

# FACTORS INFLUENCING THE SUBJECTIVE WELL-BEING OF MOTHERS WHO HAVE HYPERACTIVE CHILDREN

Muthia Rahman Nayla <sup>a\*)</sup>

<sup>a)</sup> Universitas Mercu Buana Yogyakarta, Indonesia

<sup>\*)</sup> Corresponding Author: muthiarahmannayla@gmail.com

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**Abstract.** This study aimed to identify the factors that influence the subjective well-being of mothers caring for hyperactive children. The problem faced in this study is the decrease in maternal well-being when caring for hyperactive children. The subjects of the study involved mothers caring for children with hyperactivity disorders from various social and economic backgrounds. Data were collected through interviews and observations, including questions about subjective well-being such as life satisfaction, positive effects, adverse effects, social support, knowledge, time management, physical condition, child behaviour, stress levels, personality, coping strategies, and maternal optimism. The results of this study revealed that lack of social support from family and environment, low knowledge of hyperactivity disorder, time management problems, as well as the mother's physical condition all contribute negatively to maternal subjective well-being. The child's hyperactive behaviour and high levels of difficulty also affect the mother's well-being. Denial of the child's symptoms and the mother's internal problems, such as anxiety and depression, also have a negative impact. However, the study also found that a personality that is resilient to adversity, effective coping strategies, a positive relationship with a hyperactive child, and an optimistic attitude of the mother can improve maternal subjective well-being. These findings emphasize the importance of providing social support, appropriate information, and training in stress management and coping strategies to mothers caring for hyperactive children.

**Keywords:** Subjective well-being; Hyperactive child

## I. INTRODUCTION

Parenting is central to the child's development, especially by the mother. Mothers are essential in providing affection and early education to children with specialities such as hyperactivity [1]. The complete responsibility of parents, especially mothers, in educating and guiding children before they enter school is also significant (Lisa [2]). Good parenting patterns from mothers positively impact child development, while lack of attention or improper parenting patterns can result in various problems in children [3], [4]. In addition to the vital role in nurturing, mothers are also responsible for fostering a sense of love and affection in children through interactions involving physical touch and attention (Mercuri [5]). Maternal preparation before pregnancy also plays a vital role in the health and development of the child, including eating a healthy diet, regular checkups, and maintaining mental health (Gustina [6]). However, various factors such as genetic factors, substance abuse, and poor nutrition in mothers during pregnancy can cause children to be born with special conditions or not according to maternal expectations [7], [8]. Hyperactive children, one condition that causes problems, can affect the subjective well-being of the mother [9]. Subjective well-being, which includes happiness, life satisfaction, and positive and negative emotions, significantly impacts an individual's quality of life (Andayani [10]). Hyperactive children have difficulty resting, concentrating, and uncontrolled behaviour (Winarsih [11]). Parenting hyperactive children can cause stress, fatigue, and various negative feelings in the mother [12]. Social support, coping skills, balancing childcare demands, and personal needs can

influence mothers' subjective well-being with hyperactive children (Lisa [2]). Therefore, an in-depth understanding of the factors that influence maternal subjective well-being needs to be well-researched and understood. Child development, especially in cases of specificity such as hyperactivity, is parents' main concern, especially mothers. In this context, the role of the mother is vital, not only as the first provider of affection and education but also as the central pillar in determining the quality of children's growth and development. Previous studies have shown that positive stimuli provided by mothers significantly impact the development of hyperactive children. However, parenting a child with special needs is often challenging and demands extra patience and perseverance. This process can affect the subjective state of well-being of the mother, provoking feelings of anxiety, physical and mental exhaustion, as well as other negative emotions.

Subjective well-being is a concept that includes an individual's assessment of happiness, life satisfaction, and the experience of positive and negative emotions. The role of subjective well-being in everyday life becomes crucial, associated with better mental and physical health, more positive social interactions, and success in various aspects of life (Diener [13]). About a hyperactive child, this problem becomes increasingly complex. Children with hyperactivity tend to have behaviour patterns that are difficult to control, difficulty focusing, and a tendency to engage in undirected activities. This can inflict psychological distress on the mother, which in turn can affect her subjective well-being. In the Indonesian context, the prevalence of children with

hyperactive conditions shows a significant number. This condition demands serious attention from various parties, including the government, family, and community. Social support and a broad understanding of this condition are expected to assist mothers facing challenges caring for hyperactive children (Tentama [14]). This study will identify factors that influence the subjective well-being of mothers with hyperactive children, including social support, coping abilities, and other factors that contribute to the mother's psychological and emotional state. This study aims to analyze the factors that influence the subjective well-being of mothers with hyperactive children and provide recommendations to improve their well-being. Thus, it is hoped that this study can provide more comprehensive and in-depth insights into the factors that affect the subjective well-being of mothers with hyperactive children. It is expected that appropriate solutions and recommendations can be found that are useful for the community, especially for mothers who care for children with special conditions.

## II. RESEARCH METHODS

In this study, researchers used a qualitative Phenomenological approach. A qualitative approach is a way or method to explore and understand the meaning of several individuals or groups of people (Creswell [15]). The qualitative approach is a research process that aims to understand human or social problems by creating a comprehensive and complex picture with words and not using numbers (Kaharuddin [16]). Reporting detailed views obtained from information sources is done in a natural setting. This qualitative research approach is descriptive. The data obtained are in the form of interviews and observations. It is composed of researchers at the research site, not in the form of numbers. Then, the researcher proceeds with data analysis by enriching the information. The results of the data analysis are presented in the form of a narrative description (Harahap [17]).

Researchers chose the phenomenological approach because it was studied based on a person's problem experience. This research will discuss an object of study by understanding the experience of a phenomenon and, namely, digging into the factors that can affect the subjective well-being of a mother with a hyperactive child. Phenomena are events, events, or symptoms that can be observed or experienced in the real world or within the scope of science (Kaharuddin [16]). Phenomenology seeks to understand the true meaning of an experience and emphasizes intentional awareness of experience because experience contains consciousness, which is based on memory, meaning and imagery. Phenomenology is the study of how humans experience their lives in the world. This study examines objects and events from the person experiencing them (Harahap [17]).

Based on the explanation above, this study uses a phenologic qualitative approach. This study focused on exploring information about the factors that affect the subjective well-being of mothers who have hyperactive

children. These factors will be described based on in-depth interviews and observations.

## III. RESULTS AND DISCUSSION

All The research results about the factors that influence the subjective well-being of mothers with hyperactive children have been shown. The study involved three participants, namely IW, ZA, and RB, who each had unique experiences caring for their hyperactive children. Analysis of interviews and observations of all three participants revealed several factors that influence maternal subjective well-being in the face of these challenges. These factors include social support, family conditions, and environmental conditions. Then, factors such as the low level of knowledge, the condition and behaviour of the child, time management, the internal condition of the mother, denial, and financial issues are also considered. In addition, positive factors can affect the subjective well-being of mothers with hyperactive children, namely personality factors, coping strategies, positive relationships and optimism.

### A. Social support (environmental)

Environmental factors can influence the subjective well-being of mothers who have hyperactive children. First, the unsupportive home environment experienced by the three participants created feelings of isolation, discomfort, and anxiety for their children. Environments that do not understand the needs of children with particular developmental disorders are also negatively impacted, with negative judgments and negative behaviours from the surrounding community. Changes in the geographical environment also play an essential role, with the transfer of residence from Bangka to Jakarta and then to Yogyakarta by ZA participants affecting the subjective well-being of ZA, both in terms of social and economic support. The awareness and understanding of the surrounding community towards children with special needs is also an influencing factor, with ZA experiencing adverse treatment in the environment outside the complex in Yogyakarta that does not understand the condition of their children. The accumulation of these environmental factors overall affects the subjective well-being of mothers with hyperactive children, both positively when there is support and understanding negatively when the home environment is not supportive or when changes in the geographical environment result in social and economic challenges.

### B. Social support (family)

In general, one of the main factors affecting maternal subjective well-being is family. Social support from the family has a vital role in influencing a mother's subjective well-being. Various factors can affect such support, such as a family's lack of understanding of children with special needs. Most families do not have adequate experience or knowledge related to children with special needs, which ultimately causes them to underestimate or lack understanding of this situation. Another factor that can affect social support from the family is unsupportive family behaviour, such as scolding children, forbidding or avoiding children, judging children, ignoring,

ostracizing, or even distinguishing children with special needs from other children. As a result of this lack of understanding and support, many family members tend to make judgments or direct the child to seek treatment without understanding the child's condition well. In addition, other participants also felt that families tend to be closed, ignorant, quiet, and seem less caring, which creates a lack of social support from the family. This problem was common among the participants' extended families and greatly affected the mother's subjective well-being.

### C. Economic conditions

The form of economic conditions in ZA participants living in Jakarta with a high lifestyle, and the medical costs incurred are quite a lot, as well as a place of treatment that is not located in one place, which can take time and costs a little. In the context of demographic conditions, interviews with ZA indicate that economic conditions play an essential role in the subjective well-being of mothers who have hyperactive children. ZA described that the economic conditions in Bangka and Yogyakarta were able to meet the family's daily needs, thus creating a feeling of relative comfort and calm. However, in Jakarta, the economy greatly influenced his well-being. The high cost of living in Jakarta, including the cost of treatment of her child by a psychologist, as well as the different and far-flung locations of therapy, resulted in a significant economic burden. Therefore, economic conditions and the cost of caring for hyperactive children are the main factors affecting the subjective well-being of ZA, with changes in residence location impacting family economic conditions as well as parents' anxiety levels regarding their child's needs.

Meanwhile, among IW participants, although IW felt that his income and financial condition were adequate to provide for his family, IW also acknowledged the daily economic pressures. The success of his work becomes a source of pride and can affect his well-being. Furthermore, his awareness of the importance of sound financial management reflects his efforts in reducing financial stress and maintaining financial stability, which also positively impacts his subjective well-being. In understanding one's subjective well-being, economic factors such as income, financial management, and job attainment must be considered in conjunction with the monetary demands that may exist in daily life.

### D. Level of knowledge (understanding)

In the context of the level of knowledge, the results of interviews with IW and ZA illustrate how the level of understanding of the extended family and surrounding communities about children's hyperactivity. IW feels a lack of knowledge from the extended family about the problem of hyperactive children, who more often express dissatisfaction than provide the necessary support. This lack of understanding creates feelings of isolation and unsupport for IW. Meanwhile, ZA noted a false perception in her extended family about her child being expected to be "normal", reflecting a lack of understanding of the characteristics of hyperactive children. This factor is closely related to the level of education and access to information that varies in different

locations, such as Bangka and Yogyakarta. Therefore, a better level of knowledge and understanding of child hyperactivity and how to care for a child with this condition is crucial in improving the subjective well-being of mothers who have hyperactive children, with the importance of better educational efforts, both from extended families and from the government, to create a better understanding of hyperactivity and how to care for children with this condition.

### E. Time management

Interviews described participants finding it challenging to manage time between work and childcare, trying to prioritize time with children but acknowledging difficulty doing so. This is primarily related to the feeling of having to "chase" with children, in IW participants, the need for extra energy in caring for children and the difficulty of dividing work time well. Meanwhile, RB faced similar obstacles, had trouble managing time to accompany her child's therapy and felt the need to spend enough time. RB also revealed personal experience when he had to resign from his job as a lecturer because of the condition of hyperactive children. Although the decision was made to take care of the child, RB felt a loss of identity as a lecturer, describing the feeling as a "loss of identity". The results of these interviews reflect the challenges faced by participants in finding a balance between work and childcare and the sacrifices that may be required to overcome these barriers.

### F. Internal physical condition of the mother (physical and psychological)

The results of the interviews revealed various health problems that participants experienced. IW has sleep problems caused by thoughts about children, often staying up late and feeling constantly sleep-deprived. IW also feels physical fatigue, such as if you have to chase children while running. Meanwhile, ZA stated that it is rare to be physically ill, although sometimes sleep deprived and have a diet that is not always healthy, as well as feel the health impact of worrying about children. RB also said she was rarely physically ill but experienced the health impact of constant worry about her son. This suggests that concerns related to each participant's child may affect the mother's health condition. The results of interviews with IW and ZA participants describe two different internal (psychological) conditions in dealing with parenthood. IW expresses feelings of hopelessness and hopelessness, especially in caring for a child with special needs, which sometimes makes her feel like she doesn't know how to cope with complicated challenges. Instead, ZA showed satisfaction with her current situation, leading to her caring for her child. ZA also reflects a high acceptance of everything he has earned, illustrating that every condition can be accepted resignedly. The comparison between these two internal conditions shows the diversity of mothers' experiences in parenthood and the differences in the way participants face and respond to challenges experienced in daily life. This provides essential insight into the complexity of mothers' experiences and their impact on unearthing a deeper understanding of parental roles.

### G. Children's conditions and behaviour

In the interviews, various factors influence children's conditions and behaviours, and they provide an in-depth understanding of the challenges and experiences of parents in dealing with them. First, IW participants described their children as very active, often running, having difficulty focusing, and having a habit of asking questions about everything. This became a source of astonishment and anxiety for IW. In addition, the child is difficult to sit still and tends to ask for many toys. This child's development faces obstacles, including delayed speech or speech delay. This condition prompted IW and her husband to seek help from a paediatrician. Second, in addition to describing their children as active and lively, happy to run non-stop or shout, ZA highlighted a parent's concern for the child's emotional well-being. ZA is very sensitive to her child's facial expressions, and her feelings are affected when the child shows an expression of sadness. It is essential to ZA that his child feels happy, and the child's happiness is the source of ZA's happiness. ZA also condemned the ill-treatment of children and stressed the importance of understanding children's conditions, especially in the context of illness. Third, RB participants described that their very active children liked to run around, scramble, and often break things. Although this child's behaviour is challenging, RB notes that the child can have friends and communicate well. This suggests that, although the child is sometimes disruptive, there is a positive side to take from his active behaviour. The three interviews reflect the diverse experiences of mothers in dealing with various conditions and behaviours of their children. Each mother seeks solutions and support that fit her child's needs while trying to understand and support the development of her unique and different child. Mothers' understanding, patience, and support are essential in helping children overcome their developmental challenges.

#### H. Denial

The results of interviews with RB showed a stage of rejection or denial of the condition of hyperactive children. RB expressed difficulty in accepting the fact that his second son had such behavioural problems. Doubts and questions about whether his son is hyperactive still often arise in RB's mind, and RB even worries about his son's future development. This rejection reflects the challenges faced by mothers in accepting their child's diagnosis and seeking a deeper understanding of the hyperactive child's condition.

#### I. Coping strategies

The interviews described various coping strategies or efforts to overcome problems and challenges that participants faced regarding their children. The IW seeks solutions by consulting psychologists and doctors, setting clear boundaries for their children, and encouraging physical activity to deal with the child's behaviour. Meanwhile, ZA revealed that taking reasonable solutions made overcoming problems easy and accepting her son's condition. ZA stressed the importance of having possible solutions to the problem, and she was even willing to move to get the best care for her son. This reflects the persistence and commitment of parents to finding practical solutions to overcome problems and maintain children's well-being. At the same time, the RB participants showed that RB

always tries to face problems with positive thinking. This indicates that RB is trying to look at the situation more optimistically and focus on the positive things that might happen. In addition, RB is also looking for a way out of the problems it faces. This reflects RB's ability to actively seek solutions or alternatives that can be used to overcome the problem. Such coping strategies can help participants deal better with challenges and feel calmer when they have adequate solutions.

#### J. Personality

The results of interviews with ZA participants reflect an optimistic and proactive personality in dealing with life. ZA shows a solid approach to striving with perseverance and determination when facing challenges. ZA also shows a realistic attitude by reflecting readiness to accept reality and adapt to challenging situations. This personality demonstrates a high level of resilience or fighting power, which helps ZA face various aspects of life with a positive attitude. Overall, the findings provide insight into how a mother's personality can influence her dealing with challenges in parenthood and daily life.

#### K. Positive relationships

In the positive relationship factor, the interviews with all three participants highlight the importance of support and positive relationships in improving the subjective well-being of mothers with hyperactive children. IW feels supported by her mother, aunt, and husband, who listen to the stories, complaints, and problems she faces about her child. Although they may not fully understand their child's problems, their presence and support provide a sense of self-worth and a feeling of not being alone for IW. On the contrary, ZA and her husband showed strong commitment and cooperation in caring for their hyperactive child, even to the point of moving between cities for their child's good. RB feels a close connection with his mother's family, who communicates well, actively helps solve problems, and even provides physical assistance when needed. This reflects that positive relationship factors within the family and with a life partner have provided meaningful emotional support, collaboration, and active involvement in the face of the challenges of caring for a hyperactive child, which can improve a mother's subjective well-being.

#### L. Optimism

Strong optimism was seen from all three participants. IW participants talked about their positive attitude toward facing life's challenges and tried to see the positive side of each event. At the same time, ZA participants expressed confidence that Allah will provide ease under any circumstances. ZA believes in a way out of every problem. And RB participants still maintain a positive attitude and hope for future improvements. RB actively prays for more positive things and is always looking for solutions rather than focusing on problems. All three participants' attitudes provided the necessary emotional and mental support in dealing with the daily challenges of being a mother with a hyperactive child, thus influencing each mother's subjective well-being.

Based on the discussion results, the most dominant factor influencing the subjective well-being of mothers with

hyperactive children is social support, namely family conditions and the environment. Social support from the family, including family understanding and behaviour and the surrounding environment that understands the needs of hyperactive children, plays a vital role in improving maternal subjective well-being. This factor creates feelings of support, comfort, and understanding, or conversely, feelings of isolation, anxiety, and discomfort.

Strong social support from family and the environment can be crucial in overcoming the challenges of caring for a hyperactive child. Therefore, efforts to increase the understanding of the extended family and surrounding community about child hyperactivity, as well as create a supportive environment, are vital in improving maternal subjective well-being. In addition, it is essential to recognize the role of positive support in the family and an attitude of optimism in difficult situations as supporting factors that can positively influence the subjective well-being of mothers with hyperactive children.

#### IV. CONCLUSIONS

Based on the interviews and observations conducted on the three participants, several factors that can affect the subjective well-being of mothers with hyperactive children are social support, including family and environmental conditions. Then, factors such as a low level of knowledge, the condition and behaviour of children, time management, the internal condition of the mother, denial, and financial issues are a factor. In addition, positive factors can affect the subjective well-being of mothers with hyperactive children, namely personality factors, coping strategies, positive relationships and optimism.

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