



THE RELATIONSHIP OF MINDFULNESS WITH THE LEVEL OF DEPRESSION IN ADOLESCENTS WITH SINGLE PARENTS

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ABSTRACT

Introduction: Single-parent adolescents are often prone to depression. Depression itself is a natural disorder of feelings, emotions that a child or teenager can experience during the transition from children to adults which is the result of separation or loss of parents either due to divorce or death. *Mindfulness* can serve to increase one's sensitivity to understand current events.

Method: This is a descriptive research analysis with a cross-sectional approach. The independent variable of this study is the level of depression of students with single parents and the dependent variable is mindfulness. The population in this study was students with single parents at SMK Muhammadiyah Bumiayu. Sampling was carried out using a total sampling technique of 60 respondents by filling out the *Mindful Attention Awareness Scale* and *Depression Anxiety Stress Scale (DASS)* questionnaires. The analysis used was univariate and bivariate with bivariate assays of the characteristics of sex respondents using *Spearman Rank*.

Results: The results showed that there was a relationship between *mindfulness* and depression levels of adolescents with single parents with a *p value* of 0.01. The results of student depression rates under normal conditions were 39 (65%), moderate depression 13 (21.7%), and mild depression 8 (13.3%).

Conclusion: Adolescents with single parents who are depressed should strive to be able to achieve a state of mindfulness, so that adolescents are able to live and adapt their lives well.

Keywords: *Mindfulness, Depression, Adolescence*

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INTRODUCTION

Single parents can occur due to divorce and death. The existence of single parents due to divorce is evidenced by the increasing number of divorces in the world based on demographic data of the United Nations Department of Economic and Social Affairs (2014) divorce cases in the world reaching 5.7 million cases. This figure continues to increase, as evidenced by 2019 as much as 60% with the highest cases being in Belgium as many as 31 thousand cases. The increase in divorce cases also occurred in Indonesia where in 2020 the percentage of divorces was 6.4% of 72.9 million households. In Central Java, divorce cases are ranked first in the Java and Bali regions with a total of 72,997 cases in 2020. The distribution of this data was followed in the Regency / City area in

Central Java, where one of the second highest cases was in Brebes Regency with 4,555 cases (Central Statistics Agency, 2020).

Not only cases of live divorce, but dead divorce is also the cause of the existence of a single parent. Based on data collected by the Central Statistics Agency (2018), the percentage of dead divorce cases in Indonesia in 2016 was 6.15% and increased in 2018 to 6.31%. Likewise, in the province of Central Java, the percentage of divorce cases died in 2016 as much as 7.57% and increased in 2018 to 7.74% (Central Statistics Agency, 2018). Of these causes of single parents either due to divorce or death each has repercussions such as psychological, emotional, and social repercussions. The impact that occurs in children with single parents due to divorce is the first emotional impact that causes high emotional

behavior, low self-control, being stubborn, unruly and disputing parents (Suprihatin, 2018). Furthermore, the impact that occurs is the psychological impact of children with single parents due to divorce as in research that explains that parental divorce has a psychological impact on their children which is characterized by shame over the divorce of their parents, easy anger if the desire is not appropriate, difficulty focusing on something, feeling loss of respect for parents and easy to blame parents, doing something wrong, having no motivation to live and selfish (Untari *et al.*, 2018). In addition to the emotional and psychological impact, the impact on social life also occurs in children with single parents due to divorce such as juvenile delinquency, stress, fear, sadness, confusion in the face of existing problems, inability to express emotions, loss of parents and imagination, lack of trust in the couple (for adults) as well as lack of self-confidence both in the school environment and at home (Ariani, 2019).

One of the psychotherapies that has been developed a lot is through mindfulness therapy. Mindful (awareness) is a more ability when it comes to exercising self-control and self-regulation. *Mindfulness* makes a person have the ability to be able to make adjustments to needs, feelings, values that correspond to a particular situation. Mindfulness can serve to increase one's sensitivity to understand current events. In addition to being able to make a person exercise good self-control (Afandi NA, 2012). The awareness that arises when a person reaches a mindful state will help a person see various uncomfortable situations, feelings of pressure more clearly, so that a new way of looking at a problem and alternative solutions emerge. The mindful condition will give awareness to the individual that he has control over life choices thus encouraging the emergence of an attitude of responsiveness and acceptance to the surrounding situation (Afandi NA, 2012).

The results of surveys and observations that have been carried out at several high schools / vocational / MAN levels in the South Brebes area, precisely in Bumiayu District, found data on students with the most single parents at SMK Muhammadiyah Bumiayu with a total of 125 consisting of classes X, XI and XII. The preliminary study was conducted on October 25 - November 5, 2022 on 3 students, 1 Class Teacher and 1 BK (Counseling Guidance) Teacher at SMK Muhammadiyah Bumiayu. Data from interviews with BK teachers were obtained that the students of SMK Muhammadiyah Bumiayu numbered 924 and students with single parents as many as 125. According to BK teachers, students with single parents are the same as students in general where those in the adolescent phase tend to seek attention both positive attention such as being active in class, following organizations and seeking negative attention such as making noise at school, not attending lessons and skipping classes to UKS or canteens and unruly. As well as students with single parents, they have their own coping both adaptive

and maladaptive coping, all depending on the peer environment.

The results of the interview with the class teacher explained that female students with single parents tend to be quiet or passive in class, but if approached slowly and well they will be open to the problems they are facing. Unlike female students, male students are actually more dominant in showing their aggressive nature, sometimes they will do things like rowdy, when the lesson takes place, skipping class, smoking behavior and seeking attention by fighting teachers who seem to be showing the problems they face when at home. Male students will follow their peers to serve as coping and will appear unconcerned with the problem. This will affect learning in schools. From the phenomena and survey results above, researchers are interested in researching the relationship between mindfulness and adolescent depression levels with single parents at SMK Muhammadiyah Bumiayu.

METHOD

This study uses a quantitative research design with a cross-sectional approach method. The independent variable of the study is *mindfulness* and the dependent variable of this study is the level of depression. The population in this study included all SMK students with single parents at SMK Muhammadiyah Bumiayu amounting to 52 students. Sampling was carried out using a total sampling technique of 52 respondents by filling out the *Mindful Attention Awareness Scale and Depression Anxiety Stress Scale (DASS)* questionnaires. The analysis used was univariate and bivariate with bivariate assays of the characteristics of sex respondents using Spearman Rank. The sampling technique used in this study is *nonprobability sampling* with total sampling, namely by taking the entire population to be used as respondents or samples. This sample of this study was 52 students of SMK Muhammadiyah Bumiayu who had single parents consisting of classes X and XI.

RESULTS

Table 1. Mindfulness

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	52	100.0	100.0	100.0
Buruk				

Table 1. From the information of tabel 1, it was found that 100% of the respondents' mindfulness or awareness conditions were poor.

Table 2. Depression Levels

Tingkat Depresi	f	%
Normal	32	61,5

Tingkat Depresi	f	%
Ringan	8	15,4
Sedang	12	23,1
Parah	-	-
Sangat Parah	-	-

Table 2 shows the results of 32 respondents who had a single parent with normal conditions or were not depressed (61.5%), mild depression (15.4%) and moderate depression 12 (23.1%).

Tabel 3
The relationship of Mindfulness with stress levels in students with single parents

			Mindfulness	Tingkat Depresi
Spearman's rho	Mindfulness	Correlation Coefficient	1,000	-.358**
		Sig. (2-tailed)		,009
		N	52	52
Tingkat Depresi		Correlation Coefficient	-.358**	1,000
		Sig. (2-tailed)	,009	
		N	52	52

Table 3 shows the relationship between mindfulness and stress levels experienced by students who have single parents with a coefficient level of 1,000 and a *p* value of 0.009.

DISCUSSION

Depression is often experienced by adolescents growing up with single parents. Changes in family structure due to parents dying or family conflicts that result in divorce are one of the triggers. From the results of the study, the majority of adolescents who have single parents experience normal conditions but there are some students who have single parents fall into the category of moderate and mild depression. According to Zaini (2019) factors that cause depression in addition to the presence of biological factors, environmental factors are also the cause. Biological factors due to genetics and neurotransmitters, environmental factors such as the occurrence of the loss of a loved one or conflicts in his life. Penelitian previously also explained that losing a parent to divorce or death contributes to the incidence of depression for adolescents. Teenagers whose parents are divorced, often experience conflicts of feelings, especially the feeling of losing a loved one. Perceraian causes a teenager to experience a loss of family meaning (this condition the child feels neglected, lonely), the quality of relationships with

parents decreases as the child closes himself more, feels insecure and deep sadness (Ramadhani *et al.*, 2019). According to Stuart in Hadi *et al.*, 2017) the triggering factor for the incidence of depression arises when a teenager experiences complex loss.

Tabel 1 shows that the *mindfulness* of respondents in this assessment is classified as poor or low. *Mindful* (awareness) is a person's ability in terms of exercising self-control and self-regulation. When a person is able to *mindfulness*, the person will be able to make adjustments to needs, feelings, values that correspond to a particular situation. *Mindfulness* can also serve to increase one's sensitivity in understanding current events. A *mindful* person will be able to see various uncomfortable situations, feelings of pressure more clearly, so what is a paradigm shift or a new way of looking at a problem or alternative solution with a different and more positive point of view. Mindful conditions will provide awareness to a person that a problem can be well controlled with other positive life choices so as to encourage the emergence of responsiveness and acceptance of the condition experienced by a person.

Table 2 shows that depression is more due to having a single parent mother than having a single parent father. This is because the father figure in his family seems vague or even missing. It seems faint because they left or are no longer together due to divorce and are missing because of death. The teenager will feel lonely, sad, hopeless in the future because of the loss of the man who is her role model. Especially if in the family, the only backbone is his father. This will put a burden on their children because they think about the cost of living after their father leaves, especially for those who lost their father to death. The impact of losing a father to divorce is also not much different from that of a father who died. According to Wandansari *et al.*, (2021) the absence of fathers interprets loss as traumatic learning and experience, but in general experiences an impact on emotions, behavior, academics, sexual relations, and socialization. The loss of a father due to divorce looks at a vague father figure due to the presence in his family that is no longer what it was (Riyanda & Soesilo, 2018). A study also stated that the absence of a father due to parental divorce, it was found that parting with the father made the child miss the togetherness that had been done with his father so much that it brought sadness when he saw his peers who were still with his father and the role of father in Indonesia was still seen as a financial figure, while the mother was in charge of doing household affairs (Wandansari *et al.*, 2021).

The results of this study are in line with the research conducted by Fourianalisyawati, *et al.* which obtained the results of research on the relationship of *mindfulness* with depression in adolescents. The results of studies related to adolescents who have low levels of depression tend to have high *mindfulness* abilities. The opposite

happens, namely adolescents who have high levels of depression, tend to have low *mindfulness* abilities.

CONCLUSION

Depression in adolescents with single parents often causes a teenager to experience conditions of despair, loneliness and other psychological disorders. The presence of one parent in the process of adolescent growth and development over a long period of time and also other psychological stressors due to separation or death from one of the parents, is a contributing factor to the occurrence of depression in adolescents. This requires self-awareness from adolescents, namely *mindfulness* so that adolescents can still live their lives well and be able to adapt to the changes and absence of one of the parents

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