

Neke odrednice psihološke dobrobiti majki iz jednoroditeljskih obitelji

/ Some Indicators of Psychologic Wellbeing of Mothers from Single parent Families

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Struktura obitelji i kvaliteta obiteljskih odnosa važne su odrednice psihološke dobrobiti i kvalitete života djece i roditelja. Istraživanja u području psihološke dobrobiti u kontekstu obitelji većinom su bila usmjerena na djecu u odnosu na roditelje. Kad je riječ o jednoroditeljskim obiteljima poznato je da se susreću s brojnim izazovima koje jednoroditeljstvo donosi, što uključuje materijalne, socijalne, psihološke i druge aspekte. Dosadašnja istraživanja u području mentalnog zdravlja roditelja iz jednoroditeljskih obitelji su prilično oskudna. U našem radu je prikazano istraživanje provedeno s majkama iz jednoroditeljskih i dvoroditeljskih obitelji kojemu je cilj bio ispitati razlike između njih prema materijalnom statusu, razini roditeljskog stresa, socijalnoj podršci i psihološkoj dobrobiti te ispitati neke odrednice psihološke dobrobiti majki ovisno o roditeljskom statusu u obitelji. Rezultati pokazuju da se majke iz jednoroditeljskih obitelji ne razlikuju prema ukupnoj psihološkoj dobrobiti u odnosu na majke iz dvoroditeljskih obitelji, no iskazuju tendenciju veće razine depresivnosti. Majke iz jednoroditeljskih obitelji percipiraju manju socijalnu podršku te slabiji materijalni status. Kao značajni prediktori psihološke dobrobiti pokazali su se različiti aspekti materijalnog statusa i roditeljski stres, dok se socijalna podrška pokazala značajnim prediktorom psihološke dobrobiti kod majki iz dvoroditeljskih obitelji.

/ Family structure and the quality of family relationships are important determinants of psychological wellbeing and quality of life of children and parents. Research in the field of psychological wellbeing in family context has been mainly focusing on children in relation to parents. As regards single parent families, it is known that they face a number of challenges of single parenting, including material, social, psychological and other aspects. Previous research in the field of mental health of parents from single parent families is quite scarce. Our paper presents a study conducted with mothers from single and two-parent families with the aim to examine the differences between the two categories according to their economic status, level of parental stress, social support and psychological wellbeing as well as some determinants of psychological wellbeing, depending on parental status of the family. The results show that mothers from single parent families did not differ in overall psychological wellbeing compared to mothers from two-parent families, but indicated a tendency to a higher level of depression. Mothers from single parent families perceived a lesser degree of social support and had a less affluent material position. Various aspects of material position and parental stress were shown to be significant predictors of psychological wellbeing, while social support proved to be a significant predictor of psychological wellbeing in mothers in two-parent families.

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UVOD

Struktura i kvaliteta obiteljskih odnosa važne su odrednice psihološke dobrobiti i općenito kvalitete života djece i roditelja (1-8). Psihološka dobrobit se može definirati na različite načine te ju neki autori definiraju kao prisutnost ili odsutnost psihičkih simptoma poput depresivnosti, anksioznosti i tzv. negativnih i pozitivnih emocija (9,10). Stalne transformacije društva dovode do transformacije obitelji koja se postupno mijenja i prilagođava društvenim zahtjevima i potrebama. Neosporno je da je obiteljska dinamika u jednoroditeljskim obiteljima drugačija od one u cjelovitim obiteljima. Već i sama činjenica da jedan roditelj obavlja većinu zadataka sam stavlja dodatna vremenska, financijska i fizička opterećenja na tog roditelja. Takva dugoročna situacija će nezostavno rezultirati i intenzivnijim psihičkim opterećenjima. U dosadašnjoj literaturi je moguće pronaći razmjerno velik broj istraživanja orijentiranih na psihološku dobrobit djece iz jednoroditeljskih obitelji (1,2), no nešto je manje sveobuhvatnih istraživanja o psihološkoj dobrobiti roditelja iz jednoroditeljskih obitelji. Međutim, dobrobit maloljetne djece i roditelja koji su njihovi primarni skrbnici gotovo je nemoguće jasno odvojiti, jer se dobrobit roditelja vrlo često odražava na dobrobit djece. Tako, primjerice, neka istraživanja (11) pokazuju da postoji razlika u tipu obitelji i rizičnog ponašanja mladih gdje su mladi iz jednoroditeljskih

INTRODUCTION

Family structure and the quality of family relationships are important determinants of psychological wellbeing and quality of life of children and parents (1-8). Psychological wellbeing can be defined in different ways and some authors define it as the presence or absence of psychological symptoms such as depression, anxiety and so-called negative or positive emotions (9,10). Constant transformation of society leads to transformation of the family that is gradually changing and adapting to social requirements and needs. It is undeniable that family dynamic in single parent families varies from that of two-parent families. The very fact that one parent performs most of family tasks implies additional time and financial and physical burdens on that parent. In the long run, such a situation will inevitably result in more intense psychological burdens. In the existing literature, there is a relatively large number of studies focusing on the psychological wellbeing of children from single parent families (1,2) and somewhat less comprehensive study of the psychological wellbeing of parents in single parent families. However, it is almost impossible to separate the wellbeing of minor children and parents who are their primary caregivers given that the wellbeing of parents is very often reflected in the wellbeing of children. Some studies (11) indicate that there is a difference in the type of family and risk behaviour of young people where young people from single parent families were more prone to abusing psychoactive substanc-

obitelji bili skloniji uzimanju psihoaktivnih tvari od mladih iz dvoroditeljskih obitelji. Neki autori nalaze (12) da osim roditeljske dobrobiti jednoroditeljstvo ima utjecaja i na dječju dobrobit te su neka istraživanja utvrdila (13) kako su djeca iz jednoroditeljskih obitelji općenito sklonija problemima u ponašanju od djece iz dvoroditeljskih obitelji, posebice u jednoroditeljskim obiteljima čiji su nositelji očevi. Na istom tragu neki podatci pokazuju kako su djeca iz jednoroditeljskih obitelji sklonija kršenju zakona odnosno činjenju kažnjivih djela (14). Stoga je važno razumjeti mehanizme i faktore koji su u vezi s dobrobiti primarnih skrbnika iz jednoroditeljskih obitelji, jer ti mehanizmi aktivno djeluju u cjelokupnoj obiteljskoj dinamici.

Osim objektivnih okolnosti koje roditeljima iz jednoroditeljskih obitelji čine život težim, mnoštvo drugih faktora, poput socijalne podrške, odnosa s drugim roditeljem (bivšim partnerom), materijalnog statusa, zadovoljstva roditeljstvom, roditeljskog stresa pa i različitih osobina ličnosti može utjecati na njihovu psihološku dobrobit. Dosadašnja istraživanja (8, 11, 15-18) jasno ukazuju da ova veza između obiteljske strukture i psihološke dobrobiti nije jednodimenzionalna pri čemu su potvrdila povezanost između psihološke dobrobiti roditelja i podrške koju roditelji pružaju djeci te njihovu uključenost u odgoj (19-21). Depresivnost je najčešće proučavana mjera psihološke dobrobiti gdje se pokazala značajnim činiteljem rizika za uspješno roditeljstvo (22) te za zlostavljanje i/ili zanemarivanje djeteta (23). S obzirom da depresivnost može biti posljedica anksioznosti u novonastalim uvjetima na koje osoba ima mali ili nikakav utjecaj, samohrani ¹roditelji

¹ Ovdje je važno napomenuti da su obitelji sa samohranim roditeljima podskupina jednoroditeljskih obitelji u kojima drugi roditelj, iz bilo kojeg razloga, više nije dio djetetovog života. Samohrani roditelj je roditelj koji sam skrbi za svoje dijete i uzdržava ga dok je jednoroditeljska obitelj ona koju čine dijete, odnosno djeca i jedan roditelj. Autori vrlo često izjednačavaju ova dva termina iako je važno voditi računa da se ne radi o istom obliku roditeljstva.

es than young people from two-parent families. While some studies have found (12) that in addition to parental wellbeing, single parenting also has an impact on children's wellbeing, others have established (13) that children from single parent families are generally more prone to behavioural problems than children from two-parent families, especially in single parent families where fathers are the main carers. Following in the same direction, some data indicate that children from single parent families are more prone to breaking the law or committing offences (14). It is therefore important to understand the mechanisms and factors related to the wellbeing of primary caregivers in single parent families given that these mechanisms have a direct impact on the overall family dynamics.

Apart from objective circumstances that make life more difficult for parents in single parent families, a multitude of other factors, such as social support, relationships with the other parent (ex-partner), economic status, parenting satisfaction, parental stress as well as various personality traits, can affect their psychological wellbeing. Previous research (8, 11, 15-18) clearly indicates that the link between family structure and psychological wellbeing is not one-dimensional, confirming the correlation between the psychological wellbeing of parents, support that parents provide to children and their involvement in upbringing (19-21). Depression is the most commonly studied measure of psychological wellbeing and it has been shown to be a significant risk factor of successful parenting (22) and child abuse and/or neglect (23). Given that depression can be the result of anxiety in newly created conditions on which a person has little or no influence, single ¹parents make a particularly

¹ It is important to note that families with a single parent fall under a subgroup of single-parent families in which the other parent, for whatever reason, is no longer part of the child's life. A single parent is a parent who cares for and supports his or her child and a single-parent family is the family made up of one or more children and one parent. Researchers very often equate the two terms although it is important to take into account that they do not define the same form of parenting.

posebno su ranjiva skupina za njen razvoj (21). Neki nalazi pokazuju (24) kako su, kada se kontroliraju razlike među roditeljima s obzirom na dob, prihode i obrazovanje, samohrane majke najviše sklone razvoju depresivnosti.

Roditelji iz jednoroditeljskih obitelji suočeni su s većim brojem objektivnih stresora od roditelja iz cjelovitih obitelji (3,25-28). Samim time pretpostavka je da će ti roditelji prijavljivati niže razine psihološke dobrobiti i zadovoljstva životom. Istraživanja pronalaze da razvedeni roditelji imaju nižu dobrobit i kvalitetu života (4,7,8,29,30), da su razvedene majke sklone je depresiji, anksioznosti i stresu te su slabije socijalno prilagođene (8,31,32). Međutim, ovi nalazi nisu jednoznačni. Nekoliko istraživanja pokazuje da ne postoji značajna razlika u psihološkoj dobrobiti između udanih i razvedenih majki, odnosno da razvedene majke ponekad čak imaju i višu razinu dobrobiti (8,33-36). Ovakvi dvojni rezultati mogu biti posljedica kompleksnog sklopa unutarnjih, vanjskih i relacijskih faktora koji mogu utjecati na dobrobit roditelja nakon razvoda. Neki od vanjskih faktora mogu biti vezani uz ekonomsku situaciju roditelja, njihovo obrazovanje, radni status i sl. (8). Odnosni faktori podrazumijevaju socijalnu podršku i odnos s bivšim supružnikom odnosno partnerom, dok su važni psihološki faktori percepcija prošlih i trenutnih životnih okolnosti, roditeljske vještine, stavovi prema braku i razvodu, roditeljski stres te strategije suočavanja sa stresom. Kad je riječ o roditeljskom stresu definicije najčešće uključuju varijable dostupnosti i percipirane raspoloživosti resursa koji se odnose na zahtjeve roditeljstva (37). Način na koji će roditelji reagirati na određene događaje i hoće li ih percipirati kao stresne ili ne, ovisi o više faktora. Neki od tih faktora su osobine ličnosti roditelja i djece, kvaliteta braka odnosno partnerskog odnosa, socijalna podrška i roditeljska uvjerenja (38). Općenito, nalazi pokazuju da je roditeljstvo stresnije kada roditelji imaju manje znanja i kompetencija o

vulnerable group to develop it (21). Some findings (24) indicate that, if differences between parents with regard to age, income and education are controlled, single mothers are most prone to developing depression.

Parents in single parent families face a greater number of objective stressors than parents in two-parent families (3,25-28). Therefore, the assumption is that they are more likely to report lower levels of psychological wellbeing and life satisfaction. Research finds that divorced parents have lower wellbeing and quality of life (4,7,8,29,30) and that divorced mothers are more prone to depression, anxiety, stress, and are less socially adjusted (8,31,32). However, these findings are not unambiguous. Several studies show that there is no significant difference in psychological wellbeing between married and divorced mothers, i.e., sometimes a higher level of wellbeing is found in divorced mothers (8,33-36). Such dual findings can be explained due to a complex combination of internal, external and relational factors affecting the wellbeing of parents after divorce. Some of the external factors may be related to the economic situation of parents, their education, employment status, etc. (8). Relative factors include social support and relationship with the former spouse or partner, while important psychological factors include the perception of past and current life circumstances, parental skills, attitudes towards marriage and divorce, parental stress and coping strategies. In terms of parental stress, various definitions most often include availability variables and perceived resource availability related to parenting requirements (37). The way parents react to certain events and whether they perceive them as stressful or not depends on a number of factors. Some of these factors are personality traits of parents and children, quality of marriage or partnership, social support and parental beliefs (38). In general, the findings show that parenting is more stressful if parents have less knowledge and competence about parenting requirements and less emotional and instrumental support (38). Most research

zahtjevima roditeljstva te manje emocionalne i instrumentalne podrške (38). Većina istraživanja roditeljskog stresa uglavnom su usmjerena na njegove prediktore ili psihološke posljedice. Neki od najvažnijih čimbenika stresa su socijalni i ekonomski činitelji poput niskih prihoda, nezaposlenosti ili teškoća u razvoju djeteta (39-41). Istraživanja naglašavaju kako se roditelji općenito suočavaju sa stresorima, a negativni učinci tih stresora mogu se kumulirati i utjecati na kvalitetu roditeljstva te odnosa roditelja i djeteta (38,39,41). Stres koji proizlazi iz dnevnih zahtjeva i teškoća povezuje se s ishodima po djecu (41,42), ali i s roditeljskim postupanjem (37,41). S obzirom na povećane dnevne zahtjeve koji uobičajeno pogađaju roditelje u jednoroditeljskim obiteljima očekivano je, ali i istraživanjima potvrđeno (26,41), da će upravo ti roditelji biti izloženi višoj razini roditeljskog stresa od onih iz cjelovitih obitelji. Neki nalazi pokazuju da su financijski problemi i odnos između supružnika odnosno partnera važni medijatori roditeljstva i osjećaja dobrobiti roditelja, neovisno o tome žive li zajedno ili ne (43). Drugim riječima, za očekivati je da ovi faktori imaju efekt na osjećaj dobrobiti kod obje skupine roditelja, onih iz tzv. cjelovitih i onih iz jednoroditeljskih obitelji, međutim kod jednoroditeljskih obitelji njihov će efekt vjerojatno biti značajniji. Općenito, kad je riječ o zdravlju, pokazalo se da roditelji u jednoroditeljskim obiteljima, osim što češće imaju probleme s mentalnim zdravljem, češće pokazuju i neka rizična ponašanja u usporedbi s roditeljima iz dvoroditeljskih obitelji (15), dok djeca iz jednoroditeljskih obitelji, primjerice, češće obolijevaju od kroničnih bolesti (44). Jedno istraživanje je pokazalo da roditelji s višim razinama depresivnih simptoma, koji koriste supstance te koji su doživjeli roditeljski stres, imaju veću vjerojatnost odvajanja od djece te prepuštaju skrbništvo drugom roditelju (45). Isto istraživanje je pokazalo da će roditelji s više ekonomskih i socijalnih resursa vjerojatnije ostati zajedno, ali ako se rastanu, roditelj s većim resursima

into parental stress is mainly focused on its predictors or psychological consequences. Some of the most important factors related to stress are social and economic factors, such as low income, unemployment or developmental difficulties of the child (39-41). Research highlights various ways in which parents generally cope with stressors, whereas the negative effects of these stressors may be accumulated to affect the quality of parenting and parent-child relationships (38,39,41). The stress arising from daily tasks and difficulties is associated with outcomes for children (41,42) as well as with parenting practices (37,41). Due to an increased number of daily tasks that usually affect parents in single parent families, it is expected and confirmed by research (26,41) that they are exposed to a higher level of parental stress than parents in two-parent families. Some findings indicate that financial problems and the relationship between spouses or partners are important mediators of parenting and parents' sense of wellbeing, regardless of whether they live together or not (43). In other words, it is to be expected that these factors have an effect on the sense of wellbeing in both groups, i.e., two-parent and single parent families, however, their effect is likely to be more significant in single parent families. Generally speaking, when it comes to health, parents in single parent families do not only face mental health problems more frequently, but also exhibit patterns of risky behaviour more frequently than parents in two-parent families (15) while children from single parent families, for example, are more likely to suffer from chronic diseases (44). One study found that parents with higher levels of depressive symptoms, those abusing substances and those who have experienced parental stress are more likely to be separated from their children and leave custody in the hands of the other parent (45). The same study found that parents with more affluent economic and social resources are more likely to stay together, but if they separate, the parent with more resources is more likely to have custody of the children. The study in ques-

vjerojatnije će imati skrbnitvo nad djecom. Opisano istraživanje zapravo ukazuje na kompleksne odnose između psihološke dobrobiti i jednoroditeljstva zbog kojih je ponekad teško ustanoviti što je uzrok, a što posljedica.

Kao što je ranije navedeno, ekonomski aspekt funkcioniranja obitelji je značajan faktor u kontekstu jednoroditeljstva. Naime, jedan od čestih rizika koji se pojavljuje u jednoroditeljskim obiteljima jest rizik od siromaštva² (46). Neka istraživanja pokazuju da je pet puta veća vjerojatnost da samohrane majke s djecom žive u siromaštvu nego obitelji u kojima djeca žive s oba roditelja (47). Ekonomski status se pokazao važnim faktorom dobrobiti roditelja iz jednoroditeljskih obitelji što se manifestira i u psihološkim problemima poput anksioznosti i depresivnosti, kao i tjelesnom zdravlju te općenito kvaliteti života koja ima efekt na cjelokupno funkcioniranje obitelji (48). Prema istraživanju UNICEF-a o siromaštvu djece predškolske dobi u Hrvatskoj (49) djeca iz jednoroditeljskih obitelji imaju stope siromaštva iznad nacionalnog prosjeka i značajno veće od stopa siromaštva predškolske djece koja žive s oba roditelja. Stopa rizika od siromaštva za stanovništvo RH u 2021. godini iznosila je 19,2 %, dok je stopa rizika od siromaštva za jednoroditeljske obitelji iznosila čak 37,5 %, što je povećanje za čak 3,5 % u odnosu na prethodnu godinu. Godišnji statistički podatci Državnog zavoda za statistiku kontinuirano pokazuju da su u najranjivijem položaju s obzirom na stopu siromaštva kad je riječ o obiteljima s uzdržavanom djecom, upravo jednoroditeljske obitelji.

Na samom početku je navedeno da se koncept psihološke dobrobiti u najširem smislu odno-

tion actually points to complex relationships between psychological wellbeing and single parenting due to which it is sometimes difficult to determine the cause and effect nature.

As noted earlier, the economic aspect of family functioning is a significant factor in context of single parenting. One of the common risks arising in single parent families is the risk of poverty² (46). Some research indicates that single mothers living with their children are five times more likely to live in poverty than families where children live with both parents (47). Economic position is proved to be a significant factor for the wellbeing of parents in single parent families, which is also manifested in psychological problems such as anxiety and depression, as well as physical health and overall quality of life affecting the overall functioning of the family (48). According to the UNICEF survey on the poverty of pre-school children in Croatia (49), poverty rates for children in single parent families are above the national average and significantly higher than the poverty rates of preschool children living with both parents. The at-risk-of-poverty rate for the population of the Republic of Croatia in 2021 amounted to 19.2%, while the at-risk-of-poverty rate for single parent families was as high as 37.5%, which was an increase of as much as 3.5% compared to the previous year. The annual statistics published by the Croatian Bureau of Statistics continuously indicate that single parent families fall under the category of the most vulnerable group with regard to the poverty rate when it comes to families with dependent children.

At the very beginning, it was stated that the concept of psychological wellbeing in the broadest sense refers to the optimal psychological

² Osnovni je pokazatelj rizika od siromaštva stopa rizika od siromaštva. To je postotak osoba koje imaju raspoloživi ekvivalentni dohodak ispod praga rizika od siromaštva. Stopa rizika od siromaštva ne pokazuje koliko je osoba stvarno siromašno, nego koliko osoba ima dohodak ispod praga rizika od siromaštva. Prag rizika od siromaštva postavljen je na 60 % od srednje vrijednosti (medijana) ekvivalentnog raspoloživog dohotka svih osoba.

² The main indicator of the risk of poverty is the at-risk-of-poverty rate. This is the percentage of individuals who have equivalent disposable income below the at-risk-of-poverty threshold. The at-risk-of-poverty rate does not indicate the individual level of poverty but rather how much the individual income is below the at-risk-of-poverty threshold. The at-risk-of-poverty threshold is set at 60% of the national median of individual equivalised disposable income.

si na optimalno psihološko funkcioniranje i iskustvo te ga nije moguće jednoznačno razmatrati i definirati. To podrazumijeva različite perspektive odnosno konceptualizacije ovog konstrukta pri čemu se psihološka dobrobit najčešće razmatra unutar dvije ključne paradigme: hedonizma i eudemonizma. Koncept razmatranja psihološke dobrobiti paradigmom hedonizma sagledava se u dimenziji zadovoljstva i sreće pri čemu se psihološka dobrobit razmatra komponentama zadovoljstva životom, prisutnosti pozitivnog raspoloženja odnosno odsutnosti negativnog raspoloženja (50). S druge strane, psihološka dobrobit unutar paradigme eudemonizma razmatra se ljudskom aktualizacijom. Tako, primjerice, autori koji su ponudili pristup konceptualizacije psihološke dobrobiti u okviru eudemonizma pristupaju višedimenzionalno pri čemu je svaka od šest dimenzija određen aspekt aktualizacije kod pojedine osobe (51). Radi se o dimenzijama koje su autori definirali kao: samoprihvatanje, pozitivne odnose s drugima, autonomiju, ovladavanje okolinom, smislen život te osobni rast i razvoj. No, psihološka dobrobit se konceptualizira i kao kombinacija pozitivnih afektivnih stanja kao što su sreća (hedonistička perspektiva) i funkcioniranje s optimalnom učinkovitošću u individualnom i društvenom životu (eudaimonska perspektiva) (52). Pritom osobe koje imaju visoku razinu psihološke dobrobiti navode da se osjećaju sretno, sposobno, podržano, i zadovoljno životom (52). U našem istraživanju smo konceptu psihološke dobrobiti pristupili kao prisutnosti ili odsutnosti psihičkih simptoma poput depresivnosti, anksioznosti i tzv. negativnih i pozitivnih emocija (9,10) što se u recentnijim istraživanjima ne naziva psihološkom dobrobiti već se razmatra u kontekstu psihičkih teškoća (52). Osim psihološke dobrobiti majki istražili smo i neke druge relevantne značajke kada je riječ o jednoroditeljstvu, kao što su materijalni aspekti života, roditeljski stres te socijalna podrška.

functioning and experience, and, therefore, it is not possible to unambiguously consider and define it. This implies various perspectives or conceptualizations of this construct whereby psychological wellbeing is most often considered in the framework of two key paradigms: hedonism and eudemonism. The concept of considering psychological wellbeing as a paradigm of hedonism is examined in the dimension of satisfaction and happiness, where psychological wellbeing is considered through various components of life satisfaction, presence of a positive frame of mind, or the absence of a negative frame of mind (50). On the other hand, psychological wellbeing within the paradigm of eudemonism is considered in the light of self-actualization. Thus, for example, authors who approach the conceptualization of psychological wellbeing through the lens of eudemonism use a multidimensional approach according to which each of the six dimensions represents a certain aspect of self-actualization (51). These dimensions are defined as: self-acceptance, positive relations with others, autonomy, environmental mastery, meaningful life, and personal growth and development. However, psychological wellbeing is also conceptualized as a combination of positive affective states, such as happiness (hedonistic perspective) and functioning with optimal efficiency in personal and social life (eudaimonic perspective) (52). Individuals with a high level of psychological wellbeing report that they feel happy, capable, supported and satisfied with life (52). In our research, the concept of psychological wellbeing was examined as the presence or absence of psychological symptoms, such as depression, anxiety, and so-called negative and positive emotions (9,10). In recent studies, those do not fall under the category of psychological wellbeing, but, instead, they are examined in the context of psychological problems (52). In addition to the psychological wellbeing of mothers, we also explored some other significant aspects of single parenting, such as material aspects of life, parental stress and social support.

Cilj istraživanja je ispitati razlike između majki iz jednoroditeljskih i dvoroditeljskih obitelji prema materijalnom statusu, razini roditeljskog stresa, socijalnoj podršci i psihološkoj dobrobiti te ispitati odrednice psihološke dobrobiti majki iz jednoroditeljskih i dvoroditeljskih obitelji prediktorskim skupom koji uključuje različite pokazatelje materijalnog statusa, roditeljskog stresa i socijalne podrške. Kod majki iz jednoroditeljskih obitelji dodatno se ispita prediktorski doprinos učestalosti kontakata i kvalitete odnosa s drugim roditeljem.

METODA

Sudionici

U istraživanju su sudjelovale ukupno 722 majke od kojih 99 iz jednoroditeljskih i 623 iz dvoroditeljskih obitelji, te će svi rezultati biti prikazani odvojeno za sudionice iz jednoroditeljskih i dvoroditeljskih obitelji. Razlog zbog kojeg su uključene samo majke je značajno manja zastupljenost očeva kao nositelja jednoroditeljskih obitelji pri čemu nije bilo moguće ostvariti dovoljan obuhvat takvih očeva s obzirom da je u Hrvatskoj pet puta više jednoroditeljskih obitelji gdje je nositelj obitelji majka (53). Također, pokazalo se da je odaziv majki na roditeljske sastanke (na kojima je podijeljen anketni upitnik) veći te su one općenito značajno sklonije sudjelovati u istraživanjima koja se tiču obitelji, djece odnosno roditeljstva. Radilo se o prigodnom uzorku majki s barem jednim osnovnoškolskim djetetom u dobi od 11 do 15 godina (od petog do osmog razreda osnovne škole) s područja grada Zagreba. Istraživanje je provedeno u 10 osnovnih škola i jednoj podružnici osnovne škole u Zagrebu na način da su zastupljene gotovo sve bivše općine grada. Dob sudionica kretala se od 30 do 59 godina pri čemu je prosječna dob bila 42 godine za majke iz jednoroditeljskih, odnosno 43 godine za majke iz dvoroditeljskih obitelji (tablica 1.).

The objective of the research was to examine the differences between mothers in single and two-parent families by analysing their economic status, level of parental stress, social support and psychological wellbeing and to find determinants for the psychological wellbeing of mothers in single and two-parent families by applying a predictor set including various indicators of economic status, parental stress and social support. In mothers from single parent families, the predictor contribution to the frequency of contacts and the quality of relationships with the other parent was additionally examined.

METHOD

Participants

A total of 722 mothers participated in the study, of which 99 mothers were from single parent and 623 from two-parent families. All results will be presented separately, for participants from single and two-parent families, respectively. The reason why only mothers were included lies in the fact that fathers were significantly less represented as the main carers in single parent families. Given the fact that in Croatia there are five times more single parent families with mothers as the main carers (53), it was not possible to adequately cover this group. Also, it has been shown that the response of mothers to parent meetings (where a questionnaire was distributed) was higher and they were generally more inclined to participate in research on family, children or parenting. A convenience sample of mothers with at least one elementary school child aged 11 to 15 years (from the fifth to the eighth grade of elementary school) from the city of Zagreb was used. The study was conducted in 10 primary schools and one branch of an elementary school in Zagreb to cover almost all former municipalities of the city. The age of the participants ranged from 30 to 59 years, with a mean age of 42 for mothers in single parent and 43 for mothers in two-parent families (Table 1). In line

TABLICA 1. Dob sudionica i broj djece
TABLE 1. Age of participants and number of children

	Majke iz jednoroditeljskih obitelji / Mothers from single parent families				Majke iz dvoroditeljskih obitelji / Mothers from two-parent families				t (d)
	min	max	M	SD	min	max	M	SD	
Dob / Age	32	58	41,83	5,250	30	59	42,90	4,695	2,072* (0,22)
Broj djece / Number of children	1	7	2,00	1,097	1	9	2,34	0,928	3,286** (0,36)

*p<0,05; **p<0,01

U skladu s očekivanjima s obzirom na obiteljsku strukturu, sudionice iz dvoroditeljskih obitelji imale su u prosjeku nešto veći broj djece.

U obrazovanju nije bilo razlika između majki iz dva poduzorka te ih je većina završila srednju školu, a potom slijedi viša škola ili fakultet (tablica 2.). Iako su u radnom statusu sudionica uočene značajne razlike, veličina učinka bila je zanemariva te se dobiveni rezultat uvelike može pripisati većem udjelu majki iz dvoroditeljskih obitelji koje su označile „ostalo“, pri čemu se većinom radilo o majkama korisnicama mjere roditelj odgojitelj³. Budući da je za stjecanje toga statusa jedan od uvjeta upravo veći broj djece, dobivena razlika između dvije skupine sudionica ne začuđuje. Većina je sudionica iz obje skupine zaposlena ili samozaposlena. Također, većina ih živi u vlastitoj ili obiteljskoj kući ili stanu. Ipak, zamjetna je značajna razlika u udjelu sudionica koje žive u podstanarstvu, gdje je vidljivo da čak petina majki iz jednoroditeljskih obitelji živi u podstanarstvu, naspram svega 5 % majki iz dvoroditeljskih obitelji (tablica 2.). Već taj podatak upućuje na lošije ekonomske prilike kod majki iz jednoroditeljskih obitelji na što ukazuju i neki podaci o obilježjima materijalnog statusa sudionica koji će biti prikazani u poglavlju s rezultatima.

Kod sudionica iz jednoroditeljskih obitelji dodatno su ispitani razlozi jednoroditeljstva i

with expectations with regard to the family structure, participants from two-parent families had a slightly higher number of children on average.

There were no differences in education between mothers in the two subsamples as most of them graduated from high school, followed by high school or college (Table 2). Although significant differences were observed in the employment status of the participants, the magnitude of the effect was negligible and the result obtained can largely be attributed to the higher share of mothers in two-parent families who answered with “other”. It is important to note that mothers in this category were, in most cases, beneficiaries of the parent teacher measure³. Taking into account that one of the preconditions for acquiring the status of a parent teacher is related to a larger number of children in a family, the resulting difference between the two groups of participants does not come as a surprise. Most of the participants in the study from both groups were employed or self-employed. Most of them lived in their own or family owned homes or apartments. However, there was a significant difference in the share of participants who were sub-tenants. It is evident that as many as one fifth of mothers in single parent families were sub-tenants, compared to only 5% of mothers in two-parent families (Table 2). This information indicates much poorer economic conditions in mothers in single parent families, which is indicated by the data

³ Odluka o novčanoj pomoći za roditelja odgojitelja, Grad Zagreb; <http://www1.zagreb.hr/zagreb/slglasnik.nsf/rest-akt/19c009fab8f26513c1258286003d5d88?OpenDocument&Click=>

³ Decision on financial assistance for parent teachers, City of Zagreb; <http://www1.zagreb.hr/zagreb/slglasnik.nsf/rest-akt/19c009fab8f26513c1258286003d5d88?OpenDocument&Click=>

TABLICA 2. Sociodemografska obilježja sudionica
TABLE 2. Sociodemographic characteristics of participants

		Majke iz jednoroditeljskih obitelji / Mothers from single parent families		Majke iz dvoroditeljskih obitelji / Mothers from two-parent families		χ^2 (Cramer V) / χ^2 (Cramer V)
		N	%	N	%	
Obrazovni status / Educational status	Nezavršena osnovna škola / Unfinished primary school	-	-	1	0,2	1,512 (0,05)
	Završena osnovna škola / Primary education completed	2	2,0	17	2,7	
	Srednja škola / Secondary education	53	53,5	298	48,0	
	Viša škola ili fakultet / College or university	36	36,4	259	41,7	
	Magisterij ili doktorat znanosti / Master's degree or PhD	8	8,1	46	7,4	
Radni status / Employment status	U radnom odnosu ili samozaposlena / Employed or self-employed	82	84,5	534	86,5	10,897* (0,12)
	Povremeno zaposlena / Occasionally employed	7	7,2	20	3,2	
	Nezaposlena / Unemployed	5	5,2	31	5,0	
	Umirovljenica / Retired	2	2,1	2	0,3	
	Ostalo / Other	1	1,0	30	4,9	
Stambene prilike / Housing situation	U vlastitoj ili obiteljskoj kući/ stanu / In own or family home/apartment	74	74,7	579	93,2	35,273** (0,22)
	U socijalnom stanu / Social housing	3	3,0	7	1,1	
	U podstanarstvu / Subletting	20	20,2	31	5,0	
	Negdje drugdje / Other	2	2,0	4	0,6	

*p<0,05; **p<0,01

obilježja odnosa s drugim roditeljem (tablica 3.). Majke iz jednoroditeljskih obitelji u većini su slučajeva kao razlog jednoroditeljstva navodile razvod, odnosno prekid veze. Pritom su navodile širok raspon trajanja jednoroditeljstva, od 3 mjeseca do 14 godina, s prosjekom od oko 6 godina (u mjesecima: $M = 76,06$; $SD = 46,604$). Pokazalo se da velik dio očeva pridonosi financijski u podmirivanju potreba djece, no treba istaknuti da ih i dalje manje od polovice to čini uvijek, dok ih preko trećine to čini tek povremeno ili rjeđe. Kontakti između roditelja također postoje u većini slučajeva te su kod više od polovice majki česti, no ponovno su kod gotovo 20 % uzorka prilično rijetki ili ih uopće nema. Majke iz jednoroditeljskih

on the characteristics of the economic status of participants that will be presented in the chapter focusing on the results of the study.

Participants from single parent families were further asked to explain the reasons for single parenthood and to describe their relationship with the other parent (Table 3). In most cases, mothers in single parent families stated that the reason for single parenthood was divorce or termination of the relationship. The duration of single parenthood ranged from 3 months to 14 years, with the median of approximately 6 years (in months: $M = 76.06$; $SD = 46.604$). The data indicates that many fathers financially contributed to meeting the needs of children, but it should be noted that less than half of fathers did it on permanent basis while over one

TABLICA 3. Razlozi jednoroditeljstva i obilježja odnosa s drugim roditeljem kod majki iz jednoroditeljskih obitelji
TABLE 3. Reasons for single parenthood and characteristics of relationships with the other parent in mothers from single parent families

		Frekvencija / Frequency	%	M	SD
Razlozi jednoroditeljstva / Reasons for single parenting	Razvod/rastava braka, prekid veze / Divorce/separation, breakup	78	78,8	-	-
	Smrt partnera / Death of a partner	7	7,1		
	Od početka otac djeteta nije živio s djetetom/djecom / The father did not live with the child/children from the beginning	12	12,1		
	Nešto drugo / Other	2	2,0		
Financijski doprinos drugog roditelja u podmirivanju potreba zajedničkog djeteta/djece / Financial contribution of the other parent in meeting the needs of the common child/children	Nikad / Never	9	10,0	3,76	1,327
	Rijetko / Seldom	6	6,7		
	Povremeno / Occasionally	20	22,2		
	Često / Often	18	20,0		
	Uvijek / Always	37	41,1		
Učestalost kontakta s drugim roditeljem / Frequency of contact with the other parent	Nikad / Never	5	5,4	3,54	1,171
	Rijetko / Seldom	12	13,0		
	Povremeno / Occasionally	27	29,3		
	Često / Often	24	26,1		
	Uvijek / Always	24	26,1		
Kvaliteta odnosa s drugim roditeljem / Quality of relationship with the other parent	Vrlo lošim / Very poor	17	18,7	3,09	1,339
	Lošim / Poor	11	12,1		
	Osrednjim / Mediocre	25	27,5		
	Dobrim / Good	23	25,3		
	Vrlo dobrim / Very good	15	16,5		

obitelji u prosjeku kvalitetu odnosa s očevima procjenjuju osrednjom, no ovdje je posebno izražena njihova podijeljenost u odgovorima koji su raspodijeljeni od izrazito niskih do izrazito visokih procjena.

Postupak

Prije provedbe istraživanja zatražena je i dobivena suglasnost za njegovo provođenje od Etičkog povjerenstva ustanove u okviru koje je istraživanje provedeno. Suglasnost za provođenje istraživanja u osnovnim školama dao je i Gradski ured za obrazovanje Grada Zagreba te ravnateljci pojedinačnih škola koje su odabrane u uzorak. Stručni suradnici iz škola obučeni su

third did so only occasionally or less frequently. In most cases, contacts between parents were persistent. More than half of mothers declared that they were frequent, but almost 20% of the sample declared that they were rare or non-existent. On average, mothers in single parent families assessed the quality of relationship with fathers as mediocre. However, this question indicated that they were very much divided in their responses, ranging from extremely low to extremely high assessments.

Procedure

Ahead of the study, consent was requested and obtained from the Ethics Committee of the institution within which the study was conducted. The Zagreb City Office for Education and the

za provedbu istraživanja te su na roditeljskim sastancima objasnili roditeljima svrhu i postupak istraživanja kao i etičke aspekte provedbe. Roditelji su dobili i pismene informacije o istraživanju s kontakt podatcima istraživača te zatvorene omotnice s upitnicima. Zamoljeni su da upitnik ispuni samo majka, udomiteljica ili ženska skrbnica djeteta te da ispunjeni upitnik po djetetu u zatvorenoj omotnici pošalje u školu. Predviđeno trajanje ispunjavanja upitnika bilo je oko 30 minuta.

Tijekom provedbe istraživanja vodilo se računa o tome da sudionice budu dobro informirane o svim aspektima istraživanja kao i da im se omogući naknadno dobivanje informacija u slučaju potrebe. Također im je jasno objašnjeno da odbijanje ili odustajanje od sudjelovanja neće za njih imati nikakve posljedice. Sudionice nigdje u upitniku nisu navodile osobne podatke na temelju kojih bi ih se moglo identificirati, a pristup upitnicima imali su samo istraživači koji ih osobno ne poznaju, čime su osigurane anonimnost i povjerljivost. Podatci su obrađivani isključivo na grupnoj razini te su sudionice upućene gdje se mogu javiti ako trebaju stručnu pomoć vezano uz neku od tema koje su se istraživale.

Mjerni instrumenti

Na početku upitnika ispitana su sociodemografska obilježja sudionica od kojih su u ovom radu korišteni podatci o dobi, broju djece, obrazovnom i radnom statusu te stambenim prilikama. Također je ispitan financijski status sudionica subjektivnom procjenom materijalnog statusa i stambenih uvjeta, uz korištenje ljestvica od 1 (vrlo loš/izrazito loši) do 5 (odličan/izrazito dobri). Majkama iz jednoroditeljskih obitelji su dodatno postavljena pitanja o razlogu i trajanju jednoroditeljstva te obilježjima odnosa s drugim roditeljem. Konkretno, ispitano je koliko često drugi roditelj pridonosi financijski i koliko su često u kontaktu na lje-

principals of the schools selected for the sample gave the consent to conduct the study in primary schools. Professional associates from schools were trained to conduct the study and they explained to parents the purpose and the method of the study as well as ethical aspects of its implementation at parent meetings. Parents also received written information about the study together with the researchers' contact information and sealed envelopes containing the questionnaires. Only mothers, female foster parents or guardians were asked to fill out and send questionnaires to schools in a sealed envelope. It was estimated that 30 minutes would be needed to fill out the questionnaire.

During the course of the study, all participants were well informed about all aspects of the study and provided with additional information, if necessary. They were also given clear guidance that their refusing or withdrawing from participation would not result in any consequences. In order to guarantee anonymity and confidentiality, the participants did not provide any personal information on the basis of which they could be identified and only researchers who did not know them personally had access to the questionnaires. The data obtained were processed only at the group level and participants were referred to points of contact in case they needed professional help in relation to a particular topic that was examined.

Measuring instruments

At the beginning of the questionnaire, sociodemographic characteristics of the participants were examined concerning their age, number of children, educational and employment status and housing opportunities and then used in this paper. The financial status of the participants was also examined by subjective assessment of economic status and housing conditions, using the scale scores ranging from 1 (very bad/ extremely bad) to 5 (excellent/extremely good). The mothers from single parent families were additionally asked questions about the reason and duration of single parenthood and the characteristics of the

stvici od 1 (nikad) do 5 (uvijek) te kako opisuju taj odnos na ljestvici od 1 (vrlo lošim) do 5 (vrlo dobrim).

Upitnik učinka financijskih poteškoća na odnose u obitelji

Upitnik učinka financijskih poteškoća na odnose u obitelji (54) sastoji se od 6 čestica kojima sudionice procjenjuju u kojoj mjeri se financijske poteškoće odražavaju na obiteljske odnose. Sudionice su odgovarale na ljestvici od 1 (nikad) do 5 (uvijek), a primjer čestice je „Novac je izvor sukoba u mojoj obitelji“. Dvije čestice se obrnuto kodiraju, a ukupni rezultat dobiva se kao prosjek svih odgovora pri čemu veći rezultat ukazuje na višu razinu utjecaja financijskih poteškoća na obiteljske odnose. Pouzdanost ljestvice u ovom istraživanju iznosila je $\alpha = 0,84$.

Ljestvica roditeljskog stresa

Ljestvica roditeljskog stresa (*Parental Stress Scale*, 55) sastoji se od 18 tvrdnji (npr. „Zbog djeteta/djece mi je teško uskladiti različite obaveze i odgovornosti“), a sudionice su svoje odgovore davale na ljestvici od 1 (uopće se ne slažem) do 5 (u potpunosti se slažem). Pojedine čestice se obrnuto kodiraju, a ukupni rezultat dobiven je kao prosjek svih odgovora. Viši rezultat ukazuje na veći stupanj roditeljskog stresa. U ovom istraživanju pouzdanost ljestvice iznosila je $\alpha = 0,86$.

Upitnik socijalne podrške

Upitnik socijalne podrške (49) sastoji se od 13 čestica koje se dijele u dvije podljestvice, formalne i neformalne izvore podrške roditeljima i njihovoj djeci. Njime je ispitivano koliko sudionice smatraju da mogu računati na pomoć iz 5 neformalnih (npr. obitelj, prijatelji, susjedi) i 8 formalnih izvora podrške (npr. centar za socijalnu skrb, liječnik, škola). Ponudeni odgovori bili su na ljestvici od 1 (nikad) do 4 (uvijek), a ukupni rezultat izračunat je zasebno za neformalne i formalne izvore podrške kao prosjek

relationship with the other parent. In particular, it was examined how often the other parent contributed financially and how often they were in contact on the scale ranging from 1 (never) to 5 (always) as well as how they described this relationship on the scale ranging from 1 (very bad) to 5 (very good).

The questionnaire on the impact of financial difficulties on relationships in the family

The questionnaire on the impact of financial difficulties on family relationships (54) consisted of 6 items assessing to what extent these reflected on family relationships. The participants answered on the scale ranging from 1 (never) to 5 (always). An example of an item is “Money is a source of conflict in my family.” Two items were coded in reverse order and the overall score was obtained as an average of all responses where a higher score indicated a higher level of impact of financial difficulties on family relationships. The reliability of the scale in this study was at $\alpha = 0.84$.

Parental Stress Scale

The Parental Stress Scale (55) is an 18-item questionnaire (e.g. “It is difficult to balance different responsibilities because of my child(ren)”). The participants gave their answers on a 5-point scale ranging from 1 (strongly disagree) to 5 (strongly agree). Individual items were coded in reverse order and the overall result was calculated as an average of all responses. A higher score indicated a higher degree of parental stress. In this study, the reliability of the scale was at $\alpha = 0.86$.

Social Support Questionnaire

The social support questionnaire (49) consisted of 13 items divided into two subscales describing formal and informal sources of support to parents and their children. The questionnaire examined to what extent the participants believed that they could count on help from 5 informal (e.g. family, friends, neighbours) and 8 formal

odgovora na pripadajućim česticama. Pritom veći rezultat označava veću percipiranu dostupnost podrške iz neformalnih odnosno formalnih izvora. Pouzdanost je za podljestvicu neformalne podrške u ovom istraživanju iznosila $\alpha = 0,79$, a za podljestvicu formalne podrške $\alpha = 0,88$.

Višedimenzionalna ljestvica percipirane socijalne podrške

Višedimenzionalna ljestvica percipirane socijalne podrške (*Multidimensional Scale of Perceived Social Support*, MSPSS, 56) mjeri percepciju socijalne podrške od bliskih osoba (obitelji, prijatelja i „posebne osobe“, poput partnera, vrlo bliskog prijatelja/prijateljice ili člana obitelji) i sastoji se od 12 čestica na koje su sudionice odgovarale na ljestvici od 1 (uopće se ne slažem) do 7 (u potpunosti se slažem). Primjer čestice je „Moja mi obitelj zaista nastoji pomoći“. Iako je moguće računati i percipiranu socijalnu podršku primljenu iz pojedinih izvora, u ovom je istraživanju korišten ukupni rezultat izračunat kao prosjek svih odgovora na ljestvici pri čemu veći rezultat ukazuje na veću percipiranu socijalnu podršku. Pouzdanost ljestvice bila je visoka i iznosila $\alpha = 0,94$.

Ljestvica psihološke dobrobiti

Ljestvica psihološke dobrobiti (*Adult Well-Being Scale*, AWBS, 57) sastoji se od 18 čestica kojima se ispituju četiri aspekta psihološke dobrobiti: depresivnost ($k = 5$), anksioznost ($k=5$), te razdražljivost prema unutra ($k = 4$) i prema van ($k = 4$). Primjer čestice je „Osjećam se veselo“. Ponuđeni odgovori na ljestvici od četiri stupnja sadržajno se razlikuju ovisno o tvrdnji na koju se odnose, a kodiraju se brojkama od 0 do 3. Pojedine čestice obrnuto se kodiraju prije računanja ukupnih rezultata i to na različit način, tako da veći ukupni rezultat na cijeloj ljestvici ukazuje na veću općenitu psihološku dobrobit, dok veći rezultati na pojedinim podljestvicama ukazuju na veću izraženost depresivnosti,

sources of support (e.g. social welfare centre, medical doctor, school). The answers were set on the scale ranging from 1 (never) to 4 (always) and the overall score was calculated separately for informal and formal sources of support as the average of responses given for the associated items. A higher result indicated a higher level of perceived availability of support from informal or formal sources. The reliability for the informal support subscale in this study was at $\alpha = 0.79$, and for the formal support subscale at $\alpha = 0.88$.

Multidimensional Scale of Perceived Social Support

The Multidimensional Scale of Perceived Social Support (MSPSS, 56) measured perceived social support from closest persons (family, friends, and “significant other,” i.e., a partner, very close friend or a family member) and consisted of 12 items to which participants responded on the scale ranging from 1 (I strongly disagree) to 7 (I fully agree). An example of an item is “My family is really trying to help me.” Although it is possible to calculate the perceived social support from individual sources, this study used the overall score calculated as the average of all answers on the scale, whereby a higher result indicated a higher level of perceived social support. The reliability of the scale was at $\alpha = 0.94$.

Adult Wellbeing Scale

The Adult Wellbeing Scale, (AWBS, 57) consisted of 18 items examining four aspects of psychological wellbeing: depression ($k = 5$), anxiety ($k=5$), inward irritability ($k=4$) and outward irritability ($k=4$). An example of an item is “I feel cheerful.” The answers on the scale consisting of four degrees varied in content depending on the claim to which they referred and were coded by numbers ranging from 0 to 3. Prior to calculating the overall score, individual items were coded in reverse order and in a differentiated way, so that a higher overall score on the scale indicated a higher level of general psychological wellbeing whereas higher scores on individual subscales indicated a greater

anksioznosti, razdražljivosti prema unutra i razdražljivosti prema van. Svi ukupni rezultati izračunati su kao prosjeci odgovora na pripadajućim česticama. Pouzdanost cijele ljestvice bila je $\alpha = 0,85$, a podljestvica redom: depresivnost $\alpha = 0,54$, anksioznost $\alpha = 0,71$, razdražljivost prema unutra $\alpha = 0,70$ i razdražljivost prema van $\alpha = 0,67$.

Analiza podataka

Za ispitivanje razlika između jednoroditeljskih i dvoroditeljskih obitelji korišteni su t-test i hi-kvadrat test, dok su kao indikatori veličine učinka korišteni Cohenov d i Cramerov V. Za ispitivanje povezanosti između varijabli prije njihovog uključivanja u daljnje analize korišten je Pearsonov koeficijent korelacije. Također je za svaki prediktor izračunat VIF (engl. *variance inflation factor*) kako bi se provjerilo postoji li multikolinearnost te su rezultati pokazali da taj problem nije bio prisutan u ovom istraživanju. Kako bi se ispitala prediktivna valjanost seta odabranih prediktorskih varijabli, korištena je hijerarhijska regresijska analiza koja je provedena odvojeno na poduzorcima majki iz jednoroditeljskih i dvoroditeljskih obitelji. Za provedbu analiza korišten je statistički paket SPSS 23.0.

REZULTATI

Razlike između majki iz jednoroditeljskih i dvoroditeljskih obitelji

U ovom istraživanju poseban je naglasak stavljen na ispitivanje potencijalnih razlika u materijalnom statusu majki različitih struktura obitelji te ulogi koju takve različite prilike mogu imati u njihovoj psihološkoj dobrobiti. Stoga je prvo ispitano postoje li razlike između majki iz jednoroditeljskih i dvoroditeljskih obitelji u pojedinim obilježjima materijalnog statusa (tablica 4.). Rezultati su pokazali da značajna

expression of depression, anxiety and inward and outward irritability. Overall scores were calculated as the averages of answers to the corresponding items. The reliability of the overall scale was at $\alpha = 0.85$ whereas the reliability of the subscales was at $\alpha = 0.54$ for depression, at $\alpha = 0.71$ for anxiety, at $\alpha = 0.70$ for inward irritability and at $\alpha = 0.67$ for outward irritability.

Data analysis

The t-test and the Chi-Quadrat test were used to examine differences between single parent and two-parent families while Cohen's d and Cramer V were used as indicators of the magnitude of the effect. Pearson correlation coefficient was used to examine the correlation between variables before their inclusion in further analysis. Variance inflation factor (VIF) was used to check for multicollinearity and the results showed that this problem was not present in this study. In order to examine the predictive validity of a set of selected predictor variables, hierarchical regression analysis was used and performed separately on the two subsamples, i.e., mothers in single parent and two-parent families. SPSS 23.0 was used for statistical analysis.

RESULTS

Differences between mothers from single parent and two-parent families

In this study, a special emphasis was given to the analysis of potential differences in the economic status of mothers in the two different family structures and the role that such different circumstances may play for their psychological wellbeing. For that reason, it was first examined whether there were differences between mothers from single parent and two-parent families in terms of individual characteristics of their economic status (Table 4). The results indicate that there was a significant difference in the subjective assessment of economic status as a general

TABLICA 4. Razlike između majki iz jednoroditeljskih i dvoroditeljskih obitelji u obilježjima materijalnog statusa i ispitanim psihosocijalnim karakteristikama**TABLE 4.** Differences between mothers from single parent and two-parent families regarding the characteristics of economic status and psychosocial characteristics

		N	M	SD	t (d)
Subjektivna procjena materijalnog statusa / Subjective assessment of economic status	Jednoroditeljske obitelji / Single parent families	96	3,05	0,863	5,062** (0,56)
	Dvoroditeljske obitelji / Two-parent families	614	3,53	0,856	
Subjektivna procjena stambenih uvjeta / Subjective assessment of housing conditions	Jednoroditeljske obitelji / Single parent families	98	4,19	0,668	1,678 (0,18)
	Dvoroditeljske obitelji / Two-parent families	621	4,31	0,647	
Percepcija učinka finansijskih poteškoća na odnose u obitelji / Perception of the effect of financial difficulties on relationships in the family	Jednoroditeljske obitelji / Single parent families	97	2,14	0,677	-1,608 (0,18)
	Dvoroditeljske obitelji / Two-parent families	617	2,01	0,730	
Roditeljski stres / Parental stress	Jednoroditeljske obitelji / Single parent families	96	1,86	0,451	-0,700 (0,09)
	Dvoroditeljske obitelji / Two-parent families	618	1,82	0,472	
Neformalna podrška / Informal support	Jednoroditeljske obitelji / Single parent families	96	2,65	0,745	2,839** (0,32)
	Dvoroditeljske obitelji / Two-parent families	610	2,87	0,667	
Formalna podrška / Formal support	Jednoroditeljske obitelji / Single parent families	87	1,71	0,560	1,758 (0,21)
	Dvoroditeljske obitelji / Two-parent families	536	1,84	0,633	
Percepcija socijalne podrške / Perception of social support	Jednoroditeljske obitelji / Single parent families	95	5,83	1,261	3,024** (0,43)
	Dvoroditeljske obitelji / Two-parent families	611	6,23	0,859	
Psihološka dobrobit / Psychological wellbeing	Jednoroditeljske obitelji / Single parent families	98	2,19	0,407	1,255 (0,14)
	Dvoroditeljske obitelji / Two-parent families	620	2,24	0,354	
Podjestvice psihološke dobrobiti / Subscales of psychological wellbeing					
Depresivnost / Depression	Jednoroditeljske obitelji / Single parent families	97	0,85	0,424	-2,477* (0,26)
	Dvoroditeljske obitelji / Two-parent families	620	0,75	0,383	
Anksioznost / Anxiety	Jednoroditeljske obitelji / Single parent families	98	0,98	0,548	-0,186 (0,02)
	Dvoroditeljske obitelji / Two-parent families	621	0,97	0,528	
Razdražljivost prema unutra / Inward irritability	Jednoroditeljske obitelji / Single parent families	98	0,40	0,448	-1,777 (0,20)
	Dvoroditeljske obitelji / Two-parent families	620	0,32	0,399	
Razdražljivost prema van / Outward irritability	Jednoroditeljske obitelji / Single parent families	97	0,96	0,545	-0,211 (0,04)
	Dvoroditeljske obitelji / Two-parent families	620	0,94	0,481	

*p < 0,05; **p < 0,01

razlika postoji u subjektivnoj procjeni materijalnog statusa kao općenitoj mjeri ekonomske situacije obitelji te da je ta procjena bolja kod majki iz dvoroditeljskih obitelji. S druge strane, razlike u doživljaju učinka financijskih poteškoća na odnose u obitelji te subjektivnoj procjeni stambenih uvjeta nisu se pokazale značajnima, a ranije prikazane razlike u karakteristikama poduzoraka ukazuju da je kod majki iz jednoroditeljskih obitelji značajno rjeđe prisutno trajno riješeno stambeno pitanje u obliku vlasništva nad stanom ili kućom.

Nadalje su ispitane razlike u psihosocijalnim karakteristikama između majki iz jednoroditeljskih i dvoroditeljskih obitelji. Pokazalo se da majke iz jednoroditeljskih obitelji u značajno manjoj mjeri smatraju da mogu računati na podršku i pomoć iz neformalnih izvora te da općenito primljenu socijalnu podršku percipiraju nižom od majki iz dvoroditeljskih obitelji (tablica 4.). Formalni izvori su jedini ispitivani aspekt podrške u kojem nije dobivena značajna razlika, no ovdje treba napomenuti da su sudionice iz oba poduzorka dostupnost pomoći i podrške iz ovih izvora procijenile vrlo niskom. U roditeljskom stresu i psihološkoj dobrobiti također nisu dobivene značajne razlike, kao ni u većini podljestvica psihološke dobrobiti, no razlika je dobivena u depresivnosti. Pokazalo se da je ona veća kod majki iz jednoroditeljskih u odnosu na one iz dvoroditeljskih obitelji, no treba uzeti u obzir da je veličina učinka bila mala.

Predviđanje psihološke dobrobiti kod majki iz jednoroditeljskih i dvoroditeljskih obitelji

Prije računanja hijerarhijskih regresijskih analiza ispitane su povezanosti između odabranih prediktorskih i kriterijske varijable (tablica 5.). Pokazalo se da trajanje jednoroditeljstva i financijski doprinos drugog roditelja nisu povezani s psihološkom dobrobiti majki iz jednoroditeljskih obitelji pa te dvije varijable nisu uključene u daljnje obrade.

measure of the economic situation of the family and that the assessment in question was better in mothers from two-parent families. On the other hand, the differences relating to the experience of the effect of financial difficulties on relationships in the family and the subjective assessment of housing conditions proved to be insignificant whereas the previously presented differences in the characteristics of the subsamples indicated that mothers from single parent families had significantly lower scores for permanent housing solutions in the form of ownership of an apartment or house.

Furthermore, differences in psychosocial characteristics between mothers in single and two-parent families were examined respectively. The mothers in single parent families felt that they could count on support and assistance from informal sources to a significantly lesser degree compared to the mothers in two-parent families and, in general terms, they perceived the social support received to be at the lower level than the support received by the mothers in two-parent families (Table 4). Formal sources were the only examined aspect of support in which there was no significant difference observed. However, it should be noted that participants from both subsamples assessed the availability of assistance and support from formal sources as very low. There were no significant differences observed for parental stress and psychological wellbeing as well as in most of the psychological wellbeing subscales. The only difference was observed in the depression subscale. This difference was higher in the mothers in single parent families compared to those from two-parent families but it should be taken into account that the magnitude of the effect was small.

Prediction of psychological wellbeing in mothers in single parent and two-parent families

Prior to conducting hierarchical regression analyses, the associations between the selected predictor and criterion variables were examined (Table 5). It turned out that the duration of single

TABLICA 5. Međusobne povezanosti ispitivanih varijabli
TABLE 5. Interrelationships of the examined variables

	1.	2.	3.	4.	5.	6.	7.	8.	9.	10.	11.	12.
Trajanje jednoroditeljstva / Duration of single parenting	-	-	-	-	-	-	-	-	-	-	-	-
Financijski doprinos drugog roditelja / Financial contribution of the other parent	-,139	-	-	-	-	-	-	-	-	-	-	-
Učestalost kontakta s drugim roditeljem / Frequency of contact with the other parent	-,181	,495**	-	-	-	-	-	-	-	-	-	-
Kvaliteta odnosa s drugim roditeljem / Quality of relationship with the other parent	,021	,378**	,771**	-	-	-	-	-	-	-	-	-
Subjektivna procjena materijalnog statusa / Subjective assessment of economic status	-,101	,323**	,305**	,254*	-	,516**	-,545**	-,090*	,108**	,019	,155**	,274**
Subjektivna procjena stambenih uvjeta / Subjective assessment of housing conditions	,017	,183	,067	,252*	,384**	-	-,458**	-,242**	,220**	,106*	,220**	,242**
Percepcija učinka financijskih poteškoća na odnose u obitelji / Perception of the effect of financial difficulties on relationships in the family	,002	-,301**	-,311**	-,320**	-,411**	-,444**	-	,331**	-,282**	-,121**	-,354**	-,469**
Roditeljski stres / Parental stress	-,180	,065	-,107	-,163	-,058	-,114	,310**	-	-,364**	-,193**	-,387**	-,501**
Neformalna podrška / Informal support	-,003	,206	,168	,175	,261*	,096	-,350**	-,327**	-	,458**	,510**	,338**
Formalna podrška / Formal support	,048	-,025	,044	,057	,078	,050	-,227**	-,259*	,507**	-	,248**	,178**
Percepcija socijalne podrške / Perception of social support	,059	,230*	,133	,112	,258*	,165	-,361**	-,279**	,638**	,284**	-	,478**
Psihološka dobrobit / Psychological wellbeing	,112	,135	,354**	,330**	,281**	,270**	-,513**	-,482**	,275**	,257*	,232*	-

*p < 0,05; **p < 0,01

Napomena: S gornje strane dijagonale prikazane su korelacije dobivene na poduzorku majki iz dvoroditeljskih obitelji, a s donje strane dijagonale korelacije dobivene na poduzorku majki iz jednoroditeljskih obitelji
 / Note: The top of the diagonal shows the correlations obtained on the subsample of mothers in two-parent families whereas the bottom of the diagonal shows the correlations obtained on the subsample of mothers in single parent families.

U prvom bloku hijerarhijskih regresijskih analiza uvedene su varijable jednoroditeljstva te je taj blok prediktora korišten samo kod majki iz jednoroditeljskih obitelji (tablica 6.). Njime je objašnjeno 11,7 % varijance psihološke dobrobiti, no niti jedna od prediktorskih varijabli se sama za sebe nije pokazala značajnom. Takav nalaz se vjerojatno može pripisati njihovoj međusobnoj visokoj interkorelaciji, no, zajednički gledajući, dobiveni rezultati upućuju da veću psihološku dobrobit majki iz jednoroditeljskih obitelji predviđaju učestaliji i kvalitetniji kontakti s drugim roditeljem.

Kod oba poduzorka varijable materijalnog statusa objasnile su dodatni postotak varijance kriterija (14,6 % kod majki iz jednoroditeljskih, odnosno 22,1 % kod majki iz dvoroditeljskih obitelji) te se percepcija većeg utjecaja financijskih poteškoća na odnose u obitelji pokazala značajnim negativnim prediktorom psihološke dobrobiti, kako kod majki iz jednoroditeljskih obitelji, tako i kod majki iz dvoroditeljskih obi-

parenthood and the financial contribution of the other parent were not related to the psychological wellbeing of mothers in single parent families and, therefore, these two variables were not included in further analysis.

In the first block of hierarchical regression analyses, single parenting variables were introduced and this predictor block was used only in mothers in single parent families (Table 6). The predictor was used to explain 11.7% of the variance of psychological wellbeing, however, none of the predictor variables proved to be significant on their own. This finding can probably be attributed to their high intercorrelation, but, considered together, the results obtained suggest that a higher level of psychological wellbeing in mothers in single parent families can be predicted by more frequent and better contacts with the other parent.

In both subsamples, the variables related to economic status explained an additional percentage of the variance of the criterion (14.6% in single parent mothers and 22.1% in mothers in

TABLICA 6. Rezultati hijerarhijskih regresijskih analiza za predviđanje psihološke dobrobiti majki iz jednoroditeljskih i dvoroditeljskih obitelji**TABLE 6.** Results of hierarchical regression analyses used to predict psychological wellbeing of mothers in single parent and two-parent families

	Majke iz jednoroditeljskih obitelji / Mothers from single parent families		Majke iz dvoroditeljskih obitelji / Mothers from two-parent families	
	b	β	b	β
1. blok: Varijable jednoroditeljstva / 1st block: Single parenting variables	R = ,376; R ² = ,142 ΔR ² = ,142**; R ² _{corr} = ,117		-	
Učestalost kontakta s drugim roditeljem / Frequency of contact with the other parent	,040	,114	-	
Kvaliteta odnosa s drugim roditeljem / Quality of relationship with the other parent	,085	,280		
2. blok: Varijable materijalnog statusa / 2nd block: Economic status variables	R = ,560; R ² = ,313 ΔR ² = ,172**; R ² _{corr} = ,263		R = ,475; R ² = ,225 ΔR ² = ,225**; R ² _{corr} = ,221	
Učestalost kontakta s drugim roditeljem / Frequency of contact with the other parent	,015	,043	-	
Kvaliteta odnosa s drugim roditeljem / Quality of relationship with the other parent	,060	,197		
Subjektivna procjena materijalnog statusa / Subjective assessment of economic status	-,017	-,036	,013	,031
Subjektivna procjena stambenih uvjeta / Subjective assessment of housing conditions	,016	,028	,029	,053
Percepcija učinka financijskih poteškoća na odnose u obitelji / Perception of the effect of financial difficulties on relationships in the family	-,256	-,440**	-,210	-,431**
3. blok: Roditeljski stres / 3rd block: Parental stress	R = ,674; R ² = ,455 ΔR ² = ,142**; R ² _{corr} = ,406		R = ,595; R ² = ,354 ΔR ² = ,128**; R ² _{corr} = ,349	
Učestalost kontakta s drugim roditeljem / Frequency of contact with the other parent	,040	,116	-	
Kvaliteta odnosa s drugim roditeljem / Quality of relationship with the other parent	,045	,147		
Subjektivna procjena materijalnog statusa / Subjective assessment of economic status	-,014	-,029	,043	,104*
Subjektivna procjena stambenih uvjeta / Subjective assessment of housing conditions	,020	,034	-,008	-,014
Percepcija učinka financijskih poteškoća na odnose u obitelji / Perception of the effect of financial difficulties on relationships in the family	-,195	-,335**	-,146	-,299**
Roditeljski stres / Parental stress	-,356	-,390**	-,287	-,385**
4. blok: Podrška / 4th block: Support	R = ,678; R ² = ,460 ΔR ² = ,005; R ² _{corr} = ,384		R = ,644; R ² = ,415 ΔR ² = ,061**; R ² _{corr} = ,407	
Učestalost kontakta s drugim roditeljem / Frequency of contact with the other parent	,043	,125	-	
Kvaliteta odnosa s drugim roditeljem / Quality of relationship with the other parent	,040	,133		
Subjektivna procjena materijalnog statusa / Subjective assessment of economic status	-,007	-,015	,047	,113**
Subjektivna procjena stambenih uvjeta / Subjective assessment of housing conditions	,021	,035	-,016	-,029
Percepcija učinka financijskih poteškoća na odnose u obitelji / Perception of the effect of financial difficulties on relationships in the family	-,202	-,347**	-,110	-,226**
Roditeljski stres / Parental stress	-,359	-,393**	-,227	-,303**
Neformalna podrška / Informal support	-,011	-,019	,002	,005
Formalna podrška / Formal support	,043	,055	,015	,026
Percepcija socijalne podrške / Perception of social support	-,018	-,057	,106	,267**

* p < 0,05; ** p < 0,01

telji. U sljedećem koraku analize uveden je roditeljski stres za koji se također pokazalo da negativno predviđa psihološku dobrobit obje skupine sudionica. Ovime je objašnjeno dodatnih

two-parent families). The perception of a greater impact of financial difficulties on family relationships proved to be a significant negative predictor of psychological wellbeing, both in mothers

14,3 % varijance kriterija kod majki iz jednoroditeljskih obitelji, odnosno 12,8 % kod majki iz dvoroditeljskih obitelji. Treba napomenuti da se kod potonjih u ovom koraku kao dodatni značajni prediktor psihološke dobrobiti izdvojila i samoprocjena boljeg materijalnog statusa.

U posljednjem koraku uključene su varijable koje su se odnosile na podršku koju majke primaju ili smatraju da im je dostupna. Dodavanjem ovih varijabli kod majki iz jednoroditeljskih obitelji nije došlo do značajne promjene u objašnjenju kriterija, no kod majki iz dvoroditeljskih obitelji objašnjeno je dodatnih 5,8 % varijance. Percepcija primanja veće socijalne podrške od bliskih osoba kod njih predviđa veću psihološku dobrobit. Konačno, odabranim prediktorima kod majki iz jednoroditeljskih obitelji objašnjeno je ukupno 38,4 %, a kod onih iz dvoroditeljskih obitelji 40,7 % varijance psihološke dobrobiti.

RASPRAVA

Cilj ovog istraživanja bio je ispitati razlike između majki iz jednoroditeljskih i dvoroditeljskih obitelji prema materijalnom statusu, razini roditeljskog stresa, socijalnoj podršci i psihološkoj dobrobiti kao i odrednice psihološke dobrobiti majki iz jednoroditeljskih i dvoroditeljskih obitelji prediktorskim skupom koji uključuje različite pokazatelje materijalnog statusa, roditeljskog stresa i socijalne podrške. Ujedno, kod majki iz jednoroditeljskih obitelji dodatno se ispitaoprediktorski doprinos učestalosti kontakata i kvalitete odnosa s drugim roditeljem.

Utvrđeno je da se majke iz jednoroditeljskih i dvoroditeljskih obitelji značajno razlikuju s obzirom na neke parametre materijalnog statusa kao i psihološke dobrobiti, dok kada je riječ o prediktorima psihološke dobrobiti kod majki iz jednoroditeljskih i dvoroditeljskih obitelji, nisu utvrđena veća odstupanja u ove dvije skupine, osim kad je riječ o doprinosu socijalne podrške.

from single parent families and in mothers from two-parent families. In the next step of the analysis, parental stress was introduced, which was also shown to negatively predict the psychological wellbeing of both groups of participants. This explained the additional 14.3% of the variance of the criterion in mothers in single parent families, that is 12.8% in mothers in two-parent families. It should be noted that for the latter group, in this step, the self-assessment of better economic status proved to be an additional significant predictor of psychological wellbeing.

In the last step, the variables related to the support that mothers received or felt available to them were included. When these variables were added, there was no significant change in the explanation of the criterion in mothers in single parent families. However, in mothers from two-parent families this addition explained an additional 5.8% of variance. The perception of receiving more social support from closest persons predicted a higher level of psychological wellbeing. Finally, the selected predictors in mothers in single parent families explained a total of 38.4% variance and 40.7% of variance of psychological wellbeing in mothers in two-parent families.

DISCUSSION

The aim of this study was to examine the differences between mothers in single and two-parent families according to their economic status, level of parental stress, social support and psychological wellbeing as well as the determinants of psychological wellbeing of mothers in single and two-parent families using a predictor set including various indicators related to economic status, parental stress and social support. In parallel with that, the predictor contribution of the frequency of contacts and the quality of relationship with the other parent was additionally examined in the single parent mothers.

It was found that the two groups of mothers differed significantly with regard to certain parameters of economic status and psychological

Varijabla kontakta s drugim roditeljem bila je namijenjena samo majkama iz jednoroditeljskih obitelji. Rezultati pokazuju da su majke iz jednoroditeljskih obitelji uglavnom nezadovoljne kontaktom s drugim roditeljem te da razmjerno visok postotak (82 %) majki ima barem povremeni kontakt s ocem djece, što ukazuje na to da je i većina djece u povremenom kontaktu s ocem. No, također se pokazalo da je čak 58 % majki u osrednjem, lošem ili vrlo lošem odnosu s drugim roditeljem, što može biti izvor stresa kako za majku tako i za djecu. Rezultati su pokazali da, gledajući zajedno, učestaliji i kvalitetniji kontakti s drugim roditeljem predviđaju i veću psihološku dobrobit kod tih majki. Učestalost kontakata s drugim roditeljem u nekim se istraživanjima (58) pokazala kao važan zaštitni faktor kad je riječ o djeci, osobito kod dječaka koji ostvaruju češći kontakt s drugim roditeljem. S druge strane, česti kontakti ponekad mogu biti i rizičan čimbenik zbog povećanog stresa zbog čestog mijenjanja mjesta boravljenja, promjene u dnevnoj rutini, dnevnom rasporedu djeteta i slično (58).

Kada je riječ o važnosti različitih aspekata materijalnog statusa u kontekstu roditeljstva te njegovog doprinosa objašnjenju psihološke dobrobiti kod majki, pokazalo se da majke iz jednoroditeljskih obitelji općenito svoj materijalni status procjenjuju lošijim u odnosu na majke iz dvoroditeljskih obitelji. Ovakvi rezultati nisu novost kad je riječ o jednoroditeljskim obiteljima s obzirom da i ranija istraživanja pokazuju da osobe koje žive u jednoroditeljskim obiteljima imaju prosječno slabiji socioekonomski status od osoba u dvoroditeljskim obiteljima (15,59,60) dok neki naglašavaju da su jednoroditeljske obitelji u visokom riziku od siromaštva (61,62). Jedno od relativno rijetkih istraživanja u Hrvatskoj o potrebama jednoroditeljskih obitelji (60) pronalazi da zaposleni roditelji iz jednoroditeljskih obitelji s višom ili visokom stručnom spremom imaju manje financijskih teškoća. Iako različita istraživanja (63-66) pokazuju da financijske poteškoće, osobito subjektivne

wellbeing, whereas no significant deviation was found in the two groups for the predictors of psychological wellbeing, with the exception of the contribution of social support.

Contact with the other parent as a variable was examined only in single parent mothers. The results obtained indicate that mothers in single parent families were mostly dissatisfied with the contact with the other parent and that a relatively high percentage (82%) of mothers had at least occasional contacts with the father of their children, indicating that most children also had occasional contacts with their fathers. It has also been shown that as many as 58% of mothers had a mediocre, bad or very bad relationship with the other parent, which may be a source of stress for both the mother and children. Considered together, the results obtained indicate that more frequent and better contacts with the other parent can be a predictor of a higher level of psychological wellbeing in single parent mothers. In some studies (58), the frequency of contact with the other parent has been shown to be an important protective factor when it comes to children, especially in boys who have more frequent contacts with the other parent. On the other hand, frequent contacts can sometimes be a risk factor due to increased stress resulting from frequent change of place of residence and changes in the daily routine and schedule of the child (58).

In terms of the importance of various aspects of economic status and its contribution to the explanation of psychological wellbeing in mothers, it has been shown that the mothers in single parent families generally assessed their economic status as less affluent than the mothers in two-parent families. Such results are not unprecedented when it comes to single parent families having in mind that previous research shows that individuals in single parent families have lower socioeconomic status on average than individuals in two-parent families (15, 59, 60) whereas some emphasize that single parent families are at high risk of poverty (61, 62). One of the relatively rare studies conducted in Croatia on the needs of single parent families (60) found that work-

procjene materijalnog statusa, imaju direktan efekt na psihološku dobrobit roditelja, te posredno, putem roditeljskog stresa i smanjene psihološke dobrobiti mogu biti povezane s odnosima u obitelji (67,68). U ovom istraživanju, kao što je spomenuto, nije utvrđena razlika između jednoroditeljskih i dvoroditeljskih obitelji u efektu financijskih poteškoća na odnose u obitelji. Neki autori naglašavaju da ekonomske poteškoće u jednoroditeljskim obiteljima često uzrokuju i druge probleme te imaju kratkoročne, ali i dugoročne posljedice na djecu. Tako neki ukazuju da niži ekonomski status uzrokuje manje ulaganje majki iz jednoroditeljskih obitelji u zdrav život što uzrokuje češće kronične bolesti djece iz jednoroditeljskih obitelji u usporedbi s djecom iz dvoroditeljskih obitelji (15). Materijalna nesigurnost i nesigurno stanovanje mogu biti rizični čimbenici kod zlostavljanja djece (54) i funkcionalnog oštećenja djece (69). S druge strane, razlike u doživljaju učinka financijskih poteškoća na odnose u obitelji te subjektivnoj procjeni stambenih uvjeta nisu se pokazale značajnima, no ranije prikazane razlike u karakteristikama poduzoraka ukazuju da je kod majki iz jednoroditeljskih obitelji značajno rjeđe prisutno trajno riješeno stambeno pitanje u obliku vlasništva nad stanom ili kućom. Također se pokazalo da je percepcija većeg utjecaja financijskih poteškoća na odnose u obitelji značajan negativan prediktor psihološke dobrobiti i to za obje podskupine majki.

S obzirom na socijalnu podršku pokazale su se razlike na način da majke iz jednoroditeljskih obitelji percipiraju socijalnu podršku značajno nižom te ujedno smatraju da u značajno manjoj mjeri mogu računati na neformalnu podršku (obitelj, rodbina, prijatelji, susjedi) u odnosu na majke iz dvoroditeljskih obitelji. Istovremeno, majke iz obje podskupine formalnu socijalnu podršku (npr. liječnika, obiteljskih savjetovališta, centra za socijalnu skrb i dr.) procjenjuju vrlo niskom te nisu utvrđene razlike u njihovoj percepciji u tom aspektu. Nisku razinu formalne podrške nalaze i autori koji su ranije istraži-

ing parents in single parent families with higher education qualification or a university degree had fewer financial difficulties. Although various studies (63-66) show that financial difficulties, in particular subjective assessments of economic status, have a direct effect on the psychological wellbeing of parents, and can be indirectly associated with relationships in the family through parental stress and reduced psychological wellbeing (67,68). As mentioned above, the present study did not establish a difference between single parent and two-parent families regarding the effect of financial difficulties on family relationships. Some authors emphasize that economic difficulties in single parent families often result in other problems and have short-term and long-term consequences on children. Thus, some authors indicate that lower economic status can cause that mothers in single parent families invest less in a healthy life-style, which, in turn, results in more frequent chronic diseases of children in single parent families compared to children in two-parent families (15). Material insecurity and precarious housing can be risk factors for child abuse (54) and functional impairments in children (69). On the other hand, the differences in the perceived effect of financial difficulties on family relationships and subjective assessment of housing conditions did not prove to be significant, but the previously presented differences in the characteristics of subsamples indicate that mothers in single parent families had significantly lower scores for permanent housing solutions in the form of ownership of an apartment or house. It has also been shown that the perception of greater effect of financial difficulties on relationships in the family was a significant negative predictor of psychological wellbeing for both subgroups of mothers.

In view of social support, mothers in single parent families perceived social support at a significantly lower level and believed that they could count on informal support (family, relatives, friends, neighbours) to a significantly lesser extent compared to mothers from two-parent families. At the same time, mothers from both

vali ovu temu (49) gdje se pokazalo da je većina roditelja bila nezadovoljna dostupnošću informacija o vlastitim pravima u ovim sustavima. Razlika je, međutim, pronađena u doprinosu socijalne podrške razini psihološke dobrobiti, pri čemu se pokazalo da je ona značajan prediktor samo kod majki iz dvoroditeljskih obitelji. Zbog čega je tome tako odnosno zašto socijalna podrška ne doprinosi razini psihološke dobrobiti kod majki iz jednoroditeljskih obitelji bilo bi potrebno dalje istražiti. Istraživanja u tom smjeru do sada nisu rađena, a jedno od mogućih objašnjenja možda se može tražiti u potencijalno višoj razini oslonjenosti na vlastite resurse majki iz jednoroditeljskih obitelji s obzirom da najčešće veći teret skrbi za dijete nose upravo one, kao nositeljice obitelji. Istraživanja ukazuju na to da je socijalna podrška važna odrednica psihološke dobrobiti roditelja (70). Ona se odnosi na podršku izvan obitelji, ali i podršku koju partneri u (bračnoj) zajednici pružaju jedno drugome pri odgoju djeteta. Neki autori u istraživanju veze između socijalne podrške i dobrobiti roditelja pronalaze da je razina socijalne podrške roditelja važan prediktor stupnja depresivnosti te bolja podrška pomaže i boljoj psihološkoj prilagodbi u zahtjevima roditeljstva nakon rođenja djeteta (71). Pritom je najvažniji oblik socijalne podrške upravo partner, što neizostavno stavlja roditelje iz jednoroditeljskih obitelji u nepovoljniju situaciju.

Kod psihološke dobrobiti nisu utvrđene značajne razlike između poduzoraka majki sagledavajući ukupni rezultat na ovom upitniku. No, s obzirom da je rezultat na upitniku psihološke dobrobiti moguće sagledavati i prema podljestvicama, jedina utvrđena razlika između ovih dviju podskupina majki je na podljestvici depresivnosti gdje se pokazalo da majke iz jednoroditeljskih obitelji iskazuju višu razinu depresivnosti. Ove rezultate treba ipak razmatrati s oprezom, jer ograničenje predstavlja prilično velika razlika u broju između poduzoraka majki, a snaga zaključaka bi bila značajnija da je u istraživanje uključen veći broj majki iz jednoroditeljskih obitelji.

subgroups assessed the formal social support (e.g. doctors, family counselling centres, social welfare centres, etc.) as very low and there were no differences found in their perception of this aspect. A low level of formal support was also found by authors who have previously researched this topic (49) indicating that most parents were dissatisfied with the availability of information about their rights in these systems. However, a difference was found regarding the contribution of social support to the level of psychological wellbeing, which was shown to be a significant predictor only in mothers in two-parent families. Why this is the case, or why social support does not contribute to the level of psychological wellbeing of mothers in single parent families, would need to be investigated further. So far, there has been little research in this direction and one of the possible explanations might be that mothers in single parent families rely more on their own resources as they, in most cases, bear the greatest burden of caring for children as the main carers for family members. Research suggests that social support is an important determinant of the psychological wellbeing of parents (70). It refers to the support outside of the family as well as the support that (married) partners provide to each other in raising a child. While researching the link between social support and parental wellbeing, some authors found that the level of social support provided to parents was an important predictor of the degree of depression and that better support contributed to better psychological adaptation to demands of parenthood following the birth of a child (71). The support of the partner is the most important form of social support, which inevitably puts parents from single parent families in a less favourable position.

No significant differences were found for psychological wellbeing between the two subsamples of mothers in the overall score of this questionnaire. However, given that the result on the psychological wellbeing questionnaire can also be viewed according to the subscales, the only difference between the two subgroups of mothers was established on the depression subscale indicating

Ipak, možemo reći da tendencija k izraženijim depresivnim simptomima kod majki iz jednoroditeljskih obitelji postoji, a rezultate koji upućuju na isto pronalazimo i u ranijim istraživanjima (16,17). Tako se u jednome od njih pokazalo da su majke iz jednoroditeljskih obitelji imale veću vjerojatnost pojave barem jedne depresivne epizode u 12 mjeseci koji su prethodili istraživanju (16). Kao i u našem istraživanju te su majke prijavljivale i niže razine socijalne podrške i bile su manje uključene u komunikaciju s obitelji i prijateljima (izvorima neformalne podrške) od majki iz dvoroditeljskih obitelji.

Iako ranija istraživanja ukazuju na neposrednu (16,39,41) i posrednu (39-41) vezu između roditeljskog stresa i strukture obitelji, u našem istraživanju nismo pronašli razlike u tom smjeru. No, unatoč tome pokazalo se da varijabla roditeljskog stresa negativno predviđa psihološku dobrobit kod obje skupine sudionica. Naime, kada je riječ o prediktorima psihološke dobrobiti kod majki iz jednoroditeljskih i dvoroditeljskih obitelji, nisu utvrđena veća odstupanja u ove dvije skupine. Razlog tome možda treba tražiti u načinu mjerenja psihološke dobrobiti u ovom istraživanju koje uključuje varijable koje se odnose na pojedine poteškoće mentalnog zdravlja ne obuhvaćajući sve aspekte psihološke dobrobiti, o čemu će kasnije biti više riječi. Još jednom je potrebno istaknuti da je s obzirom na korištene prediktore objašnjen zadovoljavajući postotak varijance psihološke dobrobiti pri čemu kod jednoroditeljskih obitelji iznosi 38,4v %, a kod onih iz dvoroditeljskih obitelji 40,7 %. U tom je smislu svojevrsni doprinos ovog istraživanja uključivanje prediktorskog skupa varijabli koji se odnosio na materijalni aspekt obitelji, a koji je dao značajan doprinos u objašnjenju psihološke dobrobiti. Naime, različiti aspekti materijalnog statusa obitelji odnosno pojedinaca se u objašnjenjima psiholoških aspekata funkcioniranja i općenito povezanosti s mentalnim zdravljem prilično zanemaruju u istraživačkom kontekstu. No, ovo istraživanje

that mothers in single parent families expressed a higher level of depression. These results should be considered with caution due to a fairly large difference in the number of subsamples. The strength of the conclusions would be more significant if more single parent mothers were included in the study. However, we might conclude that there is a tendency that mothers in single parent families have more pronounced depressive symptoms, which was also found in the results of previous research (16,17). One study indicates that mothers in single parent families were more likely to experience at least one depressive episode in the 12 months preceding the study (16). As in our study, those mothers reported lower levels of social support and were less involved in communicating with family and friends (sources of informal support) than mothers from two-parent families.

Although earlier research points to an immediate (16,39,41) and indirect (39-41) relationship between parental stress and family structure, we found no differences in that respect in our research. Nevertheless, the parental stress variable has been shown to negatively predict psychological wellbeing in both groups of participants. No major deviations were found in the two groups regarding the predictors of psychological wellbeing in mothers in single and two-parent families. The reason for this may be related to the method of measurement used in this research to measure psychological wellbeing that includes variables related to individual mental health difficulties without taking into account all aspects of psychological wellbeing, which will be discussed in more detail later. Once again, it should be noted that with regard to the predictors used, a satisfactory percentage of variance of psychological wellbeing was explained, with 38.4v % in single parent families and 40.7% in two-parent families. In this sense, the contribution of this research lies in the inclusion of a predictor set of variables related to the material aspect of the family, which made a significant contribution in explaining psychological wellbeing. Researchers often neglect various aspects of economic status of the family or the

pokazuje kako je ovaj aspekt važan za psihološku dobrobit roditelja odnosno majki, ne samo iz jednoroditeljskih već i iz dvoroditeljskih obitelji.

U ovom su istraživanju bila prisutna i određena metodološka ograničenja na koja se valja osvrnuti. Prvo se odnosi na prigodni uzorak kojim nisu obuhvaćeni reprezentativni omjeri jednoroditeljskih i dvoroditeljskih obitelji. Nadalje, kad je riječ o postupku istraživanja, majke su upitnike ispunjavale kod kuće pri čemu nisu mogle provjeriti značenje pojedinih pitanja te su upitnike vraćale u školu stručnom suradniku i to po djeci, što je moglo narušiti doživljaj anonimnosti i povjerljivosti. Ograničenje može biti relativno ekstenzivno anketni upitnik koji je sadržavao mnogo različitih ljestvica te je i to moglo dovesti do zamora i gubitka koncentracije kod sudionica. Povezano s upitnikom percipirane socijalne podrške činjenica je da se uglavnom odnosi na segment emocionalne podrške, dok ne sadrži, primjerice, aspekt instrumentalne podrške, koji bi bio važan u kontekstu jednoroditeljstva te bi trebalo razmotriti u budućim istraživanjima instrumente socijalne podrške koji sadrže i tu komponentu. Također, kao što je u uvodnom dijelu spomenuto, u ovom istraživanju smo se opredijelili za korištenje ljestvice koja polazi od koncepta psihološke dobrobiti kao prisutnosti ili odsutnosti psihičkih teškoća kao što su depresivnost, anksioznost ili razdražljivost. Činjenica je da je takav, prilično ograničen pristup razmatranju psihološke dobrobiti, zamijenjen znatno širim paradigmatama kao što su ranije spomenuti hedonizam i eudemonizam i zapravo ljestvica pomoću koje smo mjerili psihološku dobrobit više se odnosi na psihičke teškoće.

U konačnici, važno je osvrnuti se i na mogućnosti daljnjih istraživanja u proučavanju teme psihološke dobrobiti u kontekstu jednoroditeljstva. Naime, s obzirom da smo u ovom istraživanju psihološku dobrobit obuhvatili prilično segmentirano s obzirom na mjerni konstrukt koji je bio ograničen na aspekte depresivnosti, anksioznosti i razdražljivosti (57) u daljnjim bi

individual when psychological aspects of functioning and general relationships with mental health need to be explained. However, this research shows that this aspect plays an important role for the psychological wellbeing of parents, in this case mothers, in both single parent and two-parent families.

This study was limited by certain methodological constraints, which should be addressed as well. The first constraint concerns a convenience sample that did not cover the representative ratios of single parent and two-parent families. Furthermore, in the examination procedure the mothers filled out questionnaires at home and were, thus, unable to verify the meaning of certain questions. They sent the questionnaire to the professional associate working in the school through children, which could have impaired the experience of anonymity and confidentiality. Another constraint was related to the fact that the questionnaire was relatively extensive and comprised many different scales, which could have resulted in fatigue and loss of concentration in participants. The fact is that the questionnaire on perceived social support mainly refers to emotional support and it does not comprise, for example, the aspect of instrumental support, which is important in the context of single parenting. Future research should consider the instruments of social support also tackling this component. As mentioned in the introduction, in this research we opted to use a scale that starts from the concept of psychological wellbeing as the presence or absence of psychological distress such as depression, anxiety or irritability. The fact is that such a rather limited approach to considering psychological wellbeing has been replaced by some much broader paradigms such as hedonism and eudemonism. The scale used to measure psychological wellbeing focused more on psychological distress.

Ultimately, it is also important to address the possibilities of further research in the field of psychological wellbeing in the context of single parenting. Given that this study tackled psychological wellbeing in a rather segmented way with regard to the measurement construct that

istraživanjima bilo vrijedno proširiti mjerenje psihološke dobrobiti kod roditelja iz jednoroditeljskih obitelji obuhvaćajući i druge aspekte koji uključuju dva ranije navedena ključna koncepta sagledavanja psihološke dobrobiti kao što su hedonizam i eudemonizam. Naime, neki autori su integrirali ova dva koncepta psihološke dobrobiti što znači da su obuhvatili i konstrukt sreće kao bitne odrednice psihološke dobrobiti (hedonizam), kao i konstrukt aktualizacije (eudemonizam). Kao što smo već nekoliko puta naglasili, ljestvica psihološke dobrobiti korištena u ovom istraživanju uglavnom je temeljena na psihološkim teškoćama (engl. *psychological distress*), što je poseban konstrukt u nekim istraživanjima koji se dovodi u vezu s konstruktom psihološke dobrobiti koja se pak razmatra u kontekstu koncepta sreće i aktualizacije. Primjenom sveobuhvatnijeg i danas učestalijeg načina ispitivanja psihološke dobrobiti u kontekstu sreće i aktualizacije doprinijelo bi se boljem razumijevanju psihološke dobrobiti u jednoroditeljskim obiteljima. Ranije spomenuto istraživanje u kojem se istraživao odnos između psihološke dobrobiti i psihičkih teškoća pokazalo je negativnu povezanost između navedenih varijabli (52). U istom se istraživanju pokazalo se da je niska razina psihološke dobrobiti i veća prisutnost psihičkih teškoća (koje se primarno odnose na depresivnost i anksioznost) značajno više prisutna kod samaca, osoba koje su razvedene, relativno niskog obrazovnog statusa, radno nesposobnih osoba, osoba nižeg materijalnog statusa, podstanara i umirovljenika. Iz navedenih sociodemografskih obilježja vidljivo je da se radi o osobama koje su i inače u većem riziku od siromaštva te iako u tom istraživanju nije korištena varijabla jednoroditeljstva, vidljivo je da su razvedene osobe (a razvod je najčešći uzrok jednoroditeljstva), kao i osobe koje češće žive u podstanarstvu (što se značajno više pokazalo kod majki iz jednoroditeljskih obitelji) podložnije psihičkim teškoćama odnosno imaju nižu razinu psihološke dobrobiti. S obzirom na spol, u istom istraživanju se pokazalo da nema razlika u psihološkoj dobro-

was limited to aspects of depression, anxiety and irritability (57), in further research it would be worth expanding the measurement of psychological wellbeing in parents from single parent families to also include other aspects that are key for the analysis of psychological wellbeing, such as hedonism and eudemonism. Some authors have integrated those two concepts of psychological wellbeing, meaning that they have also included constructs such as happiness (hedonism) and self-actualization (eudemonism) as essential determinants of psychological wellbeing. As we have already pointed out, the psychological wellbeing scale used in this study was mainly based on psychological distress. In some studies, it is a distinctive construct linked to the construct of psychological wellbeing, which is, in turn, examined in the context of happiness and self-actualization. Applying a more comprehensive and nowadays more frequent method of examining psychological wellbeing in the context of happiness and self-actualization would contribute to a better understanding of psychological wellbeing in single parent families. The previously mentioned study investigating the relationship between psychological wellbeing and psychological distress found a negative association between those variables (52). The same study has shown that a low level of psychological wellbeing and a greater presence of psychological distress (primarily depression and anxiety) were significantly more present in single or divorced persons, persons with a relatively low education, incapacitated for work, persons of lower socioeconomic status, tenants and retired persons. These sociodemographic characteristics indicate that these persons are usually at higher risk of poverty and although the single parenting variable was not used in this study, it is evident that divorced persons (divorce being the most common cause of single parenthood) and persons who were not homeowners (significantly more evident in the mothers in single parent families) were more susceptible to psychological distress or had a lower level of psychological wellbeing. In view of gender, the same study has found that there were no differences in psychological

biti između muškaraca i žena, ali žene iskazuju veću razinu kad su u pitanju psihičke teškoće. U tom kontekstu bilo bi zanimljivo istražiti psihološku dobrobit i prisutnost psihičkih teškoća u jednoroditeljskim obiteljima s obzirom na spol roditelja. S obzirom na općenito nedovoljnu istraženost psihološke dobrobiti kod roditelja u jednoroditeljskim obiteljima bilo bi vrijedno uključiti i kvalitativna istraživanja kako bi se mogli odrediti eventualni čimbenici odnosno varijable kojih nije bilo u dosadašnjim istraživanjima. U tom smislu, temeljem analize kvalitativnog istraživanja, osim nalaza i doprinosa svojstvenih kvalitativnom istraživanju, došlo bi se do dodatnih izvora za konstruiranje čestica odnosno upitnika za buduća istraživanja.

ZAKLJUČAK

Istraživanje je pokazalo da se majke iz jednoroditeljskih obitelji suočavaju s više rizika u odnosu na majke iz dvoroditeljskih obitelji. Ustanovljeno je da su slabijeg materijalnog statusa, percipiraju nižu socijalnu podršku te imaju nešto izraženije simptome depresivnosti kad je riječ o psihološkoj dobrobiti. Prediktori psihološke dobrobiti slični su kod majki iz jednoroditeljskih i dvoroditeljskih obitelji pri čemu se pokazalo da kod obje skupine materijalni status, percepcija učinka financijskih poteškoća na odnose u obitelji i roditeljski stres značajno doprinose objašnjenju psihološke dobrobiti roditelja, dok se socijalna podrška pokazala prediktivnom kod majki iz dvoroditeljskih obitelji.

wellbeing between men and women. However, women indicated a higher level of psychological distress. In this context, it would be interesting to investigate the psychological wellbeing and the presence of psychological distress in single parent families with regard to gender of parents. Given the fact that psychological wellbeing of parents in single parent families has not been sufficiently investigated, it would be worthwhile to also include qualitative research in order to be able to determine possible factors or variables that were not examined in previous studies. Based on the analysis of qualitative research, in addition to findings and contributions of qualitative research, additional sources for the construction of items or questionnaires for future research would be obtained.

CONCLUSION

The study found that mothers in single parent families were faced with more risks compared to mothers in two-parent families as they had a less affluent economic status, perceived lower levels of social support and somewhat more pronounced symptoms of depression. Predictors of psychological wellbeing were similar in the mothers in single parent and two-parent families. In both groups, economic status, perception of the effect of financial difficulties on family relationships and parental stress significantly contributed to the explanation of the psychological wellbeing of parents whereas social support proved to be a predictive factor for mothers in two-parent families.

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