

Social Support in Career Women Who Lost Their Partners In Samarinda City

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ABSTRACT

Loss of a life partner can occur because of a divorce, either a life divorce or a dead divorce. Losing a life partner can be quite a traumatic event in a person's life as well as in a career woman. Career women who lose their partners will carry out increasingly arduous tasks, namely becoming the head and backbone of the family, as well as being a mother and father to their children. Thus, career women who lose their partners need social support from those around them. This study is phenomenological qualitative research that aims to find out the picture of social support in career women who have lost their partners in Samarinda City. The subjects in this study were 4 people who had been selected according to the specified characteristics, namely career women who were married and had children, as well as lost their partners. The results of this study showed that the social support obtained by subjects who lost their partners was in the form of emotional support in the form of encouragement, instrumental both in the form of money and services, information, and friendships provided from people around them such as family, friends, and co-workers where different dynamics emerged obtained in career women who lost their partners due to death where they remained supported by the families of the subjects' ex-husbands.

Keywords: Social Support, Career Women, Losing a Life Partner

1. Introduction

Human beings are individuals who are part of a group. Humans in their development will experience various kinds of development both physical and psychic. The more mature the individual, the more his needs will be, and the demands of his developmental tasks must also be carried out according to his stages. One of the tasks of adult development according to Hurlock (2011) is to get a job and choose a life friend. Today both men and women work together to make ends meet. Gender equality is the reason women start working.

Career women refer to women who have jobs and are financially independent both those who work for others and who have their own businesses (Muhammad, 2019). Some women choose to continue working even though they have a family. They have their own roles and responsibilities to build a family in addition to doing their job. However, some career women may

face unexpected situations. One is when they must lose their life partner.

The loss of a life partner by a career woman is caused by divorce. According to Widyawati (2018) divorce is the end of the marriage bond between husband and wife because their needs are not met or can no longer live together where this divorce can be carried out legally or outside the law. Nurlian, et al., (2019) mentioned that there are two types of divorce, namely a living divorce and a dead divorce. The factors that cause a person to lose their partner are economic factors, age factors, factors of lack of religious knowledge, factors of discrepancies of opinions, and factors of differences in background, and kamatanian factors (Matondang, 2014; Mardika, 2013)

In Samarinda City, the percentage of female residents who are divorced, both dead divorces and live divorces, continues to increase every

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year. In 2016, the percentage of women who were divorced was 8.03 percent (BPS Samarinda City, 2016). In 2017 it increased to 10.57 percent (BPS Samarinda City, 2017). In 2018 it fell to 9.68 percent and rose again in 2019 by 10.86 percent (BPS Samarinda City, 2018; 2019). This is in line with the opinion of Cavanaugh & Fields (2006) who said that the loss of a partner will be experienced more by women than men. This is evidenced by the percentage of men who lost their partners in 2019 in Samarinda City by 4.21 percent smaller than women (BPS Samarinda City, 2019).

Sudarsono (2010) said that divorce can be quite a traumatic event for some who feel and are involved in it. Losing a partner for a career woman both due to a life divorce and a dead divorce is basically the same i.e., the woman who is left behind will assume an increasingly arduous role task. They will feel the loss of their life partner, but in the case of career women who have had children, they are even forced to be the main person in charge and without being able to refuse to carry out the role of mother and father (Aprilia, 2013).

In the face of an unpleasant or painful situation such as losing a partner or divorce, the human being needs a help that can make him survive, be it from within himself or from the environment. One of the aids that comes from the environment is social support. According to Wijaya and Pratitis (2012) social support is an encouragement or help received by individuals so that they can increase self-confidence and have positive feelings about themselves. Social support also comes from the social environment of individuals with whom they often interact.

According to Sarafino (2011) the aspects of social support are fourfold namely emotional support, instrumental support, informative support, and friendly support. Sarafino also mentioned that there are three factors that affect social support. i.e., potential recipients of support, potential support providers, and the composition and structure of social networks.

This psychological cure can be given by people around career women who have lost their partners. Pitasari and Cahyono's (2014) research on "coping in mothers who play the role of single parents after the death of the husband" found that widows who have experienced divorce feel a heavy psychological burden and can return little by little to being themselves with the help of many people. Especially people who interact with him frequently. It is corroborated by research conducted by Jameel (2018) on Hindu widows and Muslim widows that social support becomes a predictor on the well-being of a widow's life. Social support is becoming an aid tool that Career women use to recover from painful experiences such as losing a life partner.

Career women are different from women who don't work. They have different dual roles when in their family environment or work environment. There are inevitable unexpected situations such as divorce that make career women lose their life partners. From this, social support can be one of the coping strategies in Career women who have lost their life partner or experienced divorce.

The purpose of this study is to find out the picture of social support for Career women who have lost their partners. The benefit of this research is to increase knowledge about the picture of social support received by career women who have lost their partners, as well as a theoretical contribution to the study of psychological science, especially at Mulawarman University. This study seeks to get an idea of what kind of social support is received by career women who have lost their partners, especially in the city of Samarinda. Based on this, the formulation of the problem posed by researchers is: "How is social support in career women who have lost their partners?"

2. Research Methods

Types of Research

In this study, researchers used a qualitative research design, namely research based on the philosophy of post positivism, used to examine the condition of the natural subject, where the researcher is a key instrument, sampling is carried out purposive sampling and snowball, data analysis is inductive / qualitative, and the research results prioritize meaning over generalization. While the type of research used is in the form of phenomenology. According to Moleong (2016) Phenomenology is a view of thinking that emphasizes focusing on human subjective experiences and interpretations of the world. Phenomenologists want to understand how the world appears to others.

Qualitative research is carried out by describing in the form of words and language, with a special context and utilizing various natural methods. In general, qualitative research can be used for research on people's lives. The reason researchers use qualitative research is because researchers want to find information related to social support in Career women who have lost their life partners directly through the experience of the subject.

Research Subjects

In determining the subject of the study, the sampling technique used in this study was *purposive* sampling. This technique is used because the selection of subjects and research informants is based on certain characteristics or traits that are seen as having a close relationship with the characteristics or traits of the population that meet the goals that have been set (Azwar, 2012).

According to Poewardari (2011), there are three rules of procedure in the selection of qualitative research subjects, including:

- a. It is not aimed at a large sample, but rather at a specific case specific to the research problem raised.
- b. The determination of the subject of the study may change both in the number and characteristics of its sample, along with the understanding of conceptual developments in qualitative research.
- c. The subject of the study is directed at the suitability of the qualitative research context.

The researcher has set the criteria of the research subject specifically according to the research focus as follows:

1. Women have jobs.
2. Loss of a life partner.
3. Do not have communication problems.
4. Being willing to participate in the study is evidenced by the subject's willingness to sign informed consent.

Data Collection Methods

According to Poerwandari (2011) the methods commonly used in qualitative research are observation, interviews, case studies, and so on. Qualitative data collection methods are in the form of observations and interviews, as follows:

1. Observation

Observation is the direct observation of an object contained in the environment whether it is ongoing at that time or still running which includes various activities of attention to an object study using sensing. Whether the actions are performed intentionally or consciously or unconsciously and take place in order. The process of implementing observations is carried out by researchers when conducting interviews on subjects (Arikunto, 2011). Researchers use nonparty observation techniques, namely by observing the subject during the interview process without being directly known by the subject.

2. Interview

According to Burhan (2017) in-depth interviews are the process of obtaining information for research purposes by means of question and answer while meeting face to face between the interviewer and the informant or the interviewee or the person interviewed with or without interview guidelines, conversation as a means of obtaining information with the aim of explanation or understanding. Qualitative interviews are conducted when the researcher intends to acquire knowledge about the subjective meanings that individuals understand about the topic under study and intends to explore the issue, the interview is something that cannot be done through other approaches (Banister, 2011).

Data Analysis Techniques

Creswell (2015) said the method of data analysis is the process of compiling data, namely organizing and sorting data into patterns or categories so that they can be interpreted, which is carried out through three kinds of activities that are interconnected and take place continuously during research. The steps taken in qualitative data analysis are as follows:

1. *Data Reduction*

Data reduction is a technique of collecting information through the process of selecting, focusing, and simplifying data obtained from the results of data collection relevant to the problem under study. After the data is collected from the results of observations, interviews, field notes, and other data materials found in the field are collected and classified by making summary notes, coding to adjust according to the results of the study.

2. *Data Presentation (Display Data)*

Data presentation is the presentation of data into several corresponding matrices. The matrices of data presentation to facilitate construction to determine, infer and interpret the data. In addition, it also serves as a list that can concisely and quickly show the scope of data that has been collected, can be considered still insufficient or incomplete, can be immediately searched again the data at relevant sources.

3. *Conclusion Drawing /Verification*

Data analysis activities are intended to find meaning and make conclusions from the data that has been collected by looking for patterns, themes, relationships, equations, things that often arise and work hypotheses. The results of the research that have been collected and summarized must be repeated by matching the reduction of data and the presentation of data, so that the conclusions that have been studied can be agreed to be written as a report that has the correct level of trust.

Data Validity Techniques

The validity of the data according to Moleong (2016) states that every circumstance must have:

1. Demonstrate the correct values
2. Provides a basis for it to be implemented
3. Allows outside decisions that can be made about the consistency of its procedures and the neutrality of its findings and decisions.

3. Research Results

Interview Results

Interviews are conducted by researchers to find out in full related to accurate information regarding the research variables that researchers want to explore, namely social support. Where in accordance with the explanation of the research methods previously outlined, researchers have conducted interviews on four subjects that correspond to the characteristics to be explored, namely career women who have lost their partners. Of the four subjects, two career women lost a partner due to a live divorce while the other two lost their spouses due to a dead divorce. The following are the times and places of conduct of the interview which can be seen in the table below:

Table 1. Interviewed Subject

Subject	The Situation of Losing a Partner	Date	Place
YL	Divorce Life	June 25, 2021	Zoom meeting Subject YL
ZH	Divorced Dead	July 10, 2021	Zoom meeting Subject ZH
EDR	Divorced Dead	July 14, 2021	Zoom meeting EDR Subject
KH	Divorce Life	June 20, 2021	Zoom meeting Subject KH

Source: processed data 2022

Overview of Aspects of Social Support

Social support can occur when there is support that an individual gives to another individual. From the results of the interviews that have been carried out, the four subjects who are career women who have lost a partner indicate that they receive different forms of social support provided by the different people around them. Where from

the explanations expressed by the subjects, subjects who are separated due to divorce live with their spouse, are not related, and do not get support from the family of the subject's ex-husband, on the contrary subjects who are left for divorce die precisely have a good relationship and get support from their ex-husband's family

Table 2. An Overview of Social Support in Career Women Who Lost Their Spouses

Aspects of Social Support	SUBJECT			
	Divorce Life		Divorced Dead	
	YL	KH	EDR	ZH
<p>Emotional Support</p> <p>This aspect is in the form of giving attention, empathy, caring, and giving affection, so that the individual feels comfortable and loved. Such as encouraging, entertaining, and declaring that they are ready to help.</p>	<p>YL received support from her son in the form of participating in discussions regarding the tough decisions that must be taken regarding divorce and giving a sense of understanding of the indecisive condition experienced by their mother. After the divorce, not only close to the child, but the subject also remains on good terms with the subject's friends who also pay attention to the subject of YL and are also encouraging.</p>	<p>KH gets the care and attention of his parents who understand the situation experienced by the subject so that the subject feels stronger. In addition, the subject of KH also has friends who also work in the same field as him who also understand the conditions and entertain the subject.</p>	<p>The EDR stated that the subject gained the attention of the family from her ex-husband who comforted her as well as asked her to stay. Close friends of the subject who also work as teachers encourage, help with the subject's work, listen to the subject and are very understanding when the subject cannot work because the child of the EDR subject is sick.</p>	<p>The ZH subject who gets a sense of attention from his neighbors, younger siblings and cousins who accompany and enliven the atmosphere of the subject's house thus reducing the sense of loneliness that the subject feels. In addition, the family of her own husband is still on good terms and the subject's friends also provide non-material support in the form of encouragement, and prayer giving</p>
<p>Instrumental Support</p> <p>This aspect is in the form of helping both materially and nonmaterially to individuals so that they will remain enthusiastic and not give up when experiencing difficulties. Such as giving or lending costs to someone, or taking the initiative to spend their energy, services, or ability to help someone.</p>	<p>Close friends of the YL subject help to provide additional supervision of the subject's children who cannot be often supervised by the subject at his school. In addition, in domestic affairs, the subject receives help from the housekeeper who provides his services for cooking, cleaning and the house which makes the subject feel helped. In the development of his career, the subject also receives help from his employees.</p>	<p>The parents of the KH subject help to care for and take care of the subject's child when the subject cannot do so. In addition, the subject has friends from his work environment who are willing to help the subject when difficulties.</p>	<p>The in-laws of the subject help to take care of the child of the EDR subject when the subject must teach and help take care of the household. In addition, the subject receives material assistance from a close friend of the subject who lends funds when the EDR subject wants to pay for his lectures, as well as the subject's sister who helps lend funds to the subject who wants to buy his child a motorbike.</p>	<p>The subject of ZH received the help of services from his cousin who was willing to teach the subject to cooking. In addition, the subject also received remittances from her family and her husband's family.</p>
<p>Informative Support</p> <p>This aspect is in the form of providing advice, instructions, suggestions, solutions, and information that is useful and needed by individuals. By providing information, an individual can also be guided and directed to develop his potential to the maximum.</p>	<p>Related to work when the subject of YL has difficulties, the subject does not hesitate to ask questions with friends who are in contact as well as having the same line of work as him in MLM and sharing information together.</p>	<p>The subject of KH received advice from his father. In addition, the subject's friends also often give advice when the subject finishes telling him about his complaints and provides important information related to work.</p>	<p>The subject of EDR very much receives useful information from friends and co-workers of the subject such as close friends of the subject helping the subject know the information of the work that the subject should do, and when the subject must use an application in the creation of his report that the subject does not understand, the subject's co-workers will</p>	<p>When Subject ZH tells a story, his close friends will give feedback in the form of helpful advice to the subject as well as the subject's cousins who teach him great cooking</p>

Aspects of Social Support	SUBJECT			
	Divorce Life		Divorced Dead	
	YL	KH	EDR	ZH
Friendly Support This aspect is in the form of the willingness of other individuals to accompany and spend time together, so that the individual can feel that he is part of a group.	A group of friends that YL has consists of dozens of mothers who know each other because they have children who attend the same kindergarten and have a relationship that remains well-established that lasts for approximately thirteen years and is still well established, so that the subject feels that they have close friends.	KH subjects have emotionally close friends, one work friend, one athlete friend and parents who are always supportive.	The subject of the EDR has a very supportive work environment, in which the subject will gather to hold a meeting related to the race or make a report, in which the group makes the subject feel happy because in it each member will help each other.	The subject of ZH has a very caring family and makes the subject feel comfortable to interact with each of its members, as in her cousin, her child even the family of her husband.

Source:processed data 2022

Overview of Factors Affecting Social Support

From the results of the interviews conducted, researchers also found factors that influence the acceptance of social support they get and have

conformity with the three factors stated by Sarafino (2011), namely potential recipients of support, potential providers of support and the composition and structure of social networks.

Table 3. Factors Affecting Support Social in Career Women Who Lost Their Partners

Factors affecting social support	SUBJECT			
	Divorce Life		Divorced Dead	
	YL	KH	EDR	ZH
Potential Beneficiaries	The YL subject uses the assertiveness he has in making big decisions, in the help of additional supervision in his children, as well as when the subject has difficulty in understanding a matter of career field that he is developing the subject will understand that he needs the help of others and will initiatively ask for the help of others	KH subjects who felt the difference in their openness when married and after divorce also experienced a change in the acceptance of the support they had.	The EDR subject will also maintain good relations with her ex-husband's family as well as with her own family. In addition, if there is a conflict that occurs within the scope of his work, the subject will still maintain his professionalism while maintaining communication with others who do not want to respond to him and limiting secure communication only in the office environment	The subject of ZH takes good care of communication with the family of her husband so that socially the subject is still close to them. In addition, the subject also interacts and socializes more and more often with his neighbors so that many people are still connected to the subject.
Potential Support Providers	The subject is of the view that his employees should be given clear instructions to be able to do their job well. In addition, as a subject YL is also aware of the needs of his child who requires the presence of his mother but also needs a breadwinner in the family so that the subject draws up a plan that can be done to meet these two needs, namely by selling in the store.	The subject of KH will provide support and help to others so that in this case the subject has the principle of mutual help to the scope of friendship and work. KH subjects feel that they get better after divorce because they interact well on the subject	The subject of EDR tried to help his family's economy and motivate him to work. Not only that, because the subject of EDR also lives together with his in-laws, the subject also adds to his responsibility to help with his household affairs by tidying up the house, buying home necessities and cooking.	The subject of ZH has an awareness of the changing responsibilities that he must bear, namely that the subject must take care of and pay for his child alone, from this the subject is encouraged to provide support to his child
Composition and Structure of Social Networks	YL has one employee, has two children, has close	The subject is in a group of athletes who can help him	EDR subjects have a kindergarten teacher-teacher or IGTKI bond	The ZH subject has a family that cares about him especially

Factors affecting social support	SUBJECT			
	Divorce Life		Divorced Dead	
	YL	KH	EDR	ZH
	friends who are willing to help the subject supervise his children when the subject can't.	develop the career he has. As well as the existence of parents of the subject who are always by the side of the subject and help the subject become a very subject appreciate and be grateful for.	which is a group that often interacts with the subject due to the demands of the work that gathers almost every week.	his cousin who works in the business venture that the subject runs and lives in the same house with him and teaches him to cook. In addition, the subject also has friends who often listen to him tell stories about the problems he has.

Source:processed data 2022

4. Discussion

In the results of the study that has been interpreted by researchers, a common thread, and dynamics of the picture of social support in career women who lost their partners in the city of Samarinda were found. In which, the source of social support received by the subjects is also based on their perception of people who are on good terms and provide social support to the subject.

From the interview results, YL and KH subjects tended to feel more open after having a legal conversation with their ex-husband, but it was inevitable that they were also burdened with having to take two roles as mothers as well as the backbone of the family. Whereas EDR and ZH have difficulties due to the loneliness that arises due to separation from the subject's ex-husband, as well as the subject who must keep working to support their family.

Their family also became the main support in the lives of the subjects. Followed by parties outside the family such as friends, co-workers, and found in women who lost their spouses due to death, they still get support from their ex-husband's family. This is in accordance with Lestari and Siswanto (2015) which reveals that social support is an individual's actions carried out to other individuals by providing support or assistance.

Subjects who receive this social support also tend to have a view towards the support received, in which they feel helped and supported after experiencing a situation that tends to make them stressed and burdened by having to carry the burden of being a single parent due to the loss of their partner, either due to a live divorce or a dead divorce. Where this is in line with the expression of Saifuddin, et al., (2019) where a social support is a behavior that shows the individual cares about other individuals and has a calming effect internally.

In the subject of YL, the support of the surrounding environment greatly helps the subject reduce the burden of the dual role he has. For example, one store employee he owns helps him to supervise and make a report on the income of the store. Her children gave her a sense of care and joined the discussion and helped the subject make tough decisions. The subject's friends also

don't mind keeping an eye on their children who can't often control subjects at school. Her friends and co-workers in MLM help her by sharing information, as well as a maid who becomes an assistant in taking care of her household affairs.

In the subject of KH, the Subject also feels that more people support him than when he is married. Where both parents help take care of their child and often give him advice to keep the subject strong even though he has become a single mother and to still love his child who needs the subject's attention. In addition, the friend and work environment of the subject both in government offices, private offices and fencing athletes gave him encouragement, even very understanding and tolerant regarding the sometimes-late state of the subject. Not only that, the subject's closest friend who also works in the same place as he often gives him advice after listening to his complaints and will provide information related to the work that the subject must complete which is very helpful for the subject in doing his work.

In the subject of EDR, the subject felt the change of his career getting better and better, but still felt regretful that the subject could not be with her husband afterwards. But the subject received a lot of support that helped her to survive as a career woman who lost her life partner. Her two in-laws requested and allowed her to live with them and they helped take care of the subject's child while the subject was at work. The subject also has a younger brother who is very close to him and becomes the place of the subject's story, where the subject's younger brother also helps him when the subject needs a loan of money. The subject also has friends, colleagues, and a good work environment. Where the subject's friends and co-workers always tell information related to S1 that the subject can take at the same time about the work he needs to complete. The subject's co-workers will also help each other when they must use an application that requires the use of a laptop that the subject feels are very helpful.

In ZH subjects, the death of the husband of the ZH subject greatly affected the subject especially in the early days of time after the event occurred. But slowly the subject becomes more accepting because the support it receives is very

helpful in strengthening the subject. Subjects who are still in good contact with the subject's husband's family get remittances from them and from the subject's own family, the subject's cousins and younger siblings come to work and live together with the subject so that the subject does not feel alone anymore and is followed by the subject's friends who are listeners to the problem that the subject wants to tell.

From the statements expressed, all four subjects have fulfilled all four aspects of social support. This tends to also be due to several factors that encourage them to receive such social support. Sarafino (2011) stated that there are three factors that influence social support, namely, the potential recipient of support which is a social condition of a person who can express the need to obtain the social support he expects, the potential provider of support which is the potential to provide support to others and the composition and structure of social networks in the scope of an individual's relationship with his family and environment.

In the subject of YL, all three factors are met. Where in the potential reception of support the subject will be more initiative if they must ask for help.

On the potential provision of support, the subject realizes the importance of giving instructions to employees. Whereas on the composition and structure of social networks, YL has one employee, has two children, has close friends who are willing to help the subject supervise his children when the subject cannot.

About KH, all three factors are met. The potential for acceptance of subject support becomes more open after divorce. Then on the potential provision of subject principal support to help each other. The composition and structure of social networks in the form of a better sphere of friendship and work.

In the subject of EDR, all three factors are met. The potential for the reception of subject support that maintains good relations with those around him. The potential provision of subject support that helps the family economy and helps with household affairs. The Composition and Structure of Social Networks in the form of Ties of kindergarten teachers into groups that often interact with the subject.

About ZH, all three factors are met. The potential reception of subject support maintains communication with the family of the ex-husband and neighbors. The potential provision of support, the conscious subject must finance his own child. The composition and structure of social networks, that the subject has a close family and close friends with him.

5. Conclusions and Suggestions

1. The four subjects, namely YL, KH, EDR, and ZH, received social support from those around them in the form of emotional support, instrumental support, informative support, and friendly support.
2. Such social support is provided by children, family, friends, neighbors, and co-workers.

3. The social support received by the four subjects is YL, KH, EDR, and ZH were able to make the four subjects rise to stressful conditions after losing their partners.
4. The difference in social support received by subjects who lost their spouses due to live divorce i.e., YL and KH with subjects who divorced died i.e., EDR and ZH were subjects of YL, and KH did not get social support from their ex-husbands whereas subjects of EDR and ZH got social support from their husband's family.

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