 375–395). John Wiley & Sons Ltd. <https://doi.org/10.1002/9781119362081.ch20>
- Saetes, S., Hynes, L., & McGuire, B., E. (2017). Family resilience and adaptive coping in children with juvenile idiopathic arthritis: protocol for a systematic review. *6* (221) <https://doi.org/10.1186/s13643-017-0619-z>
- Saharudin, A.,E., & Alavi, K. (2019). Exploring Stress Impact and Social Support towards Parenting Responsibility among Single Fathers. *Journal of Undergraduate Research*, *1*(4), 105–114. <https://doi.org/10.46754/umtjur.v1i4.97>

- Saim, N. (2014). Social Support, Coping, Resilience and Mental Health in Malaysian Unwed Young Pregnant Women and Young Mothers. (Unpublished doctoral dissertation). University of Sweden.
- Sainani, K. L. (2013). Statistically Speaking: Avoiding Careless Errors: Know Your Data. <https://doi.org/10.1016/j.pmrj.2013.01.012>
- Sandstrom, G. M., & Dunn, E. W. (2014). Social Interactions and Well-Being: The Surprising Power of Weak Ties. *Personality and Social Psychology Bulletin*, 40, 910–922. <https://doi.org/10.1177/0146167214529799>
- Schlomer, G.L., Bauman, S., & Card, N.A. (2010). Best practices for missing data management in counseling psychology. *Journal of counseling psychology*, 57 1, 1-10
- Schober, P., Boer, C., & Schwarte, L. A. (2018). Correlation Coefficients: Appropriate Use and Interpretation. *Anesthesia and analgesia*, 126(5), 1763-1768.
- Sekaran, U., & Bougie, R. (2009). *Research Methods for Business: A Skill Building Approach* (5th Ed.). United Kingdom: A John Wiley and Sons, Ltd. Publication
- Seligman, M. (2018). PERMA and the building blocks of well-being. *Journal of Positive Psychology*.
- Seligman, M. E. P. (2002). *Authentic happiness: Using the new positive psychology to realize your potential for lasting fulfillment*. Free Press.
- Selvarajan, T. T. R., Singh, B., Stringer, D., & Chapa, O. (2020). Work-family conflict and well-being: Moderating role of spirituality. *Journal of Management, Spirituality & Religion*, 17(5), 419–438. <https://doi.org/10.1080/14766086.2020.1796768>
- Sheehan, K.B. (2006). E-mail Survey Response Rates: A Review. *Journal of Computer Mediation Communication*, 6 (2), 0-0. <https://doi.org/10.1111/j.1083-6101.2001.tb00117.x>
- Shirahase, S., & Raymo, J. M. (2014). Single Mothers and Poverty in Japan: The Role of Intergenerational Coresidence. *Social forces; a scientific medium of social study and interpretation*, 93(2), 545–569. <https://doi.org/10.1093/sf/sou077>
- Skomorovsky, A., Norris, D., Martynova, E., McLaughlin, K. J., & Wan, C. (2019). Work-family conflict and parental strain among Canadian Armed Forces single mothers: The role of coping. *Journal of Military, Veteran and Family Health*, 5(1), 93–104. <https://doi.org/10.3138/jmvfh.2017-0033>
- Sondra, M. (1999). Parenting Stress and Social Support Among Married and Divorced At-Risk Mothers. All Graduate Theses and Dissertations. 2596. <https://digitalcommons.usu.edu/etd/2596>

- Spector, P., Cooper, C., Poelmans, S., & Allen, T. (2004). A Cross-national Comparative Study of Work-family Stressors, Working Hours and Well-being: China and Latin America versus the Anglo World. *Personnel Psychology*, 57(1). <https://doi.org/10.1111/j.1744-6570.2004.tb02486.x>
- Stacia, M.,W. (2019). The Role of Social Support as a Moderator of Housing Instability in Single Mother and Two-Parent Households 43(1),31- 42. <http://doi.org//10.1093/swr/svy028>
- Stack, R., & Meredith, A. (2018). The Impact of Financial Hardship on Single Parents: An Exploration of the Journey From Social Distress to Seeking Help. *Journal of Family and Economic Issues*. <https://doi.org/39.10.1007/s10834-017-9551-6>
- Steger, Michael & Oishi, Shigehiro & Kashdan, Todd. (2009). Meaning in life across the life span: Levels and correlates of meaning in life from emerging adulthood to older adulthood. *Journal of Positive Psychology*. 4,43-52. <https://doi.org/10.1080/17439760802303127>
- Stone, A.A., Broderick, J.E., Wang, D., & Schneider, S. (2020) Age patterns in subjective well-being are partially accounted for by psychological and social factors associated with aging. *PLoS ONE* 15(12), <https://doi.org/10.1371/journal.pone.0242664>
- Stouthamer-Loeber, M., Loeber, R., Wei, E., Farrington, D. P., & Wikström, P.-O. H. (2002). Risk and promotive effects in the explanation of persistent serious delinquency in boys. *Journal of Consulting and Clinical Psychology*, 70(1), 111–123. <https://doi.org/10.1037/0022-006X.70.1.111>
- Stratton, S. (2021). Population Research: Convenience Sampling Strategies. *Prehospital and Disaster Medicine*, 36(4), 373-374. <https://doi.org//10.1017/S1049023X21000649>
- Symister, P., & Friend, R. (2003). The influence of social support and problematic support on optimism and depression in chronic illness: A prospective study evaluating self-esteem as a mediator. *Health Psychology*, 22(2), 123–129. <https://doi.org/10.1037/0278-6133.22.2.123>
- Tabachnick, B. G., & Fidell, L. S. (2007). *Using multivariate statistics* (5th ed.). Allyn & Bacon/Pearson Education
- Taylor, Z. E., & Conger, R. D. (2017). Promoting strengths and resilience in single-mother families. *Child Development*, 88(2), 350–358. <https://doi.org/10.1111/cdev.12741>
- Taylor, Z. E., Conger, R. D., Robins, R. W., & Widaman, K. F. (2015). Parenting practices and perceived social support: Longitudinal relations with the social competence of Mexican-origin children. *Journal of Latina/o Psychology*, 3(4), 193–208. <https://doi.org/10.1037/lat0000038>

- Thomas, P. A., Liu, H., & Umberson, D. (2017). Family Relationships and Well-Being. *Innovation in aging, 1*(3), <https://doi.org/10.1093/geroni/igx025>
- Thompson, Christopher & Kim, Rae & Aloe, Ariel & Becker, Betsy. (2017). Extracting the Variance Inflation Factor and Other Multicollinearity Diagnostics from Typical Regression Results. *Basic and Applied Social Psychology, 39* (2) 1-10. <https://doi.org/10.1080/01973533.2016.1277529>
- Uddin, M. (2021) The role of family social support on work stress for frontline working mothers in Bangladesh. *Studies in Business and Economics . 23*(1), 38-60
- Uttley, J. (2019) Power analysis, sample size, and assessment of statistical assumptions—improving the evidential value of lighting research. *LEUKOS, 15* (2-3), 143-162. ISSN 1550-272 <http://doi.org/orcid.org/0000-0002-8080-3473>
- Van Assche, E., Moons, T., Van Leeuwen, K., Colpin, H., Verschueren, K., Van Den Noortgate, W., Goossens, L., & Claes, S. (2016). Depressive symptoms in adolescence: The role of perceived parental support, psychological control, and proactive control in interaction with 5-HTTLPR. *European psychiatry : the journal of the Association of European Psychiatrists, 35*, 55–63. <https://doi.org/10.1016/j.eurpsy.2016.01.2428>
- Van Gasse, D. & Mortelmans, D. (2020). Single Mothers' Perspectives on the Combination of Motherhood and Work. *Social Science, 9*, (85). <https://doi.org/10.3390/socsci9050085>
- Viner, R., Ozer, E., Denny, S., Marmot, M., Resnick, M., Fatusi, A., & Currie, C. (2012). Adolescence and the Social Determinants Of Health. *Lancet, 379*. 1641-52. [https://doi.org/10.1016/S0140-6736\(12\)60149-4](https://doi.org/10.1016/S0140-6736(12)60149-4)
- Walsh, F. (2004). A Family Resilience Framework: Innovative Practice Applications. *Family Relations, 51*(2), 1–14
- Weer C., Greenhaus J.H. (2014) Family-to-Work Conflict. In: Michalos A.C. (eds) *Encyclopedia of Quality of Life and Well-Being Research*. Springer, Dordrecht. https://doi.org/10.1007/978-94-007-0753-5_3330
- William, H. (2017). Workplace Spirituality and Work-Family Conflict: Interrelationship of Engagement and Well-Being. *Advanced Science Letters, 23*, 9921-9925. <https://doi.org/10.1166/asl.2017.9826>
- Williams, N. Y. (2016). *The Relationship Between Stress, Coping Strategies, and Social Support Among Single Mothers*. Walden University (Unpublished doctoral dissertation)

- Worlali Nyaledzigbor (2013). The Influence of Social Support and Resilience on Work-Family Conflict Among Ghanaian Women. University of Ghana. (Unpublished Master Disertation)
- Youngblut, J., Brady, N., Brooten, D., & Thomas, D. (2000). Factors influencing single mother's employment status. *Health care for women international*, 1(2), 125-36. <https://doi.org/21.125-36>. <https://doi.org/10.1080/073993300245357>
- Yu, Hua Li, Mingli, Li, Zhixiong, Xiang, Weiyi & Yuan, Yiwen & Liu, Yaya Li, Zhe & Xiong, Zhenzhen. (2020). Coping style, social support and psychological distress in the general Chinese population in the early stages of the COVID-19 epidemic. *BMC Psychiatry*. <https://doi.org/20.10.1186/s12888-020-02826-3>.
- Zainal, N., Zawawi, D., Abdul Aziz, Y., & Ali, M.H. (2020). Work-Family Conflict and Job Performance: Moderating Effect of Social Support among Employees in Malaysian Service Sector. *International Journal of Business and Society*, 21(1), 79-95. <https://doi.org/10.33736/ijbs.3224.2020>
- Zakaria., S.M., Mat Lazim.,N, & Hoesni, S. (2019). Life Challenges and Mental Health Issues of Single Mothers: A Systematic Examination. *International Journal of Recent Technology and Engineering*
- Zaninotto, P., & Steptoe, A. (2019). Association Between Subjective Well-being and Living Longer Without Disability or Illness. *JAMA Netw Open*. 2 (7), <https://doi.org/10.1001/jamanetworkopen.2019.6870>
- Zimet, G., Powell, S., & Farley, G. (2012). Multidimensional Scale of Perceived Social Support (MSPSS). *Johns Hopkins University Press*, 52(12), 10–12
- Zimmerman, M. A., Stoddard, S. A., Eisman, A. B., Caldwell, C. H., Aiyer, M., & Miller, A. (2013). Adolescent resilience: Promotive factors that inform prevention. *Child Development Perspective*, 7(4), 1–9. <https://doi.org/10.1111/cdep.12042>