



SEAIPC2023
SOUTH EAST ASIA INTERNATIONAL
PHILANTHROPY CONFERENCE

CONFERENCE PROCEEDINGS

The 8th Southeast Asia International Philanthropy Conference 2023 (SEAIPC2023)

**Future of Philanthropy and Sustainable Development:
Holistic Approach towards Innovative Fundraising
and Strategic Entrepreneurial Partnership
for Societal Well-Being**

7 - 9 November 2023

The Waterfront Hotel Kuching, Sarawak

eISSN: 3009-1667

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Conference e-Proceedings

The 8th Southeast Asia International Philanthropy Conference 2023 (SEAIPC2023) eISSN: 3009-1667

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Publisher:
Zes Rokman Resources (2131022-P)
Bandar Baru Bangi, Selangor Darul Ehsan

Publication Date: 25th January 2024



Conference e-Proceedings
The 8th Southeast Asia International Philanthropy Conference 2023
(SEAIPC2023)

eISSN: 3009-1667

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MENTAL WELL-BEING OF SINGLE MOTHERS: A PRELIMINARY REVIEW ISSUES AND CHALLENGES ACCORDING TO ISLAM

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Abstract

This study aims to identify the issues and challenges of the mental well-being of single mothers in Malaysia. It is hoped that this study can help the government in formulating policies or action plans that are appropriate for the interests of single mothers in Malaysia. Semi-structured interviews have been used to gather information from single mothers and professional opinions in a particular field. Survey respondents distributed multiple semi-structured questionnaires and conducted interviews with community members using a straightforward sampling technique. Ten Melaka single mothers were interviewed. The director of the Social Welfare Department, the Director of the Office of Women's Development, and a syariah lawyer also being interviewed. In addition primary and secondary data in the form of documents, correspondence, official archives, and surveys were gathered from related departments. The study's findings revealed that the single mother had to deal with a number of difficulties, such as financial stress, lack of social support, career-family conflict, low quality of life and daily routine disruptions brought on by the COVID-19 pandemic. There are five mental health consequences for single moms: depression, anxiety, stress, low self-esteem and social isolation. From an Islamic perspective, this study revealed multiple solutions to address the mental health issues faced by single mother and improve their mental well-being. This study comprises limited number of respondent in the analysis. The Islamic strategies that being suggested would enable single mother to achieve healthy mental wellbeing. This study covering strategies to enhance mental well being of single mother from Islamic perspective.

Keywords: mental well-being, single mother, preliminary review, issues and challenges, Islam