

The Influence of Mindful Parenting on Parenting Stress of Housewives in Accompanying Middle Childhood Age Children

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Abstract

Raising school-aged children is one of the challenging tasks for mothers, so if a mother is unable to cope with these challenges, she is vulnerable to experiencing parenting stress. This is also felt by housewives in SD X Cianjur City who accompanied their children aged 6-8 years old. In addition to having to accompany children to optimally study, because this age is a stage of transition from learning by playing to a more academic learning period, mothers also have regular domestic tasks that have to be done. These tasks cause mothers to be careless and prone to stress. The purpose of this study is to obtain empirical data on the causality of mindful parenting on parenting stress in distance learning. This study had 78 participants, and the measuring instrument used to measure mindful parenting was Mindfulness in Parenting Scale (MIPQ) with 0.937 reliability. As for measuring parenting stress, the researchers used the Parental Stress Scale (PSS) with 0.965 reliability. The researcher used a simple linear regression test statistical technique with a regression coefficient of -.628 and a determination coefficient of 68.2%. These results show that if the mother has low mindful parenting behavior, it will cause high parenting stress.

Keywords Housewives, Mindful Parenting, Parenting Stress.

INTRODUCTION

Housewives have an important role, besides having to take care of housework and look after children, they also have to be teachers for their children. In addition, the challenges faced by parents, especially mothers, will increase as the child gets older, one of which is when the child enters the middle childhood development stage or what is commonly called elementary school age (Collings et al., 2002). At this time, children will undergo a different learning process or method than before. When children are still studying in kindergarten, the nuance of learning while playing is still very strong, while in elementary school children have started to follow more academic learning. (Syaodih, 2015).

In addition, it was also found that mothers have high levels of stress, this level is influenced by one of the inability of parents to guide children to learn. The inability of parents to guide or accompany children to learn at home includes a lack of understanding of the material by parents. (Susilowati & Azzasyofia 2020).

Not a few parents feel burdened with their children. If parents cannot face the challenges they have and cannot balance demands with the resources they have, this can cause a pressure reaction called stress (McGrath, 2015). Research by Fauzan, AN, & Sovitriana, R (2022) entitled "Social Support and Workload with Work Stress of Employees of the Harapan Jaya Social Welfare Institution, DKI Jakarta Social Service" explains that stress is a psychological condition that arises when someone faces pressure or workload that exceeds their ability to cope. Stress arises as a response to a high workload but can be



minimized. Therefore, if parents are able to manage their stress well, they will be calmer and can recognize their child's needs, which will give rise to a 'mindful' condition.

What is experienced by housewives today related to the Mindful Parenting phenomenon is that mothers have domestic duties but they have additional duties related to their children's learning at home, while children aged 6-8 years cannot learn independently, coupled with mothers cannot accompany the learning process fully because during the hours when children are learning, mothers have routine domestic tasks that must be done. So that in order to understand the child's needs, accompany what is difficult for the child, then how to stay focused on leaving other tasks to accompany the child cannot be done and causes conditions for mothers to become less mindful (Wayan, E 2020).

The term mindfulness itself in parenting patterns is called Mindful parenting which means there is full attention and awareness in carrying out parenting patterns between parents and children. In addition, effective communication in parenting can be built through various ways and strategies, one of which is by applying the dimensions of Mindful parenting (Duncan et al., 2009)

Mindful parenting assumed to result in reduced levels of reactivity and increased patience, flexibility, nurturing, responsiveness, consistency, and nurturing by those in accordance with the goals and values held by parents (McCaffrey et al., 2016) One of the impacts of parents who implement Mindful parenting is that they will experience a decrease in parenting stress (Bögels & Restifo, 2014; Neece, 2014; Singh et al., 2007). Where this parenting stress is experienced by parents in relation to the demands of raising their children (Abidin, 2017).

Parenting stress is defined as the negative emotional experiences felt by parents in response to the demands of parenthood (Widarsson, 2012). If parenting stress is not addressed immediately, it will have a negative impact on both parents and children. According to research, parenting stress has been found to have a major influence on parenting skills, such as: when stressed, parents become more rejecting, more controlling, reactive, and less warm towards their children (Bögels, Lehtonen, & Restifo, 2010).

To minimize the occurrence of parenting stress in mothers, adaptive and positive parenting skills are needed, such as better communication between parents and children, as well as more consistent application of discipline as found in Mindful parenting. (Duncan, Coatsworth, & Greenberg, 2009) Therefore, this illustrates the importance of Mindful parenting as a way to overcome parenting stress where Mindful parenting itself has an influence on parenting stress.

Based on the background that has been described, the formulation of the problem in this research is as follows:

1. How does mindful parenting look like for housewives in accompanying middle childhood children?
2. How is the picture of parenting stress in housewives in accompanying middle childhood children?
3. Is there an influence of mindful parenting on the stress of housewives in accompanying middle childhood children?

METHOD

Mindful parenting is a way or form of parental approach to children that provides attention to children and the parenting process by focusing on what the child is and with the intensity of the relationship between parents and children, focusing on the here and now, and carrying out the parenting process without judgment (McCaffrey, 2015). Parents who practice Mindful parenting in their interactions with children will be calmer in dealing with negative child behavior (Bogels, Lehtonen, & Restifo, 2010), more consistent and have clear goals and values in parenting (Duncan, Coatsworth, & Greenberg, 2009).

Mindful parenting has 2 factors or dimensions, namely Mindful Discipline and Being in the Moment with the Child. Mindful Discipline focuses on parents, this dimension reflects how parents are not reactive in raising children, then also contains parental awareness in raising children, and how parents have parenting that focuses on a goal. (McCaffrey, 2015). While Being in the Moment with the Child. focuses on children by paying attention to the moment that is happening now, understanding empathy and acceptance of children. (McCaffrey, 2015).

Parenting stress is defined as the negative emotional experiences felt by parents in response to the demands of being a parent (Widarsson, Engström, Rosenblad, Kerstis, Edlund, & Lundberg, 2012). The definition of negative feelings in parenting stress is directly attributed to the demands of the individual as a parent (Widarsson, 2012). Parenting stress will arise when parents experience difficulties in meeting the demands of being a parent (Berry & Jones, 1995). According to research, parenting stress has been found to have a major influence on parenting skills, such as: when stressed, parents become more rejecting, more controlling, reactive, and less warm towards their children (Bögels, Lehtonen, & Restifo, 2010).

Parenting stress consists of 2 dimensions, namely the Pleasure dimension, which is the positive component of parenting that brings emotional benefits (love, joy, happiness, pleasure) and feelings of self-enrichment and self-development. The Strain dimension is the negative component of parenting that involves demands on various resources such as time, energy, and money, as well as prohibitions, feelings of shame, and control (Berry & Jones, 1995).

The measuring instrument used to measure mindful parenting is the Mindfulness in Parenting Questionnaire (MIPQ) compiled by McCaffrey, Reitman and Black in 2017. This measuring instrument consists of 28 items and all of the items are positive. And this measuring instrument consists of 2 dimensions, namely Mindful Discipline and being in the moment with child. Being in the Moment with the Child (13 items) and Mindful Discipline (15 items). The scale used in this measuring instrument is a Likert scale, this scale is divided into 5 "never", "rarely", "sometimes", "often", "almost always". The Cronbach's Alpha value of the MIPQ measuring instrument is 0.937.

Table 1. Measurement Tool Item Grid (MIPQ)

Aspect	Item Number	Amount
<i>Mindful Discipline</i>	12,15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28	15



Being in the moment with child 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 13, 14 13

The measuring instrument used to measure the level of parenting stress is the Parental Stress Scale (PSS) compiled by (Berry & Jones, 1995). The Parental Stress Scale (PSS) from (Berry & Jones, 1995), developed by Berry and Jones (1995) has 18 items where this measuring instrument is an alternative to Abidin's 101-item Parenting Stress Index with more concise items. Each item is on a Likert-type scale, namely: strongly disagree (1), disagree (2), Undecided (3), agree (4), and strongly agree (5). Higher scores on the scale indicate greater stress (Berry & Jones, 1995). This measuring instrument consists of 2 dimensions, namely Strain and Pleasure. The Cronbach's Alpha value of the PSS measuring instrument for this study was 0.965

Table 2. Parental Stress Scale Measuring Tool Grid (PSS)

Aspect	Item Number		Number of Items
	Favorable	Unfavorable	
<i>Pleasure</i>		1, 2, 5, 6, 7, 8, 17, 18	8
<i>Strains</i>	3, 4, 9, 10, 11, 12, 13, 14, 15, 16		10

This study uses a quantitative approach. While the method used is the qualitative method because this study will see the effect of Mindful parenting on the stress of housewives in accompanying middle childhood children. Where the causal research design itself is useful for analyzing the relationship between one variable and another, or how one variable affects another variable.

This study uses a population study. This means that all housewives who have children aged 6-8 years who have children at SD X Cianjur, totaling 78 people, were included or became respondents in this study.

RESULTS AND DISCUSSION

The following is research on the influence of Mindful Parenting on the stress of parenting housewives in accompanying children aged middle childhood which was tested using simple linear regression analysis techniques.

Table 3. Simple linear regression test results

Dependent Variable	B	SE	β	t	Sig
Parenting Stress	88,495	3,517		25.165	.000
	-.628	.049	-.826	-12,762	.000

Based on the results of the regression analysis test, the results obtained were $B = -.628$. The negative sign on the regression coefficient indicates that the influence of mindful parenting on parenting stress has a negative direction. Which means, if mindful parenting is low it will cause high stress. This is also in line with the research of Gani & Kumalasari (2019) which states that there is a negative role of mindful parenting on parenting stress.

Table 4. Results of Mindful Parenting Determination Test on Parenting Stress

Dependent Variable	R	R ²	Adjusted R	Std. Error of the Estimate
Parenting Stress	.826a	.682	.678	6.546231

a. Predictors: (Constant), Mindful parenting

Based on table 4 above, it can be seen that mindful parenting has an influence of 68.2%. Based on these results, it shows that if parents are unable to manage stress in the parenting setting, they will be lacking in terms of interaction with their children, resulting in negative quality of interaction or parent-child relationships. This is in line with the theory put forward by (Duncan, et al.) that mindful parenting has an influence on parenting stress, where if someone applies mindful parenting, then can handle and reduce parenting pressure or stress, and vice versa. (Duncan et al., 2009)

Table 5. Mindful Parenting Determination Test Results Against Each Aspect of Parenting Stress

	R	R ²	Adjusted R	Std. Error of the Estimate
Strains	.805a	.647	.643	4.260933
Pleasure	.756a	.572	.566	3.251769

a. Predictors: (Constant), Mindful parenting

Based on table 3.3 above, it can be seen that mindful parenting has the greatest influence on the strain aspect, which is 64.7%. This shows that if parents are in a mindful condition, then they will not consider or feel their children as a burden or the main source that can cause stress and they will not feel heavy about the responsibility as parents, and vice versa. If parents do not apply mindful parenting or are not in a mindful condition, then they will consider their children as the main source that can cause stress (Berry and Jones, 1995).

Meanwhile, mindful parenting has a low influence on the pleasure aspect, which is 57.2%. This shows that if parents are in a mindful state, they will feel love, joy, happiness, pleasure and feelings of self-enrichment and self-development, which is marked by parents feeling happy with their role as parents. And vice versa (Berry and Jones, 1995).

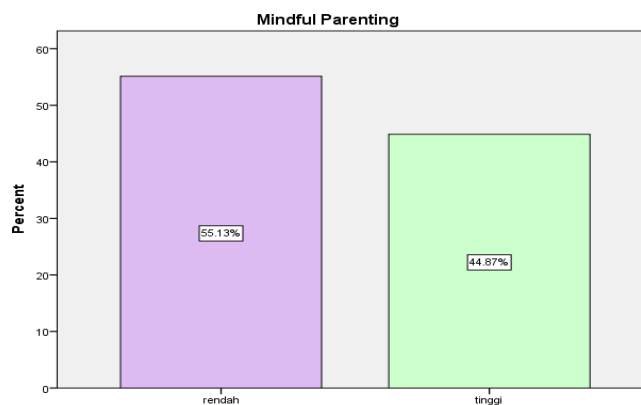


Figure 1. Mindful Parenting Level Chart



Based on Figure 3.1 above, this study is dominated by mothers who have low mindful parenting as much as 55.13%.

Table 6. Comparison of Means Score Mindful Parenting Based on Age, Education and Monthly Income

		<i>M</i>	<i>n</i>	<i>SD</i>	<i>Sig</i>
Age	21-30	70.45	33	6.27	.000*
	31-40	85.03	33	12.80	
	41-50	87.50	12	11.46	
Education	SD	72.38	8	6.45	.000*
	JUNIOR HIGH SCHOOL	70.17	23	6.49	
	SENIOR HIGH SCHOOL	74.86	14	10.98	
	Diploma	92.40	10	8.52	
	S1	84.83	18	11.81	
	S2	97.67	3	4.16	
	S3	98.00	2	4.243	
Income/month	< 3 million rupiah	73.80	30	6.77	.000*
	3-5 million/month	78.08	26	14.90	
	5-10 million/month	84.81	16	12.16	
	> 10 million/month	96.67	6	3.93	

*Significance at $p < .01$

Based on table 6 above, mindful parenting shows a significant difference in the data for the early adulthood age group, namely 21-30 years ($M = 70.45$; $SD = 6.27$) compared to the older age group late adulthood, namely 41-50 years of age. Which means as age increases, the level of mindful parenting increases. This is in line with research conducted by Lo et al. (2018) shows As mothers get older, they will be better able to balance their thoughts and carry out their daily activities in a mindful manner.

Mindful parenting also shows significant differences in the data junior high school education background ($M = 70.17$; $SD = 6.49$) compared to undergraduate education background. This is reinforced by the findings conducted by Sudarsono in the study (Hidayati, Rahayu, & Khasanah, 2019) where people who have a low level of education will affect a person's ability to perceive and of course will affect how he carries out his daily routine.

Regarding income, mindful parenting showed a significant difference in monthly family income < 3,000,000 ($M = 73.80$, $SD = 6.77$) compared to monthly income > 3,000,000. This is in line with the theory that the lower the income earned, the higher the stress will be and can cause someone to be in a state of not being mindful (Coon, 2007). Because Taking care of children in a state of material deprivation is very difficult.

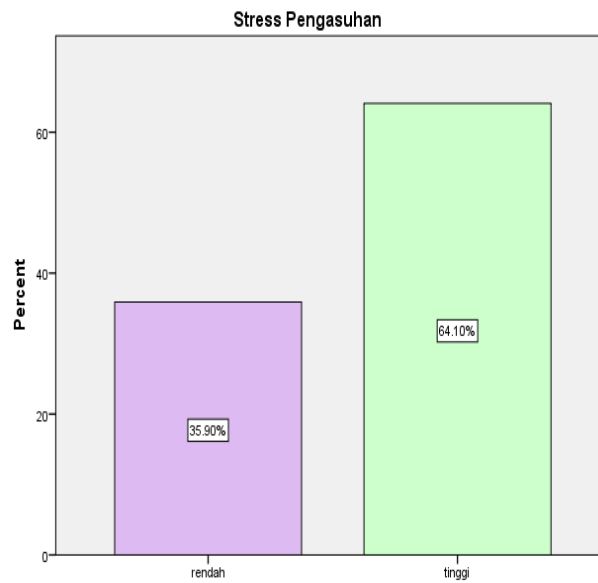


Figure 2. Parenting Stress Levels Chart

Based on Figure 3.2 above, this parenting stress is dominated by mothers who have high parenting stress as much as 64.10%.

Table 7. Comparison of Mean Score of Parenting Stress Based on Age, Education and Monthly Income

		<i>M</i>	<i>n</i>	<i>SD</i>	<i>Sig</i>
Age	21-30	57.06	33	5.65	.000*
	31-40	43.15	33	13.38	
	41-50	39.33	12	9.82	
Education	SD	58.50	8	3.464	.000*
	JUNIOR HIGH SCHOOL	56.30	23	6.212	
	SENIOR HIGH SCHOOL	51.71	14	12.19	
	Diploma	36.70	10	11.71	
	S1	41.83	18	12.10	
Income/month	S2	33.00	3	2.00	.000*
	S3	36.50	2	6.36	
	< 3 million rupiah/month	57.50	30	5.96	
	3-5 million/month	47.31	26	12.75	
	5-10 million/month	38.81	16	10.72	
> 10 million/month	33.83	6	4,579		

*Significance at $p < .01$



Based on table 7 above, parenting stress shows a significant difference in the data of the early adulthood age group, namely 21-30 years old ($M = 57.06$; $SD = 5.65$) compared to the late adulthood age group, namely 41-50 years old. This is in line with research conducted by hidangmayun, (2010) namely parents with young age usually have high parenting stress.

Parenting stress also showed significant differences in the data elementary school educational background ($M = 58.50$; $SD = 3.46$) compared to Bachelor's educational background. This is in line with research conducted by Cooper (2007), namely that mothers with a higher educational background generally know the stages of implementing parenting patterns that are appropriate to their child's developmental stage, whereas mothers with a lower educational background tend to have limited knowledge about their child's developmental needs, show less understanding, and dominate their children (Taylor S, Peplau L, Sears DO, 2009).

In relation to income, parenting stress showed significant differences in monthly family income $< 3,000,000$ ($M = 57.50$, $SD = 5.96$) compared to monthly income $> 3,000,000$. This is in line with the theory that low income also affects the extent to which parents experience parenting stress. Parents with low economic status will experience significantly higher parenting stress. This happens because low economic levels make parents think more about their condition when they cannot fully meet their children's needs, which ultimately makes parents feel high stress (Hidangmayum & Khadi, 2012).

In a research conducted by McCaffrey (2015), it was stated that through the condition of mindful parents, parents can increase trust and provide positive attention to children. By sharing these feelings, parents can reduce stress in parenting and be in a mindful condition, because the results said that housewives who accompany children at SD X Cianjur experienced low mindful parenting conditions and high parenting stress.

CONCLUSION

Researchers concluded several research results as follows:

1. *Mindful parenting* in this study is classified as low with a percentage of 55.13%. When viewed from the results of the means score, it was found that the age range, educational background and monthly income showed significant differences, which significantly showed that the low level of mindful parenting was in mothers aged 21-30 years compared to 41-50 years, with a junior high school education background compared to a bachelor's degree, and have a monthly income $< 3,000,000$ compared to income $> 3,000,000$.
2. Parenting stress in this study is classified as high with a percentage of 64.10%. When viewed from the results of the means score, it was found that the age range, educational background and monthly income showed significant differences, which significantly showed that the high level of parenting stress was in mothers aged 21-30 years compared to 41-50 years, elementary school education background compared to bachelor's degree, and monthly income $< 3,000,000$ compared to income $> 3,000,000$
3. There is an influence between the mindful parenting variable on the parenting stress variable in housewives in accompanying middle childhood children, with a regression

coefficient of $-.628$ and a determination coefficient of 68.2% . Which means that parents who are less mindful or have low mindful parenting will cause high parenting stress. Mindful parenting also has the greatest influence on parenting stress in the strain aspect, which is 64.7% . This means that if parents do not apply mindful parenting or are not in a mindful condition, they will consider their children as the main source that can cause stress and they will also feel burdened by their responsibilities as parents.

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