

Mother's Daily Life Stress and Family Functioning in Predicting Children's Behavior Problems

Dwi Martha Ramadhani
University of Muhammadiyah Malang
Martharamadhani00@gmail.com

May Lia Elfina
University of Muhammadiyah Malang
Mayliaelfina@gmail.com

Abstract The rapid progress of the times provides various effects in the development of their children. The family acts as a major supporter of children's behavior to be problematic or not. Most are shown by maternal psychological conditions that can affect the problem. The purpose of this research is to predict children's behavior problems due to the influence of mother's daily life stress mediated by family functioning. The sampling technique uses non-probability sampling technique, where the chance of selecting a population to be taken as a sample is not known with certainty. Subjects were 124 children with behavioral problems in grades 4-6 elementary school.

Key Words: Children('s) behavior problems, family, daily life stress

Introduction

The family is the first and foremost environment in carrying out a child's socialization process. In the middle of the family the child tries to recognize the various values and norms that exist in his environment. The family gives influence while forming the character and personality of the child, so that the family is said to be the smallest social unit that provides a basis for child development (Zemp, Milek, Davies, & Bodenmann, 2016)

Globalization has a tremendous impact on various aspects of community life, not least in family life. The influence of globalization in family life can be seen in the shifting of values and norms in families, such as shifting values of family harmony, parental values, children's values and so on. For example, today's parents are busy with each other's work so that many tasks and roles in the family are set aside. Parents think that when making money and can be used to meet the needs of the child it is more than enough, even though what the child needs is not only the fulfillment of physical needs, but rather the provision of love through psychological assistance

Household life will certainly not be separated from problems that often lead to disputes between fellow family members. Disputes can occur between husband and wife, or between children and parents. Disputes with children can occur due to excessive control, differences in understanding, personal differences, feelings of misunderstanding, and unmet needs (Alavi, Mehrinezhad, Amini, & Parthaman Singh, 2017). Family problems, when parents are troubled, it is likely that children will also be affected. Childhood should be filled with fun activities and memories. Large children in the condition of parents who are troubled and families who are not harmonious can affect their future lives. Harmonious families are not always perfect. But in a harmonious family, family members are allowed to express their feelings and have freedom, even though

several times they will be accompanied by conflicts (Rothenberg, Hussong, & Chassin, 2018). If in a family there is no freedom in issuing opinions and the family does not play the role of a family, then you are in a family condition that is not harmonious.

Basically there have been many studies saying that interparental relationships and child adjustments have also been widely discussed, but there are still many problems that are felt to be taken into consideration and further reviews of the relationship between parents and children (Vieira, Matias, Ferreira, Lopez, & Matos, 2016) Each parent has an important role in risk factors for relationships in the family that are the main supporters of children's behavior to be problematic or not. Although science researchers have known and realized for a long time that children's behavior can have an impact on the relationship of parents and family. So that families can be functionally defined with emphasis on fulfilling psychosocial tasks and functions (Ginige et al., 2014). These functions include care, socialization of children, emotional and material support, and fulfillment of certain roles. And how to focus on tasks performed by the family.

The results of other studies found that there are many factors that cause children to have problematic behavior. The most studied factors are those related to symptoms of depression shown by the mother when the child is in infancy (Dietz, Jennings, Kelley, & Marshal, 2009); (Carter, Garrity-Rokous, Chazan-Cohen, Little, & Briggs-Gowan, 2001); (Glover, 2014); (Edwards & Hans, 2016); (Gueron-Sela et al., 2018), the stress experienced by parents when they are in a situation of transition to parenting (Renzaho, Kumanyika, & Tucker, 2011); (Neece, 2014); (van Eldik, Prinzie, Deković, & De Haan, 2017), family conflicts that persist so that they are passed down from generation to generation (Rothenberg et al., 2018), family functions that do not work properly so that inconsistent parenting is formed (Sheidow, Henry, Tolan, & Strachan, 2014); (Alavi, Mehrinezhad, Amini, & Parthaman Singh,

2017), families with busy working parents, the interaction of parents and weak children, children raised by single parents, experience of losing or being abandoned by someone who is deeply loved, the influence of peer environment, difficulties in adjusting to the environment, and the relationships that are formed between teachers and students who play an important role in problematic behavior in children (De Laet, Colpin, Goossens, Van Leeuwen, & Verschueren, 2014); (Shin & Ryan, 2017). In addition, it should be noted that cultural factors can also be a cause because culture has a large influence in various settings of human life, especially related to the social environment.

The description of the condition of a child with problematic behavior is formed from various factors as described previously. Mothers as primary caregivers of children have emotionally strong attachments and attachments formed from the early days of life. That is, mothers who have emotional problems without realizing it will influence the interaction of mothers and children so that the risk of children experiencing behavioral problems in the future will be higher. Mothers also have a vulnerability to experience permanent stress that comes from daily routines and relationships with partners so that it will bring negative emotions to the mother. Child behavior problems are assumed to be controlled if the school environment is able to provide psychological protection to children. This certainly affects the mental and physical health of children. These conditions encourage researchers to conduct a study to find out how big the role of family functions is as a mediation between the level of maternal stress and everyday situations with children emotional behavior. Whether the presence of family functions will minimize the emotional state of the child so that maladaptive behavior can be prevented so that it does not affect life in the next life.

Literature Review

In attachment theory it is explained that mothers play an important role in the process of child development. The main figure recognized by children in the early stages of development is the mother so that the child makes the mother as the main base in self-protection from various things that are considered foreign. Attachment to the mother develops up to childhood where the child will be busy with a new world exploration by continuing to pay attention to the existence of his mother. That is, the child will feel safe if his mother is in his range of vision but will act otherwise, even though sometimes the child shows independence. The behavior of troubled children can be identified by paying attention to the patterns of interaction between mothers and children formed. The results showed that if a mother has symptoms of depression, then this will have an impact on the interaction formed between mother and child where children will tend to develop negative emotions due to

negativity of interaction and reduce children's general functioning (Wang & Dix, 2017) ; (Edwards & Hans, 2015). In addition, mothers who have distress due to relationships with a partner or related to home, will also form negative interactions with children. This is different from the stress that mothers feel related to work where it is found that the interaction of mother and child is not affected by the problems faced by the mother related to her work (Nelson, Boyer, Villarreal, & Smith, 2017); (Gueron-Sela et al., 2018). In addition, mothers also showed a higher pressure when they were parents rather than fathers, but fathers in general will experience dysfunctional interaction with children so that these results confirm that mothers are the primary caregivers of children (Liu & Wang, 2015).

Emotional children will influence along with internal and external factors. Troubled children are often identified with a lack of parental attention to their children. The factors of mothers who have a susceptibility to experiencing stress will bring negative emotions to the mother, so often the emotional effects will affect children. Child's emotional changes can also occur if the family cannot provide psychological protection so that the risk of emotional problems will affect the child's comfort to the mother and family at home. Thus, children's emotional problems can be minimized in their appearance and development into more maladaptive behavior in the future.

Methods

This research is a quantitative research mediation with family functioning as a mediator between mother's daily life stress and children's behavior problems. Data is obtained using the scale given to children. During data collection takes longer, because researchers must ensure and pay attention to the child personally. After the data is collected, then the researchers do the coding and data input for later analysis. Before carrying out data analysis, researchers test the validity and reliability first to ensure that the data obtained is valid and reliable. Then the data were analyzed using SPSS with regression and mediation tests to see the effect of family functioning on children behavior

After obtaining the data and completing the data input, then test the validity and reliability using SPSS. This is done to ensure that the data processed is valid and reliable data. After all items are declared valid and reliable, then the data normality test is performed to see whether the data obtained is normal data and is suitable for testing. Next, look for the true score on the three variables so that the researcher knows and can equalize the values of the three variables that have different number of aspects. True score is also used to see the true value of the subject's answer. This is because it could be that even though the subject's answer to one another is the same, but has a different purpose. After obtaining a true score, then perform a regression test on

each relationship between variables. The variable relationship that was tested for regression included the relationship of mother's daily life stress with children's behavior problems, the relationship of mother's daily life stress with family functioning, and the relationship of mother's daily life stress with children's behavior problems when family functioning was present. The final analysis is the mediation test using SPSS with the Hayes program. The mediation test is conducted on the relationship between the three variables to see how much direct or indirect family functioning influences children.

Results

The first requirement of mediation test is that there is a significance between variable X and Y. In this study, testing the relationship of mother's daily life stress variables with children's behavior problems obtained coefficient c value of 0.516 and tc value of 4.8, with a significance of 0.000. It can be concluded that there is a significance between the relationship of mother's daily life stress variables with children's behavior problems because the significance value is obtained <0.05 . This can be interpreted as bringing the first criteria fulfilled.

The second requirement for mediation test is that there is a significance between the variables X and M. Variable X and M in this study is the mother's daily life stress with family functioning. In this test the results of a coefficient value of 0.065 and a value of 0.96 with a significance of $0.000 < 0.05$. It can be concluded that there is a significant influence between the relationship of mother's daily life stress and family functioning. So that the second condition is fulfilled.

Then the third condition is that there is a significance between the variable relationship M to Y and there is no significant between the variables X to Y. This is to see that there is influence between the mother's daily life stress with children's behavior problems, and does not affect when the M (family functioning) variables are included in testing. Testing obtained the results of the coefficient value b of 0.326 and c '0.495. Furthermore, the value of tb is 1.486 and the value of tc 'is 4.620 with a significance value of $0.143 > 0.05$. It can be interpreted that M (family functioning) significantly affects Y (children's behavior problems) and X (mother's daily life stress) does not affect Y (children's behavior problems). Thus it was concluded that the three conditions for mediation testing had been fulfilled. Effect of the total relationship of mother's daily life stress variables with children's behavior problems of 0.555. Whereas the direct effect of mother's daily life pathway stressed with children's behavior problems (c ') of 0.532. The indirect effect of mother's daily life stress pathway with children's behavior problems (path a x b) is $0.133 \times 0.171 = 0.022$. While the results of the SPSS test with the Hayes program obtained the effect of M (family functioning) to Y (children's behavior problems) by

22% with a significance of 0.0048. Because the three criteria for the existence of mediator variables are met, the mother's daily life stress effect with children's behavior problems becomes insignificant when family functioning is included in the analysis. So it is proven that family functioning is a mediator of the relationship between mother's daily life stress and children's behavior problems

Discussion

A good family is what functions their respective roles. Children will develop on their own but the most important factor in this regard concerns the level of stress experienced by the mother in the house. The roles of each father, mother and child are divided but as explained in the results above, behavioral problems in children uphold the essence of the relationship between mother and child. Children who have problems are usually not close to their families, especially the mother. However, what happens if the attachment of a mother and child has an impact if the mother experiences psychological problems and other factors that can affect her stress level. Being a mother is very difficult, she must be required to be versatile and multitasking. Therefore, the role and function of the family greatly affects the child, especially the problem of daily stress from a mother.

Conclusion

The conclusion of this study is that children who have problems with their behavior can be caused by the level of stress experienced by the mother. The mother who experiences this can be mediated by the existence of family roles and functions in her life. So that the child will get the opportunity and act accordingly with added support from the mother and also the family.

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