

## WELL-BEING OF DIVORCED SINGLE MOTHER BASED ON PERMA THEORY

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### ABSTRACT

*Ibu tunggal yang bercerai di Indonesia menghadapi banyak tantangan, termasuk beradaptasi dengan kehidupan setelah perceraian, mencari nafkah, membesarkan anak sendirian, dan menghadapi stigma masyarakat. Faktor-faktor ini sering menyebabkan kesejahteraan yang buruk dan masalah-masalah psikologis. Studi ini mengeksplorasi kesejahteraan para ibu tunggal yang bercerai melalui sudut pandang teori PERMA. Dengan menggunakan pendekatan kualitatif dan deskriptif, studi ini melibatkan empat partisipan yang memenuhi kriteria berikut: (1) resmi bercerai selama minimal satu tahun, (2) orang tua yang memiliki hak asuh anak di bawah usia 18 tahun, dan (3) bekerja. Data dikumpulkan melalui wawancara semi-terstruktur dan dianalisis menggunakan analisis tematik. Hasil penelitian mengungkapkan bahwa para ibu tunggal yang bercerai umumnya menunjukkan kesejahteraan yang baik. Hal ini ditunjukkan melalui emosi yang positif, keterlibatan dalam kegiatan keagamaan dan komunitas, hubungan yang kuat, rasa memiliki tujuan, dan tekad untuk mencapai tujuan. Faktor-faktor utama yang mendukung kesejahteraan meliputi kepribadian yang ceria, optimis, dan tangguh, dukungan sosial dari keluarga dan teman, dan keyakinan akan pertolongan Ilahi. Para partisipan juga memandang perceraian sebagai pengalaman belajar yang mendorong pertumbuhan pribadi dan keluarga.*

***Kata kunci: kesejahteraan, ibu tunggal, perceraian, PERMA, psikologi positif***

### INTRODUCTION

Divorce cases in Indonesia increased from 291,677 cases in 2020 to 447,743 cases in 2021 (Badan Pusat Statistik 2022, cited in Annur, 2022). Of those cases, women filed 75.34%, and the decision to divorce was caused by arguments and domestic violence (Annur, 2022). Divorce is not easy, especially for women as they need to prepare for consequences, such as facing stigma or having to work to support themselves financially (Damota, 2019). Divorce is often considered the last resort when there is no

solution, and the marriage can no longer be maintained (Hadyani & Indriana, 2017).

In the decision of the Supreme Court of the Republic of Indonesia No. 126 K/Pdt/2001, regarding the event of divorce, custody of underage children should ideally be entrusted to the closest person to the child, which is usually the mother (Direktori Putusan Mahkamah Agung Republik Indonesia, 2001). Based on the increasing divorce rates, more families are being led by single mothers because the responsibility for underage children mainly falls on the mother.

A single mother is a woman who raises her children without the help of a

partner (Dewi, 2017). Single mothers must fulfill a dual role, both providing for the family's financial needs and managing household duties. Bearing this dual responsibility by themselves can be challenging for single mothers. According to research by Hashim et al. (2015), single mothers often experience stress related to finances and daily life. Several studies also indicate that most single mothers face stigma from society. Research conducted in Poland found that single mothers are included into minority groups and often lack support from friends and family (Baranowska-Rataj et al., 2013).

In Indonesia, marriage is important, and divorce is considered as a negative thing (Parker, 2015). Indonesian culture has an ideal standard for women to marry well, leading to stigmatization of single mothers, making them subjects of gossip and it becomes difficult for them to be respected (Parker, 2015). According to Parker's research (2015), Indonesian society still holds the belief that a marriage must succeed, therefore most widows face negative perceptions. This is supported by the research of Rahayu et al. (2015), which states that women are more likely to be blamed in the matter of divorce. Women who are supposed to maintain the family failed to manage household affairs. In most of Indonesian cultures, extended families still have a big role in many of those young couples, as well as when divorce took place in the big family. It would create a new stressor to the women.

The challenging and stressful life of a single mother makes them vulnerable to psychological pressure and poor well-being. The pressure includes stress and loneliness,

as shown in Dor's research (2021), which indicates that single mothers often feel like they are fighting alone. The psychological pressure also comes due to the emotionally draining process of divorce, even though it was anticipated (Lestari, 2019). In the study by Baranowska-Rataj et al. (2013), single mothers admitted to experiencing negative emotions, specifically the separation from their partners, such as feelings of betrayal and abandonment.

From those studies, single mothers are often seen as a group that is difficult to achieve happiness and have a good well-being. However, research by Damota (2019) found that being a single mother also has positive aspects, especially for those who previously lived in abusive marriages. Additionally, the findings of Baranowska-Rataj et al. (2013) explain that divorce provides an opportunity for single mothers to raise children without having to live in a family full of conflict. This has urged many studies to explore the well-being of single mothers (Baranowska-Rataj et al., 2013). High levels of well-being indicate good productivity, good physical health, positive interpersonal relationships, and high life satisfaction (Ruggeri et al., 2020). Therefore, it is important to understand the well-being of single mothers.

Well-being can be viewed from two perspectives, which are hedonia and eudaimonia. The hedonic approach emphasizes positive emotions (Fave, 2014). One of the hedonic theories is subjective well-being, and it is often used to study the well-being of single mothers, as in the study by Wiranti & Sudagijono (2017) on three single mothers in Indonesia aged 18-40 years.

The results of this study show that the participants felt a high level of pride and happiness because they had succeeded in raising their children on their own. Success in raising children affects the level of life satisfaction of the participants.

Meanwhile, the eudaimonia approach focuses on achieving self-potential and life purposes (Fave, 2014). The theory of psychological well-being emphasizes the eudaimonia aspect of well-being (Fave, 2014). Several qualitative studies have explored this theory, such as the study by Lena et al. (2021) on three teenage single mothers in Kupang City. The life goals of the three participants are to send their children to university. Therefore, they are eager to have stable jobs and save money for their children's sake.

Seligman introduced a new well-being theory that combines hedonic and eudaimonia, known as PERMA. In the PERMA theory, well-being is measured through five elements, each of which contributes to it (Seligman, 2011). PERMA stands for Positive Emotion, Engagement, Relationship, Meaning, and Accomplishment.

Positive emotion refers to the positive emotions someone experiences, including happiness and life satisfaction. Engagement occurs when individuals are fully immersed in a particular activity. The next element is a relationship, which involves positive connections or relationships between individuals and others. The following element, meaning, is a subjective condition of individuals that contributes to their purpose of life. The final element,

accomplishment, refers to an individual's personal achievements (Seligman, 2011).

A study conducted by Natan and Kristinawati (2021) uses the PERMA theory to assess the well-being of three Indonesian painters who have a physical disability and are part of the Association of Mouth and Foot Painting Artists (AMFPA). From the study, it can be concluded that the three participants experienced positive emotions and were able to flourish despite facing stigma from society. They can still experience positive emotions, enjoy activities, have good relationships, have a sense of purpose, and achieve something in their lives. The PERMA theory can provide a comprehensive understanding of their well-being, both in hedonic and eudaimonic aspects.

Based on past research, research on the well-being of single mothers has mostly been explained through subjective well-being and psychological well-being, which only emphasize one aspect, either hedonic or eudaimonia. PERMA integrates both and provides a more holistic and in-depth explanation of well-being. Therefore, this research will examine the well-being of single mothers through the PERMA theory due to the limited research on this topic.

## **METHOD**

### ***Research Design***

A qualitative approach was adopted to gain authentic insight from an individual's experiences (Bogdan & Taylor in Moleong, 2007). Data collection is conducted through semi-structured interviews. The technique used for participant selection is purposive sampling with homogeneous sampling, a

sampling strategy to obtain participants with similar characteristics (Creswell, 2012).

**Participants**

**Table 1**  
*Participant Details*

<b>Participant Information</b>	<b>Participant 1</b>	<b>Participant 2</b>	<b>Participant 3</b>	<b>Participant 4</b>
Name	Ria	Sasa	Lisa	Ani
Age	46 years old	46 years old	39 years old	35 years old
Religion	Catholic	Catholic	Catholic	Islam
Education	S1	D3	S1	SMK
Occupation	Employee	Employee	Employee	Employee
Domicile	Jakarta	Jakarta	Jakarta	Jambi
Number of children	3	2	2	2
Age and gender	M 20 years old	W 19 years old	M 13 years old	W 9 years old
M: Man	M 18 years old	W 15 years old	W 10 years old	M 6 years old
W: Woman	M 16 years old			
Age of marriage	11 years	14 years	11 years	4 years and 1 year
Duration of divorce	11 years ago (2012)	6 years ago (2017)	4 years ago (2019)	9 dan 5 years ago (2014 and 2018)
Reasons of divorce	Infidelity and lack of communication	Financial problems, infidelity, differences in perspective, lack of communication	Domestic violence and differences in perspective	Differences in perspective and lack of communication

There are 4 participants in this study who meet the following criteria: (1) single mothers who have been officially divorced for at least 1 year, (2) have custody of their children, (3) still have children under the age of 18 years old, and (4) a working mom. Detailed data regarding the participant profiles can be seen in Table 1.

**Data Analysis Technique**

Thematic analysis analyzes the data by categorizing words into specific categories (Creswell, 2012). The data from the interviews are categorized by coding. The researcher also ensures the accuracy of the data by checking members and giving the

analyzed data to the participants to verify its accuracy (Creswell, 2012).

The topic addressed may be sensitive for participants as it involves a deep discussion about personal divorce experiences. This study has fulfilled the research ethics as it already obtained ethical clearance from the Ethics Development Centre of Atma Jaya (reference number: 0002E/III/PPPE.PM.10.05/03/2023)

**RESULTS**

This study will discuss the interview results, which are categorized into 3 (three) main themes and several sub-themes that will be presented in Table 2.

***Divorce Journey and Post-Divorce Life***

Each participant had different reasons for divorce, and although the reasons are varied, each participant experienced sadness, stress, loneliness, and other negative

**Table 2**  
*Main and Sub-Theme Results*

Main Theme	Sub Theme
Divorce journey and post-divorce life	1. Psychological pressure
	2. Dual roles: managing the household and earning a living
	3. Social stigma
Factors influencing PERMA	1. Personality
	2. Social support
	3. Other factors: religious beliefs
PERMA	1. Positive Emotion
	2. Engagement
	3. Relationship
	4. Meaning
	5. Accomplishment

emotions. This aligns with previous research stating that single mothers often experience psychological pressure from the divorce process (Damota, 2019). Participant Ria felt sad, especially when seeing the other complete families. The same feeling was also expressed by participant Ani, who felt traumatized and ashamed because both of her marriages failed. For Lisa, her life was filled with fear, despair, and shame, and she even had thoughts of ending her life due to domestic violence. Meanwhile, Sasa, whom her ex-husband abandoned, felt rejected, confused, and sad because of this uncertain situation.

*“I feel rejected, don’t know what I did wrong, I don’t know what I must fix. I felt really sad,*

*and I was crying all day even while working. I felt we were in a boat without a captain, so the boat just kept floating in the sea. That is the hardest point, especially because I have high pressure at work too.” (Sasa)*

*“Wow, scary! I felt sad and scared; my life was filled with fear. Every time I came back from work, I was terrified, and as a result, I felt hopeless. I wanted to commit suicide because I was so confused. I felt ashamed in front of my family, neighbors, and friends. I just realized that not every marriage will be okay, which seems unfair. Why must I experience all of this?” (Lisa)*

After the divorce, participants also had to adapt to a new life and start over again. All participants agree that the hardest part of becoming a single mother is related to the dual roles they had to fulfill in providing for and taking care of their families alone. This change in roles initially caused all participants to experience negative emotions, but they shared that after several years of being divorced, these roles allowed them to make decisions more quickly because they no longer needed to argue with their ex-husbands. The participants also become stronger and more independent.

Participant Ria felt sad and tired because she had to care for her child alone, especially when the child was sick. Lisa also experienced difficulties but remained grateful because she could live comfortably. Participant Sasa also faced difficulties because her ex-husband did not provide child support as agreed upon, so she had to earn a living while focusing on her child. However, for Sasa, becoming a single mother made her

more focused, and she didn't have to compromise with her ex-husband. Another challenge was felt by Ani, who has a son and should have been taught how to pray by his father. Ani found it difficult to teach her child but had to do it to fulfill her religious obligations.

*“I have a son and he must learn imam sholat from his dad. With my situation, I have to be imam for him and sometimes it becomes a burden. I must learn about imam sholat...If his dad is still here, we can teach our son together about sholat.” (Ani)*

During marital conflicts, the divorce process, and after divorce, all four participants experienced stigma from people around them. The forms of stigma received by each participant varied, but all four participants agreed that they tried not to care about others' views. Participant Ria received negative prejudices from her friends. Lisa said that people around her accuse her of wanting a divorce just for the sake of seeking freedom. Meanwhile, Sasa had a different experience as she never directly received stigma. Unfortunately, her child experienced the stigma, especially when attending school; some people often asked about the whereabouts of his father.

After the divorce, Ani said that several married men approached her. Although these men approached her and liked her first, Ani still ended up being blamed. Ani had been married twice before, so society's perception of her became negative. However, she tried not to pay too much attention to avoid excessive worry and stress.

*“If you become a widow, everything becomes difficult and hard, especially if you are a young widow. You just stand still, and everyone will mock you.” (Ani)*

*“Fortunately, I don't take everything in a serious way. If I don't do that, I will go insane.” (Ani)*

### **Factors Influencing PERMA**

Factors such as personality, social support, and religious beliefs encouraged all four participants to overcome difficulties and get through their lives as single mothers. Ria has cheerful personality influences her relationships with others and how she perceives and navigates her life as a single mother. Ria receives support from her family and friends and believes that God will provide the best path for her.

Sasa describes herself as enthusiastic, easy going, and optimistic. Her family and friends fully support her during the divorce, which helps her to be resilient and not escape from her situation. Sasa also believes that God has helped her to fight this far and will continue to help her in the future.

*“...luckily I still met with kind and supportive people, so I'm still sane right now. I won't go anywhere and face all of these challenges.” (Sasa)*

Lisa sees herself as someone who enjoys trying new things or activities, and this trait makes her realize that being a single mother can offer her a new opportunity. Participant Lisa also feels supported by various people, strengthening Lisa's belief that God will always ease her life. The last

participant, Ani, is someone who never gives up, so she is resilient and determined to continue achieving her goals for herself and her child. Ani receives full support from friends, helping her to remain strong and independent in facing difficulties. Ani trusts God's plan and always thinks positively that God will always give the best for her.

### **PERMA**

#### *Positive Emotion*

Seligman (2011) said that positive emotion is an individual's emotions, including feelings of joy, happiness, comfort, and life satisfaction. From the stories of the four participants, they all experience more positive emotions now compared to the beginning of their divorces. Divorce can be seen as a painful experience, but all participants agree that divorce also brings a lot of positive emotions. Each participant has different positive emotions, but there are two main positive emotions felt by all of them: positive energy and freedom. They can now freely engage in various activities and pursue careers, thus becoming happier.

Ria feels she has learned how to love and respect herself more, while for Sasa, self-acceptance and gratitude are the dominant positive emotions. She is grateful that God still gives her a chance, and she realizes that divorce is not a flaw. Lisa experienced positive emotions such as a sense of calmness, peace, and inner satisfaction. For Ani, being a single mother is a source of pride for her because she can support her two children while working. Ani also feels proud that she can achieve the career she has always wanted through her own efforts.

The positive emotions the participants feel are also largely sourced from their children, who become a source of strength in navigating life after divorce. For participants Ria, Sasa, and Ani, raising their children has been a long and challenging journey, but they enjoy it and feel proud because their children are growing well and becoming successful. This makes them happy and able to endure everything that might come into their lives.

According to Lisa, divorce is the best decision, especially for the sake of the children's well-being. If they had stayed together, the children could have experienced trauma from living in a family full of conflict. Lisa also realizes that divorce makes both parents and children happy because they are not torturing themselves and deceiving their children.

*"I mean... imagine if you continue the relationship and your children see their parents fighting every day. It can traumatize them, and it feels like our life is full of lies. So, for me, it's better to live by yourself with your lovely children. Both you and they are happier than if you were still with your husband, but the family is a disaster." (Lisa)*

#### *Engagement*

Engagement refers to the involvement of someone in an activity or organization (Seligman, 2011). According to Arif (2016), engagement occurs when individuals live for others or for other purposes. From the interviews, all four participants are involved in an organization and have hobbies or activities that they regularly engage in. The types of activities

are different among the participants, and according to three participants, single mothers need to participate in activities or organizations to meet new friends, experience new environments, and fill the void in their hearts. Therefore, all participants enjoy every activity they engage in and some of them want to contribute more to the organization.

Sasa participates in church activities, which allow her to pursue her hobbies and meet new friends. On the other hand, Ani used to attend religious study groups but stopped due to her distant location. However, she still strongly desires to resume participating in these activities.

Ria joins a single mothers' community called Matahari, which plays a significant role and has a positive influence on her life after her divorce. Through this community, she can find fellow single mothers, enhance her soft or hard skills, and feel motivated to contribute to society.

*"Turns out, that's how it is, we get the benefits. There will always be something in every event, except if we underestimate it, then it's a waste of time. But during my time at Matahari, even though I didn't always participate, there was always this sense of belonging. I felt better there, more confident." (Ria)*

An interesting insight about Lisa is that she not only became a member of a community but also became a founder of a community. Lisa felt she had a passion for establishing a new community together with her friends, focusing on assisting victims of domestic violence to get help from other

institutions, such as the National Commission on Violence Against Women (Komnas Perempuan). Her experience of domestic violence and divorce motivated her to create a safe space and help others who have experienced similar situations as hers.

*"And now I have a community too, I made it myself with friends who are psychologists, and it's about domestic violence. So, it's not just for married couples but also for couples who are still dating. We have a community for that too, for handling domestic violence victims." (Lisa)*

#### *Relationship*

Relationship refers to positive connections between individuals and others (Seligman, 2011). After divorce, the relationships of all four participants are characterized by their positive connections with others, such as family, friends, and children. Social support is a crucial factor that helps participants cope with being single mothers and enables them to maintain positive relationships.

All four participants can maintain good relationships with those around them. Ria, Ani, and Lisa are grateful for having a support system that listens to their situations and supports them, helping them to keep strong regardless of the challenges. The relationships of the four participants with their children have improved compared to before. They can focus on spending more time together.

*"To be honest, I'm grateful for my divorce. My relationship with my child has changed,*



*we're not necessarily close but we can still communicate." (Ria)*

For Sasa, she can open up and commit to a romantic relationship again after the divorce. Sasa's mother also supports and encourages her to find a new partner because she realizes that her daughter needs someone to accompany her. This support encourages Sasa to be open to new people, especially regarding romantic partners. Now, Sasa has found a new partner and receives positive energy from him. According to Sasa, although this relationship may not be seen as ideal by others, she feels happier with her new partner.

*"Yeah, it's true that you have to start over from the beginning again and build a new relationship but having a partner at a mature age is different. I get positive energy from him. He always supports me in small things, and he's always there. He may be a bit stiff with the kids, but he always respects my children. He may not be Superman, but I'm happy with him." (Sasa)*

### *Meaning*

Seligman (2011) explains that the aspect of meaning involves an individual's belief that their life is valuable and a subjective assessment of the purpose of life. All participants describe their life purposes centred around their children; thus, everything they do now is for the sake of their children's future. They prioritize their children first before themselves, and it shows unconditional love. All participants aim to provide education for their children up to university.

Each participant also has different life goals, and they want to make their children happy and fulfil their own dreams. They have views and plans regarding their future, as Ria and Sasa want to be present in every step of their children's lives, from witnessing graduation to having their first jobs and even marriage. However, they also want to be individuals who can be helpful and try to always help others.

On the other hand, Ani admits that her life priority is her children, and she also wants to prove to her ex-husband that their children can be successful even without his help. Ani also hopes for career advancement so her economic conditions can be improved. This is also for the sake of her children so she can provide for and give them the best. Lisa also shares the same goals as Ani regarding her children and career.

*"Our priority is the children, you know, the goal is for the children. I want my children to be successful and prove to their fathers that they can be useful even without their father. I want to prove to their fathers that without them, they can still be someone." (Ani)*

*"In the future, if possible, I want to get a better job, advancing in my career more than what I have now. Financial changes are my priority." (Ani)*

### *Accomplishment*

Accomplishment refers to an individual's desire to achieve their goals (Seligman, 2011). Each participant feels that they have achieved some accomplishments that deserve appreciation. Until now, all their achievements are related to their children,

although they take different forms. For Sasa, a significant achievement in her life is seeing her child healthy, independent, and wise as they already have gone through various circumstances. Ria's achievement is being able to raise her three sons to this point. Ria also feels proud to see her eldest son studying abroad despite her condition as a single mother. For Ani, the achievements in her life center around her children by seeing them grow well.

Divorce has given Lisa the opportunity to do what she wants. Being a single mother motivates her to achieve more. For example, her story was successfully published in one book, and she also witnessed her child grow up well. According to Lisa, her curiosity has increased, and she wants to try new things for her family.

*"Yeah, I like trying new things, and I feel there's a lot of God's help; I have friends who are working on something, then they asked me to help, and I get paid. In the past, I couldn't progress because of my ex-husband." (Lisa)*

Although they have achieved several accomplishments, all participants still strongly desire to achieve their goals and dreams. The experience of divorce is not an obstacle for them to continue living, moving forward, and reaching their goals.

*"...becoming a single mother can make us hmm...more eager to learn. For example, I want to try new things such as becoming an entrepreneur. I want to flourish and upgrade myself more." (Lisa)*

*"We have to do it because for me, life is a long journey. God gives us a lot of time. Even though our time is just 6 months left, there are still so many things we can do. It is just a matter of your time management and self-awareness to change." (Sasa)*

The analysis of the PERMA aspects across all four participants reveals that their overall well-being is positive, though certain areas could benefit from further improvement. For instance, joining a single mother support group can provide an opportunity to be surrounded by other single mothers and become a platform for sharing advice and building a sense of community that fosters engagement, relationship, and meaning aspects.

## DISCUSSION

Positive emotion explains well-being from a hedonian point of view, which is happiness and life satisfaction (Goodman et al., 2017). Every single mother has a different experience and life story. Even though at the beginning of the divorce, the four participants were in despair, now they experience more positive emotions.

Engagement, relationship, meaning, and accomplishment illustrate well-being from the eudaimonia perspective (Ryff et al., 2021). From the engagement dimension, all participants have previously participated in organizations or activities that positively impacted their lives. Through these organizations, they flourished and enjoyed meaningful experiences. In terms of relationships, all participants continue to maintain positive connections with others

because they have strong social support even before their divorce.

In terms of meaning, every participant said life as a single mother is hard and challenging. Therefore, it is important to appreciate the decisions of single mothers rather than criticize them. Despite the challenges, the journey of being a single mother is remarkable, and they don't regret it at all. They are grateful for their choices and currently focus on self-improvement and their children. Lastly, the achievement dimension is explained by their achievement of both personal goals and those related to their children. Furthermore, all participants have a strong desire for growth and achieving their dreams.

This research revealed several additional interesting findings. First, the well-being of single mothers revolves around their children. PERMA aspects, such as positive emotion, meaning, and accomplishment, are closely related to their children. This shows the enormous love single mothers have for their children, who are everything to them.

In addition, all participants teach their children to be independent. They recognize the importance of preparing their children to face any situation. However, they are also concerned about their children's mental well-being, as divorce has a huge impact on them. They encourage their children to communicate about their problems or seek professional help, such as counseling.

The third finding is that all participants still encourage their children to maintain a relationship with their fathers. Despite the separation, participants allow their ex-husbands to meet their children.

Painful experiences of divorce do not stop participants from ensuring that their children have a father figure. Moreover, it is interesting to conduct further discussion regarding the forgiveness of single mothers towards their ex-husbands.

This study aligns with previous research regarding factors influencing well-being. The participants' personalities and values shape their mindsets when facing divorce. This is supported by Womick and King's (2020) research, which emphasizes the significant role of personality in an individual's well-being. A positive mindset is crucial because it impacts all aspects of PERMA and helps participants be resilient.

From this research, there were different things found compared to previous studies. In Dor's study (2021), it was explained that single mothers have limited freedom making it difficult to engage in activities such as hobbies or meeting friends. However, in this study, the participants felt free and were able to manage their time for taking care of their children while also ensuring they had time for themselves. It is because all the participants also aim to focus on themselves and try to allocate time for their hobbies. Another contributing factor is that the single mothers in this study have a supportive network that helps them manage childcare responsibilities effectively.

The data for this study was collected using interview methods, which allowed the information to be based on the participants' experiences. The interview method was appropriate because it allowed participants to share their stories and researchers to ask follow-up questions. Most interviews were conducted face-to-face, enabling direct

observation of how the participants expressed themselves.

Another method that can improve data and analysis results is observation. Observation is used to answer questions and provide a better understanding of human behavior (Murdiyanto, 2020). Observation methods can add data, especially in facial expressions, intonation, and body language during interviews. They help analyze and verify the feelings of participants related to their divorce experiences.

### CONCLUSION

The PERMA theory can explain the well-being of single mothers who are divorced from both hedonic and eudaimonic perspectives. This research represents a combination of previous studies that only focused on one aspect of well-being, thus providing a comprehensive overview of PERMA. Seligman (2011) elaborated that good well-being is seen through a combination of positive emotions, engagement in an organization, having good relationships with others, having life goals, and the desire to achieve them. Based on the analysis of each aspect of PERMA in all four participants' lives, their well-being is good, although for some participants, some aspects may still be improved. Negative aspects affecting the well-being of single mothers often relate to external conditions, such as economic conditions, stigma, or ex-husbands. Despite these negative aspects, single mothers have good well-being related to their children and themselves. In addition, religious faith is one of the factors that helps each participant accept their situation as a

single mother. They believe God will always provide and prepare good things for them and their children; thus, it motivates them to live their lives as single mothers.

For future researchers, it is suggested to use other positive psychology constructs, such as forgiveness and grit among divorced single mothers. Those constructs would be interesting because they might contribute to the overall well-being of single mothers and how they navigate their lives. The next research could gather single mothers with the same reasons for divorce, such as domestic violence, thus providing interesting new insights regarding single mothers.

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