



Relationship between Self Compassion and Involvement of Career Single Mothers in Early Childhood Care

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Abstract: Self-compassion is an attitude of compassion or compassion for oneself, as well as an attitude to see failure as a great and balanced experience, meanwhile, maternal involvement is the active participation carried out by mothers in the parenting process, including the education of their children's experiences. The purpose of this study was to determine the relationship between self-compassion and the involvement of single career mothers in early childhood care in Gresik Regency. The method used in this research is quantitative correlation with Pearson Product Moment Correlation approach. The sampling technique used is purposive sampling, with the number of respondents being 112 single career mothers in Gresik Regency. The assessment of the research instrument uses a rating scale from a Likert scale with a score of 1-5 with 17 item for variable X and 33 item variable Y. Based on the calculations in the hypothesis test, it can be seen that H_a is accepted and H_o is rejected because it is known that the r value is 0.25 or the KP value is 6.25% and $t_{count} > t_{table}$ or $3,4960 > 1.2893$. So from these calculations it can be concluded that there is a positive and significant relationship between self-compassion and the involvement of single career mothers, but the degree of relationship or correlation coefficient is in the low category, and mother's involvement is influenced by other factors by 93.25%.

Keywords: self-compassion, mother involvement, early childhood

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Introduction

Marrying a beloved partner, and forming a happy family and then having children with a partner, is the dream of most individuals who have grown into adults. This includes the need for love and affection as self-actualization. The need for affection or love will usually be actualized by most individuals by establishing a marriage bond. However, in reality in this world sometimes something that is desired there must be something that does not go smoothly as planned. Every individual will never escape from a problem or trial of life, including various problems in marriage ranging from divorce to the death of a partner. Based on data from the Religious Courts of the Supreme Court of the Republic of Indonesia, divorce in Indonesia has increased since 2015



with the divorce rate reaching 394,246 cases, then increased to 415,510 in 2017 and continued to increase until 2019 to 444,358 cases (Mahkamah Agung RI.). The increasing divorce rate also occurred in East Java Province.

East Java Province has 8 big regencies and cities with the highest contribution to the divorce rate, namely Kediri, Malang, Lumajang, Jember, Banyuwangi, Gresik, Surabaya, and Blitar. Based on the eight regencies and cities that have the highest divorce rates in East Java, Gresik Regency is one of the interesting regencies, because Gresik itself is a city called the guardian city and the santri city which has an Islamic feel, but is included in the category of the city with the highest divorce rate. with the most common causes of divorce being adultery, drunkenness, gambling and continuous disputes (gresikkab.go.id). Data obtained from the Gresik Regency Religious Court recorded 2,137 cases in 2019 and increased until 2020 and 2021 with divorce rates reaching 2,431 and 2,388 cases (Pengadilan Agama Kabupaten Gresik.). Separation or loss of a spouse due to death or divorce, will have an impact on the spouse left behind, especially the wife. As a wife abandoned by her husband, women will experience psychological pressure that can potentially cause stress.

According to psychological research conducted by Morris et al stated that when a separation occurs, women will indeed recover fully and stronger than men, but women also experience greater emotional pain than men, Morris stated that women tend to be more affected emotionally. negative by separation, with reports of higher levels of emotional and physical feelings with an average emotional distress of 6.84 compared to men on a scale of 6.58 (Morris et al, 2015), A wife will feel very lost as a result of the problem, one of which is the loss of involvement and the role of a partner in child care (Swagery, Hikmatul, & Husna, 2017). The involvement of fathers can have a positive impact on children's growth and development, but the loss of a father figure can also be an obstacle to children's development, especially in the formation of behavior and character (Garry Hornby, 2011) (Hornby, 2019: 81). Women who take care of and care for their children alone after losing a husband figure either due to divorce or the death of a spouse, then decide not to remarry and raise their own children, this phenomenon is called a single mother or single mother (Haryanto, 2012). There are so many problems that will surround single mothers, these problems can be divided into 3 aspects, namely, economic, educational and psychological (Cahyani, 2016).

But the biggest impact that can be felt by a single mother is about problems from an economic perspective (Gongala, 2022). This is because women who have lost their spouses or husbands are required to be able to provide for themselves and their children, of course it is very difficult for a woman where she has to have a dual role for their child, two responsibilities at once, namely as a mother who nurtures, educates and teaching children, as well as being a father to earn a living (Haryanto, 2012). Many of them then inevitably have to work and become career women to continue to meet the needs of life for themselves and their children because they can no longer depend on their husbands. In 2017 through a survey, the Central Statistics Agency stated that in urban and rural areas, workers women who are divorced and divorced are 13.64% (BPS RI Sakernas, 2017). Meanwhile, the results of another survey by the Central Statistics Agency in 2011 also stated that in Indonesia, the number of women who became single parents or single mothers was 8,926,387 (BPS RI Sakernas, 2017).

Basically, just being a single mother is already a heavy burden, let alone being added to being a career woman at the same time, living life without the presence of a husband as a supporter and friend when alone is a very difficult thing for a single mother, and will cause conflicts in her life. self and lack of acceptance of the reality (Swagery et al., 2017). Anxiety of a single mother does not just stop there, single mothers will also be faced with anxiety about the reactions of others towards her, it will not be easy to be able to live in society with widow status either because of a divorce or the death of her husband (Zulfiana, 2013). Moreover, coupled with the fact that when she was a single mother, the children she cared for were still at an early age.

NAEYC (National Association For The Education Young Children) early childhood is a child who is at the age of zero to eight years, while according to the 2003 National Education Act, early childhood is children who are in the 0-6 year age range (UU Nomor 20 Tahun 2003 Tentang Sistem Pendidikan Nasional). At this age, children will spend more time and attention in their upbringing, because early childhood is still at a vulnerable stage and it is very fundamental to be able to form a good personality, at this time it can also be called the golden age. It can be interpreted that at this age it is very important and valuable to be missed for parents so that they can continue to maximize their growth and development.

According to Ferdinand in his research, he stated that with the increase in responsibility for the family economy, single mothers will experience difficulties and confusion in dividing their time, and what might happen is the mother's inability to attend school events for her children and excessive emotional outbursts when children only do things. Few mistakes due to being tired and busy working (Ferdinand, 2019). The quality of parenting and how to care for someone will change when they have increased burdens and responsibilities in their lives, including what happens to career single mothers (Ferdinand, 2019). As a result, many career single mothers then hand over their duties in caring for their children to nannies (caregivers), or grandmothers and other family members to care for and care for their children (BKKBN Jambi, 2020). But in this case, of course it should not be used as an excuse for parenting involvement because basically, the family is the primary educator and the first for their child, one of which is the mother (Fadillah, 2012).

The loss of mother's involvement in parenting or motherless will certainly cause conflicts and problems both within the child itself and the relationship between mother and child. Common interactions and participation by mothers are more on mentoring and seeing from the side of emotional development (Garry Hornby, 2011). This includes overseeing 6 aspects of development, namely cognitive development, social emotional, artistic, religious and moral values, motor and language development (Permendikbud Nomor 146 Tahun 2014 Tentang Kurikulum 2013 PAUD, 2014). Parent involvement has become very important in successful children's education. The activities showing parent involvement can not be separated from lifelong education (Sujarwo, Kusumawardani, Prasetyo, & Herwin, 2021).

On the other hand, of course, there are career single mothers who can take the time to be involved in child care. The process by which a person can endure the most difficult conditions in his life can be explained by self-compassion. According to Fitroh, et al. that self-compassion is an attitude of compassion towards oneself when misfortunes, failures, and mistakes occur, by not being harsh and judging one's weaknesses and shortcomings, but being able to understand that the experience felt also happens to other individuals (Fitroh, Oktavianingsih, & T., 2021). Self-compassion has a definition that is almost similar to self-love, namely, its understanding is a form of self-respect that grows from action and supports one's physical, psychological and spiritual growth (Khoshaba, 2012). While self-compassion has an understanding of the meaning of kindness and also concern for oneself when faced with a problem that comes or faces the shortcomings that exist in him, and has the meaning that all forms of problems, shortcomings or failures are all part of every human life. The difference between the two concepts is in the timing or timing, namely, self-compassion is applied when someone is in a disadvantaged situation, feels down, disappointed and feels a failure, while self-love is applied every time of the day as if you are in love with someone (Ackerman, 2018).

According to the results of previous research by Conti, it is stated that individuals who have low levels of self-compassion tend to blame themselves for the difficulties they experience, and on the contrary, individuals who have a high level of self-compassion will actually be able to interpret their lives better. more optimistic, and positive so that they can pass life's tests more easily and do not regret the difficulties they are facing (Conti, 2015). This is also in line with the research that has been done by Neff and Faso, which stated in their research, namely, where parents who have a high level of self-compassion, they will be more satisfied with their lives and can accept the problems they are facing (Kristin D. Neff & Faso, 2015). The self-compassion

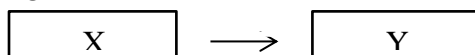
possessed by a single career mother is able to encourage her to be able to act or act wisely so as not to harm herself and others or her children. For example, the mother's attitude or action by not letting her child experience things worse than losing a father figure is that the mother chooses to continue to be involved in parenting and maximize the growth and development of her young child.

Based on the problems that have been described, the researchers are interested in raising it as a research topic, with the title "The Relationship of Self Compassion with Career Single Mother Involvement in Early Childhood Care" in Gresik Regency.

Method

The type of approach used in this research is to use quantitative research. According to Creswell, quantitative research is a method that aims to test certain theories by examining variable relationships (Creswell, 2017). Meanwhile, according to Siyoto & Sodik stated that quantitative research is research that emphasizes objective phenomena, whose studies are studied quantitatively, with statistical processing, using numbers, structures and controlled experiments (Siyoto & Sodik, 2015). Sugiyono expressed his opinion that quantitative research is a research method which is also called positivistic because it is based on positivism, besides that it is also referred to as the scientific method because it has fulfilled the rules of being objective, measurable, systematic, rational and concrete (Sugiyono, 2017). Based on some of the opinions above, it can be concluded that quantitative research is scientific or scientific research that aims to test certain theories by examining the relationship between variables, as well as being studied quantitatively or statistical processing.

The method that will be carried out in this research is using correlational quantitative methods. According to Creswell, quantitative correlational research is research that examines the relationship between two or more variables using statistical methods. This study will examine the relationship between two variables that have been determined, namely, the relationship between self-compassion in early career single mothers as the independent variable (X) and the involvement of parenting to young children as the dependent variable (Y) (Creswell, 2014). Therefore, this study uses a quantitative correlation method. The correlational quantitative research design between variables can be described as follows:



Information

X: Self-compassion

Y : Mother's involvement

r : Relationship

Source: (Sugiyono, 2017)

The location of the research will be in Gresik District, with the research time starting in December 2021 which is used as pre-research data, and starting in June 2022 for data collection and processing.

According to Ridwan, the population is a subject in an area, where the subject is chosen because it meets certain conditions related to research (Riduwan, 2019). Meanwhile, Sugiyono stated that the population is a generalization area consisting of subjects and objects and has the characteristics and qualities determined by previous researchers so that they can be studied and concluded (Sugiyono, 2017). Based on some of the opinions above, it can be concluded that the population is an object or subject in a certain area that has met the qualifications and characteristics determined by previous researchers to be studied and drawn conclusions. The population used in this study were all single mothers who work or have a career and have early childhood or ages 0 to 6 years and live in Gresik Regency.

The research sample according to Sugiyono is part of the population including part of the characteristics and amount (Sugiyono, 2017). Meanwhile, according to Creswell, the sample is a

group of individuals who are part of the population and will be studied (Creswell, 2017). Due to limitations in manpower, time and funds, it is impossible for researchers to study all existing populations, so from that, researchers can use samples as representatives of the population as data collection. Based on the research above, it can be concluded that the research sample is a group of individuals part of the population that has represented its characteristics.

The sampling technique, according to Sugiyono, is a sampling technique to determine the sample itself in a study (Sugiyono, 2017). Sampling techniques can be divided into two major parts, namely probability sampling techniques and non-probability sampling techniques. The probability sampling is still divided into several types of sampling, namely, simple random sampling, proportionate stratified random sampling, disproportionate stratified random sampling, and cluster sampling or sampling based on area. Meanwhile, non-probability sampling consists of systematic sampling, quota sampling, incidental sampling, saturated sampling, and snowball sampling.

The sampling technique in this study used a non-probability sampling technique. Sugiyono, non-probability sampling technique is a technique in sampling that will not provide equal opportunities for each member or element of the population (Sugiyono, 2017). This study uses one type of non-probability sampling technique, namely purposive sampling. The sampling technique using purposive sampling is a technique used by considering certain criteria (Sugiyono, 2017). This technique was taken by the researcher because it was in accordance with the research design and was considered appropriate because each member of the population

In this study, not all of them can be sampled. In this sampling technique, the researcher will determine the sample criteria first, where the criteria include the following:

- a) The respondent is a single mother who has a job (not an ordinary housewife),
- b) Respondents have early childhood (0-6 years),
- c) Respondents are single mothers with marital status, divorced and divorced,
- d) Respondents are people who live in Gresik Regency.

Gay and Diehl in Untari assume that the more samples taken, the more representative they will be and the results can be generalized (Untari, 2018). To determine the number of unknown populations, the Lemshow formula is used in determining the sample as follows:

$$n = \frac{Z^2 p (1 - p)}{d^2}$$

Information :

n = Number of samples required

Z = Standard value 1.96

p = Maximum estimate 50% = 0.5

d = Alpha (0,10) or 10% sampling error

Moe = Margin of error or maximum error rate

The confidence level used is 90% where the Z value is 1.96 and the maximum error rate is 10%. The number of samples in the study are as follows:

$$n = \frac{1,96^2 \cdot 0,5 (1 - 0,5)}{(0,1)^2}$$

$$n = 96,04$$

Based on these calculations, the minimum number of samples that must be used in the study is 96.04 respondents or rounded up to 100 and those from one Gresik district which has 18 sub-districts, so 100: 18 = 5.5 or rounded up to 6 respondents at least representative from each District, and in this study research, there were 112 respondents who participated.

Data collection techniques that are in accordance with the subject matter of the study, have a correlation with the quality of the instrument and the quality of data collection in the study. The quality of the instrument can be done by testing its validity and reliability before use. Data collection techniques according to Sugiyono can be done through interviews (interviews, questionnaires) and observations (Sugiyono, 2017). Meanwhile, according to Ridwan, data

collection can be done through several techniques including interviews, observations (observations), documentation, and exams (tests), and others (Riduwan, 2019). Researchers are free to use data collection techniques which suit the needs of their research. In this study, the data collection techniques used were in the form of questionnaires (questionnaires), interviews and documentation.

Data analysis techniques are used to answer questions in the formulation of the problem or it can also be used as hypothesis testing from a research that has been formulated. Research with quantitative type, data analysis is carried out after all data from respondents or data sources have been collected. Data analysis is grouping data based on the type of respondents and variables, metabulating data based on variables from all respondents, presenting data from each variable that you want to study, then performing calculations to test hypotheses and answer the problem formulation that has been formulated (Sugiyono, 2017). According to Creswell, in presenting data analysis, it must be in a step-by-step form so that readers can understand how to determine the next stage so that everything can be completed according to the procedure (Creswell, 2016). In quantitative research, data analysis used to measure the relationship between variables or associative hypotheses is using parametric analysis techniques.

Parametric statistics are used to analyze data in the form of ratios and intervals, the number of samples is large and based on the provision that the data to be analyzed is normally distributed, one of which is using the Pearson Product Moment Correlation. The Pearson Product Moment Correlation Analysis proposed by Karl Pearson is a useful analysis to determine the degree of relationship and contribution of the independent variable with the dependent variable (Riduwan & Sunarto, 2014). Analysis using Pearson Product Moment Correlation will test the total item correlation and will be tested with correlation analysis with the following formula:

$$\frac{n (\sum xy) - (\sum x \cdot \sum y)}{\sqrt{[n \sum x^2 - (\sum x)^2][n \sum y^2 - (\sum y)^2]}}$$

Table 1 Correlation Coefficient Interpretation

Coefficient Interval	Relationship Level
0,00 – 0,199	Very Low
0,20 – 0,399	Low
0,40 – 0,599	Medium
0,60 – 0,7999	Strong
0,80 – 1,000	Very Strong

The next step to state the size of the contribution of the variable X to the variable Y can be determined by the determinant formula by squaring the coefficients found as follows:

$$KP = r^2 \times 100\%$$

The next test is to test the correlation significance which is useful for finding out the meaning of the relationship between variable X and variable Y, then the results of the Pearson Product Moment Correlation will be tested for significance using the t formula as follows:

$$t = \frac{r \sqrt{n-2}}{\sqrt{1-r^2}}$$

$$tcount = r \sqrt{\frac{n-2}{1-r^2}}$$

Result and Discussion

The subjects in this study were single mothers with career or work, had early childhood (0-6 years), and lived in Gresik Regency. Data collection was carried out directly and indirectly, namely visiting or meeting directly with respondents who could be reached, and indirectly with respondents who could not be reached. Data retrieval carried out directly is supported using documentation, while indirect data retrieval is carried out through social media such as Facebook, Whatsapp, and Instagram. Respondent data obtained from the results of questionnaires that have been filled out by as many as 112 single career mothers in this study are as follows:

Table 2 Child Demographics

Child Gender		
Category	Frequency	Percentage
Male	53	47%
Female	59	53%
Child Age		
Category	Frequency	Percentage
< 1 Yearsold	5	4 %
1- 3 Yearsold	37	33%
4 - 6 Yearsold	70	63%

Tabel 3 Mother Demographics

Profession		
Category	Frequency	Percentage
Laborer	35	32%
Entrepreneur	6	5%
Seller	15	13%
Online Shop	13	11%
Teacher	11	9%
Etc	32	30%
Mother Age		
Category	Frequency	Percentage
< 20 Yearsold	3	2,7%
20-30 Yearsold	62	55%
30-40 Yearsold	42	38%
40-50 Yearsold	5	4,3%
Adress/ Districts		
Category	Frequency	Percentage
Menganti	6	5,3%
Ujungpangkah	9	9 %
Dukun	6	5,3%
Bungah	7	6,2%
Balongpanggang	6	5,3%
Driyorejo	6	5,3%

Cerme	6	5,3%
Duduk Sampeyan	6	5,3%
Gresik	6	5,3%
Kebomas	6	5,3%
Kedamean	6	5,3%
Manyar	6	5,3%
Benjeng	6	5,3%
Panceng	6	5,3%
Sangkapura	6	5,3%
Sidayu	6	5,3%
Tambak	6	5,3%
Wringinanom	6	5,3%
Marital Status		
Category	Frequency	Percentage
Divorced	101	90%
Death Divorced	11	10%

Data collection on the self-compassion variable for single career mothers in Gresik Regency was carried out using a questionnaire that was compiled based on aspects of self-compassion, namely self-kindness, common humanity, and mindfulness. The scoring and grouping of research data will be carried out with the help of Microsoft Office Excel applications.

This research is included in correlational quantitative research, where researchers use the numbers described by processing these numbers using statistical methods, and later conclusions can be drawn from these calculations. Based on the results of data collection that has been carried out by researchers, the data in this study will be categorized each variable score into 3 categories, namely low, medium and high. To perform the categorization, the mean (Mi) and the ideal standard deviation (SDi) will be used. The formula used to calculate the mean (Mi) and the ideal standard deviation (SDi) is as follows:

$$Mi = \frac{1}{2} (\text{scor max} + \text{scor min})$$

$$Sdi = \frac{1}{2} (\text{scor max} - \text{scor min})$$

According to Syaifuddin Azwar (2012:149), to determine the category of scores used the following norms:

$$\text{High} = x > (Mi + 1 * SDi)$$

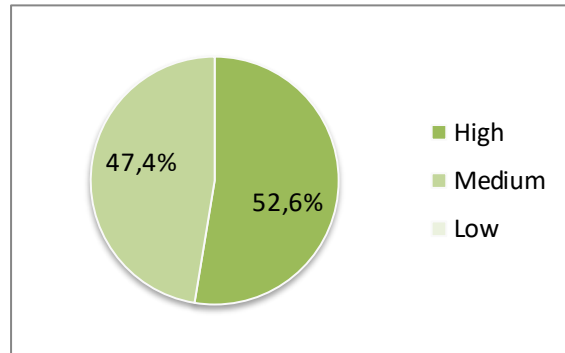
$$\text{Mid} = (Mi - 1 * SDi) \leq x \leq (Mi + 1 * SDi)$$

$$\text{Low} = x < (Mi - 1 * SDi)$$

Based on the above calculation, the criteria for the tendency of the self-compassion variable can be obtained as follows:

$$\begin{aligned} \text{Maximum Scor} &= 85 \\ \text{Minimum Scor} &= 17 \\ \text{R (Range)} &= 68 \\ \text{Mean} &= 51 \\ \text{Sd} &= 34 \end{aligned}$$

The percentage of the mother's self compassion variable is as follows:



Based on the diagram above, it shows that single career mothers in Gresik Regency have a high level of self-compassion with 59 people (52.6%), 53 children (47.4) in the middle category, and 0 people in the low category (0%).) of the total number of research samples were 112 respondents. So it can be concluded that the tendency of self-compassion in single career mothers in Gresik Regency is in the high category, which is 59 people (53.3%).

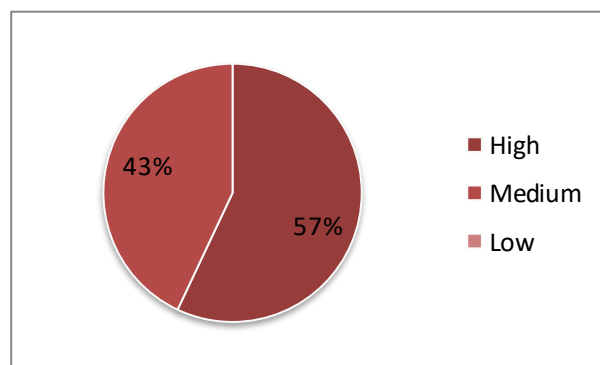
Data collection on the variable involvement of single career mothers in Gresik Regency was carried out using a questionnaire compiled based on aspects of mother involvement, namely expressive involvement, instrumental involvement, and mentoring/advising involvement. The scoring and grouping of research data will be carried out with the help of Microsoft Office Excel applications.

Based on the results of data collection conducted by researchers through questionnaires to research subjects in Gresik Regency. The data in this study will be categorized each variable score into 3 categories, namely low, medium and high. To perform the categorization, the mean (Mi) and the ideal standard deviation (SDi) will be used. The formula used to calculate the mean (Mi) and the ideal standard deviation (SDi) is as follows:

the criteria for the tendency of the mother's involvement variable are as follows:

maximum Scor = 165
Minimum Scor = 33
R (Range) = 132
Mean = 99
SD = 66

The percentage of the mother's involvement variable is as follows:



Based on the diagram above, it shows that the involvement of mothers in single career mothers has a high category of 67 people (57.6%), a medium category of 45 people (42.4%) and a low category of 0 people (0%). So it can be concluded that the tendency of maternal involvement is in the moderate category, as many as 67 respondents (57.6%) of the total number of respondents, namely 112 (100%).

Hypothesis testing using Pearson Product Moment Correlation analysis. This analysis is used to determine the degree of relationship between the dependent variable and the independent variable. Pearson Product Moment Correlation Analysis was used to determine the relationship between self-compassion and the involvement of single mothers. Pearson Product Moment Correlation Analysis has a prerequisite, namely the data is normally distributed. The data in this study is normally distributed, so it has met the prerequisite test and the Pearson Product Moment Correlation analysis can be carried out.

$$r_{count} = \frac{n(\sum xy) - (\sum x \cdot \sum y)}{\sqrt{[n \sum x^2 - (\sum x)^2][n \sum y^2 - (\sum y)^2]}}$$

The following is the calculation of the Pearson Product Moment Correlation analysis, to determine the relationship between self-compassion and the involvement of single career mothers in Gresik Regency.

$$\begin{aligned} N &= 112 \\ \sum x &= 962 \\ \sum y &= 16134 \\ \sum xy &= 1290817 \\ \sum x^2 &= 40960000 \\ \sum y^2 &= 112550881 \end{aligned}$$

$$\begin{aligned} r_{count} &= \frac{n(\sum xy) - (\sum x \cdot \sum y)}{\sqrt{[n \sum x^2 - (\sum x)^2][n \sum y^2 - (\sum y)^2]}} \\ r_{count} &= \frac{16049812788}{\sqrt{(4546560000)(8915236284)}} \\ r_{count} &= \frac{16049812788}{\sqrt{65366048000}} \\ r_{count} &= 0,25 \end{aligned}$$

$$t_{count} = r \sqrt{\frac{n-2}{1-r^2}} = 0,25 \sqrt{\frac{112-2}{1-0,25^2}} = 0,25 \sqrt{\frac{110}{0,75}} = 3,4960$$

$$\begin{aligned} t_{table} &= df = n - 2 \\ &df = 112 - 2 \\ &df = 110 \\ t_{table} &= 1.2893 \end{aligned}$$

From this, it can be obtained that $t_{count} > t_{table}$ or $3,4960 > 1.660$, then H_0 is rejected, which means that there is a positive and significant relationship between self-compassion and the involvement of single career mothers who have early childhood in Gresik Regency. Furthermore, to find out how big the contribution or contribution of the relationship between self-compassion and mother's involvement is, the determinant value can be calculated as follows::

$$\begin{aligned} KP &= r^2 \times 100\% \\ &= 0,25^2 \times 100\% \\ &= 0,0625 \times 100\% \\ &= 6,25\% \end{aligned}$$

The results of this study can be concluded that self-compassion has a relationship of 6.25% with the involvement of single career mothers who have early childhood in Gresik Regency. As much as 93.75% involvement of single career mothers is influenced by other factors.

This research was conducted in Gresik Regency on single career mothers who have early childhood. This study aims to determine the relationship between self-compassion and maternal involvement in early childhood care in Gresik Regency. Based on the results of the calculations that have been carried out, it can be seen that H_0 is rejected in the hypothesis test, meaning that there is a positive and significant relationship between self-compassion and mother's involvement. The relationship between self-compassion and the involvement of single career mothers in Gresik Regency is expressed by an r value of 0.25 or a KP value of 6.25% and $t_{count} > t_{table}$ or $3,4960 > 1.2893$, but the degree of relationship or the correlation coefficient is in the low category, or in the word On the other hand, maternal involvement is only influenced by the self-compassion factor, which is only 6.25%, while 93.25% is influenced by other factors.

Basically, being a single mother is already a heavy burden, especially when it is coupled with being a career woman at the same time (Swagery et al., 2017). It will not be easy to live in a society with widow status either because of a divorce or the death of a husband (Zulfiana, 2013). Living life without the presence of a husband as a supporter and friend when alone is a very difficult thing for a single mother who has early childhood (Haryanto, 2012).

Difficult times experienced by an individual can be explained by self-compassion or compassion for oneself, where according to Kristinn Neff, parents who have a high level of self-compassion will be more satisfied with their lives and can accept the problems they are facing. There are many things that must be considered in nurturing early childhood, considering that this age is a very fundamental age for its development and growth. Various studies in the field of neurology have proven that 50% of children's intelligence is formed in the first 4 years, reaches 80% at the age of 0-8 years and has reached 100% at the age of 0-18 years. The physical growth of a child's brain reaches 25% at the age of 0 years (Kertamuda, n.d.). This is what makes children need the best care from single mothers. The concept of parenting in children that involves the participation of the mother in parenting is called mother involvement (Garry Hornby, 2011).

This research activity focuses on self-compassion and the involvement of single career mothers in early childhood care in Gresik Regency. Based on the results of interviews in the pre-research, it shows that there are still career or working single mothers who are able to maximize their involvement in early childhood care. This can be seen when the mother is able to prioritize the interests of the child and continues to be involved in the activities carried out by the child, even though the mother has dual responsibilities for her child.

The results of the study on the self-compassion variable were 59 people (52.6%) were in the high category, 53 people (47.4%) were in the medium category, and 0 people (0%) were in the low category. While the results of the research on the mother's involvement variable were 67 people (57.6%), the medium category was 45 people (42.4%), and the low category was 0 people (0%) of the total number of respondents, namely 112 people (100 people). Based on the results of the calculated correlation analysis, it shows that there is a relationship between self-compassion and maternal involvement, even though the degree of the relationship is in the low category, namely the r value is only 0.25. This is in accordance with the opinion of Kristin Neff, that the level of self-compassion possessed by parents will make them feel more satisfied with their lives and can accept the problems they are facing. So that self-compassion is considered to have an influence on the involvement of career single mothers in early childhood care.

However, for the results of the low degree of correlation, if further identified, there are factors that make the relationship low. The results of this study are supported by research conducted by (Psychogiou et al., 2016), where the results of the study state that parents who have high self-compassion are emotionally more resilient when compared to parents who have low levels of self-compassion in parenting their children, but their self-compassion does not

guarantee the quality of interaction and parental involvement. in raising children, this is because self-compassion only contributes as an intermediary to the social anxiety they face.

Furthermore, another study conducted by (Kristin D. Neff & Faso, 2015), that self-compassion is not directly related to parental involvement in child care. To be able to provide maximum care, one of the determining factors is the presence of a source of social support from a partner. This is in line with the opinion of Hornby, that one of the factors for mother's involvement is individual parent and family factors. If the mother does not receive support from her partner, it will cause parenting stress in the form of being helpless in raising children, feeling ashamed and isolated from the surrounding environment, and limiting daily roles (Wicaksono, 2018). Single mothers here clearly don't get this from their partners because they have separated, either through divorce or death. In theory, when parents experience parenting stress, it will have an impact on the low well being they have, so the effect is the quality of interaction between parents and children. The involvement of single mothers and complete parents, of course, will have differences, where single mothers will find it more difficult to be involved in child care because their responsibilities are divided into the breadwinners at once, and it will also be different from complete parents who have fewer responsibilities because they are still can share responsibilities with their partner, so they can contribute more to their childcare involvement.

Mother's involvement in child care according to (Garry Hornby, 2011) has several factors including individual parent and family factors (individual parent and family factors), child factors (child factors), and social factors (social factors). In individual parent and family factors, involvement can also be in the form of the mother's last education level, where (Yuniardi, 2009) states that educated parents tend to develop themselves in relation to parenting compared to uneducated parents, where the latest level of education affects business behavior in follow information or seek sources of knowledge related to childcare. This could be included in the involvement factor of single career mothers in early childhood care in Gresik Regency, if further research is carried out to examine these factors. Next is social factors or social factors, one of which is in the form of social economic status, where differences in the economic status of the mother will affect the parenting pattern of parents to their children. Can be identified as one of the factors of mother's involvement in child care. Based on the results of research conducted by (Rahmawati, 2017), it is stated that mothers who have jobs as laborers in Gresik Regency tend to leave their children to their grandmothers, budhes and neighbors, because of the limited time that mothers have, and the impact of parenting is that children become spoiled when being cared for grandmother, and children become independent when raised by budhe and neighbors.

Another link or relevance between self-compassion and maternal involvement is supported by research by (Geurtzen, Ron H. J. Scholte, Tak, & Zundert, 2015) where in their research results state that parental involvement in caring for children is indirectly influenced by only one component in self-compassion, namely the aspect of mindfulness that has means seeing clearly, accepting, and facing reality without judging what is happening in a situation. This statement turns out to be relevant to the results of this study, where the mindfulness aspect has the highest level of moderate category, when compared to other aspects of self-compassion, which is 63.4%. In the theory of self-compassion, Neff states that mindfulness parenting is related to how parents can accept and not judge themselves in their functioning as parents (K.D Neff, 2011). With this mindfulness parenting, parents can better adapt to the conditions experienced, namely the loss of a partner in their life and in child care.

According to Kristin Neff, self-compassion can be influenced by several factors, including gender, age, personality, culture and family conditions. In (Kristin D. Neff, 2003), Neff found that the factor that influences self-compassion is gender, where women tend to have lower levels of self-compassion than men. In this study, there were differences in self-compassion scores on research subjects, namely 59 people (52.6%) in the high category and 53 people (47.4%) in the medium category. Differences in score can be caused by cultural and age differences. According to Neff, individuals with a high culture of interdependence about themselves will make it easier

for them to cultivate self-compassion. If it is related to this study, it is possible that subjects who have high self-compassion are individuals who are able to accept difficulties in raising children without having to drag on blaming themselves. Meanwhile, individuals with a high culture of shame tend to often criticize themselves and always reflect on failure so that they are carried away by negative emotions and ultimately make self-compassion low, this could be due to cultural differences, because even though the research subject is a single career mother in Indonesia. Gresik Regency, however, integrated research subjects from all sub-districts, which may have different cultures.

Differences in the level of self-compassion can also be influenced by differences in age, some research results show that age levels are significantly associated with self-compassion. In his research, Neff also conducted a correlation analysis of connectedness with Erikson's theory of development. If people have reached the integrity stage, they will more easily accept reality and can have a higher level of self-compassion than individuals who have not reached this stage (Kristin D. Neff & Faso, 2015). The age of the subjects in this study was divided into categories between ages < 20 years (2.7%), 20 – 30 years (55%) , 31-40 years (4.3%). In the psychosocial theory by Erikson, it is said that the integrity stage or maturity level is at the age of 65 years until death, at this stage the individual will reflect on what has been done or lived in youth, where the end of this psychosocial stage is wisdom. When associated with this study, none of the research subjects were over the age of 60 years, so scores in the high category on self-compassion were not influenced by age, because most research subjects were still in the 20-30 year old range, which is associated with Erikson's psychosocial theory. , this age is still at the stage of intimacy vs stagnation.

This research has a novelty that is based on a comparison of several studies that are relevant to other research, including the first researcher, namely by Farda 2019 which discusses "The relationship between self-compassion and parenting stress in parents who have children with autism". The sample was taken using a purposive sampling technique and this study also has differences with this research, the difference lies in the y variable where the relevant research uses parenting stress, while the researcher uses parenting involvement. The subjects used were 348 parents who have autistic children in Malang City, while the researchers used single mothers who work and have early childhood children in Gresik Regency. while the second researcher, namely Gouviea et al 2016 which discussed "Self compassion and positional mindfulness are associated with parenting styles and parenting stress: the mediating roles of mindful parenting". consisting of 87 fathers and 246 mothers between the ages of 27 to 63 years. The results showed that higher levels of positional mindfulness and self-compassion were associated with higher levels of mindful parenting and lower levels of parenting stress, as well as higher levels of authoritarian parenting styles. This research provides relevant and innovative data in research on mindful parenting by clarifying several variables that can be modified, such as the research conducted by the current researcher, where the researcher takes one of the variables in the study, namely self-compassion.

The limitations of this study are related to research subjects or respondents who are not controlled because the area is large and difficult to reach by researchers, so that data collection is mostly done indirectly or indirectly using google forms through social media such as Facebook, Instagram, and Whatsapp. However, to overcome this, the researchers used help from friends and relatives in each sub-district to help find respondents who match the research criteria so that the subject or respondent can be controlled and can make it representative for the Gresik Regency area.

Conclusion

Based on the results of the study, it can be concluded that there is a positive and significant relationship between self-compassion and the involvement of single career mothers in early childhood care in Gresik Regency. It is evident from the hypothesis test which states that H_a is accepted and H_o is rejected because it is known that the r value is 0.25 or the KP value

is 6.25% and $t_{count} > t_{table}$ or $3,4960 > 1.2893$, but the degree of relationship or the correlation coefficient is in the low category, and maternal involvement is affected by other factors by 93.25%.

These results are in accordance with the data analysis technique used, namely using Pearson Product Moment Correlation analysis. Before conducting the analysis, there are prerequisites that must be met, namely the normality test of the data, while the significance level used is 10% because this research is a type of social research. Seeing this, the subject of this study were 112 respondents.

Based on the conclusions from the research, the research suggestions are as follows, for further researchers it is expected to be able to develop and expand the scope of content or content relevant to research for follow-up of this research. Further researchers are also expected to be able to examine self-compassion in career single fathers and their involvement in early childhood care.

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