

# The Influence Of Resilience, Self Compassion On Psychological Well-Being In Women And Mothers

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## Abstract

Women and mothers play a dual role in managing both their families and their jobs. These tasks can be performed well by women and mothers, which is possible when they have good psychological well-being. This includes being able to control the family environment, being independent, having positive relationships within the family, desiring personal growth, and accepting oneself. Various literature shows that psychological well-being is influenced by resilience and self-compassion. The purpose of this study is to examine the simultaneous effects of resilience and self-compassion on psychological well-being in women and mothers. Psychological well-being is measured based on the dimensions of psychological well-being by Ryff. Resilience is measured based on the dimensions proposed by Wagnild. Self-compassion is measured based on the dimensions of self-compassion proposed by Neff. The results of the study show that the hypothesis is accepted, indicating that there is a significant influence of resilience and self-compassion simultaneously on psychological well-being in women and mothers. The conclusion of this research is that the hypothesis is accepted that resilience and self-compassion simultaneously have a significant effect on the psychological well-being of women and mothers. The results of this research can be used as a consideration in carrying out interventions to improve psychological well-being in women and mothers with resilience and self-compassion training, considering that women and mothers are pillars in the family to shape children's character.

**Keywords:** Psychological well-being, resilience, self-compassion, women, mothers.

## Introduction

According to Dimiyati (2020), the role of women has continued to evolve over time. It is explained that there are several tasks and roles of women, the first being a wife and companion to her husband, the second being a mother who educates and nurtures the younger generation, the third being the manager of household finances, the fourth being a provider of additional income, and the fifth being a member of society, women's organizations, and social bodies. It is stated that this formulation shows that the role as a wife is

primary, followed by the role as a mother. If a woman or mother works or becomes a member of an organization, she must not forget her primary duties as a wife and mother who serves the needs of the entire family. As for the role of a mother, firstly, she provides a sense of security and comfort within the family by maintaining communication with her husband and children. Secondly, she becomes a teacher to her children, being their first teacher and a lifelong teacher. The role of a mother is crucial, requiring patience,

commitment, and great responsibility. Children can grow up to be not only intelligent but also aware of the values and norms in society. Thirdly, the role of a mother as a manager within the family includes having the authority to organize everything in the household, from family needs to planning and problem-solving. Fourthly, the mother's task at home is to provide food for the family. This is where the mother becomes an irreplaceable cook for her family. Lastly, the mother plays a crucial role in providing love and affection to all family members. When a family receives love and affection, happiness and harmony arise, allowing children to grow up well and happy (<https://hicookofficial.com/>, accessed September 2023).

Looking at the roles of women and mothers as mentioned above, it can be said that mothers are the pillars of the family, taking care of their husbands and children. Based on the tasks and roles of women and mothers mentioned above, this is related to Law No. 52 of 2009 concerning population development and family resilience, Article 11 explains that family resilience and welfare are conditions in which a family has resilience and toughness and contains physical and material capabilities for independent living and self-development, as well as living harmoniously to improve the well-being and happiness of both the physical and spiritual aspects. Given the numerous roles of a mother in the family, it is necessary for a mother to have psychological well-being.

The research conducted by Marrinan, Schattner, and Gullone (1999) shows that the psychological well-being of parents correlates with the psychological well-being of adolescents. The well-being of fathers has a significant correlation with the well-being of adolescents, highlighting the need to include information about fathers in future related research. The research conducted by Renzaho, Mellor, McCabe, and Powell (2011) explains that parents

or guardians who score higher on dysfunctional families are at greater risk of experiencing psychological stress and having children with lower levels of prosocial behavior and higher levels of behavioral difficulties compared to families from healthy households. Ceri and Cicek (2020), in a study investigating psychological well-being, depression, and stress among healthcare professionals and non-healthcare professionals in Turkey, stated that psychological well-being has a significant negative correlation with depression and anxiety. Another study conducted by Abdurahman and Herawati (2018) explains that psychological well-being enhances the human immune system, thereby increasing resilience.

The research results above show that family psychological well-being makes children feel happy, reduces stress, anxiety, depression, increases the body's immunity and so on. Considering the dual role of women, namely their roles as mothers and mothers and working women. These roles show that women need to have psychological well-being. This is so that women and mothers can function well in carrying out their roles in the family.

Ryff and Keyes (1995) explain the concept of psychological well-being as a continuous positive growth of a person, which shows that they are able to actualize themselves, have personal maturity, and can function fully and independently. Ryff & Singer (2008), stated that the concept of psychological well-being was originally considered as personal growth and fulfillment which was greatly influenced by the environmental context of life, and secondly as well-being which was called eudaimonic. The eudaimonic concept itself was put forward by Aristotle (in Ryff & Singer 2008) explaining that humans strive to seek perfection, which is the essence of "eudaimonia". Happiness is the highest human good, involving goal-directed

activity to achieve the best within oneself. Meanwhile, according to Ryff (2014), it is not easy to define well-being, but referring to ancient Greek philosophy, happiness is a humanistic view, showing that human existence is existential, which in clinical psychology studies is a human who functions positively. Ryff (2014) also stated that there are six dimensions of well-being that follow the construction of personality. It is said that individuals with a high well-being score will have meaning in life and have goals, have confidence in themselves or autonomy, be able to see their own potential for growth, how well the individual is able to process the environment, have positive relationships with other people, and understand that Humans have limitations so they are able to accept themselves.

Factors that influence psychological well-being as stated by Izazol, Ahmad, Hasni, Zamri (2019) in their research suggest that resilience is a significant predictor and explains 48.2% of the influence on psychological well-being. It was also explained that psychological well-being is very important for all students in their research. Smith and Smith (2015) in their research on elderly people, show that a greater ability to enjoy experiences positively and higher resilience abilities influence increased happiness, high life satisfaction and reduced depression. It is said that the results of this research have implications for increasing the development of positive psychological interventions related to resilience and psychological well-being in older adults in facing life stress. Furthermore, Li, Qiao, Luan, Li and Wang (2018) in their research on breast cancer survivors and their caregivers showed that family resilience influences psychological well-being in both of them. Where family resilience has a direct and indirect impact on the quality of life and burden on caregivers, and this resilience is positively related to the psychological well-being of survivors. It was also explained that the quality of life of breast cancer

survivors was negatively related to caregiver burden. It is said that these results could be an intervention option to improve the welfare of cancer survivors and their caregivers

Resilience in psychology refers to the ability to bounce back from negative experiences such as stress, difficulties, trauma, pressure with the adaptive ability to function (Soutwick & Charney in Jakovljevic 2018). Resilience is defined as an individual's ability to recondition and rebuild a stable psychological and physical condition when faced with major adverse life events (Seiler & Jenewein, 2019). Resilience is the ability to endure challenges and bounce back from adversity with factors that contribute to resilience, namely optimism, effective problem solving, confidence, a sense of meaning, self-efficacy, flexibility, impulse control, empathy, close relationships, and spirituality (Masten & Reed in Reivich, Seligman, McBride, 2011). Resilience is a psychological and psychosocial process that can be applied when facing challenging situations, so that a person can continue to develop even though they are experiencing trauma (Anaut & Cyrulnik in Maree, 2017). Meanwhile, Masten, Rutter, Bonanno in Reich, Zautra and Hall (2010), explained that the first resilience is recovery, or how well people bounce back and recover fully from challenges, explaining that resilient people have a greater capacity to quickly regain balance. physiologically, psychologically, and in social relationships after a stressful event. Second is the ability to keep moving forward in the face of adversity.

Another factor that can influence psychological well-being is self-compassion. Neef and Mcgehee (2010) in their research on teenagers and young adults, explained that self-compassion is an adaptive way when someone experiences difficult life circumstances. He added that self-compassion influences well-

being. Kristin (2016) in research results shows that self-compassion is positively correlated and uniquely related to psychological well-being, and self-compassion moderates the relationship between self-rated health and depression. These results indicate the need for intervention designs to increase self-compassion in older adults. Research conducted by Baer, Lykens, and Peters (2012) explains that mindfulness and self-compassion associated with meditation experiences correlate with psychological well-being. The results of separate tests also show that mindfulness and self-compassion have a significant effect on well-being.

According to Neff (2003a) self-compassion is a relationship with oneself. It is said that initially self-compassion came from Buddhist psychology, but its construction was made in a secular context and scientific literature. Self-compassion involves openness and an urge to help other people's suffering, so that someone wants to alleviate other people's suffering. This shows patience, kindness and non-judgmental understanding towards others, recognizing that all humans are imperfect, can make and experience mistakes. Likewise, self-compassion involves being open to one's own suffering, experiencing feelings of caring and kindness towards oneself, not judging one's shortcomings and failures and realizing that one's experience is part of the human experience in general.

Self-compassion has three basic components, namely, first, kindness to yourself rather than criticizing and judging yourself. Second, seeing a person's experience as part of a wider human experience and not as something isolated. Third, resist painful thoughts and feelings consciously rather than over-identifying or responding (Neff 2003a). The aspects of self-compassion are conceptually different, but these aspects also tend to be related to each other. Welp and Brown (2013) self-compassion has three

components, namely kindness towards oneself when facing suffering or failure, observing one's experience as part of a wider human experience rather than feeling isolated and holding painful thoughts and feelings in balanced awareness. Meanwhile, Neff (2016) describes self-compassion as a system consisting of six different but interrelated elements. Self-kindness includes a warm, supportive and understanding attitude towards oneself. common humanity involves recognition of the shared experience of imperfection, an understanding that all humans fail and make mistakes. Mindfulness involves being aware of the current experience of suffering with equanimity. Judging yourself means criticizing yourself harshly for your failures. Isolation involves irrational feelings in the experience of suffering. Over-identification occurs when a person becomes so identified with their suffering that they lose perspective.

Based on the background and research results that have been stated above, we look at the general duties and roles of women and mothers which are very important in building a happy family, having family resilience so that they are able to build an independent family. Also the roles and duties of women and mothers as educators and instructors, as doctors, protectors, as psychologists in the family, motivators, nutritional regulators and skilled cooks, as someone who is able to look after and manage the family well. Therefore, it is necessary to have psychological well-being so that you can carry out your duties and roles well as explained above. When a mother has high psychological well-being, it is possible to be able to control the family environment by managing the family in general. Able to build positive relationships within the family by communicating in solving problems. Be optimistic that problems have solutions. Able to be independent in solving child and family problems, and want to explore one's potential. The researcher's assumption is that with

the characteristics stated above, a mother becomes well-being in carrying out her duties and roles. High or low psychological well-being possessed by a mother may be influenced by resilience, namely the ability to survive and be able to solve the problems faced. in family. Apart from that, the researcher's assumption is that a mother's psychological well-being is also influenced by self-compassion, namely the ability to be gentle and loving towards herself and others, not blaming herself, and also understanding that the unpleasant experiences or suffering she experiences are part of life, thus giving rise to well-being. being in a mother.

Based on the explanation above, the hypotheses in this research are:

1. There is an influence of Resilience and Self-compassion on Psychological Well-being in women and mothers

## Method

This research uses quantitative methods. Data collection uses an online questionnaire with Google form format. Respondents in the study were married and unmarried women, working and housewives. The number of respondents was 132. The scale used in this research was the resilience scale, the psychological well-being scale from Ryff, with six dimensions, namely autonomy, environmental mastery, personal growth, positive relationships with other people, life goals, and self-acceptance. The self-compassion scale is based on the three dimensions proposed by Neff, namely mindfulness, humanity, and kindness, while the resilience scale is based on Wagnild's resilience aspects, namely perseverance, equality, meaningfulness, self-reliance and existential

## Results

### Table. 1 Multiple Regression Test Results

The novelty of this research can be seen from the research sample, namely women and mothers who have dual roles, where their roles appear to indicate psychological well-being. From several journals that researchers have read, but have not yet seen or read, there are studies on resilience and self-compassion which simultaneously influence the psychological well-being of women and mothers. Therefore, this research study is an update regarding the relationship between variables

2. There is an influence of Resilience on Psychological Well-being in women and mothers
3. There is an influence of Self-compassion on Psychological Well-being in women and mothers

aloneness. The results of the reliability test and item discrimination power, for the psychological well-being scale with a Cronbach's Alpha value of 0.724, with item discrimination power moving from 0.250 – 0.506. Of the 18 scale items, 6 items were dropped, the remaining 12 items were good. The resilience scale has reliability with a Cronbach Alpha value of 0.865, and the item discrimination power moves from 0.394 – 0.703 of the resilience scale items, there are no dropped items, so there are 14 good items. Meanwhile, for the self-compassion scale, item reliability has a Cronbach's Alpha value of 0.730 and the discrimination power of items moves from 0.280 - 0.486 of the items on the self-compassion scale, there is one item dropped so that the good items become 11 good items. Data were processed using regression tests with SPSS version 22

Variables	R Square	Sig.	Decision
The Influence of Resilience, Self-Compassion on Psychological Well-Being in Women and Mothers	0.260	0.000 P<0.001	Hypothesis accepted
The Influence of Resilience on Psychological well-being in Women and Mothers	0.005	0.443 P<0.005	Hypothesis not accepted
The influence of self-compassion on psychological well-being in women and mothers	0.259	0.000 P<0.001	Hypothesis accepted

In table one above, the results of the multiple regression test for resilience, self-compassion on psychological well-being in women and mothers show that the first hypothesis is accepted, namely that there is a simultaneous influence of the variables resilience and self-compassion on psychological well-being with an R Square of 0.260, a significance value. 0,000. For the second

hypothesis, the results show that there is no influence of resilience on psychological well-being in women and mothers. Meanwhile, the third hypothesis from the results obtained shows that the hypothesis is accepted with an R Square value of 0.259 and a significance of 0.000 with P<0.001.

**Table 2. Empirical mean for psychological well-being, resilience, self-compassion**

Variabels	Hypothetical mean	Hypothetical SD	Empirical Mean	Category
Psychological wellbeing	42	10	48.54	Moderate
Resilience	49	11.67	53.41	Moderate
Self compassion	38.5	09.17	49.31	Moderate

Table two explains that the empirical mean of the psychological well-being variable is in the medium category, the empirical mean of

resilience is in the medium category and the empirical mean of self-compassion is in the medium category.

**Tabel 3 Rerata Mean Empirik Psikologi well-being perdimens**

Variable	Hypothetical mean	Hypothetical SD	Empirical Mean	Category
Outonomi	10.5	0.50	48.54	very high

Environment	3.5	0.83	53.41	very high
Personal growth	3.5	0.83	53.41	very high
Positive relation	10.5	0.50	48.54	very high
Purpose in life	7	1.67	49.41	very high
Acceptance	7	1.67	49.41	very high

The explanation in table three above explains that the six dimensions of psychological well-being are in a very high category, namely autonomy, environment, personal growth, positive relations, personal purpose in life and self-acceptance.

### Discussion

Based on the results of the multiple regression test that was carried out, an R Square of 0.260 was obtained and a significance value of 0.000 with a P value <0.001, this value shows that the major hypothesis put forward in this research is accepted, that there is a simultaneous and significant influence of resilience and self-compassion on psychological well-being. -being in women and mothers. These results can also be interpreted as meaning that female respondents and mothers in this study tend to feel prosperous by having psychological well-being where there is well-being in women and mothers, when carrying out their roles in the family such as the role of mother as an educator or instructor. for their children, as a protector to provide a sense of security to the child and family, as a doctor who takes care of the child or family if they are sick, as a motivator for the child's development, as a chef and others who can be carried out well. Because being able to control the environment means overcoming problems in the family, having an independent personality, being able to build relationships with the family well by communicating, having a purpose in life, accepting yourself and the conditions you are

experiencing, and wanting to become a growing person. The existence of women and mothers in this study who experienced psychological well-being was influenced by the presence of resilience in the women and mothers in this study, such as being able to solve problems, not giving up on the problems they faced but trying to find a way out. It is also influenced by the power of self-compassion, where it can be seen that the female and mother respondents in this study still consider themselves valuable, have compassion for themselves, are honest with themselves and can accept the reality of the roles of women and mothers, are aware of their duties and responsibilities. done. These two things, namely resilience and self-compassion, simultaneously influence the psychological well-being of women and mothers in this study.

These results are in accordance with several previous studies as stated by Khairani, Zamri and Hasni (2019) explaining that resilience is a significant predictor of psychological well-being. Influence contribution of 48.2%. The research was conducted on 200 student respondents consisting of 90 male students and 110 female students. It is said that psychological well-being is important for students in facing challenges at university. Rourke (2004) in research on the majority elderly women who have lasting relationships have to face grief due to husband and wife. Although most experience great distress immediately after the event, the majority make adjustments over time. The research results show

that psychological resilience psychological resilience is significantly related to life satisfaction. From the resilience factor, a commitment to living in connection with well-being emerges. Souril and Hasanirad (2011) explained that the results of research show that psychological well-being is influenced by personal characteristics such as resilience and optimism, regardless of how much resilience a person has, to a certain extent it can provide psychological well-being. Other research was put forward by Hotman (2016), regarding late adults. with a total sample of 121 from the library community. The results show that self-compassion is positively and uniquely correlated with psychological well-being. The results also showed that self-compassion moderated the relationship between self-rated health and depression. Research conducted by Hall, Wuensch., & Godley. (2013) on 182 students showed that the results of self-compassion were positively correlated with psychological well-being and also physical well-being. Whitehead., Bates., Elphinstone., and Yan (2021) suggested that higher levels of detachment from oneself and self-compassion for oneself were related to with reduced psychological distress and increased psychological well-being. However, for people with mild depressive symptoms, detachment from self was found to be a stronger predictor of reducing psychological distress and increasing psychological well-being than self-compassion. Analysis based on empirical mean category. From the results, the mean empirical variable Psychological well-being is in the medium category. This indicates that the female respondents and mothers in this study tend to feel prosperous in their lives, both in their roles as working women, as mothers who can be indicated as being able to carry out the roles of wife and mother such as caring for children, educating children, being a chef for the family, being a doctor, manage finances well. This is because female respondents and mothers tend to have a

life goal in the family, have a sense of personal growth, tend to be independent in carrying out their roles in the family, are able to control the family environment such as communicating, and can build positive relationships with other people, in this case the family. This tends to make women and mothers prosperous in their lives, which is called psychological well-being. López, Hidalgo, Bravo, Martínez, Pretel, Postigo, and Rabadán (2010) said that happiness is transmitted through social connections, this can indirectly contribute to social health. Several determinants of psychosocial health can be transmitted through social contact. Especially friendship, between individuals who have a lot in common, living and working environment is related to health and psychological state. These patterns. This reciprocal relationship is very important, especially in the family environment. It is generally said that life experiences and a person's perspective can help understand variations in human well-being (Ryff and Singer, 1996). Ryff and Singer (1996, 2003) explain the importance of establishing positive relationships with other people, including resilience, the pleasure that comes from close contact with other people, from intimacy as well as highly emphasized relationships with other people and guidance and attention to generativity. Ryff and Keyes. (1995). Explains that individuals who have a score in positive relationships show warmth, high happiness is an indicator that someone has a positive attitude, recognizes and accepts various aspects of themselves, including the good and bad and can look at the past with positive feelings. Meanwhile, low scores on Positive relationships with others appear in individuals who are largely dissatisfied with themselves, feel uncomfortable with what happened in their past lives, are concerned about some personal qualities and want to change.

The description of the mean empirical resilience of female and maternal respondents in this study also appears to be in the medium category. This



means that female respondents and mothers in this study tend to have resilience in facing family problems, do not give up easily in facing the life challenges they face and try to get out of these problems, which shows that respondents in this study tend to be resilient. Taormina (2015), explains that adult personal resilience includes many things, including a person's determination and ability to survive, adapt and recover from difficulties, and this is related to the four dimensions of adult personal resilience. Snyder and Lopez (2002) explain resilience from a developmental perspective, fulfilling important developmental tasks despite serious threats to development. Resilience is a good adaptation in mitigating circumstances.

The description of the mean empirical self-compassion among respondents in this study looks high, this indicates that female respondents and mothers have compassion for themselves, care for themselves, do not blame themselves or punish themselves, when facing family problems. Apart from that, it can be interpreted as honestly admitting that as an individual facing problems or failures is part of life. That life must be lived with a broader perspective and not isolate oneself. Also, the high level of self-compassion in this study shows that there is awareness of the events or family problems being faced, focusing on current events and not getting caught up in previous problems, so they are able to solve the problems currently being faced. Because high self-compassion influences individual well-being. Several studies show that self-compassion is related to psychological well-being, and it is said that self-compassion as an important protective factor encourages emotional resilience (in Neff, 2009). Another opinion is that high levels of self-compassion are related to better psychological health and lower levels of depression and anxiety. Neff, 2003a, Neff, Kirkpatrick, & Rude 2007). Neff (2011) in research explains that self-compassion provides greater resilience and emotional stability than

self-esteem. It is said that there is no excessive self-evaluation, ego defense or excessive ego display. It can be interpreted in other words that self-compassion does not prioritize ego rather than over-evaluating oneself by comparing it with other people. Individuals who have self-compassion do not have to be successful or feel superior to others to feel positive feelings about themselves. Self-compassion is a more useful way of having healthy relationships.

Based on the empirical mean dimension of psychological well-being in all dimensions, it shows a very high category. These results can be interpreted as meaning that the respondents in this study felt prosperous or well-being. Based on the theory used, respondents in this study can control the environment, choose individuals who grow, want to build good relationships within the family, are independent individuals, have goals in life and can accept the strengths and weaknesses of themselves and others. The personality traits shown by respondents in this study are in accordance with the opinion of several figures that self-acceptance is related to well-being and involves positive thinking about oneself, not referring to narcissism and low self-esteem, but includes positive things. A high score in positive relationships shows that individuals are satisfied in building relationships full of trust with other people, showing empathy which influences human relationships. A high score on independence indicates people who can determine themselves independently, by regulating behavior in terms of internal assessment. Environmental mastery is an individual who is able to control the surrounding environment and is able to maintain it. The purpose of life is a person's ability to find meaning and direction in setting goals in his life. Personal growth is the ability to develop resources to realize one's potential and talents, openness to new experiences, which makes individuals function fully (Ryff and Singer 1996, Ryff and Keyes, 1995, Ryff and Singer 2003).

## Conclusion

Based on the results of the data analysis that has been carried out, it can be concluded that the results of this research have a simultaneous and very significant influence of resilience and self-compassion on psychological well-being in women and mothers in this study. These results show that the respondents were women and mothers in this study. tend to feel and have psychological well-being, such as being able to interpret family life, tend to be independent in carrying out various tasks in household life, can process and manage the family environment, can build positive relationships with family members, want to grow with their own potential and understand that every individual has limitations. This is influenced by the ability of resilience, namely being able to survive and overcome problems and being able to get out of the problems faced by women and mothers in their various tasks and roles. Apart from self-

compassion, respondents here can show compassion for themselves by not judging and evaluating themselves excessively or even comparing themselves with other people, not putting their ego first, realizing that every individual has problems, and focusing on problems that need to be overcome, not in the past. Then. The presence of resilience and self-compassion makes respondents in this study tend to feel prosperous.

## Implications

Based on the results of this research, it is recommended that intervention can be carried out with resilience and self-compassion training to improve psychological well-being in women and mothers, bearing in mind that women and mothers have many roles that must be carried out and these roles will have an impact on the resilience of the family. will have the impact of creating strong human resources in the future.

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