



## Children Happiness is Reviewed from Communication Pattern of Mothers-Child and Coping Strategy on Single Mother

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Children's Happiness; Open Communication Pattern; Close Communication Pattern; Problem-Focused Coping Strategy; Emotion-Focused Coping Strategy; Single Mother

### Abstract

Child happiness can be influenced by a variety of factors, the main one being the family environment. This research aims to know the child's happiness if it is reviewed from the mother-child communication pattern and coping strategy on single mothers. This research is a quantitative study using multiple linear regression methods with this research object 50 children aged 3-6 years of a single-mother family. Research sampling uses purposive sampling with data collection techniques using descriptive static analysis, test significance of individual parameters (t-test/Partial test), and F test. Based on statistical calculation results using individual parameter significance tests (partial test/statistical test) with the P-value < 0.05 obtained that results from all four variables, three of which have significance values between  $0.012-0.047 < 0.05$  (open communication pattern, closed communication pattern, problem-focused coping strategy), of the results, is known that open communication pattern, closed communication pattern, problem-focused coping with partially has significant effect on the happiness of children from single mother family. While the emotion-focused coping with sig.  $0.656 > 0.05$  of the results is known that emotion-focused coping with has no significant effect on the happiness of the child from single mother family. While in test F obtained the value of F-count ( $10,729 > F\text{-table } (2.81)$  and  $P\text{-value} < 0.05$  ( $0.000 < 0.05$ ), the result is known that of the four variables are open communication pattern, closed communication pattern, emotion-focused coping, problem-focused coping together (simultaneous) a significant effect on the happiness of the child from a single mother family in the Semarang city.

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## INTRODUCTION

Every human in his life must crave happiness. It is a definite thing that every human being wants including early childhood. Happiness that is felt by early childhood is a feeling that is influenced by oneself in living the life and environment associated with them, especially the family environment.

Each member has an important role in every family activity, especially the role of fathers and mothers as parents. According to Hasanah (Febriana and Pranoto, 2018), parents are central to everything the child needs. Besides, parents have full responsibility for their child Ambaryanti (Saputri & Tasu'ah, 2017). Parents are a major factor in providing guidance, support, and affection. As Ayuningtyas (2013) said that parents are the first environment and the first school to be accepted by children. Also, parents are the most familiar figure of their children (Karp et al in Pranoto and Hong 2018).

There is no doubt that the family plays an important role in the education and happiness of early childhood. For children to grow up well, they must live and grow in families filled with happiness, love, and attention (Convention on the Opening of Children's Rights in Handayani and Munawar 2015). But it can be known that being a parent is not easy, because parents must manage everything in the family, especially about children, because for parents, the child is the priority that they must prioritize. In fulfilling his role as a parent, many tasks must be done both to give the happiness of children, household needs, clothes, food, and shelter. To fulfill all these needs, mothers and fathers cooperate so that all needs are fulfilled. But in meeting the needs, it is not always going smoothly, sometimes there are problems between family, parents, the environment, the economy, divorce, and even death. The conditions and situations that occur in life do not always go according to what human expects. For example in marriage, the loss of a spouse's loss is a condition that occurs beyond the human will (Hurlock, 1999).

Indonesian country, especially Semarang city, a divorce case based on data obtained from the Religious Court Case Tracking Information System for the last three years, namely 2015, 2016, 2017 indicates several divorces that are relatively great. In the year 2015 the number of divorce cases entered in the religious court in the Semarang city was 3118, in 2016 there was a decline to 2870 divorce cases, and in 2017 there was an increase in divorce cases to 2946.

From this information, we can know that in the Semarang city, the number of single parents continues to grow as the population increases, divorce cases, pregnant outside marriage, and many more. From the case, there are no parent wants a problem in the family either a small problem or even end in divorce so that parents must live as single parents

In a single-parent family, there are two types of single parents in the family that are a single mother and single father (Santrock in Ahshari, 2015). Based on the results of research conducted by Dagon (2002) in the divorce process that occurred, 90% of mothers are often responsible for children from nearly 60% of divorce cases in the United States and 75% in the UK who involving children.

The majority of the problems faced by mothers who become single parents are the same that is financial problems. With the financial problems emerging after being a single mother requires a single mother to perform a double role in the family, besides being a mother, it must also replace the role of a father for his family. Besides, single mother is responsible for the economic and welfare aspects of the family, so there is a lot of incidents of children displaced by the lack of time of the mother as a result of the solid schedule used because To make a living outdoors (Haryanto, et al, 2012).With the new demands resulted in the attachment between the parents and the child to be stretched. This can reduce intensity communication and cause problems in the communication between mother and child.

It can be known that communication is important to a family. Wursanto (Nuryanto, 2002) explains that communication is a way for someone to be able to know what the person thinks through a process. The communication that is in the family needs to be built properly to create a harmonious atmosphere in the family. The pattern of communication built by parents can affect the child's personality, psychiatric, and way of thinking. As revealed by Prasetyati (2015) When parents convey their wishes to the child by speaking in good language and understandable to the child and with Love saying. The expressions of good words and affection that parents are shown to the child make the child good and respond to what the parents are saying.

Each family uses different communication patterns, Mcleod and Chaffe (Hiasinta, 2016) identifying communication patterns in the family as communication pattern of parent with their children, commonly known as open communication patterns and closed communication patterns.

Open communication pattern in his application there is looseness in the application of rules. the rules in open communication patterns that exist in the family environment is flexible so that the child has the opportunity to communicate either advice, opinion, even input to parents. Closed communication pattern in the implementation of rules in the family is authoritarian where the parents are more dominating in the process of communication between mothers and children, children do not have the opportunity to issue opinions, and input to parents.

In addition to communication problems that arise due to the dual role of a single mother, there are other problems that arise, namely personal conflicts that arise so that the emotions of a single mother can change because of the dual role as a father or mother in raising and educating children, and managing everything in family due to system changes in the family (Ahsyari, 2015). Besides the communication problems that arise because of the double role of a single mother, there are other problems that arise is the existence of personal conflicts that arise so that the emotions of single mothers can change because of the dual role as a father or mother in raising and educating children, and regulating everything in the family because of the change in the system in the family (Ahsyari, 2015).

It is revealed that emotions play an important role in human beings to live life (Fachriyyati & Muzaroah, 2015). Sukmadinata (Nugrahanintyas, 2014) defines emotion as a combination of several feelings that have relatively high intensity and create an inner turmoil. Emotional instability happens to be a major factor in the stress of a single mother. Stress arises due to problems faced by a single mother so that they are required to be able to overcome the stress they experience. Sarafino (Fadillah, 2013) reveals that stress is a condition caused by the difference of a person or an environment associated with the individual, between the desired biological situation, psychological or Individual social system. When someone has a problem, there must be an uncomfortable feeling in him. At that moment a person would do a coping to dampen or even eliminate feelings of discomfort.

When someone has a problem or stress, certainly comes up with an uncomfortable feeling in him. At such times one will do coping with to dampen or even eliminate feelings of discomfort (Wulandari and Hartati, 2014). Everyone especially single mothers have their ways to manage or relieve the stress they are feeling to not impact their children. One way to manage the stress

experienced by a single mother is by the coping strategy. Weiten and Lloyd (Hidayanti, 2013) says Koping is an effort made by individuals to address, reduce, or tolerate the problems faced by individuals from stress-induced feelings of burden.

The strategies used by single mothers in the face of problems differ because basically, every human being is a different individual. Because there are differences between individuals, causing each person to have their way to overcome the problems he is facing. According to Sarafino (Ramadhani and Moningka, 2017) There are two coping functions by with changing problems that can bring stress, namely emotion-focused coping with which aims to control the emotional response to stressful situations or regulate emotional response in Such problems, and problem-focused coping which aimed at reducing the source of pressure on stressful situations. With both strategies of coping, the stress of every single parent who has problems in his life can be solved properly according to the ability of each individual in the face of problems.

The purpose of this study is to know the happiness of early childhood with the vulnerable age of 3-6 years if it is reviewed from the mother-child communication pattern and coping strategy on single mothers both individually (partial) variables and together (simultaneous) located in the city of Semarang. Excellence in this study is the development of variables used to assess the happiness of children and not only dependent on one variable so that the results of research gained more deeply.

## RESEARCH METHODS

This research was conducted in several areas in Semarang city from 6 August to 31 October 2018. This research uses quantitative research using multiple linear regression research types. The population of this research is 50 children who have an age range between 3-6 years and raised by a single mother family residing in the city of Semarang. Sampling uses the Purposive Sampling technique. Questionnaires use child happiness as dependent variables (Y) while in the independent variable (X) there are four variables. In the first and second variables include open communication pattern (X1) and closed communication pattern (X2). In the third and fourth variables use the coping strategy variable problem-focused coping (X3) and emotion-focused coping (X4). The method of collecting data in this research using field research method is by collecting data through a

questionnaire to the respondents needed in research by coming directly to the research location. Data analysis techniques Use individual parameter significance tests (T-Test) and F-Test with the help of the Statistical Package for the Social Sciences (SPSS) 23 program.

From the results of the validity and reliability test that has been done obtaining results indicating that the item is valid in the child Happiness variable (Y) with the total number of 31 item statements, obtaining a result of 26 valid statement items. The validity test result for an independent variable (X) includes an open communication pattern variable (X1) with a total of 27 item statements, obtained 21 valid statement items. Closed communication pattern variable (X2) with a total of 25 item statements, obtaining a result of 16 items valid statement. Problem-focused coping strategy variable (X3) with a total number of 12 item statements, obtained 11 valid statement items. Emotion-focused coping strategy variable (X4) with a total sum of 38 item statements and obtained results 28 items of valid statements. While the result of variable reliability test can be seen from the table below;

**Table 1.** reliability test results

Variable	Cronbach's alpha value Compute	Cronbach Al- pha boundary value
Happiness Children	0,877	>0.70
Open Com- munication Pattern	0,701	>0.70
Close Com- munication Pattern	0,792	>0.70
PFC	0,791	>0.70
EFC	0,886	>0.70

The measurement of reliability of the questionnaire in this study used the formula of the Cronbach Alpha coefficient  $> 0.70$  or when the results of Cronbach's alpha value compute  $>$  Cronbach's Alpha so that the questionnaire was reliable (Ghozali, 2013). According to the Cronbach Alpha table, it can be known that the whole variable has a Cronbach Alpha value compute  $>$  Cronbach Alpha boundary value 70% or 0.70 which means all variables are reliable and can be used for research. In this research analysis of data using the method of descriptive analysis, hypot-

hesis test, F test.

## RESEARCH RESULTS AND DISCUSSION

### Research result

A partial test (T-Test) is used to test the hypothesis partially to demonstrate the effect of each independent variable against the dependent variable (Ghozali, 2013). If the value of probability sig  $< 0.05$  then  $H_a$  is accepted, while if the value of probability sig  $> 0.05$  then  $H_a$  rejected or  $H_o$  accepted.

**Table 2.** Hypothesis Test Results (t-test)

Model	Unstandardized Coefficients		Std Coeffi- cients	T	Sig.
	B	S t d . Error			
(Constant)	18.782	13.668		1.374	.176
Open Commu- nication Pat- tern	.273	.110	.312	2.486	.017
Close Commu- nication Pat- tern	.393	.192	.225	2.041	.047
PFC	.720	.274	.376	2.632	.012
EFC	.078	.175	.066	.448	.656

Based on the results of the partial test output (t-test) with the help of the SPSS 23 program, it can be concluded that the sig value of the open communication patterns of children's happiness = 0.017. This means that  $H_{a1}$  which states that open communication patterns have a significant influence on children's happiness is accepted. While the value of sig. Calculate open communication patterns for children's happiness = 0.047. This means that  $H_{a2}$  which states that closed communication patterns have a significant influence on children's happiness is accepted. Then the value of sig. Calculate the problem-focused coping strategy on children's happiness = 0.012. This means that  $H_{a3}$  which states that problem-focused coping has a significant influence on children's happiness is accepted. Furthermore, then the value of sig.alcculate emotion-focused coping strategy on children's happiness = 0.656. This means that  $H_{o4}$ , which states that emotion-focused coping strategy, does not have a significant effect on children's happiness is accepted.

Based on the results of a partial test output (test-t) with the help of the SPSS 23 program, Can be concluded that the sig value of the open communication patterns to children's happiness = 0.017. This means that  $H_{a1}$  that states the pattern

of open communication has a significant effect on the children's happiness is accepted. While the sig value of the closed communication pattern to children's happiness = 0047. This means that Ha2 that states the closed communication pattern has a significant effect on children's happiness is accepted. Then the sig. value problem-focused coping strategy to children's happiness = 0.012. This means that Ha3 that stating the problem-focused coping strategy has a significant effect on children's happiness is acceptable. Next, the sig value of the emotion-focused coping strategy to children's happiness= 0656. This means Ho4 stating that emotion-focused coping strategy has no significant effect on the children's happiness being accepted.

As for the F-statistical test performed, it essentially indicates whether all the independent variables included in the model have a shared influence on the bound variables (Imam Ghazali, 2013)

**Table 3.** f-test results

Model	Sum of Squares	df	Mean Square	F	Sig.
Regression	1275.524	4	318.881	10.729	.000 <sup>b</sup>
Residual	1337.456	45	29.721		
Total	2612.980	49			

Based on the results of the simultaneous test output (F) with the help of the SPSS 23 program, it can be concluded that an F count value of 10,729 was obtained with a probability value (sig) = 0,000. F count (10,729) > F table (2.81), and the significance value is smaller than the probability value 0.05 or 0.000 < 0.05; then Ha5 is accepted, meaning that together (simultaneously), open communication patterns, closed communication patterns, problem focus coping strategy and emotion focus coping strategy has a significant influence on the child happiness.

Based on the results of simultaneous test output (F) with the help of the SPSS 23 program, it can be concluded that the Fcalculate value is 10.729 with a probability value (sig) = 0,000. The Fcalculate value (10,729) > f table (2.81), and the sig value. is smaller than the probability value 0.05 or 0,000 < 0.05; Then Ha5 is accepted, means jointly (simultaneous), open communication pattern, closed communication pattern, problem-focused coping and emotion-focused coping strategy has a significant effect on the children's happiness.

## Discussion

### Children's happiness is reviewed from open communication pattern on single mother family in Semarang city

The results of child happiness research are reviewed from the open communication pattern of the mother-child in Semarang city that has been done showing the results 0.017. From the requirement of acceptance of Ha Sig count < 0.05. Based on the tests that have been done can be known that the value of 0.017 < 0.05 so Ha accepted and Ho rejected. From these results, it can be seen that there is a significant influence between children's happiness reviewed from the open communication pattern of the mother-child in the Semarang city.

As we know families are the first and foremost environment and the first teachers around the child. It is supported by the research conducted by Bianca Toilliez under the title How To Grow Up Happy; An Exploratory Study on the Meaning of Happiness from children's Voice where this research is to know what it can improve the child's happiness, a variety of factors that affect child happiness between family, friendship and peers relationships, parties and special events, leisure time and obligations, illness and injuries, morality and values. Of all these factors the family became the most contributing factor to the child's happiness. In a harmony family that is formed between family members can bring happiness to the child. To establish harmony in the family requires good communication too.

Communication in a family is important because of how we behave when communicating as a determinant of the response we receive from the interlocutor. Of course, parents should pay attention to their talk so as not to hurt children's feelings and emotions. If a parent cannot pay attention to the way the communication can certainly affect the child's emotions, in this case, the emotion intended is the happiness of the child. For most parents, they prioritize child happiness than anything else.

Because the family is a deciding factor, effective family communication is not only about the number of times the communication is done, but rather how the communication is done (Jalaluddin Rakhmad, 2002). The application of open communication patterns in a family can have a significant effect on child happiness. In this research, the open communication pattern implements rules tailored to the needs of children that are based also on the needs of parents. The use of open communication patterns in the family in

their implementation has the kinship in guiding the child and communication that is warm, intimate, attentive, assertive and affection toward the child.

Wood (Ardianto & Erdiyana, 2005) suggests that communication is very important in life because the importance of communication in life is necessary to understand the understanding of communicating in a good and effective way. If the communication is effectively executed in the family, it will benefit the family. The benefits of effective communication in the family include: 1) be able to know what other members of the family or other people want to convey; 2) Good, precise and clear communication can avoid any miss figures or conflicts; 3) Good communication can bring the expected benefits for both physical and psychic; 4) with effective communication can lead to a more close relationship (family) (Helmawati, 2014). Communication participates in family life as well as the business/workplace environment. A person who communicates well, then most likely they succeed in his career. As for the family who communicates well, then the family will be sturdy, strong, prosperous and harmonious compared with other families.

#### **Children's happiness is reviewed from closed communication pattern on single mother family in Semarang city**

Based on the results of the studies that have been conducted, the research results are based on T statistical test results with the significance value of T-test sig < 0.05 so that the previously specified hypothesis was received. The result of child happiness research is reviewed from the closed communication pattern mother-child in Semarang city that has been conducted showing the results 0.047. From the term of acceptance of Ha Sig count of < 0.05, it can be seen that the value  $0.047 < 0.05$  so that Ha is accepted and Ho is rejected. From these results can be seen that there is an influence between the child's happiness is reviewed from the closed communication pattern mother-child in the Semarang city.

There is an influence between closed communication patterns and child happiness due to factors affecting both variables so that there is an influence between closed communication patterns with child happiness. This is in line with what Setyowati (2005) stated that the closed communication pattern is seen to be more effectively applied to embed moral values. When a mother gives a firm understanding of her child more emphasis on what is good and not good. With the emphasis and firmness done by the mother

certainly makes the child understand what can and shouldn't be done, what is good and not good for the child. Closed communication patterns are more likely to lead to an authoritarian parenting pattern where parents are firmly toward the child.

As it was stated by Sari, et al (2010) 99.4% of respondents stated ever, often and always use family communication patterns with protective (closed) patterns in interacting with their children. The main thing that is always done by parents is to accompany the play and explain what their children ask. Some of the parents direct their children with games that parents think are better, and their children's average is obedient and never refuses.

#### **Children's happiness is reviewed from problem focused coping strategy on single mother in Semarang city**

Based on the results of the studies that have been conducted, the research results are based on T statistical test results with the significance value of T-Test sig < 0.05 so that the previously specified hypothesis was received. The result of child happiness research is reviewed from the problem-focused coping strategy on a single mother in Semarang city that has been done showing results 0.012. From the term of acceptance of Ha Sig < 0.05, it can be seen that the value  $0.012 < 0.05$  so that Ha is accepted and Ho is rejected. From these results can be seen that there is an influence between the happiness of children are reviewed from the problem-focused coping strategy on single mother in Semarang city.

This is in line with the research conducted by Ashyari in his research on coping strategies on a single parent. Which in the study gained the result that the use of problem-focused coping strategy subjects researched by Ashyari has an impact that the subjects that are researched tend to do positive activities, work hard, become more independent and responsible for the life of himself and his children, have a strong desire to have A better life in the future, and also not trying to find a former husband to eliminate the problem.

From the research, it can be known that the problem-focused coping performed by a single mother has a positive impact on the child. This is strengthened by the research done by Dewi and Utami, in her research on Subjective well-being children of divorced parents in their research mentioned that Subjective well-being which is an evaluation or assessment To a person's life. The evaluation is both cognitive and affection, where cognitive is concerned about the satisfaction of one's life, whereas affection includes positive emotions and negative emotions. A person is said to have a high

level of subjective well-being if the person feels satisfaction in life, often perceives positive emotions such as joy and compassion and rarely perceives negative emotions such as sadness and anger (Diener, Suh, and Oishi in Dewi and Utami 2008).

So it can be noted that the use of problem-focused coping strategy there is an influence on the happiness of children where the intensive mother in overcoming problem using the problem-focused coping strategy than the higher of Happiness that belongs to the child

### **Children's happiness is reviewed from emotion focused coping strategy on single mother in Semarang city**

On emotion-focused coping strategy based on the results of the studies that have been done, the research results are based on T statistical test results with the significance value of the T-Test  $\text{sig} < 0.05$  so that the previously specified hypothesis was received. The result of child happiness research is reviewed from emotion-focused coping strategy on single mothers in Semarang city that has been done showing results 0.656. From the terms of acceptance of  $H_a$  Sig count of  $< 0.05$ , it can be seen that the value  $0.656 > 0.05$  so  $H_a$  rejected and  $H_o$  accepted. From these results can be seen that there is no influence between the happiness of children are reviewed from the emotion focused coping strategy on single mother in the city of Semarang.

This is in line with the opinion expressed by Folkman & Lazarus (Dewi and Utami 2008) that emotion-focused coping will only relieve the psychological burden that the individual feels but does not resolve the problem because it does not reduce the source pressure. From such an opinion it can be known that emotion-focused coping done by a single mother causes a person to avoid problems and escape the problem without resolving the source of problems faced by a single mother. It has contributed to why emotional focused coping does not influence child happiness.

The statement was strengthened by the research conducted by Ariyanti (2016) on the dimensional emotion focused coping strategy which suggests that the emotion focused coping strategy has a negative influence that is making distance (the subject will make the distance or refrain from its environment when faced with problems), flee or dodge (the subject avoiding the problems), and accept (the acceptance to accept any circumstances or endured all things for the problem that he committed).

There is no influence between the happiness of the child with emotion-focused coping is

caused by other factors that are not found in the research variables examined by researchers. This is reinforced by the coefficient of the determination of determinations indicating that R-Square obtained from the calculation with the help of SPSS 23 shows the results that open communication pattern, closed communication pattern, problem focused coping and emotion focused coping affected 48.8% against systematic risk, while 51.2% was influenced by other variables that were not researched. From the results of R Square, It can be seen that the absence of influence between the child's happiness with emotion-focused coping can be caused by other variables that are not addressed in this study. Those other variables that have a great chance of affecting child happiness.

### **Children's happiness is reviewed from the mother-child communication pattern and coping strategy on single mother in Semarang city**

Based on the results of studies that have been conducted to determine the influence of the four variables of open communication pattern, closed communication pattern, problem-focused coping and emotion-focused coping towards child happiness shows the results obtained from F statistical test obtained the f-count value 10.729 with a  $\text{sig.} = 0,000$ . The F-count  $(10,729) > f\text{-table} (2.81)$ , and the  $\text{sig.}$  is smaller than the probability value 0.05 or the  $0,000 < 0.05$ , of which the results can be spelled out that the four research variables researched jointly significantly affect the Children's happiness in the city of Semarang.

Based on these results it can be said that the four variables examined have an important role in the happiness of the child. Therefore, in the implementation of activities involving these four variables should be more concerned for the future because of the significant influence on the happiness of children.

This is reinforced by the results of the research categorization conducted related to the happiness of children from single-mother families in the city of Semarang, which is in the high category with a percentage of 56% of the total percentage of the number of Children as many as 28, and in very high category received a percentage of 38% with the number of children 19 people. This shows that the majority of children from single mother's family in the city of Semarang have a good quality of happiness because of 50 children, 47 of which are included in the category of high happiness and very high. In line with the research conducted by Elfida, et al (2014) Where in general people who support and make happy are close people and interact a lot, in research conducted

Elfida, et al the most supportive and making happy respondents are positive relationships with families (66.7%). A positive relationship with a family can be an affection given by a parent to the child. Anna (2017) says that when a child is raised with affection from her parents, the child will learn to find love and happiness in her life.

## CONCLUSION

Based on the results of the study and the discussion can be concluded that the results showed that the open communication pattern mother-child, close communication pattern mother-child and problem-focused coping strategy on single mothers partially (individuals) significant effect on child happiness. While the emotion-focused coping on single mothers variable has no significant effect on the child's happiness. Then in the variables of the mother-child communication pattern and coping strategy on single mothers simultaneously (together) significantly to the happiness of children in the city of Semarang.

This research has limitations, which inhibit this research so there is a deficiency, namely at the time of research, researchers do not observe direct respondents who become samples of research so that the lack of knowing how happiness gained, and only describe quantitatively.

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