

## Mother's secure Attachment Style Among Toddlers in Bali

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### ABSTRAK

*Kehidupannya anak akan sangat tergantung pada pengasuhan intensif yang diberikan oleh ibu. Selama proses pengasuhan anak, akan terjalin suatu ikatan emosional dalam interaksi antara ibu dan anak. Tujuan penelitian ini untuk mengeksplorasi gaya pengasuhan ibu kepada anak Balita di Bali. Subjek penelitian ini adalah 66 ibu dengan anak usia balita di Bali yang berasal dari ibu bekerja, ibu bekerja dirumah, dan ibu rumah tangga, dan sampel ditentukan dengan menggunakan teknik purposive sampling. Variabel-variabel yang dilibatkan dalam penelitian ini, yakni: gaya kelekatan pengasuhan ibu, status pekerjaan ibu, dan data demografis ibu di Bali. Penelitian ini menggunakan pendekatan studi deskriptif kuantitatif. Data dikumpulkan dengan menggunakan kuisisioner yang dibagikan menggunakan google form dan dianalisis menggunakan analisis deskriptif kuantitatif. Hasil penelitian ini dapat menjelaskan tentang sebanyak 66 ibu dengan anak usia balita, dimana 22 orang berasal dari ibu yang bekerja diluar rumah dengan gaya kelekatan aman yang sedang (skor minimal tingkat kelekatan aman sebesar 63, dan skor maksimal tingkat kelekatan aman pada kelompok ini sebesar 101). Ibu yang bekerja di rumah sebanyak 22 orang, dengan skor minimal tingkat kelekatan aman sebesar 71, dan skor maksimal tingkat kelekatan aman pada kelompok ini sebesar 112. Ibu yang tidak bekerja sejumlah 22 orang dengan skor minimal tingkat kelekatan aman sebesar 82, dan skor maksimal tingkat kelekatan aman pada kelompok ini sebesar 118. Hasil penelitian ini dapat menjadi pengembangan bahasan dalam keilmuan parenting terutama pengasuhan dan kelekatan ibu.*

### ABSTRACT

Children life will be very dependent on the intensive care provided by the mother. During the child-rearing process, an emotional bond will be established in the interaction between mother and child. The purpose of this study was to explore the parenting styles of mothers for toddlers in Bali. The subjects of this study were 66 mothers with children under five in Bali who came from working mothers, working mothers at home, and housewives, and the sample was determined using a purposive sampling technique. The variables involved in this study, namely: mother's parenting attachment style, mother's employment status, and demographic data of mothers in Bali. This research uses a quantitative descriptive study approach. Data was collected using questionnaires which were distributed using google form and analyzed using quantitative descriptive analysis. The results of this study can explain as many as 66 mothers with children under five, of which 22 people come from mothers who work outside the home with a moderate secure attachment style (the minimum score of secure attachment level is 63, and the maximum score of secure attachment level in this group is 101 ). There were 22 mothers who worked at home, with a minimum score of 71 for secure attachment, and a maximum score of 112 for this group. 22 mothers who did not work with a minimum score of 82 for secure attachment, and a maximum score safe attachment in this group was 118. The results of this study can be used as a development of discussion in parenting science, especially mother's care and attachment.

### 1. INTRODUCTION

When children are born, they cannot take care of themselves. Their life will be very dependent on the intensive care provided by the mother. During the child-rearing process, an emotional bond will be established in the interaction between mother and child. The emotional bond that exists between mother and child will create an attachment between them. Attachment is a relationship between a child and one or more caregivers that appears in infancy where the relationship describes the bond between them

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(Fuad & Budiyo, 2012; Prasetyaningrum & Rahma, 2015). Furthermore, attachment is a strong emotional bond between the child and the caregiver or mother. Previous research stated that attachment is divided into secure attachment and insecure attachment (Hasmalawati & Hasanati, 2019; Purnama & Wahyuni, 2017). Insecure attachments are subdivided into anxious-avoid attachments and anxious-aversion attachments. The child with secure attachment uses the mother as a secure base from which to explore their environment. Then, the child with an anxious-avoidance attachment displays insecurity by avoiding the mother (eg, ignoring, averting the gaze, and making no attempt to seek attachment to the mother). Furthermore, children with anxious-rejection attachment show insecurity by rejecting the mother (eg, leaning on her but simultaneously kicking and pushing her away). This research will review the types of secure attachment. A sensitive mother who is always with her child will experience a safe and comfortable attachment. In this way they are better able to start conversations that contain emotional and relational elements with their children. Similar research states that because emotions are significantly related to attachment between mother and child, children reflect on emotional and moral messages conveyed by their mothers in conversations between mothers and children every day (Arianda et al., 2021; Utami & Pratiwi, 2021; Wijirahayu et al., 2016).

From the results of investigations conducted by other researchers, it was found that a number of children who experienced insecure attachment were less able to interact with their environment and had poor grades in the third grade compared to a number of children who experienced secure attachment (Anapratwi & Handayani, 2013; Diananda, 2020; Raissachelva & Handayani, 2020). Children who experience insecure attachment will avoid their mother because they do not trust their mother. The child is also afraid of strangers, and is annoyed by small things such as daily separations, because the child perceives that there is no figure that can be used as a safe and trusted basis for exploring the environment. Attachment experienced by children is influenced by the ease and responsiveness of caregivers or mothers in caring for children, the child's ability to open relationships with caregivers or mothers, as well as family conditions and the child's environment (Hidayah & Palila, 2018; Rakhmawati, 2022; Sari et al., 2018). Of these several factors, researchers will highlight the ease and responsiveness of caregivers or mothers in caring for children. This is because the mother is the figure closest to and directly related to the child in the early stages of life. In addition, mothers in their interactions with children get an earlier opportunity to convey positive emotions to their children.

The attachment security and insecurity experienced by the child depends on how sensitive and responsive a mother is to the signals conveyed by the child. Children who feel securely attached tend to have mothers who are sensitive, accepting, and able to express affection towards their children compared to children who do not feel securely attached (Puspitasari & Wati, 2018; Rahmatunnisa, 2019b, 2019a). The mother's sensitivity and responsiveness to the signals conveyed by the child are also related to the quantity of togetherness between mother and child (Rohmah et al., 2020; Susanto, 2021). In addition to the quantity of togetherness between mother and child, the sensitivity and responsiveness of the mother to the signals conveyed by the child is also related to the quality of the mother's response to the needs of their child in the form of attention, assistance and protection for their child. Related to the quantity of mother and child togetherness and the quality of the mother's response, it can be seen that the current phenomenon is that many mothers are busy outside the home or inside the home, which is work outside of their work as housewives. This phenomenon raises the question whether there is a difference caused by the mother's employment status. The working status of the mother in question is the mother who works outside the home, the mother who works inside the home, and the mother who does not work (Telaumbanua & Nugraheni, 2018; Triana & Krisnani, 2018). This mother's employment status will bring up differences in the number of working hours and work schedules for mothers. The number of working hours and work schedules that are different for these mothers will affect the time spent with their children. The difference in time spent together between mother and child can lead to differences in the level of secure attachment that is formed in children. This is because the time spent together between mother and child is related to the mother's opportunity to care for her child.

Mother's employment status also contains role conflict problems in the mother. This can happen to mothers who work both inside and outside the home. This role conflict arises because mothers in both employment statuses have multiple roles. The dual role in question is the role of a housewife and a working woman. Another finding states that those with dual roles admit that operationally it is difficult to divide their time between household and work matters (Ananda et al., 2021; Mayar, 2013; Yuningsih et al., 2018). In addition, there will be a phenomenon of loss of personal control on the mother because she is too busy with her work (Hamzah, 2020; Rohayati, 2013). Similar researchers also stated that anxiety will arise in mothers who have multiple roles in society (S. S. Dewi, 2017; Lestari, 2017). This is because both the environment and herself want her to be a good mother and wife who can meet all her needs. On the other hand, he also wants his work to go well. If these two things do not work in harmony, anxiety and

stress will usually arise in the mother. The role conflict experienced by the mother can make it difficult for the mother to achieve success in the fields of work, family, and interpersonal relationships at the same time. In addition, previous research stated that the main role of women in society is to be around the household, namely as mother and wife (Fitria, 2019; Hidayati, 2015). Starting from the various descriptions above, the author wants to examine the child's secure attachment style seen from the mother's employment status. This research was conducted because of the different attachment experiences felt by each toddler. This study aims to analyze the child's secure attachment style in terms of the mother's employment status.

## 2. METHOD

This research is included in the quantitative descriptive study. The research subjects in this study were mothers in Bali with toddlers. The total population is as presented in the table of 66 people. The taking of subjects in this study was obtained using a purposive sampling technique, namely a technique applied to samples whose characteristics have been determined and known in advance based on the characteristics of the population. The subjects used in this study were 66 mothers who had different working status, namely, 22 mothers who worked outside the home, 22 mothers who worked inside the home, and 22 mothers who did not work in Bali region. Subjects in this study had the following inclusion characteristics, 1.) Mothers who are married and have children less than five years. 2.) Mothers did not experience difficulties in the birth process and children did not experience health problems. 3.) Mothers live with their husbands, mothers who do not live with their husbands can affect the attachment of mothers and children by interfering with the sensitivity of caring for mothers to children. 4.) Mothers do not experience psychological problems where mothers do not experience problems in carrying out their daily activities.

Methods of data collection in this study using the scale method. The data collection tool in this study uses identity and scale data. The purpose of the points in the identity data is to find out the employment status of the mother and to select subjects according to predetermined criteria. The statement scaling method used in this study uses the Likert-type Summated Rating scaling method, which is a statement scaling method that uses the response distribution as the basis for determining the scale value. The categories used to state the subject's statement consist of four anchors, namely very appropriate, appropriate, inappropriate, very inappropriate. The tool used to collect research data is in the form of a scale based on the safety attachment aspects of the Strange Situation Procedure. The procedure for collecting data in this study began with the preparation of research tools by the researchers, including the process of recruiting research subjects according to predetermined inclusion criteria. In subjects who agreed to informed consent, it was followed by data collection using the Google form, including the presentation of a secure attachment level scale to research subjects where each research subject was asked to fill in their identity and answer the secure attachment level scale. Data collection was carried out individually by adhering to the characteristics of the research subjects that had been determined previously. The author performs data processing using quantitative descriptive data analysis used to analyze data by describing or describing the data that has been collected as it is without intending to make general conclusions or generalizations. In this research, subject grouping refers to the categorization criteria. The purpose of categorization is to place individuals into separate groups in stages according to a continuum based on the attributes being measured. The ladder continuum used is from low to high. The categorization of secure attachment level scores based on theoretical averages is shown in Table 1.

**Table 1.** Categorization of Secure Attachment Level Scores Based on Theoretical Averages

Interval	Category
$(\mu + 1,5 \sigma)$ X	High
$(\mu - 0,5 \sigma)$ X $(\mu + 0,5 \sigma)$	Moderate
$(\mu - 1,5 \sigma)$ X $(\mu - 0,5 \sigma)$	Low

In addition, the score categorization of secure attachment level was carried out based on empirical averages. Researchers classify the subjects in this study based on cumulative scores into five categories as shown in Table 2.

**Table 2.** Categorization of Secure Attachment Level Scores Based on Empirical Averages

Interval	Category
$X > (M+1,5s)$	Very high
$(M+0,5s) < X < (M+1,5s)$	High
$(M-0,5s) < X < (M+0,5s)$	Moderate
$(M-1,5s) < X < (M-0,5s)$	Low
$x < (M-1,5s)$	Very low

### 3. RESULT AND DISCUSSION

#### Result

##### Demographic Data of Research Subjects

Through this research, 66 research subjects were collected in the Bali region. Then, the scale that had been filled out by the research subjects beforehand was classified into three groups of subjects namely mothers who worked outside the home, mothers who worked inside the home, and mothers who did not work. Demographic data of research subjects are presented in [Table 3](#).

**Table 3.** Demographic Data of Research Subjects

Mother's Occupational Status		
Mother's Occupational Status	Work	Amount
Working Outside the Home	Government employees	8 people
	Private sector employee	5 people
	Pharmacist	3 people
	Administrative staff	2 persons
	Bank employees	2 persons
	Doctor	2 persons
	Work at home	Restaurant owner
	Telkom stall owner	9 people
Does not work		22 orang
Total		66 orang
Age Range of Mother and Child		
Mother's Age Range	Child Age Range	Child Birth Sequence Range
23-40 years	1-4.8 years	First-fourth child
Gender of Child		
		Amount
	Man	29 people
	Woman	37 people
	<b>Total</b>	<b>66 people</b>

Based on [Table 3](#), information was obtained that there were 22 mothers who worked outside the home, 22 mothers who worked inside the home, and 22 mothers who did not work. Furthermore, the age range for mothers is 23 to 40 years with a child's age range from 1 to 4.8 years. In addition, the sex of children is dominated by girls with a total of 37 people. Based on the identity data that has been filled in by the research subjects, it can be seen that the research subjects did not experience difficulties in the birth process and the subject's children did not experience health problems. The illness that the subject's child had suffered during the first year of life was limited to the usual fever, cough and runny nose. In addition, based on the results of demographic data, it can be seen that all research subjects did not experience psychological problems that could interfere with the subject's daily activities. Subjects did not face stressful situations and experienced painful events during the process of raising their children.

##### Categorization of Secure Attachment Level Scores Based on Theoretical Averages

The secure attachment level scale has a total of 43 items, with scores 1, 2, 3, and 4. The lowest score is 43 and the highest score is 172. The range for this scale is  $172 - 43 = 129$ . The standard deviation value ( $\sigma$ ) is  $129 : 6 = 21.5$  while the theoretical average ( $\mu$ ) is  $(43+172) : 2 = 107.5$ . The data summary for the category of safe attachment level based on the theoretical average is presented in [Table 4](#).

**Table 4.** Summary of Safe Attachment Category Data

Mother's Occupational Status	Amount	Category Score Level Attachment Safe
Mothers who work outside the home	3 people	Very low
	14 people	Low
	5 people	Medium
Mother working at home	1 person	Very low
	17 people	Low
	4 people	Medium
Unemployed mother	15 people	Low
	7 people	Medium

#### Categorization of Secure Attachment Level Scores Based on Empirical Averages

**Table 5.** Data on the level of safe attachment seen from the mother's employment status

	N	Empirical Average	Theoretical Average	Min	max
Mothers who work outside the home	22	85.09	107.5	63	101
Mother working at home	22	89.95	107.5	71	112
Unemployed mother	22	95.14	107.5	82	118
Total	66	90.06			

Based on [Table 5](#), it can be explained that the number of subjects in this study were 66 people, with an empirical average score of a secure attachment level of 90.06. Furthermore, the categorization of this average score as a whole is at a moderate level with a minimum score of 63 for secure attachment, and a maximum score of 118 for safe attachment. The number of subjects in the group of mothers who worked outside the home were 22 people, with an empirical average score of 85.09 for a secure attachment level. Furthermore, the categorization of the average score in the group of mothers who work outside the home is at a moderate level with a minimum score of 63 for secure attachment, and a maximum score of 101 for this group.

The number of subjects in the group of mothers who worked in the house was 22 people, with an empirical average score of 89.95 for a safe attachment level. Furthermore, the categorization of the average score in the group of mothers who work at home is at a moderate level with a minimum score of 71 for safe attachment, and a maximum score of 112 for this group. The number of subjects in the group of mothers who did not work was 22 people, with an empirical average score of a secure attachment level of 95.14. The average score categorization in the group of mothers who did not work was at a moderate level with a minimum score of 82 for secure attachment, and a maximum score of 118 for this group.

#### Discussion

Based on the descriptive results it is known that the safe attachment of children from non-working mothers has the highest empirical average of 95.14. Followed by the safe attachment of children from the group of mothers who work at home which has an empirical average of 89.95. Then, the safe attachment of children from groups of mothers who work outside the home produces an empirical mean of 85.09. The existence of significant differences in the level of child safety attachment seen from the mother's employment status can be explained by the existence of factors that also influence the formation of secure attachment, namely, the quantity of togetherness between mother and child which causes conflict in the mother's dual roles. This conflict in the dual roles of the mother will bring anxiety and stress to the mother ([Rinto, 2004](#)). This factor is related to the ease with which the mother cares for the child and the responsiveness of the mother to the signals conveyed by the child. Based on this explanation, it can be said that the mother's ease in caring for the child and the responsiveness of the mother to the signals conveyed by the child are one of the factors that play an important role in influencing the

formation of the level of secure attachment to the child. This is proven by the difference in the level of child safety attachment which is significant in terms of the mother's employment status. This result is in accordance with previous research which states that the quantity of mother and child togetherness has a relationship with attachment between mother and child (E. M. P. Dewi, 2015; Rakhmawati, 2022).

This busy work schedule and high number of working hours, causes mothers to spend more time outside the home. For mothers who work outside the home will bring up a new role in their lives, namely the role of a worker. The emergence of this new role will certainly cause conflict for the mother because of the dual perception of her role as a housewife and her role as a worker (E. M. P. Dewi, 2015; Karakaş & Dağlı, 2019). The role conflict experienced by the mother can make it difficult for the mother to achieve success in the fields of work, family, and interpersonal relationships at the same time. Moreover, this research was conducted in the area of Bali, where all of the research subjects came from and are domiciled in the area of Bali which still adheres to the concept of paternalistic Balinese culture. This concept considers women to have three roles including taking care of the economy, traditional roles, and taking care of the family (Huda & Wibowo, 2018). The complexity of the mother's role in Bali naturally raises various kinds of conflicts.

#### 4. CONCLUSION

There is a role conflict for mothers in Bali which results in differences in secure attachment styles based on the mother's employment status. Mothers in Bali in caring for their toddlers have differences in the quantity of time together and the conflicts they experience during the parenting process. Therefore, it is very important to pay attention to the variable type of mother's work in the preparation of education on mentoring and parenting and education regarding mother and child attachment. The suggestions for further research related to attachment style should be carried out using a combined method using a scale and observation. This needs to be done in the hope of being able to explore more deeply and identify and describe the attachment styles of mother and child.

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