Qawwam: The Leader's Writing
Vol. 6, No. 1, Juny 2025.

THE INFLUENCE OF WORK-LIFE BALANCE ON PSYCHOLOGICAL WELL-BEING IN SINGLE-PARENT FAMILIES IN JELBUK, JEMBER.

Sabilul Muhtadin[1], Suhuf Subhan[2], Kholid Saifulloh[3]
[123]Name of Islamic Family Law, College of Dirasat Islamiyah Imam Syafi'i Jember

Email:
[1]sabil@stdiis.ac.id
[2]suhufsubhan10@gmail.com
[3]kholidsaifulloh86@gmail.com

ABSTRACT

Work-life balance (WLB) is an important factor in determining psychological well-being, especially for single-parent families who must face challenges in dividing their roles as breadwinners and child caregivers. This study aims to analyze the influence of work-life balance on the psychological well-being of single parents in Jelbuk, Jember. Using a correlational quantitative method, this study involved a sample of single parents who have lived in this condition for at least two years, selected using the Stratified Random Sampling technique. Data were collected through interviews, observations, documentation, and questionnaires, then analyzed using the Pearson Product Moment correlation test with the help of SPSS software. The results of this study are expected to provide insight into the relationship between work-life balance and single parents' psychological well-being. The findings will also provide recommendations for community-based interventions that can help single parents achieve better balance. From an Islamic perspective, the concept of balance between the world and the hereafter is an important basis for understanding work-life balance, as reflected in Qur'anic verses and hadith. Thus, this research not only provides academic contributions but also practical insights that can be applied in social life.
Keywords: *Work-life balance, psychological well-being, single parents, family, Islam, Jelbuk Jember*

INTRODUCTION

Work-life balance, known as *work-life balance* (WLB), is becoming an increasingly important concern in psychological studies, especially in the context of single-parent families. Single parents, as individuals who have to shoulder two main responsibilities - that is, as breadwinners and child caregivers - face a double challenge in managing time and resources. On the one hand, they have to meet the demands of work, while on the other hand, they also have to ensure that their

children's needs are met, physically, emotionally and psychologically. This makes work-life balance a very important aspect in supporting the psychological well-being of single parents, especially in areas such as Jelbuk, Jember.

From an Islamic perspective, the importance of work-life balance is emphasized in the Qur'an. Allah subhanahu wa ta'ala says:

وَابْتَغِ فِيْمَآ اٰتٰىكَ اللّٰهُ الدَّارَ الْاٰخِرَةَ وَلَا تَنْسَ نَصِيْبَكَ مِنَ الدُّنْيَا

"And seek in what Allah has bestowed upon you (the happiness) of the Hereafter, and do not forget your share in the world."[1]

This verse emphasizes the importance of maintaining a balance between worldly needs, such as work, and hereafter needs, such as attention to family and worship. In this regard, the Messenger of Allah (peace and blessings be upon him) also said:

فَإِنَّ لِجَسَدِكَ عَلَيْكَ حَقًّا وَإِنَّ لِعَيْنِكَ عَلَيْكَ حَقًّا وَإِنَّ لِزَوْرِكَ عَلَيْكَ حَقًّا وَإِنَّ لِزَوْجِكَ عَلَيْكَ حَقًّا

"For your body has rights over you, your eyes have rights over you, your guests have rights over you, your wife has rights over you."[2]

This Hadīth reminds us that every individual must pay attention to the rights of various aspects of life, including the family.

Salman al-Farisi said to Abu Darda' (*may Allah be pleased with him)* and the Messenger of *Allah (peace and blessings of Allah be upon him*) agreed:

إنَّ لربِّكَ عليك حقًّا، وإنَّ لِنَفسكَ عليك حقًّا، ولأهلك عليك حقًّا، فأعْطِ كلَّ ذي حقٍّ حقَّهُ

"Verily, you have a right to your Rabb, and you have a right to yourself, and you have a right to your family, so give each part its due." (HR Bukhari 1832)[3]

This is corroborated by the hadeeth *of* 'Abdullah ibn 'Amr *(may Allah be pleased* with him) that the Messenger of Allah (*blessings* and *peace of Allah be upon* him) said to him:

فَإِنَّ لِجَسَدِكَ عَلَيْكَ حَقًّا وَإِنَّ لِعَيْنِكَ عَلَيْكَ حَقًّا وَإِنَّ لِزَوْجِكَ عَلَيْكَ حَقًّا وَإِنَّ لِزَوْرِكَ عَلَيْكَ حَقًّا

"And verily on your body is the right of you, and on your eyes the right of you, and on your wife the right of you and on your visitors the right of you."[4]

So said the Messenger of Allah (*blessings and peace of Allah be upon him):*

أَمَا وَاللَّهِ إِنِّي لأَخْشَاكُمْ لِلَّهِ وَأَتْقَاكُمْ ، وَلَكِنِّي أُصَلِّي وَأَنَامُ , وَأَصُوْمُ وُأفْطِرُ وَأَتَزَوَّجُ النِّسَاءَ فَمَنْ رَغِبَ عَنْ سُنَّتِى فَلَيْسَ مِنِّى

"Verily, I am the most fearful and most devoted to Allah. Even so, I wake up at night and sometimes go to bed, fast and break my fast, and marry women, and whoever does not follow my Sunnah is not one of my people."[5]

---

[1] *QS. Al-Qasas: 77.*

[2] al-Bukhari Abdullah Muhammad ibn Ismail, *Sahih al-Bukhari*, vol. V (Beirut: Dar al-Kitab al-'Ilmiyyah, 1992), 1975.

[3] Abdullah Muhammad ibn Ismail, *Sahih al-Bukhari*, V:1832.

[4] Abdullah Muhammad ibn Ismail, *Sahih al-Bukhari*, V:4800.

[5] Abdullah Muhammad ibn Ismail, *Sahih al-Bukhari*, V:4675.

The predecessor scholars have also set a good example for the next generation. *Ibn Jarir at-Thobari* has divided his daily life into several parts, as told by Qadhi Abu Bakar Ahmad Kamil Al-Syajari, one of his close students:

Based on data from the Central Statistics Agency (BPS),[6] in 2023, there will be 12.73% female household heads in Indonesia. This figure has increased slightly by 0.01% compared to the previous year which reached 12.72%. In terms of trend, the percentage of female household heads showed an increasing trend from 2013 to 2020. However, there was a decline in 2021 and 2022 before rising again in 2023. In terms of region, female household heads are found more in urban areas, with a percentage of 13.36% in 2023. In contrast, in rural areas, the number was only 11.84%. In terms of the number of family members, 46.4% of female household heads have 2-3 family members. Meanwhile, 26.7% live alone as the only family member. About 21.2% have 4-5 family members, and only 5.7% of female household heads have six family members.[7] Pressure from both sides-work and family-often leads to chronic stress, which impacts their psychological well-being.[8] In Jelbuk, Jember, these challenges are exacerbated by limited access to formal social support, such as psychological counseling and economic empowerment programs.

In the local context, the community solidarity of Jelbuk, Jember, is often a significant form of social support. For example, regular recitations and community-based assistance programs are a source of moral and material support for single-parent families.

Research shows that the dimensions of *work-life balance* consist of three main aspects:

1. *Work interference with personal life*,

[6] "Percentage of Households by Province, Sex of Household Head, and Number of Household Members, 2009-2024 - Statistical Tables - Central Bureau of Statistics of Indonesia," accessed February 4, 2025, https://www.bps.go.id/id/statistics-table/1/MTYwMyMx/persentase-rumah-tangga-menurut-provinsi-jenis-kelamin-kepala-rumah-tangga-dan-banyaknya-anggota-rumah-tangga-2009-2024.html.

[7] Monavia Ayu Rizaty, "Data on the Percentage of Female Household Heads in Indonesia in 2023," *Data Indonesia: Data Indonesia for Better Decision. Valid, Accurate, Relevant*, accessed January 3, 2025, https://dataindonesia.id/varia/detail/data-persentase-kepala-rumah-tangga-perempuan-di-indonesia-pada-2023.

[8] Herawati and risda rizkillah, "The effect of stress and social support on subjective wellbeing in single families during the covid-19 pandemi," *JKKP (Journal of Family Welfare and Education)* 9, no. 02 (October 31, 2022): 152-163.

2. *Personal life interference with work*, and
3. Mutual support between work and *personal life* (*work/personal life enhancement*).

Conflict in one or more of these dimensions can exacerbate stressful conditions and decrease psychological well-being. In contrast, social support, good time management and self-coherence are important protective factors. In the Islamic perspective, time management is also emphasized as part of the obligation.

This study aims to explore how factors such as social support, time management, self-coherence, and parenting influence the psychological well-being of single parents in Jelbuk, Jember. It also aims to provide recommendations for community-based interventions that can help single parents achieve work-life balance.

Globally, the concept of *work-life balance* has become a policy focus in many countries to improve individual well-being, including for single-parent families. By understanding the local context in Jelbuk, Jember, the results of this study are expected to make an important contribution in developing evidence-based support programs that are aligned with local values and Islamic teachings.

The previous studies that are relevant to our research this time include: The first research according to the author, Firizqiana Wira Swesty et al (2024) which discusses "The Effect of Big Five Personality Types and Family Social Support on Work-Life[9] Balance in Working Single Mothers."[10] Daniel Lie et al (2022) which discusses "Overview of *Work-Life Balance* in Working *Single Parent* Women."[11] Aris Purwanto, et al (2024) which discusses "Social Support, Work Stress and Work-Life Balance as Predictors of Psychological Well-Being of Online Ojek Drivers."[12] Firsty Oktaria Grahani, et al (2021) which discusses "*Psychological Well Being (PWB)* towards *Work*

[9] Natahniela Esterina and Devi Jatmika, "The Relationship between Work-Life Balance and Parenting Stress in Corporate Working ," *MothersScientific Journal of Psychology MIND SET* 15, no. 01 (June 30, 2024): 1-17.

[10] Firizqiana Wira Swesty, Alimatus Sahrah, and Nina Fitriana, "The Effect of Big Five Personality Types and Family Social Support on Work-Life Balance in Working Single Mothers," *Spiritual Healing: Journal of Tashallallahu alaihi wasallamuf and Psychotherapy* 5, no. 2 (2024): 99-113.

[11] Daniel Lie et al., "An Overview of Work-Life Balance in Working Single Parent Women," *Psychodimensia: Scientific Review of Psychology* 21, no. 2 (December 20, 2022): 132-143.

[12] Aris Purwanto and Sri Lestari, "Social support, work stress and work life balance as predictors of psychological wellbeing of daring ojek drivers," *Journal of Psychohumanika* 16, no. 2 (September 5, 2024): 127-140.

Life Balance (WLB) in Working Women."[13] Afrida Nur Chasanah (2025) which discusses "The Role of Social Support on *Work Life Balance of* Working Women."[14] Nabila Putri Cahya Khairunnisa, et al (2024) which discusses "Psychological Well-Being in Dual Role Mothers with Early Childhood."[15]

This study supports the theory that work-life balance contributes importantly to maintaining psychological and emotional stability in the family (Kurniati et al., 2015). This finding is also in line with previous research which states that the balance of roles between work and family can improve individual psychological well-being (Purwanto, 2019).

With a coefficient of determination of 38.5%, although Work-Life Balance has a significant influence, there are other factors that also affect Psychological Well-Being in Families, such as social support, economic conditions, education, and other environmental factors that are not analyzed in this study.

RESEARCH METHODOLOGY

This study uses a quantitative approach to analyze the effect of work-life balance (Variable X) on psychological well-being (Variable Y) in single-parent families in Jelbuk, Jember. Quantitative research is inductive and objective, where the data obtained in the form of numbers or scores are analyzed using statistical methods (Hemawani, 2019).[16] The type of research used is correlational research, which aims

[13] Firsty Oktaria Grahani et al., "Psychological well being (pwb) on work life balance (wlb) in working women," *National Seminar and Call For Paper 2023 with the theme "Strengthening Human Resources Capacity Towards Golden Indonesia 2045" PSGESI LPPM UWP* 8, no. 1 (December 25, 2021): 86-93.

[14] Afrida Nur Chasanah, "The Role of Social Support on Work Life Balance of Working Women," *Journal Scientific of Mandalika (JSM) e-ISSN 2745-5955 | p-ISSN 2809-0543* 6, no. 1 (January 7, 2025): 120-125.

[15] Nabila Putri Cahya Khairunnisa and Ira Darmawanti, "Psychological Well-Being in Dual Role Mothers with Early Childhood," Psychological *Character Journal of Research* 11, no. 1 (July 4, 2024): 136-155.

[16] Iwan Hermawan and M. Pd, .*Educational Research Methodology (Qualitative, Quantitative and Mixed Method)* (Hidayatul Quran, 2019), accessed January 31, 2025, https://booksgoogle.com/books?hl=en&lr=&id=Vja4DwAAQBAJ&oi=fnd&pg=PP10&dq=info:1PIvksr-VY4J:scholar.google.com&ots=XwEqk6W2mw&sig=80ivpbh8fWd8lDnei043QM9pQbg.

to measure the relationship between work-life balance and psychological well-being in single-parent families (Kurniati et al., 2015).[17]

The population in this study were single-parent families in Jelbuk Subdistrict, Jember, with the criteria that respondents had lived as single parents for at least 2 years. Samples were taken using Stratified Random Sampling technique, which is a random sampling method based on certain categories in the population. From the existing population, 10% of each age category of single parents will be sampled to obtain more representative results.

Data collection techniques were conducted through interviews, observation, documentation, and questionnaires. Interviews were conducted with single parents to find out how they manage the balance between work life and personal life. Observation was used to see how work-life balance affects their psychological well-being. Documentation involved related literature regarding psychological well-being and the concept of work-life balance, while questionnaires were used to measure the level of psychological well-being based on emotional, social, and role balance aspects in the family (Purwanto, 2019).[18]

Data analysis in this study used the Pearson Product Moment correlation test, which aims to determine the relationship between work-life balance (Variable X) and psychological well-being (Variable Y). This statistical test aims to obtain a correlation coefficient, which will show the level of relationship between the two variables. Data processing was done using SPSS (Statistical Package for the Social Sciences) version 26.0 for Windows. The results of this study are expected to provide scientific insight into how the balance between work and personal life can affect psychological well-being in single-parent families in Jelbuk, Jember.

RESULTS AND DISCUSSION

Data analysis in this study used the Pearson Product Moment correlation test, which aims to determine the relationship between Work-Life Balance (Variable X) and

[17] Nurdyansyah and Moch. Bahak Udin By Arifin, .*Textbook of Educational Research Methodology* (Umsida Press, 2018), accessed January 31, 2025, https://press.umsida.ac.id/index.php/umsidapress/article/view/978-602-5914-19-5/801

[18] Nfn Purwanto, "VARIABLES IN EDUCATION RESEARCH," *Teknodik Journal* (April 4, 2019): 196-215.

Psychological Well-Being in the Family (Variable Y). This statistical test obtains a correlation coefficient that shows the level of relationship between the two variables. Data processing was done using SPSS (Statistical Package for the Social Sciences) version 26.0 for Windows. The results of this study are expected to provide scientific insight into how Work-Life Balance affects Psychological Well-Being in the Family.

Table 1. Validity Test Results of Variable X (Work-Life Balance)

Correlations						
		X.p1	X.p2	X.p3	X.p4	X
X.p1	Pearson Correlation	1	0.143	.627**	.455*	.641**
	Sig. (2-tailed)		0.449	0	0.011	0
	N	30	30	30	30	30
X.p2	Pearson Correlation	0.143	1	-0.101	.411*	.518**
	Sig. (2-tailed)	0.449		0.595	0.024	0.003
	N	30	30	30	30	30
X.p3	Pearson Correlation	.627**	-0.101	1	0.273	.475**
	Sig. (2-tailed)	0	0.595		0.145	0.008
	N	30	30	30	30	30
X.p4	Pearson Correlation	.455*	.411*	0.273	1	.578**
	Sig. (2-tailed)	0.011	0.024	0.145		0.001
	N	30	30	30	30	30
X	Pearson Correlation	.641**	.518**	.475**	.578**	1
	Sig. (2-tailed)	0	0.003	0.008	0.001	
	N	30	30	30	30	30

** Correlation is significant at the 0.01 level (2-tailed).

* Correlation is significant at the 0.05 level (2-tailed).

Table 2. Validity Test Results of Variable Y (Psychological Well-Being in the Family)

Correlations						
		Y.p1	Y.p2	Y.p3	Y.p4	Y
Y.p1	Pearson Correlation	1	.513**	.368*	0.197	.731**

	Sig. (2-tailed)		0.004	0.046	0.298	0
	N	30	30	30	30	30
Y.p2	Pearson Correlation	.513**	1	.627**	.455*	.885**
	Sig. (2-tailed)	0.004		0	0.011	0
	N	30	30	30	30	30
Y.p3	Pearson Correlation	.368*	.627**	1	0.273	.759**
	Sig. (2-tailed)	0.046	0		0.145	0
	N	30	30	30	30	30
Y.p4	Pearson Correlation	0.197	.455*	0.273	1	.595**
	Sig. (2-tailed)	0.298	0.011	0.145		0.001
	N	30	30	30	30	30
Y	Pearson Correlation	.731**	.885**	.759**	.595**	1
	Sig. (2-tailed)	0	0	0	0.001	
	N	30	30	30	30	30

** Correlation is significant at the 0.01 level (2-tailed).

* Correlation is significant at the 0.05 level (2-tailed).

From the validity test results above, the significance value for all question items is less than 5% (0.05). Thus, all questionnaire question items are declared valid and can be used as research instruments.

The reliability test aims to determine whether the questionnaire has consistency if the measurement is repeated. The results of the reliability test of the Work-Life Balance (X) and Psychological Well-Being in the Family (Y) variables can be seen in the table below:

Table 3. Reliability Test Results of Variable X

Reliability Statistics	
Cronbach's Alpha	N of Items

0.632	4

Table 4. Y Variable Reliability Test Results

Reliability Statistics	
Cronbach's Alpha	N of Items
0.736	4

The questionnaire is said to be reliable if the Cronbach's Alpha value is greater than 0.60. From the results of the above calculations, the reliability value of variable X is 0.632 and variable Y is 0.736, so it can be concluded that this research instrument is reliable or consistent.

The normality test is carried out to determine whether the research data is normally distributed or not. A good regression requirement is if the research data follows a normal distribution. The results of the normality test using the One Sample Kolmogorov-Smirnov Test obtained the following results:

Table 5. Normality Test Results

One-Sample Kolmogorov-Smirnov Test			
			Unstandardized Residual
N			30
Normal Parametersa,b	Mean		0
	Std. Deviation		3.01046481
Most Extreme Differences	Absolute		0.112
	Positive		0.112
	Negative		-0.108
Test Statistic			0.112
Asymp. Sig. (2-tailed)			.200c,d
Monte Carlo Sig. (2-tailed)	Sig.		.806e
	99% Confidence Interval	Lower Bound	0.796
		Upper Bound	0.816
a Test distribution is Normal.			
b Calculated from data.			
c Lilliefors Significance Correction.			

d This is a lower bound of the true significance.
e Based on 10000 sampled tables with starting seed 926214481.

Based on the results of the normality test above, the Asymp. Sig. (2-tailed) of 0.200 and Monte Carlo Sig. (2-tailed) of 0.806, both of which are greater than 0.05. This indicates that the residual data from the regression model is normally distributed, so the data is suitable for further regression testing.

The heteroscedasticity test aims to determine whether in the regression model there is an inequality of residual variances between observations. The test results can be seen in the following table:

Table 6. Heteroscedasticity Test Results

Coefficientsa						
Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	24.093	1.097		21.959	0.000
	Abs_RES	0.136	0.371	0.069	0.368	0.716
a Dependent Variable: WORK LIFE BALANCE						

From the table above, the significance value on the Abs_RES variable is 0.716, greater than 0.05. This indicates that there are no symptoms of heteroscedasticity in the regression model. Thus, the regression model used in this study fulfills the assumption of homoscedasticity, which means that the residual variance between observations is the same.

The linearity test is conducted to determine whether there is a linear relationship between the Work-Life Balance variable (X) and Psychological Well-Being in the Family (Y).

Table 7. Linearity Test Results

ANOVA Table

			Sum of Squares	df	Mean Square	F	Sig.
PSYCHOLOGICAL WELL-BEING IN FAMILY * WORK LIFE BALANCE	Between Groups	(Combined)	127.267	13	9.79	1.396	0.261
		Linearity	92.141	1	92.141	13.14	0.002
		Deviation from Linearity	35.126	12	2.927	0.417	0.934
	Within Groups		112.2	16	7.012		
	Total		239.467	29			

Based on the results above, the significance value of Deviation from Linearity is 0.934, which is greater than 0.05. This indicates that there is no deviation from linearity, so it can be concluded that there is a linear relationship between the variables Work-Life Balance (X) and Psychological Well-Being in the Family (Y).

In addition, the Linearity significance value of 0.002 (<0.05) corroborates that the relationship between the two variables is significantly linear.

Simple linear regression analysis was used to determine the effect of Work-Life Balance variables (X) on Psychological Well-Being in the Family (Y).

Table 8. Simple Linear Regression Analysis Results

Coefficientsa						
Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	4.135	2.74		1.509	0.143
	WORK LIFE BALANCE	0.464	0.111	0.62	4.185	0.000
a Dependent Variable: PSYCHOLOGICAL WELL-BEING IN THE FAMILY						

Based on the results of the analysis above, a significance value of 0.000 (<0.05) is obtained, which indicates that the Work-Life Balance variable has a significant effect on Psychological Well-Being in the Family.

The regression coefficient value B = 0.464 indicates that every one unit increase in the Work-Life Balance variable will increase Psychological Well-Being in the Family by 0.464, assuming other variables remain constant.

The coefficient of determination is used to determine the influence of the independent variable (Work-Life Balance) on the dependent variable (Psychological Well-Being in the Family).

Table 9. Results of the Coefficient of Determination

Model Summary				
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.620a	0.385	0.363	2.294
a Predictors: (Constant), WORK LIFE BALANCE				

From the results above, the R Square value is 0.385, which indicates that 38.5% of the variation in Psychological Well-Being in Families can be explained by the Work-Life Balance variable. Meanwhile, the remaining 61.5% is influenced by other variables that are not included in this research model.

The results of regression analysis show that Work-Life Balance has a significant influence on Psychological Well-Being in the Family. This means that the better the balance between one's work life and personal life, the higher the level of psychological well-being felt in the family, especially in single-parent families in Jelbuk District, Jember.

CONCLUSIONS

Based on the results of research that has been conducted on the influence of *Work-Life Balance* on *Psychological Well-Being* in single-parent *families* in Jelbuk District, Jember, it can be concluded that the research instruments used have met the validity and reliability requirements. All question items were declared valid because the significance value of the validity test was smaller than 0.05, and reliable with a *Cronbach's Alpha* value of 0.632 for the *Work-Life Balance* variable and 0.736 for the

Psychological Well-Being variable in *the Family*. The research data are also normally distributed, as indicated by the normality test results with a significance value of 0.200 which is greater than 0.05. In addition, the results of the heteroscedasticity test showed that there were no symptoms of heteroscedasticity in the regression model, with a significance value of 0.716. The relationship between the variables *Work-Life Balance* and *Psychological Well-Being in the Family* is also linear, as evidenced by the significance value in *Deviation from Linearity of* 0.934 which is greater than 0.05.

The results of simple linear regression analysis show that *Work-Life Balance* has a significant effect on *Psychological Well-Being in the Family*, with a significance value of 0.000 which is smaller than 0.05. The magnitude of the influence of the *Work-Life Balance* variable on *Psychological Well-Being in the Family* is 38.5%, while the remaining 61.5% is influenced by other factors not analyzed in this study. This finding shows that the better the balance between work and personal life that single parents have, the higher the psychological well-being they feel in the family.

Based on the above conclusions, there are several suggestions that can be given. First, single parents in Jelbuk District, Jember, are expected to improve their ability to manage *Work-Life Balance* to support psychological well-being in the family. Effective time management and strengthening the role of family need to be considered so that the balance of personal and work life can be maintained properly. Second, for local governments and social institutions, it is recommended to provide time management training programs, economic empowerment, and psychosocial support that can help single parents achieve a balance between professional and family roles. Third, for future researchers, it is expected to expand the scope of research by considering other factors that affect *Psychological Wellbeing in Families*, such as social support, economic conditions, and education levels, and conduct research with a larger number of respondents to obtain more comprehensive results.

REFERENCES

Al Quran

Abdullah Muhammad bin Ismail, al-Bukhari. *Shahih al-Bukhari*. Vol. V. Beirut: Dar al-Kitab al-'Ilmiyyah, 1992.

Chasanah, Afrida Nur. "The Role of Social Support on Work Life Balance of Working Women." *Journal Scientific of Mandalika (JSM) e-ISSN 2745-5955 | p-ISSN 2809-0543* 6, no. 1 (January 7, 2025): 120-125.

Esterina, Natahniela, and Devi Jatmika. "The Relationship between Work-Life Balance and Parenting Stress in Corporate Working Mothers." *Scientific Journal of Psychology MIND SET* 15, no. 01 (June 30, 2024): 1-17.

Grahani, Firsty Oktaria, Ressy Mardiyanti, Nina Permei Sela, and Sinta Nuriyah. "Psychological well being (pwb) towards work life balance (wlb) in working women." *National Seminar and Call For Paper 2023 with the theme "Strengthening Human Resources Capacity Towards Golden Indonesia 2045" PSGESI LPPM UWP* 8, no. 1 (December 25, 2021): 86-93.

Herawati, and Risda Rizkillah. "The influence of stress and social support on subjective well-being in single father families during the covid-19 pandemic." *JKKP (Journal of Family Welfare and Education)* 9, no. 02 (October 31, 2022): 152-163.

Hermawan, Iwan, and M. Pd. *Educational Research Methodology (Qualitative, Quantitative and Mixed Method)*. Hidayatul Quran, 2019. Accessed January 31, 2025. https://books.google.com/books?hl=en&lr=&id=Vja4DwAAQBAJ&oi=fnd&pg=PP10&dq=info:1PIvksr-VY4J:scholar.google.com&ots=XwEqk6W2mw&sig=80ivpbh8fWd8lDnei043QM9pQbg.

Khairunnisa, Nabila Putri Cahya, and Ira Darmawanti. "Psychological Well-Being in Dual Role Mothers with Early Childhood." *Character Journal of Psychological Research* 11, no. 1 (July 4, 2024): 136-155.

Lie, Daniel, Elisabet Hana Megumi, Agnes Zaneta, Pavelin Mapela Barasih Zalukhu, Riani Gianti, and Roland Bonggo Pribadi. "An Overview of Work-Life Balance in Working Single Parent Women." *Psychodimensia: Scientific Review of Psychology* 21, no. 2 (December 20, 2022): 132-143.

Nurdyansyah, and Moch. Bahak Udin By Arifin. *Textbook of Educational Research Methodology*. Umsida Press, 2018. Accessed January 31, 2025. https://press.umsida.ac.id/index.php/umsidapress/article/view/978-602-5914-19-5/801.

Purwanto, Aris, and Sri Lestari. "Social support, work stress and work-life balance as predictors of psychological well-being of online ojek drivers." *Journal of Psychohumanika* 16, no. 2 (September 5, 2024): 127-140.

Purwanto, Nfn. "Variables in educational research." *Teknodik Journal* (April 4, 2019): 196-215.

Rizaty, Monavia Ayu. "Data on the Percentage of Female Household Heads in Indonesia in 2023." *Data Indonesia: Data Indonesia for Better Decision. Valid, Accurate, Relevant*. Accessed January 3, 2025. https://dataindonesia.id/varia/detail/data-persentase-kepala-rumah-tangga-perempuan-di-indonesia-pada-2023.

s"Percentage of Households by Province, Sex of Household Head, and Number of Household Members, 2009-2024 - Statistical Tables - Central Bureau of Statistics of Indonesia." Accessed February 4, 2025. https://www.bps.go.id/id/statistics-table/1/MTYwMyMx/persentase-rumah-tangga-menurut-provinsi-jenis-kelamin-kepala-rumah-tangga-dan-banyaknya-anggota-rumah-tangga-2009-2024.html.