

CHAPTER 4

FINDINGS

4.1 Introduction

This study aims to explore the experience of parenting among Muslim single father. Hence, this chapter describes the findings of the data collected and the data analysis. It consists of the participants' demography, description of the participants' experiences as a single father and finally, the conclusion of this chapter.

4.2 Participants Demography

In this study, the participants data source had been taken through in-depth interviews with two participants. The researcher conducted interviews with participants who had taken the role of single father after the loss of their wife and had been a single father for one year and above. The participants also are at the age of 30 to 50 years old. The participants have a diverse background, for the demographic data of the participants who have contributed to this study. Generally, the demographic table consist of participants profile which include the participants' name, length of marriage, age, year of death of the wife, number of children and occupation. Based on the table above, the age of the participants only defers by 2 years. Both participants are self-employed and work in services sectors. Mr Khai work as Takaful Agent which promote insurance services. Meanwhile, Mr Lan work as a hawker providing food service. The participants currently reside in Selangor with their children. Summary of participants' demographic in in the table below.

Table 4.1: Demographic of the Participants

Participant	Participant 1	Participant 2
Name (Not a Real Name)	Mr Khai	Mr Lan
Year of Single Father	5 years	1 year
Age	48 years old	46 years old
Year of Death (Wife)	2018	2021
Number of Children	3 children	6 children
Religion	Islam	Islam
Occupation	Takaful Agent	Business (Hawker)

4.3 Description of Participants

The information of each participant is explained below.

4.3.1 Participant 1

Participant 1 which is called as Mr Khai (not a real name) is a 48 years old single father who lives with his three children. Mr Khai had become a single father for five years after the death of his wife due to bacterial infection on 2018. Mr Khai raised his three children all by himself. His first son is nine years old, followed by seven years old and six years old. All of his children are diagnosed with health issue and currently following appointments and medical treatment with health provider. His first son had been diagnosed with attention deficit hyperactivity disorder (ADHD) as well as a heart disease. Currently, he is following a checkup with Institut Jantung Negara for his heart disease and Hospital Kuala Lumpur (HKL) for ADHD treatment. Mr Khai's second son also had been diagnosed with psychological issue and his third son had been diagnosed with Selective Mutism. Both are following treatment with Psychiatrist and Therapist at Hospital Kuala Lumpur (HKL). Mr Khai is self-employed. He works as a Takaful Agents with several members in his team. Mr khai also works as a content creator on

his social media platform which include his personal Facebook page and Instagram. He often writes about his life as a single father and his hobby which is cooking. He loves sharing with his followers about her daily experience and knowledge that he had learned as a single father with three children. He hopes that his sharing can benefits and inspire others especially single fathers.

4.3.2 Participant 2

Participant 2 which is called as Mr Lan (not a real name) is a 46 years old single father who currently lives in Selangor. He had been married for 18 years and his wife had passed away due to illness in 2021. Mr Lan had six children. For of his children are currently studying in high school. While the youngest two is currently studying in middle school and kindergarten. His eldest daughter is 19 years old, followed by his second daughter which is 18 years old. His third daughter 16 years old and his fourth daughter is 13 years old. His fifth and youngest child are 11 years old and six years old respectively. Mr Lan is self-employed as well. He works as a hawker. He had a stall that sell food. Mr Lan had been taking care of his children alone since the death of his wife.

4.4 Research Findings based on Research Question

This research aims to explore the experience of Muslim single father in parenting. To help answer the objectives of this study, the researcher had referred to the research questions in Chapter 1. The research questions are as follow:

1. What do single fathers understand about parenting?
2. What is the experience of parenting among single father?

3. How is the relationship between single father and their children?

To answer the research questions above, the researcher interviewed two men who described themselves as single fathers. For the sake of the study, the single father is defined as a man who had lost his wife in the duration of one year and above and currently takes care of his children alone. The data was collected through in-depth interview. The data was transcribed and analyzed according to the framework of data analysis for qualitative study.

The researcher will now discuss the findings of the study according to themes and sub-themes. The themes and sub-themes are supported by direct quotations from the participants. Below is a table of summary of the themes and sub-themes that emerged in the study.

Table 4.2: Summary of Themes and Sub-Themes

Themes	Sub-Themes
Father's Understanding on Parenting	Single Fathers Understanding of Parenting: Constructing as Provider and Protector
	Single Fathers Understanding of Parenting: Constructing as Supportive and Involved Fathers
	Single Fathers Understanding of Parenting: Constructing as Educator
Experiences of Parenting Among Single Fathers	Dealing with Grief Related to Loss
	Adapting to Parenting Role as Single Father
	Managing Challenges
	Stressors of Single Father
	Coping Strategies
Relationship Between Single Fathers and Their Children	Authoritative Parenting Style
	Communicating with Children

4.4.1 Research Question 1: What do Single Fathers Understand about Parenting?

In this section, an overview is given on how these single fathers describes and define their understanding about parenting and how they perceive their role as a single father towards their children. Description of the data has identified the understanding of participants on parenting in the aspect of definition, perception on parenting and role of a single father. From the data obtained, both fathers had described that parenting is fulfilling their role and responsibilities as a provider, protector as well as a supporter and educator to their children. Which involve the process of nurturing, supporting and motivating the children themselves. They also included the components relating to religious aspect of parenting. Hence, based on the interview, three sub-themes had been determined as the overview of single fathers understanding on parenting which are as a provider, supportive and involved father and as an educator.

4.4.1.1 Participant 1

The single father's understanding on parenting based on participant 1 consist of three components which are provider, supportive and involved father and educator.

Single Fathers Understanding of Parenting: Constructing as Provider and Protector

Participant 1 which is Mr Khai views or understand the concept of parenting through the role of father as the provider for the children. This perception towards the role as a provider and protector is align with the typical characteristics of the traditional role of father, which is to provide for their children. Based on the interview, the father perceives that the role of provider in which they provide their children with all the

necessities which includes basic needs such as safe and comfortable home, food, drinks and clothes for their children. The participant's passage below:

I think that parenting revolve in the responsibility of a father to raise the children. Providing them with essential needs such as food, drinks and clothes. Providing them with a safe and comfortable home. Where they are safe from any danger that can harm their safety. For example, from bad weather, from rain and the heat of sun or from bad people.

Saya rasa keibubapaan atau asuhan anak-anak tu lebih kepada tanggungjawab seorang bapa tu untuk membesarkan anak-anaklaH. Sediakan keperluan asas seperti makan, minum dan pakaian. Sediakan tempat tinggal yang selamat dan selesa. Tempat yang selamat dari sebarang bahaya yang boleh menjejaskan keselamatan diorang. Contoh macam cuaca yang tak elok, hujan, panas atau pun daripada orang jahat.

Based on the quotation above, the participant believes that one of the main roles in parenting as a single father is to provide the children with basic needs and safety needs in order to protect them from harm. Moreover, the participant also stated that father also need to provide opportunities for formal education for their children.

I also have the responsibility to provide them with education. For both in academic education and religious education. This is important in order to nurture them so that they had the ability to manage themselves. For the academic education, the primary educator are teachers at school. I put all the responsibilities to the teachers to teach my children academic subject when they are at school.

Saya rasa satu lagi tanggungjawab saya adalah memberi peluang untuk anak-anak saya mendapat pendidikan. Sama ada pemdidikan secara akademik mahupun agama. Ini penting untuk membentuk mereka untuk beupaya mengurus diri mereka sendiri. Untuk pendidikan yang akademik ni, guru kat sekolah yang plaing utama. Memang saya serah sepenuhnya tanggungjawab untuk mengajar anak saya subjek akademik pada guru di sekolah.

In other words, participant 1 believes that parenting can be view as the father's responsibilities to provide the children with physical, safety and educational needs.

Single Fathers Understanding of Parenting: Constructing as Supportive and Involved Father

Participant 1 also define and perceive parenting role in the aspect of being a supportive and involved father. This understanding is aligned with the definition of parenting itself. Brooks (2012) had stated that parenting is process of raising, promoting and supporting the physical, emotional, social and cognitive development of a child to adulthood and across the lifespan. This understanding of role had contributed to the formation of father's characteristics such as loving, caring and supporting. Participant 1 described this as follow:

I divided my time into two parts. Starting from 9 am until 1 pm, it is my working time. Where I focused on my work and other activities. From 2 pm until 11 pm is my time with my children and I made a rule for myself not to disturb my time with my children at all. This is because I want to give my full attention to them. We will do activities together. For example, playing, doing homework and cooking. I believe my time with them is something precious and important for their emotional well-being.

Saya bahagikan masa saya kepada dua bahagian. Bermula pada jam 9 pagi hingga 1 petang adalah masa saya bekerja dan buat aktiviti lain. Selepas jam 2 petang hingga 11 malam adalah masa saya bersama anak-anak dan saya ada buat peraturan untuk diri saya sendiri untuk tak kacau langsung masa tu dengan benda lain. Sebab saya nak bagi sepenuh perhatian saya pada anak-anak saya. Kami akan buat aktiviti sama-sama. Contoh, main, buat kerja rumah dan memasak. Bagi saya, masa bersama anak-anak tu adalah sangat berharga dan penting untuk emosi diorang.

Participant 1 explained that he believes that as a father it is important for him to be supportive and involved with his children. This is because as a single father, he is

the only one that his children can depend on as well as a place for his children to feel loved and cared for. Hence, involving himself by doing activities together had help him to have a close relationship with his children. As well as forming a deep bonding that is based on trust and respect between him and his children.

My children and I are very close with each other. I am the only place where they can lean on to and seek for help. I am the first person they will talk to if they have problem. With me, my children are open to talk about anything. My children are very expressive. They always tell me I love you, Dad and I also always tell them how much I love them and that their present is a blessing for me.

Saya dan anak-anak saya sangat rapat antara satu sama lain. Saya adalah satu-satunya tempat diorang bergantung dan tempat untuk minta tolong. Kalau ada apa-apa masalah sayalah orang pertama yang diorang akan cari. Anak-anak saya boleh bagitau apa sahaja dekat saya. Diorang ni sangat ekspresif. Diorang selalu bagitau saya I love you, Dad, dan saya pun selalu bagitau diorang betapa saya sayangkan diorang sangat-sangat. Dan diorang ni adalah satu pemberian berharga untuk saya.

In conclusion, participant 1 does not only emphasis that being supportive and involve does not only in the aspect of physical but also through emotional connection. The statement above proves that, expressing love and care towards his children is also a form of emotional support which provide the children with healthy development of emotions and cognitive.

Single Fathers Understanding of Parenting: Constructing as Educator

Participant 1's last definition or perception of parenting role as a single father is educator. Marhamah (2019) explained that parents are a source of values, knowledge and behavior of the children. According to Helmawati (2014) parent are the first and foremost place of education for their children. Participant 1 views his role as educator

for informal education that usually happened outside of the school. This informal education includes academic education and religious education,

Usually after I picked them from school, during the drive home, I will ask them about what they learned at school. For me its like a revision for them. Before they go to sleep, I will play gem with them, where we talk about trivia and facts. I am not an expert in teaching academic but as father I think I has the responsibility to educate my children with as many knowledge as I can.

Selalunya, lepas saya ambik diorang dari sekolah, waktu balik tu, saya akan tanya diorang tentang apa yang diorang belajar kat sekolah. Sebelum tidur, saya akan main game dengan diorang. Kami akan sembang pasal trivia dan fakta. Saya bukanlah orang yang mahir dalam mengajar subjek akademik tapi sebagai bapa saya rasa tanggungjawab saya untuk mendidik anak saya dengan seberapa banyak ilmu yang saya boleh.

The participant also stated the importance of educating the children religious education. He had shared that, the children learned about religion through formal education at school but when it comes to practicing it at home, it is father's role to educate their children.

For me, religious education is very important as I believe that religion help to shape the character and attitude of my children when they become an adult. In religious education, I emphasis on the importance of performing salah. I asked them to join me pray. So that we can pray together. After that, I will teach them on the recitation of Iqra' and Al-Quran. I will listen to their recitation and we will recite together.

Bagi saya, didikan agama sangat penting sebab saya percaya yang agama ni akan membantu untuk membentuk karakter dan perangai anak-anak saya bila diorang besar nanti. Dari segi didikan agama ni, saya banyak ketengahkan kepentingan solat tu sendiri. Saya ajak diornag solat dengan saya, kami solat sama-sama. Lepas tu saya akan ajar diorang baca Iqra', al-Quran. Saya akan dengar diorang baca lepas tu kami akan baca sama-sama.

Based on the statement, participant 1 believes that religion has an impeccable impact in the development of children's character and attitude as they grow older. Moreover, participant 1 emphasizes that educating is not only in the means of word but also through action which is by being a role model.

For me, I think that I play the role as an example and role model to my children. Because my children observe how I act and conduct myself and they take that as an example. For instance, I had anger issue. And it is easy to trigger my anger. Whenever, I am angry and does not want to lash out to my children, I will go to my bedroom and locked myself there for couple of minutes to cool myself. And I tend to slammed the door loudly. To my surprise, my children copied my action. Whenever, they felt angry, they will go to their room and slammed the door. Thus, I learned that, my children follow me as example. They slammed the door too when they are angry. and because of that I become aware of my bad action. And try to improve myself by not doing it anymore. So, I find it is important for me to set a good example to my children.

Bagi saya, saya berperanan sebagai contoh tauladan atau role model kepada anak-anak saya, Sebab anak saya, diorang observe apa yang saya buat dan diorang jadikan tu sebagai contoh. Macam contoh, saya ada baran dan memang mudah untuk cetuskan marah saya tu. Jadi, bila saya marah dan saya tak nak lepaskan pada anak-anak saya, saya kan pergi bilik saya dan kunci pintu beberapa minit untuk tenangkan diri saya. Dan saya cenderung untuk hempas pintu bilik tu bila saya marah. Jadi, saya belajar yang anak saya belajar dari apa yang saya buat. Lepas tu bila diorang marah diorang pun hempas pintu. Benda ni buatkan saya sedar tindakan saya yang tak baik. Dan saya cuba untuk improve diri dengan tak buat lagi benda tu. Jadi, saya rasa sangat pentinglah untuk saya tunjukkan contoh yang baik pada anak-anak saya.

Through this statement, it can be determined that single father plays an important role in educating children through their action. Gunarsa (2008) stated that parents enter the life of their children by bringing views, opinions and daily habits which become the influencer to the development of the children in both character formation and psychological aspect.

4.4.1.2 Participant 2

Similar to participant 1. Participant 2's understanding on the parenting role also consist of three components which are provider and protector, supportive and involved father and educator.

Single Fathers Understanding of Parenting: Constructing as Provider and Protector

Participant 2 which is Mr Lan views the parenting role as the provider and protector in the aspect of providing his children's basic needs such as food, shelter, clothing and others. As a single father to six children that consist of 5 daughters, Mr Lan believes that it is his responsibilities and role to protect his children from any harm.

When we talk about parenting, I think the most obvious is the responsibility to provide the children with basic needs in order for them to live which include food and home.

Bila kita bercerita tentang asuhan anak-anak, bagi saya yang paling jelas tu adalah dalam tanggungjawab dalam menyediakan keperluan asas lah untuk bagi diorang boleh hidup termasuklah makanan, tempat tinggal.

Participant 2 had stated that, his role as a father in parenting does not only in protecting his children from physical harm but also from social harm that influence children nowadays negatively. He described his role as a protector as follow:

I have many daughters, they are teenagers, as a single father, I found it worrying with how the world is right now. Bad things or harm is everywhere. Harm does not just about physical harm that related to safety only, but also harm in term of ideology that destroy the children's self-identity. The reality now, many teenagers need to face with negative influence such as social media which will negatively impact their way of thinking. Hence, I tried my best to protect them through Islamic education.

Saya ada ramai anak perempuan, diorang sekarang dalam fasa remaja. Jadi, sebagai bapa tunggal, saya berasa sangat risau dengan keadaan dunia sekarang. Benda tak baik dan berbahaya ni ada di mana-mana. Sekarang bahaya ni bukan secara fizikal ja yang melibatkan keselamatan anak-anak, tapi bahaya yang datang dari segi fahaman yang merosakkan jati diri anak-anak. Realitinya sekrang, ramai ramaja sedang menghadapi pengaruh negatif contoh macam media social yang memberi kesan negatif kepada cara fikir anak-anak. Jadi, saya cubalah yang terbaik untuk jaga diorang melalui didikan agama tu sendiri.

To summarize, participant 2 views his role as the protector of his children, not only in the aspect of physical safety but also in the aspect of development of cognitive which include their beliefs. This is because, participant 2 believes that beliefs which include faith and way of thinking of an individual are able to contribute to individual's development of self-identity and character. Hence, it is important for single father to protect their children from this type of harm.

Single Fathers Understanding of Parenting: Constructing as Supportive and Involved Father

Single father's involvement in the life of children is fundamentally crucial in the development of children's psychological well-being. Participant 2 stated that he understands that the needs of his children is the support and care from him especially after the loss of their mother.

After my wife passed away, it had caused a big impact to me and my children's emotion. Especially to my youngest son who is just six years old. For me, a way for me to support them is by being by their side as they are going through their grief.

Selepas isteri saya meninggal, emosi saya dan anan-anak sangat terkesanlah. Terutamanya, anak saya yang paling kecil yang baru berumur 6 tahun tu. Bagi saya, cara saya untuk support diorang adalah dengan berada disamping diorang sepanjang diorang melalui kesedihan tu lah.

Participant 2 explained that he often spends time with his children after performing salah, after picking them up from school and while doing house chores.

I worked as a hawker. So, I don't have much time to spend with my children. But I tried everyday to at least spend a bit of time with them. For example, after performing salah and after picking them up from school, on the way home, I will ask them about their day and they will share with me about what happen at school. They are always excited to share with me. I also spend time with them when we are doing house chores during the weekend. Because I think, it is important for me to know what's going on in my children's life.

Saya bekerja sebagai peniaga. Jadi, saya tak banyak masa dengan anak-anak. Tapi saya cuba setiap hari untuk luangkan masa dengan diorang walaupun sekejap. Macam contoh, lepas kitorang solat dan lepas saya ambil diorang kat sekolah, dalam perjalanan balik tu, saya akan tanya diorang tentang hari diorang dan diorang akan kongsikan dengan saya apa yang berlaku kat sekolah. Diorang seronoklah kalau nak share tu. Saya luangkan masa dengan diorang waktu kami buat kerja rumah sama-sama hujung minggu. Sebab saya rasa penting untuk saya ambil tahu apa yang jadi dalam kehidupan anak-anak saya.

Participant 2 views being supportive and involve in his children's life by spending time with them on the daily basis and while they are on the road. He tried to be involved in his children's life by having a close interaction with them as well as frequently update with them about their daily activities.

Single Fathers Understanding of Parenting: Constructing as an Educator

Participant 2 strongly believe that the primary role of a father is to educate their children about religion. He believes that as a Muslim, he has the obligation to nurture and teach his children to live as a good Muslim.

I think that education is not just in the aspect of academic, but also in the aspect of life itself. And the most important is religious education. For me, I think education in academic and religion need to be balance. However, if my children do not excel academically, it is okay. But I want them to excel as a Muslim.

Saya rasa didikan ni bukan sahaja dari segi akademik tapi dari segi kehidupan tu sendiri. Dan yang plaing penting adalah didikan agama tu. Bagi saya, saya rasa didikan dari segi akademik dan agama ni perlu seimbanglah. Tapi, kalau kata anak saya ni tak berapa okay dari segi akademik, saya okay ja. Tapi saya nak diorang ni berjaya sebagai seorang Muslim tu sendiri.

The participant also added that religious education is important in order to shape the character of the children. Marhamah (2019) stated the responsibility of educating, especially in terms of moral and religion, is very important given to children in building the foundation to face the next life. The participant described the importance of religious education as the following:

Religious education is very crucial because it help to develop their self-identity and way of thinking. So that they are able to grow as a good human being. Because as a father, I wish my children to become a good individual and it can only be achieved through the practice of Islamic values.

Didikan agama sangat penting sebab agama ni lah yang akan membantu untuk membina jati diri dan cara berfikir. Jaid, diorang nib oleh membesar menjadi manusia yang baik. Sebab sebagai ayah ni, saya nak anak-anak saya jadi orang yang baik dan bagi saya satu-satunya cara nak capai benda tu adalah dengan mengajar diorang nilai-nilai Islam tu.

Participant 2 explained about what he does to educate and train his children to practice Islamic values. The statement is as follow:

For my children, I really emphasize on performing salah and recitation of Al-Quran. My children and I will pray together once a day. After that, we will recite Al-Quran, sometimes we recite tahlil. It became a culture in my family, after prayer, we will sit in circle and I will share with them knowledge on religion especially on aqidah (faith).

Untuk anak-anak saya, saya selalu tekankan dari segi solat tu lah dan bacaan Al-Quran. Saya dan anak-anak akan solat jemaah bersama sehari sekali. Lepas tu, kami akan baca Al-Quran, kadang-kadang kami buat bacaan tahlil. Dia macam jadi satu budaya untuk keluarga saya, lepas solat kami akan duduk

dalam bulatan dan saya akan kongsi dengan diorang ilmu tentang agama terutamanya dari segi aqidah.

He also added,

I believe as a father, I play the role to teach and educate my children when they are at home. At school, the teacher will teach them what they need to know in the academic aspect. However, at home, it is my role to teach them on what's wrong and what's right. The do's and don'ts according to Islam. For example, about aurat between man and women and others.

Saya rasa sebagai ayah, saya berperanan untuk mengajar anak saya bila diorang di rumah. Kat sekolah, cikgu diorang akan ajar diorang apa yang diorang perlu tahu dari segi akademik. Tapi kalau kat rumah, peranan saya untuk ajar diorang apa yang salah dan apa yang betul berdasarkan ajaran Islam. Contoh dari segi aurat antara lelaki dan perempuan dan lain-lain.

Based on the statement above, it can be viewed that, participant 2 understanding in the parenting role in the aspect of educating and training his children with Islamic practices. The role of a father does not only limit to educating the children but also in training them to practice what they had learn. Gunarsa (2008) had stated in her research the role of parents is not only as educators, teachers but also as a trainer for them to implement their knowledge in real life.

Table 4.3: Summary of Single Fathers Understanding on Parenting

Single Fathers Understanding on Parenting	Participant 1	Provider and Protector
		Supportive and Involved Father
		Educator
	Participant 2	Provider and Protector
		Supportive and Involved Father
		Educator

4.4.2 Research Question 2: What is the experience of parenting among single father?

The summary of single father's experience in parenting includes the overall views on the process of transitioning and adapting towards the changes in parenting role of single father after the loss of their wife. Five sub-themes had been determined which are dealing with grief related to loss, adapting to parenting role as single father, managing challenges, stressors of single father and coping strategies. This description of experiences faced by single father will help to provide a clear understanding and illustration on the life of the single father itself.

4.4.2.1 Participant 1

The researcher describes the experience of participant 1 in parenting through the transitioning process of parenting role and responsibilities between two adult caregivers in the home to one single parent.

Table 4.4: Summary of Participant 1's Experience in Parenting

Single Father's Experience on Parenting	Dealing With Grief Related to Loss	Attending to Emotional Needs
	Adapting to Parenting Role as Single Father	Adjustment towards additional role
	Managing Challenges	Emotional Management
		Financial Management
	Types of Stressors of Single Father	Attitude of Children
		Balancing Responsibilities
	Coping Strategies	Physical Support
		Social Support
		Spiritual Support

Dealing with Grief Related to Loss

Participant 1 views the loss of his wife as a very difficult phase for him and his children's life.

Dealing with the loss of my wife is not easy for me and my children, the memories of her always linger around me. Her smile, her laugh, her kindness. It's been five years since my wife passed away, but not even a single day went by where my children and I had forgotten about her. We miss her so much.

Nak hadap kehilangan isteri saya ni bukan satu yang mudah la untuk saya dengan anak-anak, memori bersama dia sentiasa ada ja kat mana-mana. Senyuman dia, gelak tawa dia, kebaikan dia. Dah 5 tahun isteri saya pergi tapi tak ada sehari pun yang saya dan anak saya tak rindukan dia. Kami rindu dia sangat-sangat.

Participant 1 shared that the way he deals with the loss of his wife is through religious coping such as through acceptance in Allah SWT's arrangement, recitation of du'a and visiting his late wife's grave regularly.

Alhamdulillah, Allah had given me a chance to be by my wife's side during her last breath. The moment Allah took her away, I know that I had to accept and let her go. But I also know that, in my heart and in my life, there will forever be something that's missing which is her. Nothing can ever replace her. One of the ways we deal with the loss is by believing in Allah's arrangement and with the believe that we will meet her again in the heaven.

Alhamdulillah, Allah bagi peluang pada saya untuk berada di samping isteri saya waktu dia hemuskan nafas terakhir. Saat Allah ambik dia tu, saya tahu yang saya kena terima dan lepaskan dia. Tapi saya juga tahu yang dalam hati dan hidup saya ni, akan sentiasa rasa kehilangan. Nothing can ever replace her. Jadi, saya rasa salah satu perkara yang saya buat untuk menghadapi kehilangan tu adalah dengan cara saya yakin dengan ketentuan Allah dan percaya yang kami akan dipertemukan semula di syurga nanti.

Participant 2 also added that to help his children deals with the loss of their mother. He often talked about their mother and asked them to pray for her and take them to visit their mother's grave.

I tried to embrace the loneliness and missing of the loved one through sharing of stories about their mother when my children miss her. For example, I told them how much their mother loves them. That the best way we can reach her and tell her we miss her is through du'a. And we also often went to visit her grave. During the visit, my children will tell stories to their mother. The grief will always be there, and we will miss her forever. But as a human we need to move forward, and be grateful for the people we had around us. I am forever grateful, for the gift that she had left me, which are my three beloved children.

Saya cuba untuk terima rasa sunyi dan rindu terhadap insan tersayang tu dengan cara saya cerita pada anak-anak saya tentang ibu diorang bila diorang rindukan dia. Contohnya, saya banyak cerita tentang betapa ibu diorang ni sayangkan diorang dan kalau kita rindu di akita kena banyakkkan doa untuk ibu. Kami sellau jugak pergi ziarah kubur isteri saya. Waktu tu, anak-anak akan bercerita dengan ibu diorang. Bagi saya, kesedihan atas kehilangan tu akan sentiasa ada, tapi kita sebagai manusia yang masih hidup kena teruskan kehidupan dan bersyukur dengan orang-orang yang ada di sekeliling kita. Saya selama lamanya bersyukur dengan hadiah yang isteri saya tinggalkan pada saya iaitu, tiga orang anak-anak saya.

Based on the statement of participant 1, it can be concluded that the life after the loss of his wife is difficult for both his children and the participant himself. The participant had implemented religious coping as a way to help him and his children cope with the loss of their loved one.

Adapting to Parenting Role as Single Father

Losing the partner who work together for the family can cause a huge impact on the parenting role. Participant 1 had stated that, the difficulties lie on the tasks of

managing the children and providing the children the love and care of a mother.

Participant 1 had illustrated the transition in parenting role as follows:

In the first year that she passed away, I was in miserable state managing my children. Since, the three of them need a very serious medical attention. I made a lot of mistakes. At one point, I thought that I am not capable enough to be like my wife. Her loving and tender care towards my children. I'm afraid that I'm not able to give my children the love of a mother like my wife did.

Pada tahun pertama isteri saya meninggal dunia, saya berada dalam keadaan yang sangat teruk dalam nak uruskan anak-anak saya. Memandangkan ketigatiga anak saya memerlukan perhatian yang lebih dari sudut kesihatan. Saya banyak buat salah. Sampai satu tahap, saya terfikir yang saya ni mungkin tak cukup berkemampuan untuk jadi macam isteri saya. Cara dia menyeyangi dan melayan anak-anak saya. Saya takut jikalau saya tak mampu nak memberi kasih sayang pada anak-anak saya sebagaimana ibu diorang berikan.

The statement above shows that participant 1 had difficulties in adjusting to his new parenting role which had contributed him to question his capability in raising his children alone. He stated that what keeps him going is his promise towards his late wife and the responsibility he had towards his children as their father.

However, I realized that, though it might be impossible to take her role, but now, I am the only person that my children are depending on. And whether I can or cannot, I am the one who decide. I remembered my promise to my wife to take care of our children.

Walaupun bagaimanapun, saya sedar, mungkin mustahil untuk saya mengambil peranan dia sebagai ibu, tapi buat masa sekarang, saya sahajalah tempat bergantung anak-anak. Dan samaada saya boleh atau tak, saya yang tentukan. Saya ingat lagi janji saya pada isteri saya untuk jaga anak-anak kami.

In summary, following the loss of his wife, participant 1 had struggled in adjusting to his new role as both a father and a mother to his children. This is also due to the expectation that he had towards himself in which he believes that he needs to be

like his wife. However, after realizing that this expectation is what burden him. He chose to focus on what he can do instead of what he cannot do in order to give full effort in raising his children alone.

Managing Challenges as a Single Father

Participant 1 stated that there are two major challenges that he had face throughout the five years of being a single father. These two challenges are emotional management and health management of children.

- **Emotional Management**

After the loss of his wife and the mother of his children, participant 1 stated that it had caused an impeccable effect on his children's emotional well-being as well as his own. He described the challenges through the following statement.

First, I think one of the challenges is managing the emotional burden of my children after the loss of my wife. My children always seek for their mother, asked about her. They told me that they missed her and that actually make me feel very sad.

Yang pertamanya, saya rasa salah satu cabaran sebagai bapa tunggal ni adalah menguruskan beban emosi anak-anak saya selepas kehilangan mak diorang. Anak-anak saya selalu cari mak diorang. Diorang bagitau diorang rindukan mak diorang dan tu membuatkan saya jadi sangat sedih.

Participant 1 also stated that the loss of his wife also impacts him tremendously in the emotional aspect. Hence, despite having the responsibility to manage his children's emotional needs, he also needs to manage his own emotion. He illustrated his emotional condition through the quotation below:

I sometimes doze off, thinking about my future, about my children, after my wife left us. But I know that I can't stay in that condition for a long time, Thus, in order to attend to my children's emotional need, I spend more time with them and always talk and communicate with them. Alhamdulillah, after sometime, my children had understood. And I also learned on how to manage my emotion as well as my children's emotion.

Saya kadang termenung memikirkan masa depan saya, tentang anak-anak saya bila isteri saya tinggalkan kami. Tapi saya tau yang saya tak boleh lama-lama dalam keadaan macam tu. Jadi, untuk saya bantu keperluan emosi anak-anak saya, saya akan luangkan banyak masa dengan diorang dan selalu bercakap dan berkomunikasi dengan diorang. Alhamdulillah, lepas tu anak-anak say amula untuk faham dan saya pun belajar cara nak uruskan emosi saya dan anak-anak jugak.

Based on the statement above, it shows that participant 1 also has to faced with emotional struggle due to the loss of his wife. However, due to his responsibility as a father he need to prioritize his children's need first and at the same time deal with his struggle too.

- **Health Management**

Next, participant shared about the challenge in managing his children's health. As stated in the participant's background, participant 1 has three children who had been diagnosed with health issues related to physical and psychological illness. Participant 1 illustrate his challenges through the statement below:

Having three children with their own health issues, makes me very concern and aware of their health and conditions. I think that, what I do to take care of their health, is to make sure that they took their medicine when needed, go for their scheduled appointment and therapy with their doctors consistently, I also learned a lot about their conditions and how to manage them from their doctors and therapist.

Saya ada tiga orang anak yang masing-masing ada isu kesihatan yang tersendiri. Jadi, ia menyebabkan saya sangat concern la dengan keadaan dan

kesihatan diorang. Apa yang saya buat untuk jaga kesihatan diorang adalah dengan memastikan diorang makan ubat bila diorang perlukan, pergi appointment yang Dr dan therapist dah jadualkan secara konsisten. Saya pun banyak belajar tentang kesihatan diorang dan macam amna nak uruskan melalui Dr dan therapist diorang lah.

Participant 1 stated that, since he has three children who need serious medical attention. He became more aware with their health management. However, as he is a single father, he juggles with keeping up with his children's health until it affects his health as well.

Because all of this challenges that I have to face alone, it takes a toll on my body and I felt sick once. I had to be admitted to the hospital but alhamdulillah I'm fine now. But from that I learned that in order for me manage my children's health, I also need to be healthy. If not, who's going to take care of my children if I fell sick.

Disebabkan kesusahan atau cabaran yang saya hadapi ni, saya kena lalui seorang diri, ada kesan lah terhadap badan saya dan saya pernah sakit la dulu. Sampai masuk hospital tapi alhamdulillah saya dah okay sekarang. Tapi daripada kejadian tu la saya belajar yang kalau saya nak jaga kesihatan anak-anak saya ni, saya pun kena jaga kesihatan diri saya sendiri. Kalu tak, siapa yang akan jaga anak-anak saya kalau saya sakit.

Based on the statement above, participant 1 had learned through experience, that it is important for him to take good care of his health as well in order to be healthy enough to take care of his children.

Type of Stressors Faced by Single Father

According to participant 1 there are two types of stressors that had caused him to feel stress out throughout five years of being a single father. These stressors include the attitude of children and balancing responsibilities between children, study and career.

- **Attitude of Children**

He stated that his children are going through the development phase as children, this transition had caused changes to the way they act and think. Adjusting to these changes had contribute to stress for participant 1. He described his experience through the following passage:

My children are growing every day, and the more they grow, the more they are able to have their own thoughts and attitude. What makes me feel stressed out, is because, it becomes hard to make them listen to me. Sometimes, they become a bit stubborn and that will make me feel stress out.

Anak-anak ni membesar setiap hari dan semakin mereka membesar, semakin diorang ni ada perangai diorang sendiri dan cara diorang berfikir pun berubah. Apa yang menyebabkan saya rasa stress adalah dia jadi macam lagi susah nak bagi diorang dengar cakap saya. Kadang-kadang, diorang jadi agak degil dan benda tu menyebabkan saya jadi stress.

In conclusion, participant 1 found that handling his children's attitude is one of the major stressors as a single father. This is due to the changes of phase that the children are going through.

- **Balancing Responsibilities**

Participant 1 had stated that he found balancing responsibilities towards his children, his study and career had often led him to feel stressful. He shared that, as a single father, it is very difficult for him to manage all the tasks alone. For example, cooking, doing house chores, picking up his children from school and others. The participant describes the situations as follows:

I think that managing tasks is one of the stressors in being a single father. Because before, we use to divide the chores to two people, me and my wife.

Chores like cooking, picking up the kids from school and others. But now, I'm the only one that handle everything.

Saya rasa menguruskan tugas-tugas di rumah tu sendiri adalah salah satu penyebab stress saya sebagai bapa tunggal. Sebab dulu, kami akan bahagi tugas tu pada dua orang lah, saya dan isteri. Memasak, ambil anak dari sekolah dan lain-lainlah. Tapi sekarang saya handle semua tu sorang-sorang.

Participant 1 added that in order to balance his responsibility and manage his tasks as a father, a student and a working adult, he had divided his time into two. Which is the time for his work and study and the time for his children which include the time for doing house chores.

I need to divide my time into three. Time for my career, my children and my study. Every morning is the rush hour to prepare my children to go to school. But now, since I had divided my time into two parts. The first part is my working hour, from 9 am until 1 pm. Then, 2 pm until 11 pm is the time for my children and for me to do house chores, Alhamdulillah, it works well for me and my children.

Saya kena bahagi masa saya kepada tiga. Masa untuk kerja saya, masa untuk anak-anak dan masa untuk study. Setiap pagi memang rushing la nak prepare diorang pergi sekolah. Tapi sekarang, sebab saya dah bahagikan masa saya kepada dua bahagian. Bahagian first adalah masa saya bekerja, dari jam 9 pagi sampai 1 petang. Kemudian, pukul 2 sampai 11 malam tu adalah waktu saya dengan anak-anak dan waktu saya buat kerja rumah. Alhamdulillah, setakat ni ia berjalan dengan baiklah untuk saya dan anak-anak saya.

Participant 1 illustrate his stressor related to study workload through the statement below

For studies, the stress comes from the workload, I guess. For instance, individual assignments and group assignments. I think individual assignment is a lot easier, compared to group. Because group assignment requires us to work together and that's the difficult part, some of the member do things their own way, or some doesn't even cooperate well, I guess that I had caused me a lot of stress.

Untuk belajar ni, stress saya datang dari beban kerja tu la saya rasa. Contohnya, assignment individu dan group assignment. Saya rasa assignment individu ni lagi senang la banding dengan group assignment. Sebab kalau tugasan group ni kita kena buat kerja sama-sama dan tu lah yang susah tu, sebab ahli group ni macam-macam perangai ada. Ada yang tak boleh bagi Kerjasama. Jasi saya rasa benda tu la yang menyebabkan saya rasa stress.

Participant 1 added that his stressor also comes from his work.

It is normal to go through stressors regarding career, such as the stress that comes from managing team members. Because right now, I'm working as Takaful agent. I have my own team. So, I need to manage if there is internal conflict related to my team members and external conflict related with clients.

Saya rasa normal la stress kalau berkaitan dengan kerjaya ni. Contoh macam stress yang datang dari menguruskan ahli-ahli dalam team saya. Sebab saya sekarang bekerja sebagai agen Takaful. Saya ada team saya sendiri. Jadi saya kena uruskan lah kalau ada konflik dalamaan yang melibatkan ahli team saya atau konflik luaran yang melibatkan clients.

In summary, participant 1 had face two main stressors which includes the attitude of children and the stress that comes from balancing the responsibilities for his children, study and career.

Coping Strategies of Single Father

Duncan (1994) stated that one can cope with challenges through physical, social and spiritual means. Hence, based on the data collected, it had been found that, there are several coping strategies that single father had implemented in order to help them cope with their challenges and stressors. Participant 1 had shared three types of coping strategies that he used as a single father which are through physical support, social support and spiritual support.

- **Physical Support**

First is physical support. Participant 1 described his physical support are by taking the time off for himself.

when I feel stressed out, to avoid involving or lashing out to my children, I will take time off or seclude myself for a bit in my bedroom or take a nap. But not for a long time. Only until I am calm enough. My children know about this habit of mine, so when I am in that kind of condition, they will let me take my time and does not disturb me.

Bila saya rasa stress, untuk elakkan saya daripada melibatkan anak-anak saya atau saya lepaskan pada anak-anak saya, saya akan ambik masa sekejap atau macam asingkan diri saya sekejap dalam bilik saya ataupun saya tidur sekejap. Tapi tak lamalah. Sampai saya rasa tenang sikit. Anak-anak saya tau habit saya tu, jadi bila saya dalam keadaan macam tu, diorang akan biarkan saya sendiri dan tak kacau saya la.

In conclusion, participant 1's immediate response towards stressors is by taking time off for himself to keep his composure as well as to make sure not to let it out in front of his children, He also took some nap when he felt stressed out.

- **Social Support**

Second, he stated that he copes with his stressor by using social support which includes support from social media, friends and children. Participant 1 had shared that social media has help him to cope with his challenges and stressor tremendously. He loves to write and share about his daily activity in his social media platform.

I think one of the ways I relieve my stress is through writing and sharing on my social media platform. I love sharing about my activities with my children, or what I learned from the doctors, or what I cook on that day with my children. After that, I will share the recipe on my social media such as my Facebook and Instagram

Saya rasa salah satu cara saya relieve stress saya adalah dengan menulis dan berkongsi di social media saya. Saya suka share pasal aktiviti saya dengan anak-anak atau apa yang saya belajar daripada doktor, atau apa yang saya masak hari tu dengan anak-anak saya. Lepas tu saya akan kongsi resepi tu di social media contoh macam Facebook dan Instagram.

He also stated that his friends and followers on social media always give him good words and encouragement which had affect him positively.

I felt happy because some people will encourage me and give me positive comment, sometimes they give beneficial advice and I think it makes me happy to be able to share with people about the things that I love.

Saya rasa happy sebab ada orang yang akan encourage saya, pastu diorang bagi komen-komen yang positive dan kadang-kadang diorang share nasihat yang bermanfaat dan saya rasa itu membuatkan saya happy sebab dapat share dengan orang tentang apa yang saya suka.

Participant 1 added that meeting with friends is also a way for him to relieve his stress as a single father.

For example, meeting with my friends and lecturer. We discuss about assignments and tasks. We also share about each other's life update. And then I will go and eat my favorite foods. I think meeting with friends and enjoying myself is a stress reliever for me.

Sebagai contoh, saya pergi berjumpa kawan-kawan dan pensyarah saya. Kami bincang pasal assignment dan tugasan. Kami ada juga kongsi update kehidupan masing-masing. Lepas tu saya akan pergi makan makananan favourite saya. Saya rasa jumpa dengan kawan-kawan ni bagi saya seronoklah, boleh relieve la stress saya tu.

He also shared that when he felt stressed out, he will spend time with his children.

Another thing is, I also love spending time with my children. Although the stressor often comes from them, but ironically, I also felt relieve when I am with them. We like to do activities together. Like cooking together,

Satu lagi, saya suka lah luangkan masa dengan anak-anak saya. Walaupun, diorang antara penyebab saya stress tapi ironinya saya rasa stress saya tu hilang bila duduk dengan diorang. Sebab saya dengan anak-anak ni suka buat aktiviti sama-sama. Macam memasak sama-sama.

In summary, participant 1 often receive social support through his friends which include his followers on social media as well as his social friends. He also gain his support from his children.

- **Spiritual Support**

Third coping strategies that participant 1 implemented to relieve his stress is through spiritual support where he felt calm and peaceful when he performs salah and recites du'a during stressful time. This is coherent with Pargament (1997) that explains that certain spiritual strategies such as seeking for spiritual support and collaborating with God had been found to helpful in coping with stress.

and I think lastly, it might be a bit cliché, but one of the ways that helps me cope with my stress is through prayer. When I pray and make du'a to ask Allah to help me and make me strong to go through difficulties, it helps me to feel calm and peaceful. I feel more motivated and stronger after I perform prayer and recites the noble Quran.

Last sekali, saya rasa mungkin macam cliché la bend ani tapi salah satu cara saya cope dengan stress ni adalah melalui solat. Bila saya solat, lepas tu saya doa, minta kat Allah untuk tolong saya, untuk bagi kekuatan pada saya dalam menghadapi kesusahan ni, ia membantu saya untuk rasa lebih tenang. Dan saya rasa lebih termotivasilah dan lebih kuat lepas saya solat dan baca Al-Quran tu.

In summary, participant 1 had implemented three types of coping strategies that help him to cope through his difficulties and stress which are physical support through taking a time off for himself. Social support through social media, friends and children and spiritual support through performing salah, recitation of du'a and Al-Quran.

4.4.2.2 Participant 2

This section will provide the overview of data collected for participant 2 in the aspect of experience of single father in parenting.

Table 4.5: Summary of Participant 2's Experience in Parenting

Single Father's Experience on Parenting	Dealing With Grief Related to Loss	Attending the Emotional Needs
	Adapting to Parenting Role as Single Father	Adjustment of Additional Role
	Managing Challenges	Emotional Management
		Financial Management
	Types of Stressors of Single Father	Attitude of Children
		Balancing Responsibilities
	Coping Strategies	Physical Support
		Social Support
Spiritual Support		

Dealing with Grief Related to Loss

Participant 2 had shared that, as his wife just passed away last year, the feeling of losing her is still very much painful to both participant 2 and his children. He illustrated the feeling through the passage below:

My wife passed away just a year ago. The memory of her passing away is still very fresh for both me and my children. The pain of losing is still there especially to my youngest child as he is the closest to his mom. For my older children, though I know they also feel very lonely and sad, but they tried to accept it.

Isteri saya meninggal baru tahun lepas kan. Jadi memori kehilangan dia tu masih baru lah untuk saya dan anak-anak. Rasa sakit kehilangan tu especially untuk anak-anak saya yang bomgsu tu lah sebab dia paling rapat dengan mak dia. Untuk anak-anak saya yang dah besar, saya tahu diorang rasa sedih dan sunyi tu, tapi diorang cubalah untuk terima.

Participant 2 also described the impact of losing his wife towards his emotion and thoughts.

After my wife passed away, I become a bit loss. I often cried alone especially when I was in my bedroom. I asked myself, whether I am able to take care of all my children properly or not. And whether I can do this without her.

Lepas isteri saya tak ada tu, saya rasa macam loss sekejap. Saya selalu jugaklah nangis sorang-sorang dalam bilik. Saya kadang tanya balik diri saya, macam boleh ka saya nak jaga anak-anak say ani baik-baik dan sama ada saya boleh ka nak buat tu tanpa dia.

He added that as a father he also needs to attend to his children's emotional well-being to help them deal with grief and loneliness that they felt after the loss of their mother.

I talked to them and console them whenever they miss their mother. I admit to them that I also miss their mother so much. But we as a living person, need to live our life. If we become a good person, we are able to meet her again in heaven in shaa Allah. My children understand that, but I know it will take them sometimes to properly accept the loss and I will not force them and we will take our time to accept it together.

Saya cakap dengan diorang, pujuk diorang bila diorang rindukan mak diorang. Saya bagitau diorang saya pun rindu mak diorang ni sangat-sangat. Tapi kita sebagai manusia yang masih hidup ni kena teruskan hidup kita, Kalau kit jadi orang baik, anak yang baik, kita akan jumpa ibu di syurga nanti in shaa Allah. Anak-anak saya faham benda tu, Cuma saya pun fahamlah yang diorang perlukan masa untuk betul-betuk terima kehilangan tu dan saya pun tak paksa diorang dan kami sama-samalah akan cuba untuk terima permergian tu.

Based on the statement above, in order to help his children as well as himself to go through grief, he incorporated religious beliefs that help his children to see the loss in a spiritual perspective.

Adapting to Parenting Role as Single Father

Participant 2 stated that one of the hardest things that he has to face after his wife passed away is the shift of role as a father. He believes that after the loss, he has the responsibility to take the role of a mother for his children.

For me, this is the hardest thing that I need to face. To take the role of my wife. The role as a mother to my children. It was very difficult for me, most of my children are girls. They usually share their problems or issues with their mother, since they spend more time with her compared to me.

Bagi saya, yang paling susah untuk saya hadapi tu adalah mengambil alih tugas isteri saya tu lah. Tugas sebagai ibu kepada anak-anak saya. Memang sangat susah lah bagi saya, sebab anak-anak saya kebanyakannya perempuan. Jadi, diorang ni selalu share masalah ka isu ka dengan ibu diorang, sebab diorang lebih banyak masa dengan ibu diorang berbanding saya.

Though participant 2 felt that it is difficult to play the role of the mother for his children. However, he is grateful to his wife who had help him to interact with his children before she passed away which had makes him become closer to his children now.

However, I am grateful to my wife. Though I may does not spend much time with my children, she always talked to me about them. Updating me and often help me to interact with my children. Consequently, after my wife passed away, my children are able to talk to me without being awkward. And that had helped me a lot.

Walaupun, saya bersyukur la dengan isteri saya ni. Walaupun, saya kurang masa dengan anak-anak, isteri saya selalu bercerita tentang diorang. Dia selalu update keadaan diorang dan dia jugak tolong saya untuk bergaul dengan anak-anak saya. Jadi, lepas dia dah tak ada ni, dia jadi macam, anak saya ni tak awkward lah nak bercakap dengan saya dan benda tu sangat membantu saya lah.

In conclusion, participant 1 had a difficulty in adapting to the additional role as a single father especially in adjusting with the responsibilities that was once played by his wife. However, he felt grateful that his relationship with his children is quite close which had help him to have a good relationship with them.

Managing Challenges as Single Father

Participant 2 had stated that, there are two primary challenges that he has to face which includes emotional management and financial management.

- **Emotional Management**

Participant 2 shared that after the loss of his wife had impact his children's emotion.

Seeing my children feeling of sorrow about the loss had caused me to feel overwhelmed as well. My children are very close with my wife. Their mother. So sometimes, it is a bit hard on me too. However, I know that I have to be strong for my children. To help them with their emotion, I often talked to them, listen to them, and try my best to be attentive to their emotional needs.

Bila tengok anak saya dalam keadaan sedih sebab kehilangan mak diorang saya pun macam berbaur perasaan macam tu. Anak-anak saya kan rapat dengan isteri saya. Mak diorang lah. Jadin kadang-kadang agak susahlah atau pun mancabar untuk saya jugak. Saya tau yang saya perlu jadi kuat untuk anak-anak saya. Untuk bantu diorang dengan perasaan tu, saya selalula bercakap dengan diorang, dengar luahan diorang and cuba untuk memenuhi keperluan emosi diorang.

Participant 2 had stated that, one of the challenges as a single father is to manage his children's emotion after the loss of their mother. His children especially the youngest one had constantly asked about his mother as he is very close to her. Though, participant 2 also had been affected negatively by the loss but he believe that his

children need him as their support. Hence, participant 2 had engage more with his children in order to support them emotionally.

- **Financial Management**

Furthermore, participant 2 had stated that he also face challenge in managing his financial.

Before my wife passed away, we shared financial responsibilities as she also works. And since I am doing business. My income is not consistent every month. So, if there are times that I don't have enough money, she will cover it for me. But now. My household only have one source of income which is me. For me, this is a bit burdening. However, I believe that rizq comes from Allah, and what I can do is to work hard so that I can provide for my family.

Sebelum isteri saya meninggal, kami kongsi tanggungjawab dari segi kewangan tu lah sebab dia pun bekerja. Dan disebabkan saya ni pun berniaga, income tu kadang-kadang naik, kadang turun setiap bulan. Jadi, ada masa yang duit saya tak cukup. So, time tu, dia kan tolong coverlah mana yang perlu. Tapi sekarang, saya ja lah punca pendapatan keluarga. Benda ni sebenarnya agak terbeban jugaklah bagi saya. Walaubagaimanapun, saya percaya yang rezeki tu daripada Allah, dan apa yang saya buat adalah berusaha sehabis baik untuk keluarga sayalah.

Based on the statement above, participant 2 had describe his difficulties in managing his financial as the only breadwinner of the family which is different than before as he and his wife had shared responsibilities in term of financial before she passed away.

Stressors of Single Father

Based on the interview with participant 2, there are two types of stressors that he faces as a single father, which are the attitude of the children and balancing responsibilities between work and children. This finding is similar to participant 1.

- **Attitude of Children**

Participant 2 described his stressor through the passage below:

I think as a single father, it is normal to feel stress out because of my children, since my life only revolves around them. I think I felt stressed out, maybe because of their attitude. But not all the time.

Saya rasa sebagai bapa tunggal ni, normal la kalau rasa stress tu disebabkan anak-anak tu sendiri, sebab hidup saya ni dengan diorang ja lah. Saya rasa saya jadi stress tu mungkin sebabkan perangai diorang la kot.

He illustrated his children's attitude as follow:

For example, sometimes, it's hard for them to wake up. I need to call them out many times. And they are lazy to perform salah. This sometimes caused my feel a bit angry. However, I am not the type, to lash out or yell at my children. I will call them many times, and if they didn't come, I will nag at them until they do it.

Macam contoh, kadang-kadang diorang susah nak bangun. Saya kena panggil berkali-kali. Diorang malas nak solat. Benda ni kadang-kadang akan buat saya rasa nak marah. Tapi saya ni bukan jenis yang akan jerit-jerit pada anak-anak saya bila saya marah. Saya akan panggil diorang, dan kalau diornag tak datang saya selalu akan berleter sampai diorang buat la apa yang saya suruh diornag buat tu.

Participant 2 had described his children's attitude as one of his stressors. As some of his children are still young. He often finds it hard to get them to listen to him. Though, participant 2 knows that they are currently growing through the phase of adolescent and it is normal for them to have such attitude during this age.

- **Balancing Responsibilities**

The second stressor is balancing responsibilities between managing the children and career. Single father found that delegating between career responsibilities and

managing children and household chores as something that is stressful. Participant 2 stated that this is one of the biggest challenges that he has to face throughout one year of becoming a single father.

This is one of the biggest struggles that I have to face and I think the significance changes that happen in my life after my wife passed away. Before, my wife and I divided the chores. For example, every morning, my wife will send my children to school before she goes to work which had helped me a lot. But now, its totally different. I had to send my children to school, and later I have to pick them out. I cannot afford to send all of them to boarding school. Hence, I think that is one of the struggles that I have school, and later I have to pick them out. I cannot afford to send all of them to boarding school. Hence, I think that is one of the struggles that I have.

Ni salah satu cabaran terbesar yang saya kena laluilah dan bagi saya ni satu perubahan yang sangat besar yang berlaku dalam hidup saya lepas isteri saya meninggal. Sebelum ni, saya dan isteri akan bahagiakan la tugasan tu. Contohnya, setiap pagi isteri saya akan hantar anak ke sekolah sebelum dia pergi kerja yang mana sangat emmbantu saya la. Tapi sekarang, sangat berbeza. Saya kena hantar diorang, lepas tu ambil diorang. Saya tak cukup duit nak hantar anak-anak semua pergi sekolah asrama. Jadi saya rasa tu lah salah satu cabaran saya.

Based on the statement above, participant 2 admitted that the major changes that happen in his life after his wife passed away is balancing the responsibilities as the father to his children and as a working adult. This changes particularly impact him because before his wife passed away, both he and his wife used to share and delegate the responsibilities which had help to ease the burden and workload. But since he become a single father, he had to take the responsibilities to cater to everything all by himself.

Coping Strategies of Single Father

According to the data found by interviewing participant 2, the researcher had found three types of coping strategies that single father use to cope with the challenges

and stressors. These coping strategies are through physical support by resting and sleeping, social support through friends and children and spiritual support by performing religious ritual such as salah, recitation of du'a and Al-Quran.

- **Physical Support**

The participant illustrated his coping strategies as below:

The easiest and most often way to relieve my stress is through sleeping. Because I am tired, so I think that the best way for me to cope with my stress is through sleeping. It helps my body to rest and my mind to reset.

Cara paling sennag dan selalu saya buat untuk kurangkan stress ni dengan tidur lah. Sebabsaya selalu rasa letih. Jadi saya rasa cara terbaik untuk handle stress saya tu adalah dengan tidurlah. Sebab bila tidur ni saya rasa ia membantulah badan saya untuk rehat dan bila bangun tu otak saya jadi macam reset macam tu.

Statement above shows that Participant 2 often engage in sleeping whenever he falt stress out. He believes that, sleeping is a form of stress and it helps him relieve his stress and rest his body and mind.

- **Social Support**

He also shared that whenever he feels stress out, he will go out to meet his friends.

I also like meeting with my friends. Since, my first and second daughter is independent enough to help me to take care of my other young children in my absence, I am able to go out and meet my friends, this also help me to relieve my stress.

Saya pun suka keluaq jumpa dengan kawan-kawan. Sebab anak saya yang sulong dengan yang kedua tu pun dah besar, jadi diorang lah yang tolong

jagakan anak-anak saya yang kecil-kecil tu bila saya tak ada kat rumah. Jadi saya boleh jumpa kawan-kawan, benda tu bantu lah untuk relieve saya.

Furthermore, participant 2 also said that he often talks to his eldest daughter whenever he feels stress especially when he faces issue related to his children.

Another way is by sharing with my eldest daughter. She is very close to me. And when I am stressed out, I often talk to her about it. And if I found it hard to make any decisions related to my children, I will ask for her opinion.

Cara lain adalah dengan saya berkongsi dengan anak sulung saya. Dia sangat rapat dengan saya. Dan bila saya rasa stress, saya selalu lah cakap dengan dia kalau saya rasa susah untuk buat apa-apa keputusan yang berkaitan anak-anak saya, saya akan tanya jugak la pendapat dia.

In summary, participant 2 manage his stressors by social support. He sometimes socializes with his friends as his eldest daughter is matured and independent enough to take care of her siblings, this had allowed participant 2 to go out and meet his friend which had help him as a stress reliever. He also often talks to his eldest daughter and he views his daughter as his biggest supporter.

- **Spiritual Support**

Lastly, participant 2 shared that he is able to cope with his struggles as a single father through spiritual support.

There is one thing that I think help me the most which is religious ritual such as performing salah, du'a and reciting Al-Quran. Being positive towards Allah. Acceptance on what had happened and relying on him for strength. For me, these really helps me lot. Because after I do this, my heart is at peace. Not only that. My mind also feels more peaceful and calmer.

Ada satu la yang saya rasa paling membantu saya iaitu ibadah tu sendiri. Macam contoh, solat, doa, baca Al-Quran. Positive terhadap Allah, terima atau

redha dengan apa yang berlaku dan bergantung pada-Nya untuk kekuatan tu. Bagi saya, ni sangat-sangat membantu saya. Sebab lepas saya buat tu, hati saya rasa tenang. Bukan hati ja lah rasa tenang tapi fikiran saya pun rasa lebih tenang lah.

Based on the statement above, participant 2 had implemented spiritual support through physically and cognitively. Physically, he performed religious ritual that help him to feel calm. Meanwhile, cognitively, participant 2 tried to develop positive thoughts, acceptance and strength through reliance on Allah SWT. In summary, participant 2 had applied three types of coping strategies which had help him to cope with stress and to be in peace through the difficulties as single father.

4.4.3 Research Question 3: How is The Relationship Between Single Fathers and Their Children?

Based on the data collected, both participants had viewed the relationship with their children in the perspective of parenting style and communication between single fathers and their children.

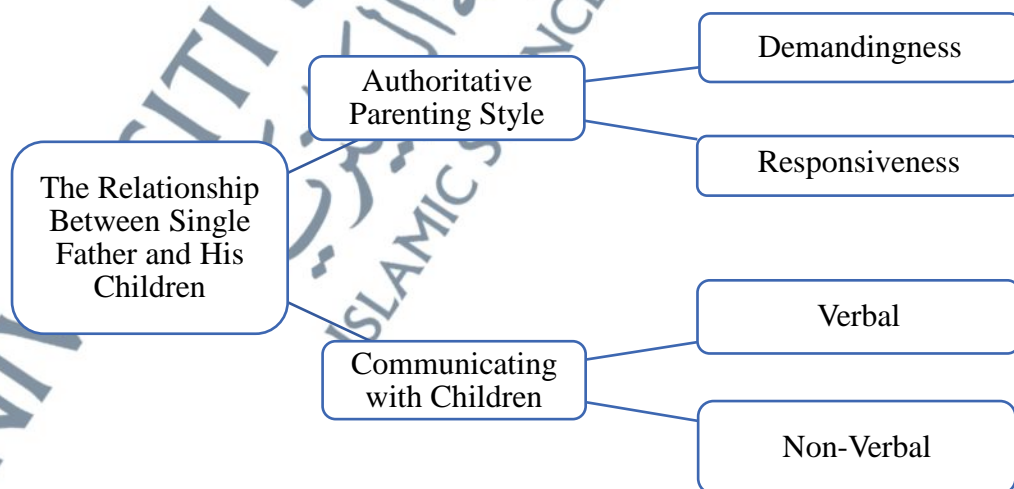


Figure 4.1: Summary of The Relationship Between Participant 1 and his Children

4.4.3.1 Participant 1

Based on the interview, the researcher found that parenting style of participant 1 is Authoritative Parenting Style (Baumrind, 1991). According to Muslihat and Listiana (2021) authoritative parents support children to be independent but providing limits and controlling actions and opportunities for children to communicate verbally. Authoritative parents are open, flexible and provide opportunities for children to grow in rational rules. The study of parenting style had developed two dimensions that describe an individual's parent style which are the dimension of demandingness and responsiveness. Demandingness refers to how parents control their child's behavior or demand maturity. While responsiveness refers to how much parents are accepting and sensitive to their children's emotional and developmental needs,

- **Demandingness**

Participant 1 had illustrated his relationship with his children through the statement below:

I learned that the best way to manage them, is by setting some rules for them to follow. For example, they have their own schedule every day. At 9 o'clock at night, they need to be ready to go to sleep. At 7 o'clock in the morning they need to prepare to go to school. After finish eating, they need to clean themselves, like washing their hand and cleaning their table and if they do not follow the rule, there will be punishment for them. For instance, they are not allowed to go play outside for that day.

Saya belajar cara terbaik untuk uruskan anak saya adalah dengan saya set kan rules untuk diorang ikut. Contohnya, diorang setiap hari ada schedule diorang sendiri. Pukul 9 malam diorang dah kena ready untuk tidur. Pukul 7 pagi diorang dah kena prepare untuk pergi sekolah. Lepas makan, diorang kena bersihkan diri diorang. Macam basuh tangan, kemas tempat diorang makan, dan kalau diorang tak boleh ikut rule tu, aka nada hukuman la untuk diorang. Contohnya, diorang tak boleh keluar main kat luar hari tu.

Based on the statement above, it can be found that participant 1 had sets few rules to help him manage the children while training them to be discipline. This practice is coherent to the component of authoritative parenting style where the parent has high demandingness towards their children.

- **Responsiveness**

Participant 1 shared that both he and his children are very close with each other to the point of where both are able to communicate openly about what they think and how they feel about something. This interactional pattern had significantly impacted the relationship between participant 1 and his children. He described his interaction with his children through the quotation below.

Whenever I felt angry, I tried to cool myself for a bit. And I will go to my children as fast as I can. I will explain to them why am I feeling this way and then, I will apologize to them and I will tell them that I love them. The same thing happens when my children is mad at me. I will allow them to openly communicate and share with me what makes them mad or if there is anything that they are unsatisfied with. Hence, whenever, my children don't like something that I do, they will tell me, and I will listen to their reasons, and if it is something that, I need to change, I will take note and adjust myself with it.

Bila saya rasa marah, saya cuba cool off sekejap. Dan lepas tu saya akan pergi kat anak saya secepat mungkin. Saya kan jelaskan kat diorang kenapa saya rasa macam tu, and then saya akan minta maaf kat diorang dan bagitau yang saya sayang diorang. Benda yang sama jugak kalau anak-anak saya marah pada saya. Saya benarkan diorang communicate dengan saya secara open dan share dengan saya apa yang membuatkan diorang marah atau kalau ada perkara yang diorang tak puas hati. Jadi, bila anak saya tak suka apa yang saya buat, saya akan dengar sebab diorang dan kalau ada sesuatu yang saya kena ubah, saya akan take note dan try untuk adjust diri saya lah.

Based on the description given above, participant 1 had illustrated the interactional pattern between him and his children. It can be found that, participant 1 is

interacting positively with his children. He tried to be responsive towards his children and allowing them to express their feelings and thoughts freely when there are with them. He also listens to their complain and pay close attention to their needs. This interaction shows that participant 1 has high responsiveness towards his children.

Communicating With Children

Participant 1 stated that, he and his children always communicate and interact with each other through words and action. Based on the data, there are two types of communication that participant 1 and his children had implemented which are verbal and non-verbal communication.

- **Verbal Communication**

He illustrated his verbal communication with his children by the following quotation:

My children and I practice open communication, where we can talk openly on how we feel and what we think. Every day after picking them from school, while we are going home, or during dinner time, or before sleep, they will share with me what happen to them during the day at school. So, I will listen to them and entertain them with their story. This activity had made me become very close to my children.

Saya dan anak-anak saya practice open communication. Dimana kami akan berkomunikasi secara terbuka tentang apa yang kami rasai atau apa yang kami fikirkan. Setiap hari lepas ambik diornag dari sekolah, waktu tengah drive balik tu, atau waktu makan malam atau sebelum tidur, anak-anak saya akan cerita dengan saya apa yang berlaku kat sekolah. Dan saya oun dengar dan layanlah diorang bercerita. Saya rasa aktiviti yang macam ni buatkan hubungan saya dengan anak-anak menjadi sangat rapat.

The statement above had shown that participant t often communicates with his children verbally.

- **Non-Verbal Communication**

Participant 1 described his non-verbal communication with his children through the passage below:

Usually when I come to pick them at their school, they will run towards me and hugged and kissed me on my cheeks. At that time, I felt very happy and proud of myself, because my children love me. As we all know, kids and children does not know how to lie, if they love something, they love it. If they hate, they hate it. And I can see from their action, that they love me.

Selalunya, bila saya pergi ambil diornag di sekolah, diorang akan lari-lari datang ke saya dan diorang akan peluk saya dan cium pipi saya. Waktu tu saya rasa sangat happy dan bangga la dengan diri saya sebab anak-anak saya sayangkan saya. Macam yang kita tahu, anak-anak ni tak tau menipu, kalau dia suka sesuatu dia sukalah, kalau dia tak suka, tak sukalah. Saya boleh nampak dari tindakan diornag tu yang diorang sayangkan saya.

The statement above shows that participant 1 and his children also communicate through non-verbal communication such as physical gesture which includes hugs and kisses to the cheeks. This is a way for his children to show that they love their father.

4.4.3.2 Participant 2

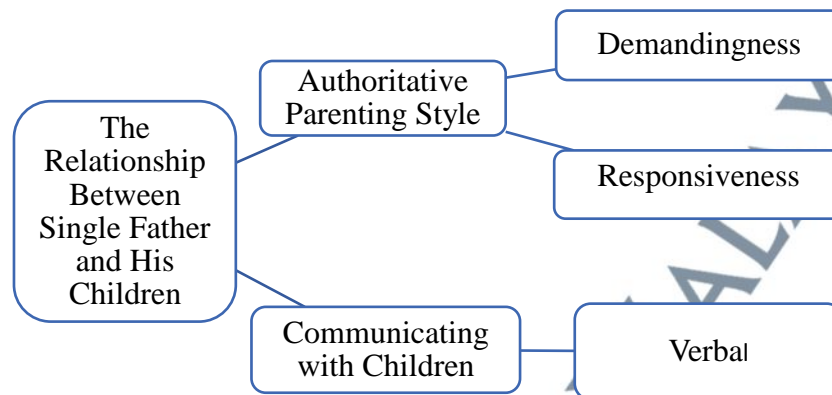


Figure 4.2: Summary of The Relationship Between Participant 2 and his Children

The data found from the interview conducted with Participant 2 shows the relationship between the single father and his children in two components. Which are through the lens of parenting style and communication.

- **Demandingness**

Based on the finding, researcher found that Participant 2 had implemented Authoritative Parenting Style. It is proven through the statement below:

Since my children are young, me and my wife had made a rule, we taught them not to curse and speak good words even when they are angry. This is because my wife and I also does not speak using curse words. Thus, it become a rule, for my children, even after my wife passed away.'

Sejak kecil lagi saya dan isteri saydah buat satu peraturan, kitorang ajar diorang untuk tak mencarut dan bercakap dengan cara yang baik walaupun tengah marah. Sebab saya dan isteri saya pun memang tak mencariut. Jadi, dia jadi macam satu peraturan la untuk anak-anak saya, even lepas isteri saya dah meninggal.

He added that another rule that he implemented to his children is the rule on time.

My children consist of teenagers and also the young ones, before, I believe we had some rules, such as the rule where they need to go to bed by at 10 pm. And the rule, where they need to clean themselves after eating and before going to sleep. But since some of my children are teenagers now, I had become a bit more flexible with the rule as I believe they know what they had to do.

Anak-anak saya ada yang dah besar, remaja dan ada yang jugak yang kecil. Sebelum ni, kami ada peraturan dimana diorang perlu masuk tidur pada jam 10. Dan ada jugak peraturan dimana diorang perlu kemas diri diorang lepas diorang makan dan bersihkan diri sebelum tidur. Tapi sebab anak-anak saya pun dah remaja, saya jadi macam flexible dengan peraturan sebab saya percaya la anak-anak saya ni dah boleh uruskan diri diorang sendiri.

The passage above shows that participant 2 emphasize on rule when dealing with his children. This is in line with the dimension of Authoritative Parenting Style where the parent has high demandingness.

- **Responsiveness**

Participant 2 also illustrate his interaction with his children through the quotation below:

My children love to share with me about their daily activities. For example, when I picked them at school. They will take turns to share what happen in their class. Most of the time I will listened to them and response by asking them how they feel. This way of interaction had helped my children to have a close relationship with me.

Anak-anak saya suka kongsi dengan saya pasal aktiviti seharian diorang. Contoh macam bila saya ambil diorang dari sekolah. Diorang gilir-gilir cerita dengan saya apa yang berlaku waktu kelas. Selalunya saya akan dengarlah apa yang diorang cerita. Lepas tu, saya akan respon, saya tanya diorang apa yang

diorang rasa. Cara berinteraksi ni sangat membantu lah saya untuk bina hubungan yang rapat dengan saya.

Quotation above shows that participant 2 interacts with his children by listening and responding to their stories. By doing this, it helps participant 2 to engage with his children, as well as building a good and close relationship with his children. He also described how he and his children communicate with each other:

I also give them chances to open up to me about their problems. Consequently, most of children will consult with me if they have any problems or issues. For example, my daughter can openly talk to me about women's issue such as about menstruation, period cramp and others.

Saya juga bagi peluang kat anak-anak saya untuk luahkan masalah diorang. Kesannya, diorang akan bincang dengan saya kalau diorang ada apa-apa masalah atau isu. Contohnya, anak perempuan saya boleh ja nak kongsikan dengan saya masalah yang berkaitan wanita macam masalah period, senggugut dan lain-lain lah.

All the statements stated above indicates that participant 2 had high responsiveness towards his children. This show that participant 2 also applied Authoritative Parenting Style, which is similar to participant 1.

Communicating with Children

Participant 2 describe his interaction with his children mainly through verbal communication. He illustrates his interaction through the following quotation:

My children love to share with me about their daily activities. For example, when I picked them at school. They will take turns to share what happen in their class. Most of the time I will listened to them and response by asking them how they feel. This way of interaction had helped my children to have a close of relationship with me.

Anak-anak saya suka kongsi dengan saya pasal aktiviti seharian diorang. Contoh macam bila saya ambil diorang dari sekolah. Diorang gilir-gilir cerita dengan saya apa yang berlaku waktu kelas. Selalunya saya akan dengarlah apa yang diorang cerita. Lepas tu, saya akan respon, saya tanya diorang apa yang diorang rasa. Cara berinteraksi ni sangat membantu lah saya untuk bina hubungan yang rapat dengan saya.

The statement above shows that participant 2 often engage in verbal communication with his children. He allowed them to share about their daily activities and he also actively listened and respond to them which had help him to interact with his children positively.

4.5 Conclusion

This chapter described research findings based on research questions that cover the understanding of single fathers on parenting, the experience of parenting among single fathers and the relationship between single fathers and their children.

The findings of this study indicate that both participants have a similar perception in their understanding on the role and responsibilities in parenting. Their experience, though it might appear as similar but there are some differences that distinguishes the experience of parenting between the participants.

However, there are similar parts of the definition of marriage between one couple and another. Moreover, participants had described their relationship based on the interaction between the participants and their children. Which have some similarities and differences. Further discussion of the research findings will be discussed in Chapter

5.