

Psychological Dimensions of Family Resilience in Indonesian Single-Parent Families: A Literature Review

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Abstract: The increasing prevalence of single-parent families in Indonesia, as a consequence of the high rate of divorce or death of a partner, drives the urgency to understand family resilience in this context. This phenomenon is crucial considering that changes in family structure can significantly affect the psychological well-being of both parents and children. This study synthesizes and analyzes the existing literature on the resilience of single-parent families in Indonesia, with a particular focus on the psychological factors influencing family welfare and adaptation. The approach used was a literature review, with articles collected from the Scopus and Google Scholar databases. The initial search process resulted in 1678 articles, which were then filtered down to 20 relevant articles. Key findings suggest that individual psychological factors, diverse coping strategies, and sociocultural support, including the role of gender-based social stigma and religious values significantly affect single-parent family resilience. This study emphasizes the importance of a holistic approach that considers the peculiarities of Indonesia's cultural context in an effort to support the resilience of single-parent families. It is hoped that this research can provide essential insights for the development of social policies and interventions that are more effective for single-parent families in Indonesia.

Keywords: Family Resilience, Family Dynamics, Single-Parent Family, Psychological Dimensions

1 INTRODUCTION

Family, as the fundamental unit of society, profoundly influences the psychological well-being and development of its members. Its inherent dynamics, whether adaptive or disruptive, shape individual and collective mental health across the lifespan. Recent data from *Dataloka.id*, based on Indonesia's *Badan Pusat Statistik* (BPS), reveal over 390,000 divorce cases in 2024, reflecting a persistent high incidence of marital dissolution despite a slight decline from previous years affected by the COVID-19 pandemic. These statistics, combined with occurrences of spousal death, highlight the rising prevalence of single-parent families in Indonesia. Changes in family structure, particularly in single-parent families, can have significant impacts on all family members, including both adults and children. The research conducted by Amato (2014) revealed that divorce can have negative impacts on adults, both psychologically and physically. Meanwhile, for children, the effects tend to be more significant, affecting their psychological well-being, physical health, and academic performance. While Amato's research emphasizes the significant psychological and physical impacts of divorce, especially in children, it is important to recognize that these challenges are part of a broader process of adjustment. An initial study conducted by Gasse and Mortelmans (2020) revealed that, following divorce or separation, single-parent families undergo a dynamic process rather than existing in a static state, often interpreted as the end of a marriage. Divorce triggers a reorganization of roles, interpersonal relationships, responsibilities, and the identities of family members. Thus, reorganization requires time and continuous adaptation. Such dynamic processes may significantly affect children, as the outcomes of this adjustment period play a crucial role in shaping their post-separation experiences. Therefore, viewing separation as a process offers a more realistic and contextual understanding of potential outcomes for children in post-divorce family settings. This adaptation process is crucial in shaping the long-term well-being of children in post-divorce family environments. The need for adaptation in single-parent families aligns with Walsh's (2002) family resilience theory, which emphasizes the importance of families' ability to endure and recover from life's challenges. According to Walsh, family resilience refers to the ability of families to endure and recover from significant life challenges. Walsh's framework combines findings from studies on individual resilience and effective family functioning, outlining key processes in three main domains: family belief systems, organizational patterns, and communication processes or problem-solving.

While numerous studies have explored family resilience and the dynamics of single-parent families, particularly in Western contexts, research has highlighted the increased mental health challenges by single mothers, including financial difficulties and lack of social support in Australia (Crosier et al., 2007), as well as the unique relational dynamics between mothers and children in stable single-parent households in Ireland (Nixon et al., 2012). Additionally, studies on material and social deprivation emphasize the vulnerability of single-parent families, especially those headed by women,

to long-term socio-economic disadvantages across Europe (Calegari et al., 2024). However, research on the psychological dimensions of family resilience in Indonesian single-parent households remains relatively limited. Although some studies have examined family resilience in low-income households in Depok (Meitasari et al., 2023) and in single-parent families coping with child sexual abuse in West Java (Ghani and Sitohang, 2022), these studies remain context-specific and have yet to provide broader systemic insights. In Indonesia, where family structures are heavily influenced by cultural and religious values, the psychological well-being of parents and children following divorces can differ significantly. This also includes the pervasive impact of gender-based social stigma, a challenge that disproportionately affects single parents, complicating their adjustment process. The stigma, rooted in cultural norms that associate marriage with social legitimacy, leads to emotional and social challenges, especially for widows and divorcees in Indonesia. Moreover, limited institutional support and social taboos hinder the effective navigation of post-dissolution adjustment for single-parent families, while stigma surrounding issues like child sexual abuse (CSA) and past traumatic events further intensifies the vulnerability of these families (Parker and Creese, 2016; Wismayanti et al., 2019; Kennedy and Prock, 2018; Utomo et al., 2016). Therefore, there is an urgent need to explore how Indonesian single-parent families navigate the post-dissolution adjustment process and build resilience within this distinct social and cultural context. This study aims to synthesize and analyze current findings in the psychological dimensions of family resilience in Indonesian single-parent households. Specifically, it concentrates on understanding the psychosocial impacts of role transitions, the unique obstacles faced, and the various supporting factors and adaptive strategies employed by single parents to foster resilience within their families. By building on existing literature, this study explores new perspectives relevant to single-parent households. This study employs a literature review methodology, with findings that aim to contribute to a deeper understanding of how family dynamics impact relationships and resilience within single-parent households. Further details on the research design and data collection methods are presented in the Materials and Methods section, while the results and their implications will be discussed in the Results and Discussion sections.

2 MATERIALS AND METHODS

This study adopted a literature review to examine the psychological aspects of family resilience in Indonesian single-parent households. A comprehensive search was conducted across Scopus and Google Scholar, utilizing a combination of both English and Bahasa Indonesia keywords. English terms included "family resilience" OR "family strengths" OR "family coping" OR "family adaptation" OR "family well-being" OR "family adjustment" OR "resilient families" AND "single-parent family" OR "single-parent household" OR "single mother" OR "single father" OR "lone parent" OR "divorced parent" OR "widowed parent". For Bahasa Indonesia, keywords such as "ketahanan keluarga" OR "resiliensi keluarga" OR "koping keluarga" OR "adaptasi keluarga" OR "kesejahteraan keluarga" DAN "orang tua tunggal" OR "single parent" OR "ibu tunggal" OR "ayah tunggal" were used. The search was limited to publications from 2015 to 2025.

An initial yield of 1,678 articles was imported into Rayyan AI, a reference management tool to remove duplicates, resulting in 1,605 unique articles. A two-stage screening followed. First, titles and abstracts were reviewed against predefined inclusion criteria, reducing the number to 180 articles. Articles were included if they focused on family resilience or coping strategies within single-parent families, discussed psychological dimensions, and were primarily conducted in Indonesia (with flexibility for culturally similar Asian contexts if Indonesian literature was limited). Only original empirical studies or relevant review articles available in Bahasa Indonesia or English were considered. The second phase involved a full-text assessment for final eligibility, which ultimately resulted in 20 articles selected for in-depth analysis. Key findings were extracted and synthesized thematically, focusing on psychological resilience, contributing and inhibiting factors, and adaptive coping strategies. The analysis aimed to uncover role transitions, obstacles, and adaptive strategies, contributing to a deeper understanding of resilience in the Indonesian single-parent family context.

3 RESULTS

This section presents a systematic synthesis of the findings from the 20 (twenty) selected articles, focusing on the psychological dimensions of family resilience in Indonesian single-parent households. The results are organized thematically, addressing role transitions and their psychosocial impacts, obstacles faced, supportive and hindering factors in fostering resilience, as well as the various coping strategies employed by single parents.

No.	Author	Year	Title	Findings	Relevance to the Topic
1	Ifdil, Indah Permata Sari, Viqri Novielza Putri	2020	Psychological Well-being Remaja dari Keluarga Broken Home	Adolescents from broken homes experience a decline in psychological well-being, especially in terms of self-esteem and future hope.	Explain the direct psychological impact of divorce on children, focusing on the topic of single-family resilience.
2	Cut Helena, Melok Roro Kinanthi	2022	Peran Koherensi Diri terhadap Resiliensi Keluarga pada Orang Tua Tunggal	Self-coherence has a positive effect on family resilience, especially in managing the psychological pressure of single mothers.	Uncovering internal psychological aspects as protective factors in single families.
3	Ann Meier, Kelly Musick, Sarah Flood, Rachel Dunifon	2016	Mothering Experiences: How Single-Parenthood and Employment Shift the Valence of Children	Work has an impact on children's emotional relationships and perceptions of the role of single mothers.	Explain the psychological conflict between economic demands and emotional relationships in a single family.
4	Fyana Azara, Aryudho Widyatno, Mohammad Bisri, Ayu Dyah Hapsari	2022	The Relationship Between Emotion Regulation and Resilience in Single Mothers	Emotional regulation contributes positively to the resilience of single mothers in the face of life's stresses.	Strengthening the role of psychological strategies as the foundation of family resilience.
5	Jihan Syarifa Amanta Fajri, Endang Sri Indrawati	2024	Studi Fenomenologis tentang Pengalaman Single Parent Mother pada Usia Dewasa Madya	Single mothers go through the stages of psychological crisis towards the meaning and acceptance of the situation.	Provide an in-depth understanding of the post-divorce emotional adaptation process.
6	Justin M. Yopp et al.	2019	Psychological and Parental Functioning of Widowed Fathers	Single fathers show significant psychological distress in the first year after losing a partner.	Broaden perspective by looking at the psychological impact on single fathers as part of household resilience.
7	Joice Dwi Suhartini & Abdul Malik	2024	Pola Asuh Ibu Tunggal dalam Keberhasilan Pendidikan Anak	Single mothers apply democratic, authoritarian and permissive parenting; face psychological and economic challenges but still be able to support the success of children's education	Shows how single mothers' parenting and psychological conditions affect family and child resilience
8	Ryan Fajar Maulana, Megawati A. Tawulo, Aryuni S. Jabar	2021	Peran Single Parent dalam Pemenuhan Kebutuhan Keluarga di Tengah Pandemi Covid-19	Single parents play dual roles: traditional, transitional, productive, and social; Survival strategies include working double duty, seeking social help, and maintaining social connectedness	Relevant to adaptive aspects and resilience in the context of crisis (pandemic), describing the coping ability of single mothers
9	Rositah, Dewi Ayu Hidayati	2024	Single Mom: Pemenuhan Fungsi Afeksi dan Ekonomi pada Anak	Single moms can fulfill the functions of affection (affection, attention) and economy with different strategies depending on their background and social support	Explain the multifunctional role of single mothers that contribute to family resilience

10	Nuvida RAF, Misriani, Hasbi	2024	Peran Perempuan Single Parent dalam Keluarganya (Studi Kasus Dusun Tontonan)	Single mothers carry out the roles of caregivers, breadwinners, and educators of children. Extended family support is very helpful for psychological resilience	Describe the internal and external factors in the formation of single-mother resilience
11	Dwi Chandra Pranata, Riza Reyhan Fairuzzaman, Nurul Hartini	2025	Resiliensi Keluarga Pasca Perceraian: Menyingkap Dinamika Pemulihan dan Kekuatan	Family resilience is formed through effective communication, social support, emotional regulation, coping skills, and post-divorce religious values	It is relevant because it outlines the psychosocial dimensions that shape family resilience after structural disruption
12	Tutik Hamidah, Asni Furaida, Aprilia Mega Rosdiana, Sulalah, Noor Naemah binti Abdul Rahman	2024	The Dynamic of Urban Family Post Divorce (Malaysia–Indonesia Context)	Post-divorce, the family undergoes a reorganization of roles, identity negotiations, and changes in relationship dynamics; cultural factors are a significant differentiator between the Malaysian and Indonesian contexts	It is relevant in understanding the post-divorce dynamics from the perspective of Indonesian urban families, supporting the theoretical framework of adaptation and resilience and providing a deeper perspective on the context of ASEAN countries that have cultural similarities
13	Shella Ayu Safitri, Tyas Reto Wulan, Ankarlina Pandu Primadata, Sulyana Dadan, Nanang Martono	2024	Fathers' Resilience in Coping with Their New Role as Single Father After The Death of Their Wives Due to COVID-19 in Purbalingga, Central Java.	Single fathers demonstrate adaptive ability through emotional and structural strategies; Gender roles influence the way we deal With change	Adding a gender perspective to the study of family resilience, expanding understanding from the father's side as a single parent
14	Sofiatul Jannah, Busriyanti, Muhammad Faisol	2023	Resiliensi Perempuan dalam Membangun Ketahanan Keluarga Pasca Perceraian di Kecamatan Silo Kabupaten Jember	Single parent women use various adaptive strategies such as opening a business, working odd jobs, and relying on spiritual motivation to rise.	Describe the concrete form of family resilience strategies in the local context after divorce.
15	Ghaisania Amanda, Aan Lsitiana, Yeni Rachmawati	2025	Analisis Konsep Ketahanan Keluarga Pada Pengasuhan Single Father dan Dinamika Peran Ganda Ayah	Family resilience has a significant impact on parenting, the dual role taken by the father has traumatic consequences for the child.	Provide a theoretical framework to understand the factors that support family resilience.
16	Yolanda Fitri Widia	2023	Stigma Wanita dengan Status Janda yang Bekerja Namun Berada dalam Lingkungan Masyarakat Penganut Paham Patriarki	Divorced women, especially those who work, frequently face discrimination in both the workplace and community, leading to reduced self-confidence and mental health, hindering their economic independence, and highlighting a lack of equitable legal protection.	Raising the influence of stigma and social norms on the resilience of single mothers

17	Nuruddin, Abd Muis, Muniron	2023	The Impact of Islamic Religious Learning Assistance on The Reliciency of Single Parentage and The Role of Spiritual Well-Being	The study revealed three key findings: 1) Enhanced maternal learning assistance significantly correlated with higher spiritual well-being, showing a 77.3% influence. 2) Better maternal learning assistance leads to improved resilience in single mothers, with a 48.0% effect. 3) Higher spiritual well-being is strongly associated with increased resilience in single mothers, demonstrating a 40.6% influence.	Showing the role of religion as part of the socio-cultural system in family resilience, especially in the Indonesian context.
18	Muthia Octaviani, Tin Herawati, Fatma Putri Sekaring Tyas	2018	Stres, Strategi Koping, dan Kesejahteraan Subyektif pada Keluarga Orang Tua Tunggal	Active coping strategies and social support have been shown to help single parents reduce stress and improve subjective well-being.	Linking coping strategies to well-being in the context of single families
19	Kartika Sari Dewi	2024	Perjalanan Menuju Kebahagiaan: Studi Fenomenologis Pengalaman Koping Spiritual Positif pada Ibu Tunggal Perempuan Kepala Keluarga	Positive spiritual coping becomes a mechanism to rise and live a post-divorce life, and increase happiness	Emphasizing the spiritual aspect as the main adaptation strategy
20	Yeni Nur R, Dewi W, Eka N, Betty K, Tri W, Nurul G.A.	2023	Analisis Faktor Resiliensi Keluarga Terkena Dampak Kematian di Masa Bencana Pandemi COVID-18	Factors such as life meaning, family cohesion, and adaptive abilities are key in family resilience after the loss of a partner.	Relevant to understanding single-parent adaptation strategies

As presented in table above, previous studies have examined various aspects related to this topic, ranging from methodological approaches to the outcomes achieved. The following explanations elaborates on these findings in greater detail and highlights their relevance to the present study.

3.1 Psychological Impacts in Single-Parent Households

A review of the literature indicates that family structure transitions, particularly in single-parent units, have a wide range of psychological impacts for each family member. A study by Ildil et al., (2020) found that adolescents who came from broken homes experienced a decline in psychological well-being, mainly related to self-esteem and optimistic outlook on the future. On the other hand, research by Cut Helena and Kinanthi (2022) highlights that self-coherence in single mothers plays a crucial role in overcoming psychological pressure and fostering family resilience. These findings are in line with the research of Azara et al., (2022), which emphasizes the importance of emotion regulation as a key strategy in increasing the psychological resilience of single mothers in the midst of the stresses of daily life.

In addition, Meier et al., (2016) enriched the perspective by showing how the demands of concurrent work and parenting can modify the emotional relationship between single mothers and their children. The study revealed that the stress of dual roles contributes to psychological tension that affects the quality of family interactions. Furthermore, Fajri and Indrawati (2024) through their phenomenological study, found that single mothers in middle adulthood go through the stages of emotional crisis which then develop into a process of understanding and accepting the condition. Interestingly, research conducted by Yopp et al., (2019) expands this view by highlighting the significant psychological dysfunction experienced by single fathers after the loss of a partner, particularly in the first two years after the loss.

Overall, the findings of the six articles underline that the resilience of single-parent families is highly dependent on individual psychological dynamics, both in parents and children. Emotional regulation, the process of interpreting life

experiences, and the ability to maintain a balance of roles are the main foundations in maintaining mental well-being in the midst of family transitions due to divorce or the death of a partner.

3.2 Role Changes and Parenting Challenges

Changes in family structure resulting from divorce or death of a spouse create significant obstacles in aspects of role and parenting in single-parent households. The literature analyzed shows that individuals who become single parents are not only obliged to adapt emotionally, but also assume the dual role of primary caregiver, breadwinner, and authoritative figure in the room. Research by Nuvida et al., (2024) and Pranata et al., (2025) underscores the essentiality of social support and spirituality in helping single mothers carry out dual responsibilities simultaneously, as well as highlighting the role of extended families as key supporters of successful role adaptation. The parenting dilemma emerges as a crucial dimension in this transition process. Suhartini and Malik (2024) found that the democratic and permissive parenting style implemented by single mothers is able to support the success of children's education, despite facing psychological and economic limitations. In line with that, studies conducted by Rositah and Hidayati (2024) and Maulana et al., (2021) show a wide variety of coping strategies in meeting affective and economic needs, depending on the socio-economic background and support network available. This study highlights how single mothers manage stress while maintaining their children's emotional stability.

The change in roles in single-parent families not only impacts parents, but also restructures family dynamics as a whole. A study by Hamidah et al., (2024) shows that in the context of post-divorce Indonesian urban families, there is a reorganization of the relationship between parents and children and the adaptation of role identity in the household. This process is strongly influenced by cultural factors, which form new patterns of relationships and authority in the family. Interestingly, the perspective of the single father was also raised by Safitri et al., (2024) who highlight how men adapt emotionally and structurally in carrying out roles that were previously considered not masculine. This expands the understanding of gender, parenting, and resilience in the realm of the post-disruption family. Overall, this theme shows that role change in single-parent families is not just a matter of the distribution of tasks, but is a complex process involving identity, power structures, and adaptive strategies to maintain family stability and well-being.

3.3 Coping Strategies and Family Resilience

Family resilience in single parents households relies heavily on a series of adaptive coping strategies applied when facing fundamental life changes, such as divorce, loss of a spouse, or other major crises. The literature reviewed shows that these adaptations involve economic, psychological, and spiritual dimensions. For example, in a study by Jannah et al. (2023), women who became single parents after divorce developed various economic adaptation strategies, such as starting a business to do odd jobs. In addition, they rely heavily on spiritual motivation to strengthen themselves in facing life's challenges. This spiritual aspect is also underlined, as a study by Dewi (2024), which emphasizes the importance of positive spiritual coping as the main mechanism to increase happiness and provide strength for single mothers after facing separation or great loss.

Social support is another important coping strategy that facilitates resilience. Octaviani et al. (2018) in their study showed that active coping through the receipt of social support from family and friends significantly helped single parents reduce stress and improve their well-being. This support is crucial in accelerating the adaptation process and supporting single parents in managing emotional and psychological challenges. Meanwhile, in the context of broader crises such as the COVID-19 pandemic or profound loss, a study conducted by Yeni et al. (2023) identified the meaning of life, family cohesion, and adaptive abilities as key factors in building family resilience. This shows that families can rise and adapt to significant changes through the use of a variety of internal and external resources to cope with feelings of loss and stress. Overall, the findings of these studies clearly confirm that single-parent family resilience is not the result of a single factor, but rather a complex process of coping strategies that are diverse, social, emotional, and spiritual. The ability to adapt to new roles and face the challenges arising from major changes in the family structure is the main foundation in maintaining the well-being and stability of their families.

3.4 Sociocultural Influence on Resilience

Family resilience is not solely rooted in the adaptive strengths of individuals but is also significantly shaped by the surrounding social and cultural factors, including the norms, values, and social systems of the community. In the context of Indonesia, this dimension becomes particularly crucial. A study conducted by Widia (2023) reveals that the social stigma attached to single mothers, particularly those who are employed, can significantly hinder their family resilience. Discrimination faced by single mothers, both in the workplace and within the community, tends to lower their self-esteem and exacerbate psychological conditions, ultimately weakening the overall resilience of the family. This findings emphasizes that shift in social norms and greater awareness of gender equality are crucial for reinforcing the foundational of family resilience.

In addition to stigma, religious values also play a fundamental role in shaping family resilience in Indonesia. Nuruddin et al. (2023) emphasize that the spiritual support received by single mothers has been shown to enhance their well-being and directly contributes to family resilience. In the predominantly religious Indonesian culture, spirituality serves as a source of mental and emotional strength, helping families adapt to significant challenges such as divorce or the loss of a partner, while also strengthening the social bonds within the family and community. Amanda et al. (2025) highlight how cultural context influences the adaptation of the single father role post-divorce, where they have to balance caregiving demands with the head-of-household role. This dynamic often leads to psychological impacts on children, who must also adapt. In more patriarchal cultures, the dominant economic role expected of fathers, contrasted with caregiving responsibilities often associated with mothers, creates significant challenges for single fathers in managing both roles simultaneously. These findings underline that family resilience is not only derived from internal strengths but is a complex construct, profoundly influenced by the social and cultural landscape in which the family exists. Social stigma, religious values, and cultural norms collectively impact how families adapt and manage crises. Therefore, family resilience depends not only on individual capacity but also on an ecosystem of social and cultural support that is inclusive, equitable, and grounded in community values.

4 DISCUSSIONS

The results of a comprehensive literature synthesis show in depth that the resilience of single-parent families in Indonesia is a construction that involves various dimensions, which are influenced by psychological factors, role changes, adaptation strategies, and socio-cultural elements. Changes in family structure significantly impact parents, leading to emotional stress, dual-role challenges, and psychological dysfunction. Children also experience a decline in psychological well-being (Ifdil et al., 2020; Fajri et al., 2024; Yopp et al., 2019; Amanda et al., 2025). This finding is in line with Belsky's Role Change Theory (1984), which states that changes in family dynamics due to marriage or divorce issues require adaptation in the role of parents. This transition has an impact on how parents manage their responsibilities, including children and families. Rearranging the role of parents in the family in difficult times, such as post-divorce, is part of the adaptation process for the entire family system.

In terms of roles, both the mother and the single father undergo a complex reorganization, which not only includes the division of duties but also involves adjusting the identity and power dynamics within the family. To meet these challenges, single parents implement various coping strategies, such as social support, economic strategies, and spiritual coping strategies. Spiritual coping (Dewi, 2024) is very relevant in the context of Indonesian culture, which has strong religious values, in line with the words of Lazarus and Folkman (1984) regarding emotional coping based on emotions. In the context of single parents, especially in Indonesia, spiritual coping has proven to be a vital adaptation mechanism in managing stress. Spirituality, which is an integral part of Indonesian culture, helps many single mothers overcome emotional difficulties and gain emotional support when facing the challenges of life after divorce or the loss of a partner. This aspect is consistent with the Family Resilience Theory put forward by Walsh (2002), which says that families with a good belief system and are able to interpret trials and have effective communication in them are able to face big challenges better. In addition, family resilience is influenced by Indonesia's social and cultural context. Gender-based social stigma has a significant negative impact on psychological well-being (Widia, 2023), while religious values and community support networks serve as very important protective factors (Nuruddin et al., 2023).

Although the literature tends to focus on the experiences of single mothers, there is a significant gap in research on the experiences of single fathers. Most studies often ignore the role of fathers in family resilience dynamics, although single fathers also face substantial emotional and psychological challenges after the loss of a partner or after a divorce. A study conducted by Yopp et al. (2019) specifically shows that single fathers experience severe psychological impacts, especially in the first two years of grief. Therefore, further and in-depth exploration is needed to build a more comprehensive family resilience, which can include the experience of a single father. The findings provide significant practical implications for the development of social policies and interventions aimed at supporting single-parent families and each individual within them. Based on the theory of family resilience and coping skills, it is recommended to expand the availability of social and economic support, as well as skills training for single parents. Community-based policies that can facilitate access to mental health services and spiritual support can strengthen the resilience of single-parent families. The result of this study contributes to enriching existing theories on family resilience and coping, particularly within the context of spirituality-based coping, which is highly relevant in Indonesian culture. Furthermore, this study underlines the crucial role of social and family support systems in mitigating psychological impacts and helping single-parent families in adapting to changing family dynamics.

5 CONCLUSIONS

Overall, the findings of this study conclusively show that single-parent family resilience is formed through the design of adaptive coping strategies, strong social support, and a deep process of life meaning. These findings emphasizes the importance of a more holistic approach to addressing the well-being of single parents, an approach that integrates the spiritual dimension in the support provided, rather than just centering on the emotional and social aspects. Furthermore, the sustainability of family resilience urgently requires more comprehensive policy support, both from social, economic, and psychological aspects that strongly aim to improve the ability of single-parent families to adapt, determine the direction of life, face various complexities of life challenges, and rise from adversity.

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