



How Positive Thinking can Affect Stress in Moms who Worked during Pandemi Corona?

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Abstract

According to National Commission for Women in April-May 2020, it was explained that women work twice as much as men in terms of household work with a duration of more than 3 hours. There are 1 in 3 respondents who reported that their work increased household chores made him experience stress. The purpose of this study was to see between positive thinking and the stress of mothers who worked during the corona pandemic. Researchers used observational methods to see only people who think positive and stressed. The data technique is to use interviews as initial data in finding information and the phenomena raised in this study, which is then conducted literature studies from journals and books related to the theory of positive thinking variables and relevant stress. As well as the scale of positive thinking and stress that will be taken by research subjects or participants to answer the research objectives. The numbers of samples in this study were 82 mothers who worked during the corona pandemic. The positive thinking scale was developed from Albrecht's (1980) theory obtained by the researcher obtaining a reliability test result of 0.938. While the stress scale developed from the theory of Sarafino (2011) made by researchers obtained a reliability test result of 0.944. Analysis of research data using the use of Pearson products. Based on the results of the Pearson product moment analysis, the value that has no reference is -0.689 with $p = 0.000$; $p \leq 0.01$, which indicates a significant negative between positive thinking and stress from working mothers. The effective contribution of the second variable is shown by the determinant coefficient (R square) of 0.468, which shows that positive thinking affects the stress variable of working mothers, 46.8%.

Keywords: Positive thinking, stress, working mother

1. Introduction

The Covid-19 outbreak began to spread in Wuhan, China, at the end of 2019 (Cao et al., 2020). The dissemination of Covid-19 is happening rapidly all over the world. This incident resulted in changes in human life, such as health, economic, social, cultural, and other aspects. Most individuals need to carry out an adaptation process to meet the surrounding environment's demands because of changes in every aspect (Cao et al., 2020). When a citizen is found positive for the coronavirus, the government of that country will take action under each country's policies, including in Indonesia.

In Indonesia, the coronavirus first appeared in Jakarta around the end of February 2020, which continues to spread until now. However, the central government's policies have become a response to disaster emergencies. Local governments are responsive to the coronavirus problem that has emerged in their regions, ranging from calls for social distancing to physical distancing. Many regions have implemented Large-Scale Social Restrictions (LSSR). Shopping centers, restaurants, cafes, educational places (such as schools, colleges), crowded places, and even office activities are minimal and supervised by the local government. Regional regulations were issued to stop the broader transmission of the coronavirus. Policies carried out by the central and regional governments are still being determined to date, although now these policies have begun to loosen up and have been replaced by the term "new normal."

From the beginning of the emergence of the corona outbreak in Indonesia, Indonesian society has many impacts. According to research conducted by Yuwono (2020) by 89 female and 38 male respondents, with the respondent profession consisting of 38.4% teachers, 11.6% lecturers, 28.8% students, 9.6% private workers, 7.5% civil servants that are not Teachers and lecturers, 2.7% entrepreneur and 1.4% unemployed. Indicate that during the last 30 days,

65% of respondents' stress conditions were seen in the medium category, at 30% in the low category and 5% in the high category.

According to the Women's National Commission in April-May 2020, it explained that women work twice as much as men in terms of doing household chores with a duration of more than 3 hours. There are 1 in 3 respondents who explained that they experienced stress due to increased household chores. Women tend to face specific impacts related to gender roles, especially since there are still many people who believe that Domestic Work (such as raising children, caring for and taking care of the house) is the most significant and primary responsibility of women. While in this pandemic, women must accompany their children to study at home, which is usually done in school, thereby doubling women's working time domestically. The "stay at home" policy recommended by the government causes women to learn technology for their children's education. Then to meet the needs of clean and healthy life and to meet food needs with adequate nutritional intake during the Covid-19 period, forcing women to give more time to do household chores (Goetz, 2018).

When faced with work that piles up and sometimes there are deadlines for work that are close and concurrent, it will often affect the emotions of a mother who does Work From Home (WFH) and, at the same time, has to accompany the child while studying at home. Therefore, to respond to job stressors that arise is a good emotional response, emotional regulation is needed. Emotions manifest themselves in specific cognitive, behavioral, and physiological reactions, which is very important for adaptation to new situations (Trogakos et al., 2020).

Same as the results of interviews conducted by researchers randomly to 10 mothers who worked during this corona pandemic. Almost all of them complained about having to work at home and taking care of their children and husbands, making it difficult for them to allocate time for family and work. On average, they experienced emotional problems during the corona pandemic. Mothers who are WFH become more emotional, so scold their children for not being able to do their assignments or if they interfere when they are completing office tasks, and there is still much-unfinished homework. Most of the mothers who are WFH think that working at home is much more tiring, complicated, and challenging to complete office tasks on time. So that many of the women who are WFH choose to do offices work at night, which causes them to experience difficulty sleeping and irritability. Not infrequently, they also have negative thoughts. This negative thought can also be one of the triggers for stress in the individual.

Sarafino and Smith (2011) explain that stress is: *"The condition that results when person or environment transactions lead the individual to perceive a discrepancy – whether real or not – between the demands of a situation and the resources of the person's biological, psychological, or social system."* Another defines stress as *"A particular relationship between the person and the environment that is appraised by the person as taxing or exceeding his/her endangering his or her well-being"*.

People who think positively will feel more relaxed and be able to control stress better (Gilbert and Orlick, 2007). Positive thinking is a cognitive process that creates pleasant images, expands optimistic beliefs, finds approaches to dealing with problems, and provides a clear view of life (Hamidi et al., 2020). Positive people can evaluate stressful situations with an optimistic attitude and can predict their ability to cope well with adversity, which sometimes may take time.

According to Albrecht (1980), positive thinking is to focus attention on a positive angle or positive attention and positive talk or positive verbalization. Positive thinking on individuals will thoroughly interpret that their problems are impermanent, controllable, and not familiar in a situation. Negative thinking is the opposite of positive thinking that someone will interpret the problem as lasting and destroy what they have compiled. Moreover, it cannot be controlled.

Research conducted by Kooshalshah et al. (2015) regarding the effect of positive thinking intervention on the nurses' job stress resulted that positive thinking training interventions can reduce work stress in nurses aged 30-40 years of the 142 samples conducted, 69.5% experienced severe stress, 27.6% experienced moderate stress, and the rest were included in the low-stress category. However, after giving positive thinking training interventions, there was a decrease in stress levels experienced by the nurses in 8 different groups/sections, namely, Neonatal intensive care, operation room, surgery, gynecology, oncology, emergency childbirth (labor), private ward (VIP) and IVF.

According to Eagleson et al. (2016), practicing any positive idea can reduce the frequency of worry-related thoughts, but not negative things. Moreover, reduced anxiety during follow-up predicted fewer negative distractions during the focus on breathing and a more remarkable ability to generate positive thoughts and escape worry. Furthermore, showing that rather than reducing negativity, worry, the increase is due to an increased ability to detach from it and focus more on more positive content. Positive thinking training can help to develop and strengthen positive relationships, increase self-esteem, also train optimism and positive thinking, encourage people to recognize positive experiences and roles (Zandvgawai et al., 2014).

Based on previous research, it explains the importance of positive thinking to reduce stress on a person. The difference with other studies is from the research subjects who carried out Work From Home (WFH) in the corona pandemic and its methods. In previous research, it was not discussed what percentage of positive thinking on stress experienced by the research sample. This research is conducted to see how much influence positive thinking has on the stress experienced by working mothers during the corona pandemic?

2. Methodology

This study uses a quantitative approach with correlational research methods to see the relationship or correlation between positive thinking and stress in mothers who work during the corona pandemic. The quantitative approach emphasizes its analysis of numeric data (numbers) processed by statistical methods.

2.1 Research Subject

This research will be determined using a purposive sampling technique. The sample in this study amounted to 82 participants or mothers who work from various professional sectors. The sample distribution can be more clearly seen in Table 1 and Table 2.

The criteria for participants in this study include:

- 1) Woman;
- 2) Age between 25-55 years;
- 3) Already married and have children;
- 4) *Work From Home* (WFH) and *Semi Work From Home*.

Table 1. Sample distribution based on age and number of children

<i>Age</i>	Σ	%	<i>Number of Children</i>	Σ	%
<i>25-35 year old</i>	56	68.3 %	1-3 children	80	97.6 %
<i>35-45 year old</i>	21	25.6 %	4-5 children	1	1.2 %
<i>45-55 year old</i>	5	6.1 %	> 5 children	1	1.2 %
Total	82	100 %		82	100 %

Table 2. Sample distribution by occupation

Profession	Σ	%	Work Type	Σ	%
General Employee	37	45.1 %	<i>WFH</i>	57	69.5 %
Lecturer	11	13.4 %	<i>Semi WFH</i>	25	30.5 %
Civil Servant	16	19.5 %			
Teacher	12	14.6 %			
Entrepreneur	4	4.9 %			
Professional	2	2.5 %			
Total	82	100%		82	100 %

2.2 Data Collection Technique

Data collection techniques in this study were carried out by collecting data by researchers consisting of:

In this method, researchers and respondents directly (face to face) to obtain information verbally by obtaining objective data that can explain the research problem. Interviews were conducted with several research subjects who had criteria under the research to be conducted related to positive thinking and working mothers' stress during the corona pandemic.

Scale can be interpreted as a comparison between categories of objects with different values and refer to variables. In this study, two scales are used, namely the scale of positive thinking and stress, which will then be seen in the relationship between these variables. On a double positive thinking scale arranged based on the positive thinking aspects of Albrecht (1980) in this study, it can be interpreted as focusing the subject's attention on a positive angle or positive attention and positive speaking or positive verbalization. According to Albrecht (1980), aspects of positive thinking include positive expectations, self-affirmations, non-assessing statements, realistic adaptation, consisting of 40 valid items, and having a reliability coefficient of 0.938. While the stress scale is prepared based on Sarafino's (2011) aspects, namely biological and psychosocial aspects, in psychosocial aspects including cognitive, emotional, and individual behavior towards their environment. From the aspects developed, this will represent the extent to which employees' stress when doing work from home or work from home, which consists of 45 valid items and has a reliability coefficient of 0.944. The data analysis technique used Pearson's product-moment analysis technique. The data analysis used in this study was carried out with the help of SPSS 25.0 for windows.

3. Results

Based on the Pearson product-moment analysis results, the r_{xy} correlation coefficient value is -0.689 with $p = 0.000$; $p \leq 0.01$, which indicates a significant negative correlation between positive thinking and stress on working mothers during the pandemic.

So, the research hypothesis is accepted that there is a relationship between positive thinking and stress in mothers who work during the corona pandemic. It means that the higher a person thinks positively, the lower the stress experienced by mothers who work during the corona pandemic. The lower a person thinks positively, the higher the stress experienced by mothers who work during the pandemic.

Table 3. The Correlation Value of Positive Thinking with Stress

		Positive Thinking	Stress
Positive Thinking	Pearson Correlation	1	-.689**
	Sig. (2-tailed)		.000
	N	82	82
Stress	Pearson Correlation	-.689**	1
	Sig. (2-tailed)	.000	
	N	82	82

** . Correlation is significant at the 0.01 level (2-tailed).

It can be seen in Table 3, the significance value < 0.01 , which means that there is an influence of positive thinking variables (X) on stress (Y). Obtained the value of R (correlation) of 0.689 , which means that the positive thinking variable relationship (X) to stress (Y) is substantial.

From the linear test results, the coefficient of determination (R square) is 0.468 . It means that the influence of positive thinking variables on working mothers' stress is 46.8% , meaning that positive thinking provides a significant contribution of 46.8% to working mothers' stress during the corona pandemic (See Table 4). The remaining 54.2% is influenced by other factors that are not explained in this study

Table 4. Model Summary

Model	R	Change Statistics							
		R Square	Adjusted R Square	Std. Error of the Estimate	R Square Change	F Change	df1	df2	Sig. F Change
1	.689 ^a	.474	.468	14.604	.474	72.137	1	80	.000

In Figure 1, we can see the calculation data from the results of statistical data about the stress category results for 82 participants. It was found that during this corona pandemic, there were 69.5% of participants who experienced stress in the moderate category. So that most of the mothers who worked during the Corona pandemic were in the moderate stress category. Meanwhile, the rest were included in the low and high-stress categories. There were 6.1% of mothers who worked during the pandemic experiencing high-stress categories, and 24.4% of mothers who worked during the pandemic had a low-stress category.

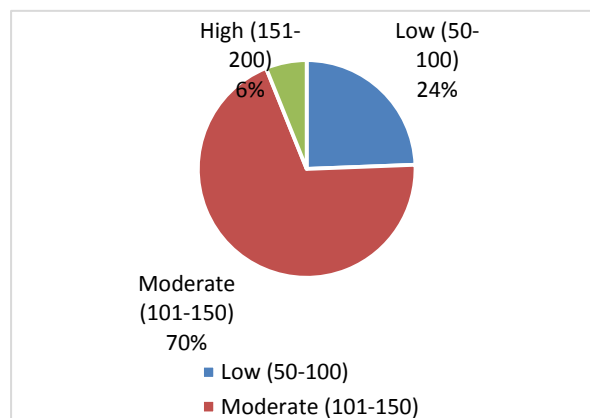


Figure 1. Stress Category Results for Working Mothers

In Figure 2, we can see the calculation data of the statistical data results about the results of positive thinking categories in 82 participants. It was found that during this corona pandemic, there were 50% of participants who had positive thoughts in the moderate category, meaning that the participants were quite capable of managing their positive thoughts in dealing with pandemic situations. So, that half of the mothers who worked during the Corona pandemic were in the moderate.

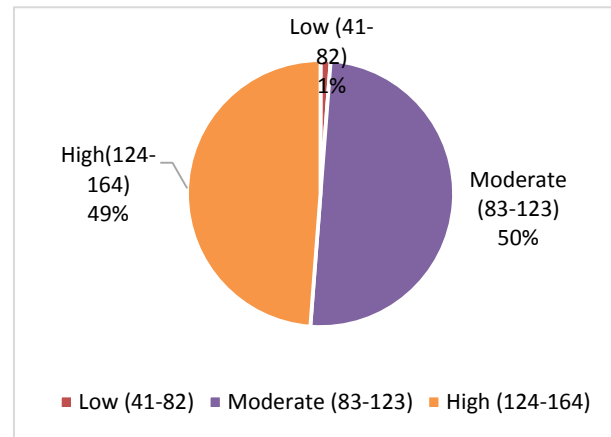


Figure 2. Results of Positive Thinking Category for Working Mothers

4. Discussion

A life event can be a source of stress for someone if it requires a behavior adjustment in a brief time (Thoits, 1994). Before the corona pandemic, mothers who worked doing all office work activities tended to be done more in the office. However, now they need behavioral adjustments to do offices work at home with all existing home conditions. Like the conditions when mothers are doing office work, they tend to share their thoughts and energy to be ready to help their husbands and children when needed while doing office work. They tend to require more effort or hard work because of the demands of their family and work.

Patil (2016) explain that mothers who work are more vulnerable to stress than mothers who do not work. The stress experienced by working mothers can be caused by the mother's lack of time to share in her work and the many demands of work that the mother lives. So many job demands that require everything to be resolved become a trigger for stress. On the other hand, factors influence the emergence of stress, which can also be triggered by circumstances outside the individual. Such as the work and social environment, which can cause stress, where, at work, the mother is chased by time to complete all household chores to become a burden felt by the mother. Besides, age also has a positive quadratic relationship to stress, which means that stress tends to decrease with age and, after a turning point, tends to increase with age.

Based on the results of research conducted by 82 participants, it showed that there were 5 participants, or 6.1%, who had stress in the high category, 57 participants, or 69.5%, had stress in the medium category, and 20 participants, or 24.4% had stress in the low category. Most of the female participants who worked during the corona pandemic experienced moderate stress because the stress experienced by most working mothers during the corona pandemic was caused by a change between the demands of having to work at home and adjustments to existing conditions. Cao et al. (2020) said that most individuals need to carry out an adaptation process to meet the surrounding environment's demands because of changes that occur in every aspect. This condition also causes them to feel a mismatch between their demands and their abilities, which causes stress. This condition is under the notion of stress, according to Lazarus and Folkman (1984), which states that if individuals feel an imbalance between their demands and their abilities, stress will arise.

Stressors or sources of stress can come from outside the individual or within the individual. Unexpected situations due to the coronavirus can also cause working mothers to experience stress. Then there is an appeal for social distancing to physical distancing. Even the area where they live and work implements Large-Scale Social Restrictions (LSSR), limiting the movement of working mothers. Working mothers usually meet their co-workers and can share their problems freely. However, the LSSR condition prevents them from doing all of that. Besides, there have also been changes in household dynamics during the corona pandemic. If children also have to study at home and mothers who have to work at home, both need technology such as internet quotas via laptops or smartphones, which may have to take turns doing their respective tasks. When the office requires mothers to work at home, mothers tend to do many

activities, such as taking care of household needs, accompanying children to study at home, and sharing their time and thoughts for the family and working.

Some stressors arise from within, such as their negative thoughts about the corona pandemic that hinders their work, worries about family health, fear of mothers not sharing time with family, and workers. The source of daily stress experienced by mothers who work during WFH can result in other disturbances that may be much more negative. Sources of daily stress are also inversely associated with positive mental health (Schönfeld et al., 2016). Considering symptoms that are specifically associated with stress, show that the share of the effects of daily stress on mental health is mediated through the impact of daily stress on generally perceived independence.

When all the negative thoughts caused by the corona pandemic can cause stress, working mothers can change them into more positive thoughts, so they tend to feel different moods. Schönfeld et al. (2016) explains that different thoughts or interpretations can lead to different moods in the same situation. Once a person experiences a particular mood, that mood is accompanied by other thoughts that support and amplify that mood. When someone thinks negatively, the brain will focus on negative information only or on supporting information because, at one time, the human mind cannot concentrate on much information. At the same time, the brain will thwart all other positive information. These activities will influence feelings, attitudes, and behavior.

According to Albrecht (1980), positive thinking is to focus on a positive angle or positive attention and positive talk or positive verbalization. Positive attention is the focus of attention on positive things and experiences. In contrast, positive talk is the use of words or sentences to form and apply the content in his mind to produce a positive impression on the thoughts and feelings of the individual. Such as "*Working mothers believe that they can handle complicated situations better during WFH.*" It would be different if a working mother thought, "*I don't feel confident that I can do two roles, as an employee and as a mother at the same time.*" Focusing attention on positive things and experiences then choosing positive words from a more positive perspective in seeing this corona pandemic situation can make working mothers relax and reduce the tension that occurs. According to Hill and Ritt (2004), positive thinking benefits are that it can help individuals give positive suggestions in themselves when they experience failure when they behave in specific ways and generate motivation. Positive thinking can increase individual self-acceptance. Positive thinking can also make individuals focus on the positive things from the various problems they face.

From the discussion that has been described, it can be concluded that positive thinking in working mothers has a strong influence on preventing stress during this corona pandemic. When working mothers can think positively in this pandemic situation and have to work at home more often, the stress that appears tends to be low and does not make them feel depressed. However, when working mothers are less able to think positively in interpreting the corona pandemic situation, they tend to have high stress. This condition will cause various kinds of complaints, such as difficulty controlling emotions when experiencing obstacles, irritability, peevishness, physical complaints that often appear, difficulty sleeping, difficulty concentrating, not focusing on activities, and even withdrawing from their social environment.

5. Conclusion

From this study, it can be concluded that there is a negative relationship between positive thinking and stress in mothers who work during the corona pandemic. It means that the higher the positive thinking, the lower the stress experienced by mothers who work during the corona pandemic, and the lower the positive thinking, the higher the stress experienced by mothers who work during the corona pandemic.

Unlike previous studies, in this study, it can be seen that positive thinking provides a significant contribution of 46.8% to the stress of mothers who work during the corona pandemic and other factors influence the rest. Other internal resources such as self-esteem or optimism as well as external psychosocial resources, such as social support or social identity, can also be determinants in the buffer process. There is a significant influence on how we think can affect the stress conditions that occur, especially in working mothers during the Covid-19 pandemic.

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