

# Parenting Self-Efficacy Among Full-Time Working Mothers in Jabodetabek

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## ABSTRACT

In families, mothers play a role in doing household chores and taking care of the child. However, there are some mothers who choose to work for several reasons. As a working mother, there are some positive impacts such as improving family incomes, increases psychological well-being, and tend to adopt authoritative parenting. However, if they can't hold these tasks and responsibilities, it can cause fatigue, stress, or even depression in working mothers. These negative conditions can affect their parenting self-efficacy. Parenting self-efficacy can be defined as a sense of confidence or competence to perform parenting tasks. This belief is one of the factors that can influence mother's behavior towards child. Therefore, the purpose of this study is to provide an overview of full-time working mother's parenting self-efficacy in Jakarta, Bogor, Depok, Tangerang, and Bekasi (Jabodetabek). This quantitative research involved 150 full-time working mothers in Jabodetabek whose have at least one child ages 3-12 years old. The results showed that 86% of participants have high parenting self-efficacy. Moreover, this study shows that there are statistically significant differences between participants based on child age and the presence of child caregivers.

**Keywords:** Parenting self-efficacy, full-time working mothers

## 1. INTRODUCTION

In marriage, women are seen as someone who mainly takes care of children and housework, while men play a role as the main breadwinner. However, in this modern world, there has been a shift in values which gives women an opportunity to enter the workforce. This is supported by the increasing number of women workforces each year. According to Badan Pusat Statistik (BPS) Indonesia or Indonesian National Bureau of Statistics [3] the number of women workers from February 2016 to February 2019 has increased by 11% to 52.045.163 women, with 58,5% of which are full-time workers. In the capital of Jakarta specifically, 40% of the workforce consists of women, with a total of 2.067.904 women. According to data collected by the Ministry of Women Empowerment and Child Protection [16] and BPS, 49,26% of married women choose to work.

This open employment opportunity provides better chances for women to enter the workforce. Several factors encourage women to take up dual roles of working and taking care of their household, such as having higher education, increasing household income, and acquiring recognition from her environment [16,20]. Studies have shown that a working mother could give a positive impact. Economically, working mothers provide financial security for their children, such as from benefits given by their workplace [6,24]. An improvement in the household's financial could also affect

parenting. Parents will be more authoritative and communicative, focusing on their children's happiness, creativity, and independence [4]. This will help children to be more independent and have better leadership abilities [24]. Working mothers also have a higher sense of satisfaction and well-being compared to housewives from the challenges they faced and overcome. This resulting positive mentality will create a pleasant environment in their household [2,19].

Even though a father plays the same dual role a mother does, the mother spends more time and effort on taking care of the household compared to the father [14]. A survey was done on more than 1.000 working parents in New York, published on Working Mother [7] website. The result shows that 79% of mothers with children under 18, are in charge of laundry and 57% prepare dinner for their family. An article on The Asian Parent Indonesia website published by Fitria [13] showed that, on a research done to 12.000 parents in Minnesota, mothers felt that they are doing more of the working aspect than the fun aspect in parenting. This resulted in mothers enjoying their parenting role less than fathers.

Working mothers experience challenges such as managing time, difficulties fulfilling their responsibilities as a mother, and managing workplace problem [18]. They need to spend more time and energy to take care of their children and housework. Most of the times, they have to sacrifice their free time or even their sleep to do this [12]. Not to mention the additional responsibilities in their work. Factors such as poor

working environment, inflexible working hours, and high working intensity could disturb the mental health of a working mother [22]. Research done by Akbar and Kartika [1] showed that 53 out of 100 working mothers who participated, said that they have trouble assuming this dual role. Conflict caused by taking up these two roles at once could create tension, guilt, exhaustion and frustration. Negative emotions experienced by working mothers could affect their parenting self-efficacy [8]. A research done by Ningrum [17] to 164 working mothers with children ranging from 2 – 5 years old, showed that 53,66% of the participants had low parenting self-efficacy, with the rest of them categorized as having high parenting self-efficacy.

Parenting self-efficacy is defined as the parents' confidence regarding their competence on parenting [15]. Parenting self-efficacy was based on Bandura's theory [15] that defined self-efficacy as an expectation of success in overcoming conflicts that may rise. Thus, parenting self-efficacy can be defined as the parents' confidence in solving problems related to parenting. In order to have a good parenting self-efficacy, parents need to understand the appropriate response to their children, have confidence in their capabilities on parenting, have the belief that their children will respond according to their expectations, and believe that people in their environment will support them [9]. Several factors can affect parenting self-efficacy, such as the condition of their living environment and socioeconomic status of parents [23]. In addition, according to Coleman and Karraker [9], parents' upbringing, culture, and cognitive, could also have impact to parenting self-efficacy. Mental condition such as fatigue, stress, and depression could also become a factor.

Coleman and Karraker's [21] stated that high self-efficacy has a correlation with positive parenting behaviors, such as being responsive, stimulating, and non-punitive. It can also positively affect parents' emotion, motivation, and response. Research by Egberts et al. [11] also supports this, stating that parents with high parenting self-efficacy implement warm parenting and does not react excessively. On the other hand, low parenting self-efficacy could cause frustration and anger. It could also reduce persistence, cause depression, and self-blaming, which can reduce satisfaction in their role in parenting [15].

The importance of parenting self-efficacy as one of the affecting factors in parenting, interests us to scientifically research it, especially on full-time working mothers. As previously stated, full-time working mothers are prone to pressure caused by responsibilities from multiple roles they have to assume in their families. Therefore, this aim of this research is to understand the general level of parenting self-efficacy on working mothers in Jabodetabek (Greater Jakarta Area).

## 2. METHOD

### Participants

Participants in this study are full-time working mothers in Jakarta, Bogor, Depok, Tangerang, and Bekasi (Jabodetabek) which working at least 40 hours/week. Participants at least have one child between the ages of 3 and 12 who lives together. The sampling technique in this study is purposive sampling technique by distributing the questionnaires via online. The number of participants in this study were 150 full-time working mothers aged between 22 and 54 years ( $M = 37.8$ ). The majority of the participants were married and categorized as middle to high level of socioeconomic status. Participants were asked to answer with a chosen child in mind (if participants have more than one children) who fit the criteria.

Table 1.  
*General Description of Participants*

Characteristics		N (150)	Percentage (%)
Type of Job	Civil Servant	7	4,7
	Private Employee	96	64,0
	Education Workers	16	10,7
	Health Workers	3	2,0
	Entrepreneur	20	13,3
	Professional	6	4,0
	Insurance Agent	2	1,3
Educational Level	SMA/SMK	17	11,3
	D3	15	10,0
	D4/S1	103	68,7
	S2	15	10,0
Mother's Income per Month	<4.000.000	9	6,0
	4.000.001 - 8.000.000	42	28,0
	8.000.001 - 12.000.000	40	26,7
	>12.000.000	59	39,3
Marital Status	Married	138	92,0
	Divorced	10	6,7
	Widowed	2	1,3
Husband's Employment Status	Full-time Employment	116	77,3
	Part-time Employment/ Freelance	17	11,3
	Unemployed/Retired	5	3,3
	Doesn't have husband (divorced/ widowed)	12	8,0

Number of Child	One (1)	53	35,3
	Two (2)	67	44,7
	Three (3)	24	16,0
	Four (4)	6	4,0
Child Caregivers	None	50	33,3
	Nanny/Helper	50	33,3
	Family/Relatives	46	30,7
	Daycare	4	2,7

**Measurement**

The parenting self-efficacy was measured by parenting sense of competence (PSOC) scale by Gibaud-Wallston and Wandersman [15]. Originally, this scale consists of two sub-scales to measure parent’s self-efficacy and their satisfaction. But, only parenting self-efficacy sub-scale is used in this study. This scale is translated into Indonesian version. There are eight items in this sub-scale which designed to measured parent’s belief to carry out their parenting tasks. Participants were asked to respond each item by choose a number between 1 (strongly disagree) and 6 (strongly agree) that indicate their agreement with each statement. Higher score means higher parenting self-efficacy. Cronbach’s alpha coefficients for this sub-scale was found to equal 0.776 and the corrected item-total correlations among the items were ranged from 0.342 to 0.645.

**3. RESULTS AND DISCUSSION**

**Results**

The results of statistical analysis showed that participants had high parenting self-efficacy. This is shown from the empirical mean ( $M=4.439$ ,  $SD = .754$ ) was higher than the statistical mean (3.5). Among 150 participants, 129 participants (86%) were categorized as having high parenting self-efficacy and 21 participants (14%) were categorized as having low parenting self-efficacy. If we take a look for each items at Table 2, all statements can be considered as high with mean higher than the statistical mean. The lowest mean was found in item “being a parent is manageable, and any problems are easily solved”. Thus, it can be said that some participants were having difficulties to handle parenting issues.

Table 2.  
*Mean of Parenting Self-Efficacy Items*

Items	Mean
The problems of taking care of a child are easy to solve once you know how your actions affect your child, an understanding I have acquired. ( <i>Masalah</i>	4,92

<i>menjaga anak menjadi mudah begitu Anda mengetahui bahwa tindakan Anda berpengaruh terhadap anak Anda. Sebuah pemahaman yang sudah saya pahami)</i>	
I would make a fine model for a new mother to follow in order to learn what she would need to know in order to be a good parent. ( <i>Saya dapat memberikan contoh yang baik untuk diikuti oleh ibu yang baru memiliki anak dalam mempelajari apa yang harus ia ketahui untuk menjadi orang tua yang baik</i> )	4,41
Being a parent is manageable, and any problems are easily solved. ( <i>Menjadi orang tua adalah hal yang dapat dikendalikan dan masalah apapun mudah untuk diselesaikan</i> )	3,67
I meet my own personal expectations for expertise in caring for my child. ( <i>Keahlian saya dalam mengurus anak sesuai dengan harapan pribadi saya</i> )	3,99
If anyone can find the answer to what is troubling my child, I am the one. ( <i>Jika ada yang bisa menemukan jawaban atas apa yang mengganggu anak saya, maka sayalah orangnya</i> )	4,07
Considering how long I’ve been a mother, I feel thoroughly familiar with this role. ( <i>Dengan mempertimbangkan berapa lama saya telah menjadi seorang ibu, saya merasa sangat terbiasa dengan peran ini</i> )	4,87
I honestly believe I have all the skills necessary to be a good mother to my child. ( <i>Saya benar-benar yakin bahwa saya mempunyai semua keahlian yang diperlukan untuk menjadi ibu yang baik bagi anak saya</i> )	4,11
Being a good mother is a reward in itself. ( <i>Menjadi ibu yang baik adalah sebuah anugerah</i> )	5,46

Mean comparison tests based on child’s gender, the age of child, and the presence of child caregiver have been done by using independent samples t-test. The result showed that there was no significant difference in parenting self-efficacy between participants with son and daughter. A significant difference was found based on the age of child ( $t = -3.311$ ,  $p = .001$ ) which participants who taking care of older child (8-12 years old) showed higher parenting self-efficacy than participants with younger child (3-7 years old). Based on the child caregiver, there was a significant difference ( $t = 2.673$ ,  $p = .008$ ) which participants without child caregivers showed higher mean compared to participants who were assisted by child caregiver.

Table 3.  
*Results of Parenting Self-Efficacy Comparison based on Child's Gender, Child's Age, and Child Caregiver*

Characteristics	N	Mean	SD	t	Sig. (p)
Child's Gender	Boy	78	4,35	-1,588	0,114
	Girl	72	4,54		
Child's Age	3-7 years old	74	4,24	-3,311	0,001
	8-12 years old	76	4,63		
Child Caregiver	Absence	50	4,67	2,673	0,008
	Presence	100	4,32		

## Discussion

From the descriptive analysis, the empirical mean of participants who were full-time working mothers in Jabodetabek is 4.439 and it can be considered that participants had high parenting self-efficacy. From the demographic data, we can see that the majority of participants were married with middle to high level of social economic status. Husband's support and good financial conditions have correlation with high parenting self-efficacy [9,23]. However, this result is quite different from previous study by Ningrum [17] which showed that more than half working mothers were categorized as have low parenting self-efficacy. This can occur due to the differences in participant criteria, which the participant's child in Ningrum's study were pre-school. This difference was also supported by the comparison test based on the child's age that had been conducted in this study. Coleman and Karraker [10] explain that as children get older, they tend to be able to take care of themselves so it can reduce the time and energy that needed by mothers in parenting compared to younger children.

The mean comparison test result showed that there was a significant difference in parenting self-efficacy between mothers with and without child caregiver. The group of participants without child caregiver showed a higher mean of parenting self-efficacy than the other groups. This can be explained from Bandura's self-efficacy approach [10] that one

of efficacy beliefs is personal accomplishment history. Participants who not get help from child caregiver tend to spend more time to involved in child's problems directly. By having more experience in parenting makes mothers feel more mastering in their parenting role and increase their self-confidence.

Mean comparison test based on gender's child showed there was no significant difference among group participants. This means that participants who taking care of boys and girls have same level of parenting self-efficacy. This result is in line with previous research [10] that also showed no significant difference in parenting self-efficacy of mothers based on the gender of child.

There are some limitations in this study. First, the number of participants did not reach the target and the situation of the Covid-19 pandemic that has been happening in Indonesia. Besides that, this study did not measure the mother's working hours, the birth order of the child, and the role of husband or other factors that may influence working mother's parenting self-efficacy.

## 4. CONCLUSION AND SUGGESTIONS

According to the analysis that involves 150 participants, full-time working mothers in Jabodetabek had high parenting self-efficacy. This is indicated by the empirical mean was greater than the hypothetical mean. From the mean comparison test, it was found that there was significant difference in parenting self-efficacy in participants who had younger children (3-7 years) and those who had older children (8-12 years). In addition, a significant difference in parenting self-efficacy was found based on the presence and absence of child caregiver besides parents. Based on the children's gender, there was no significant difference in parenting self-efficacy on participants who cared for boys or girls.

Some suggestions for full-time working mother are mothers can dig up a lot of information about childcare according to their developmental stage. By having a lot of knowledge and experiences, full-time working mothers are expected to remain confident in their competence to take care and handle child's problems. For further research, studies can be conducted to any factors that influence parenting self-efficacy among full-time working mothers. Because this study was limited on mothers, perhaps further research can be done to fathers too and increase the number of participants to obtain more complex and generalizable picture.

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