

# Mental Well-Being of Single Mothers: A Preliminary Review Issues and Challenges According to Islam

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## Abstract

**Purpose:** This study examine, from an Islamic standpoint, the problems and difficulties that single mother encounter with regard to their mental health. First among the study's goals is figuring out what influences single mothers mental health. Second, consider the detrimental effects that mental health issues have on children and single mothers. The third goal is to provide Islamically based solutions for the mental health issues faced by single mothers.

**Design/methodology/approach:** 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.

**Findings:** 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.

**Research limitations/implications:** This study comprises limited number of respondent in the analysis.

**Practical implications:** The Islamic strategies that being suggested would enable single mother to achieve healthy mental wellbeing.

**Originality/value:** 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

## Introduction

Single mothers are a group of women who face various challenges and pressures in their lives, especially in economic, social, and emotional terms. They have to take on the responsibility of being the head of the household, the breadwinner, and the caretaker of the children without the help or support of a spouse. According to Zakaria et al. (2022), this condition can affect the mental well-being of a single mother, which refers to a healthy, balanced, and harmonious psychological and emotional state. The mental well-being of single mothers is important because it affects their own and their children's quality of life.

The issue of mental well-being of single mothers in Malaysia is an issue that receives attention from the government, non-governmental organizations (NGOs), institutions of higher learning, and the general public. This is because the number of single mothers in Malaysia is quite high and increasing over time. According to Sanusi (2022), based on the 2020 Population and Housing Census, there are a total of 910,091 single mothers in Malaysia, which is equivalent to 8.3 percent of the total number of households in the country. Factors that contribute to the increase in the number of single mothers include the death of a husband, divorce, the increase in women's life expectancy, and the increase in the rate of out-of-wedlock births.

The issue of mental well-being of single mothers in Malaysia is also closely related to the Islamic concept of women's roles and responsibilities in the family and society. Islam respects and values women as noble human beings, entitled to protection, love, and justice. Islam also stipulates that husbands are responsible for providing inner and outer sustenance for their wives and children. Therefore, when women become single mothers due to the death or divorce of their husbands, they face difficulties in fulfilling their roles and responsibilities as wives and mothers. They may also experience loneliness, sadness, depression, anxiety, stress, low self-esteem, and other mental health problems

Consequently, the purpose of this study is to examine, from an Islamic standpoint, the problems and difficulties that single mother encounter with regard to their mental health. First among the study's goals is figuring out what influences single mothers mental health. Second, consider the detrimental effects that mental health issues have on children and single mothers. The third

goal is to provide Islamically based solutions for the mental health issues faced by single mothers.

While the research questions presented in this study are as follows:

- What factors affect the mental health of single mothers?
- What are the negative effects of mental health problems on single mothers and their children?
- What is the strategy for solving mental health problems of single mothers based on Islamic principles?

The importance of this study include providing an overview of the issues and challenges faced by single mothers in terms of mental health from an Islamic point of view. This study is hope to increase community awareness about the importance of taking care of the mental health of single mothers as a member of the family and society. In addition, this study can provide useful suggestions to help single mothers overcome mental health problems in a way that is in line with Islamic teachings.

The operational definitions of the terms used in this study are as follows:

1. Mental health: A state of well-being in which an individual is aware of his own capabilities, can handle stress well, can work productively and is able to contribute to society
2. Single mother: A woman who has the primary responsibility of taking care of children without the help of a partner or life partner
3. Islam: The religion revealed by Allah s.w.t to Prophet Muhammad s.a.w as a blessing to the whole world.

## **Literature Review**

### ***Definition of Single Mother***

The definition of a single mother varies according to the context and perspective used. In general, a single mother can be defined as a woman who is the head of the household without the presence of a man with the title of husband. Based on the Single Mother Empowerment Action Plan (2015-2020), the Ministry of Women, Family and Community Development (KPWKM) takes into account single mothers based on the following criteria:

- Female Head of Household:
- marital status of widow or divorced / permanently separated and having unmarried children in the same household;
- have a husband (who is unwell and unable to work) and have unmarried children in the same household; or
- never married but have children (adopted or illegitimate children).

Statistics on the number of single mothers in Malaysia have been mentioned in the previous section, which is 910,091 people or 8.3 percent of the total number of households in Malaysia

based on the Population and Housing Census 2020. This statistic shows total number of women in Malaysia that is single mothers has increase compared to the Population and Housing Census 2010, which found a total of 235,240 people or 1.7 per cent. These statistics also show that in Malaysia there are more single mothers than single fathers, which numbered 87,000 people or 0.8 per cent of the total number of households in 2020.

### ***Mental well-being of single mother***

According to Jusoh & Latada (2020), the mental health of a single mother is as healthy and mentally happy as a woman raising her children or children without a partner. Mental health is important for single mothers because it affects quality of life, ability to cope with stresses and challenges, and relationships with children and others. Mental health can be affected by various factors, such as financial situations, social support, personal characteristics, and life events. While in Islamic perspective, mental wellbeing in Islamic perspective is the state of being mentally healthy and happy as a Muslim who submits to the will of Allah and follows His guidance. Mental wellbeing is important for Muslims because it affects their quality of life, their ability to worship Allah, and their relationship with themselves and others. Mental wellbeing can be influenced by various factors, such as faith, worship, ethics, morals, and life events (Azman, 2020).

### ***Factors that affect the mental well-being of single mothers***

In general, these factors can be divided into internal factors and external factors. Internal factors refer to the personal characteristics, attitudes, beliefs, emotions, and behavior of the single mother herself. Among the internal factors that affect the mental well-being of single mothers are:

- Level of education, occupation, and income. Single mothers with higher education, employment, and income tend to have better mental well-being because they are able to provide basic needs and comfort for themselves and their children. On the other hand, single mothers with low education, employment, and income tend to experience poverty, job instability, and financial stress that can affect their mental well-being.
- Level of physical and mental health. Single mothers who have good physical and mental health tend to have better mental well-being because they are able to manage themselves and their children more effectively and productively. On the other hand, single mothers with poor physical and mental health tend to experience chronic illness, fatigue, disability, and mental health problems such as depression, anxiety, stress, and post-traumatic stress disorder (PTSD) that can affect their mental well-being.
- The level of faith and religious practice. Single mothers who have strong faith and religious practices tend to have better mental well-being because they are able to face life's challenges with more perseverance, patience, contentment, and optimism. They are also able to get spiritual support, moral guidance, and self-esteem from their religion. On the other hand, single mothers with weak faith and religious practices tend to experience doubt, despair, anger, and pessimism about their lives. They may also lack spiritual support, moral guidance, and self-esteem from their religion.

External factors refer to factors related to the family, society, and country that have an impact on the life of a single mother. Among the external factors that affect the mental well-being of single mothers are:

- Level of support from family and friends. Single mothers who have high family and friends support tend to have better mental well-being because they are able to get material, emotional, social, and instrumental help from their closest people. They are also able to feel love, appreciation, understanding, and acceptance from their family and friends. On the other hand, single mothers who have low family and friends support tend to experience loneliness, dissatisfaction, conflict, and rejection from their family and friends
- Level of access to resources and services. Single mothers who have access to adequate resources and services tend to have better mental well-being because they are able to meet the basic, educational, health, and welfare needs of themselves and their children. They are also able to get useful information, advice, guidance, and counseling to overcome problems and challenges in their lives. On the other hand, single mothers who have access to limited resources and services tend to experience poverty, injustice, discrimination, and marginalization from society
- Level of involvement in social and community activities. Single mothers who have high involvement in social and community activities tend to have better mental well-being because they are able to establish positive social relationships, increase self-confidence, develop skills and talents, and contribute to society. They are also able to get moral support, motivation, inspiration, and role models from successful and influential people in society. On the other hand, single mothers who have low involvement in social and community activities tend to experience social isolation, low self-esteem, boredom, and powerlessness in society.

Studying single moms' mental health from an Islamic viewpoint is interesting and crucial since it touches on psychological, social, economic, and religious facets of single mothers' lives. The psychological and emotional status of single mothers is called their mental well-being, and it impacts both their own and their children's quality of life. The Islamic understanding of the place and obligations of women in the family and society is also intimately tied to the mental health of single mothers.

Here are some succinct summaries of earlier research on single moms' mental health from an Islamic perspective.

Sulaiman, Basri, and Zabidi (2020) contend that mental health is crucial in choosing one's course in life. This study examines the writings of Islamic thinkers using library research techniques and a document analysis approach. This study discovered that Islamic scholars have used spiritual well-being techniques to examine many aspects of mental well-being since the height of Islamic science. Islamic scholars have emphasized five different types of mental health in this regard. First, the Tazkiyah al-Nafs model, which Imam al-Ghazali describes as a psychotherapy paradigm. The second is Said by Hawwa's Tahaqquq Tazkiyah al-Nafs model. The tasawuf model and moral approach to soul purification come in third. Fourth, the Book of Qut al-Qulub serves as the foundation for Abu Talib al-concept Makki's of the Development of Human Psychology. Fifth, the Sufi Tradition's model for spiritual healing. These five theories of mental health emphasise morality and tasawuf after having a thorough understanding of Islamic faith and worship as it is practised according to Islamic Shari'a, using the purifying approach of the soul.

According to Hashim and Saniff (2019), a person's psychological, mental, and physical health can influence their social success, economic success, and ecological success. To better

understand the problems with mental health in family institutions, this study applied content analysis techniques on primary and secondary sources. This study discovered that people's psychological, mental, and physical well-being can contribute to a thriving society in terms of their social, economic, and ecological well-being. Internal elements like faith, morals, emotions, conduct, and external influences like family, culture, country, and religion can all impact a person's mental health. According to the study, family structures play a major role in determining an individual's mental health, particularly for single mothers who must navigate difficult situations. As a result, family institutions must promote honesty in all facets of life in accordance with Islamic principles.

Zakaria et al. (2019), explained on single moms' psychological well-being, mention the difficulties they confront and the tensions in their lives. The implications of divorce on the psychological health of single mothers and the variables influencing that health are also discussed in this article. High-quality family structures are a significant asset to the success of an enterprise and a nation, this article's descriptive qualitative approaches reveal. This essay also underlines how crucial it is to create happy, successful families and a family institution founded on integrity. While in another article, Zakaria et al. (2020) found single moms in Malaysia experience a variety of difficulties in life, including financial instability, legal issues, and child support, all of which have an impact on their emotional wellbeing. This essay examines the actual difficulties that some Selangor single mothers experience. Focused group talks are employed as a method of data gathering in this article, which adopts a qualitative methodology. The difficulties faced by single mothers have also been demonstrated to have an impact on their well-being, and this article suggests effective approaches to assist these people.

Single mothers in Malaysia face various challenges in life after divorce, such as financial, health, educational, and social problems. This article explains the issues and challenges faced by single mothers in terms of well-being and depression and mental problems. This article also offers an early initiative called Kit Ban Tow which aims to provide guidance to single mothers in going through the post-divorce process (Ismail et al., 2023). Single moms in the B40 income category went through mental health crises during the COVID-19 pandemic due to sadness, depression, mourning, anxiety, and loneliness. The COVID-19 pandemic caused a mental health crisis for single moms from the B40 group, which is examined in this article. The focus group discussion technique is employed in this article to pinpoint the themes of mental health crises faced by B40 single mothers. This essay also emphasises the value of providing single mothers with financial and emotional support to help them recover their mental health after being harmed by the pandemic (Zakaria et al., 2022).

Hashim and Saniff (2019), contend that a person's psychological, mental, and physical health can influence their social success, economic success, and ecological success. The development of integrity in family institutions for the goal of mental well-being is covered in detail in this article. High-quality family structures are a significant asset to the success of an enterprise and a nation, this article's descriptive qualitative approaches reveal. This article also highlights the significance of creating happy, successful families as a foundation for a family institution. In 2019, Zakaria et al. found that single moms in Malaysia encounter a variety of difficulties, including having kids, having health issues, having a hard time parenting kids, and dealing with societal stigma, which has an impact on their mental well-being. Studies were done to investigate the actual difficulties experienced by a small group of single mothers in Selangor. This article gathers data through a targeted group conversation strategy and then uses thematic analysis to examine it. The difficulties that single moms confront impact their well-being, and this article suggests relevant strategies to support single mothers in achieving social functioning and physical and emotional well-being.

Jusoh and Latada (2020) claim that lone moms in Malaysia had difficulties during the Covid-19 pandemic. This article looks at three main issues, including financial stress, additional roles and responsibilities placed on single mothers because of the pandemic, and the emotional and psychological state of single mothers trying to strike a balance between working, caring for, educating, and disciplining their kids. Women who have children under the age of 18 and are raised either solely by single, never married, or widowed, divorced parents are considered single mothers. High demands and difficulties come with being a single mother. As the entire nation is now subject to the Movement Control Order (MCO), the following three MCOs (Movement Control Order), and social distancing requirements, social routines that many single mothers rely on to provide stability to their daily lives, such as work schedules, sending children to day care or school, visiting friends and family, are no longer possible. Malaysia has used MCO to halt the Coronavirus's spread.

## **Method**

This article is qualitative in nature. In addition to referring to the Quran and As Sunnah. The study is also focusing on the process of data collection in the form of theory/fact and practice as one the group of information to be analyzed to achieve the outlined objectives.

This study uses qualitative methods to understand social phenomena that are studied more deeply and holistically. Qualitative method is a method that emphasizes the aspect of in-depth understanding of a problem. This method uses data in the form of words, pictures, or symbols that cannot be measured quantitatively. Interviews is used as the main data collection technique. An interview is a communication process between the researcher and the respondent that aims to obtain information relevant to the research topic. Interviews can be divided into three types, namely structured interviews, semi-structured interviews, and unstructured interviews. This study chose a semi-structured interview because it gives flexibility to the researcher to change or add questions according to the needs during the interview, as well as being able to capture deep meaning from the respondents.

This study also uses other data collection techniques such as observation, document analysis, or field notes to complete and strengthen the data obtained from interviews. These techniques can give a more complete and balanced picture of the social phenomenon being studied. References from the Al-Quran and As-Sunnah, as well as journal articles, newspapers, reports from websites, documents, letters, archives and surveys is also being used as secondary data sources. Data obtained from interviews is analyze in an inductive or qualitative way, that is by classifying themes, patterns, or categories that emerge from the data. Text analysis methods are also used to translate and interpret the meanings contained in the data. This study emphasizes the meaning or interpretation given by the respondents to the social phenomenon under study, not to draw conclusions that apply universally.

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 syarie lawyer also being interviewed. In addition primary and secondary data in the form of documents, correspondence, official archives, and surveys where gathered from related departments.

## Findings

The findings are important to show empirical evidence that supports or rejects the study's hypothesis and to build the basis for discussion and conclusion. This study was able to answer 3 main questions that were mentioned at the initial stage:

The first question: What are the factors that affect the mental health of single mothers?

Single mothers' mental health is a serious problem that must be addressed. Due to the stresses and strains of daily living, single mothers are more prone to mental health issues like melancholy, anxiety, sadness, and loneliness. Single mothers' mental health is impacted by several variables, including:

### 1. Financial stress

Single mothers often face financial difficulties because they must bear the responsibility of being their family's main breadwinner. They may also experience a decrease in income due to the COVID-19 pandemic, which has led to job losses or reduced working hours. They will have to bear the cost of living, the education of children, the rent of a house, and so on. According to Zakaria et al. (2022), B40 single mothers experienced a serious mental health crisis during the COVID-19 pandemic due to exposure to risk factors such as poverty, job instability, lack of social support, and family role stress. These financial difficulties can cause high anxiety and affect the quality of life and psychological well-being of single mothers.

### 2. Lack of social support

Single mothers may feel alienated or marginalized from society because of the stigma or negative prejudices associated with their status. According to Zakaria et al. (2022), They may also receive less support from family, friends, or community in managing their children or life problems. They may feel lonely, isolated, and unappreciated. Social support is essential to provide encouragement, help, and relief to single mothers.

### 3. Career-family conflict

Single mothers need to strike a balance between roles as mothers and employees, which can create conflict or tension. They may feel guilty or worried about not being able to pay enough attention or pay enough time to their children. According to Zakaria et al. (2019), they may also face challenges in finding quality and affordable childcare. These career-family conflicts can affect job satisfaction, organizational commitment, and single mother work performance.

### 4. Lack of social support

Single mothers may not have adequate support from family, relatives, friends, or the community. According to Zakaria et al. (2022), the change in daily routine and work due to the COVID-19 pandemic has also changed the daily routine and work of single mothers. They may be forced to work from home, manage children who study online, or run the risk



of losing their jobs. These changes can lead to career-family conflicts, work-life imbalances, and work dissatisfaction.

### **5. Low quality of life**

Single mothers may experience low quality of life due to the above factors. They may not be able to meet their own and their children's basic needs, such as food, clothing, health, and education. According to Zakaria et al. (2022), a low quality of life can affect the mental health of single mothers in a negative way.

Second question: What are the effects of mental health on single mothers and children?

Mental health is a state of well-being in which a person can manage emotions, behaviors, and relationships with others positively and effectively. Good mental health allows a person to face life's challenges, learn from experiences, and reach one's potential. However, there are many factors that can affect a person's mental health, including marital status, finances, employment, physical health, and so on. Single mothers and their children may face a higher risk of developing mental health problems than normal families. Here are five mental health effects on single mothers and children according to Zakaria et al. (2019).

#### **1. Depression**

Single mothers may experience depression due to life stress, loss of partner, financial problems, family conflicts, etc. Depression can cause single mothers to feel sad, desperate, helpless, guilty, or uninterested in daily activities. According to Zakaria et al. (2019), depression can also affect the immune function, digestion, sleep, and appetite of single mothers. Children of single mothers may also be prone to depression if they feel a father's absence, lack of affection, or excessive burden of responsibility.

#### **2. Anxiety**

Single mothers may experience anxiety due to future uncertainty, lack of social support, or the threat of harm. Anxiety can cause single mothers to feel anxious, agitated, scared, or panicked for no apparent reason. According to Zakaria et al. (2019), Anxiety can also give rise to physical symptoms such as heart palpitations, excessive sweating, shortness of breath, or headache. Children of single mothers may also be affected by their mother's anxiety or experience anxiety on their own due to environmental changes, academic stress, or social problems.

#### **3. Stress**

Single mothers may experience stress because of the various challenges faced in carrying out the role of mother and breadwinner. Stress can cause single mothers to feel depressed, angry, frustrated, or upset. According to Zakaria et al. (2019), stress can also affect the physical and mental health of single mothers by increasing the risk of chronic diseases such as hypertension, diabetes, heart disease, or stroke. Children of single mothers may also be prone to stress if they witness conflicts between mother and ex-husband, experience poverty, or lack of attention.

#### **4. Low self esteem**

Single mothers may experience inferiority due to social stigma, employment discrimination, or comparisons with other families. Inferiority can cause single mothers to feel unconvinced in themselves, worthless, or unloved. According to Zakaria et al. (2019), Low self-esteem can also affect the motivation and performance of single mothers in other jobs or activities. Children of single mothers may also be affected by their mother's inferiority or experience inferiority due to lack of self-esteem, negative peer influence, or low academic achievement.

#### **5. Social isolation**

Single mothers may experience social isolation due to lack of time and opportunities to socialize with others. Social isolation can cause single mothers to feel lonely, bored, or friendless. According to Zakaria et al. (2019), Social isolation can also affect the emotional and mental well-being of single mothers by reducing the support, feedback, or help needed. Children of single mothers may also be affected by their mother's social isolation or experience social isolation themselves due to lack of interaction with peers, family, or society.

Third question: What are the strategies for solving single mothers' mental health problems based on Islamic principles?

##### **1. Increase faith and piety to Allah SWT through worship and righteous deeds.**

Worship such as prayer, Quran recitation, dhikr, prayer, and fasting can help single mothers reduce stress, anxiety, depression, and feelings of guilt. Worship can also bring peace, strength, hope, and happiness to single mothers who face life's challenges. According to Noor (2018), the practice of righteousness such as alms, devotion to parents, caring for children, and helping others can also lead to gratitude, affection, and self-satisfaction. The Islamic principle that underlies this strategy is that Allah SWT is Most Merciful, All-Forgiving, All-Hearing, and All-Helpful. Allah SWT will not test His servants beyond their means and will reward those who are patient and trusting.

##### **2. Seeking social support from family, friends, community, and professional counsellors.**

Social support can give single mothers a sense of being valued, loved, accepted, and respected. Additionally, it can give single mothers advice, help, motivation, and encouragement to overcome their mental health problems. According to Wazir (2020), Social support can also prevent single mothers from feeling lonely, isolated, or marginalized. The Islamic principle that underlies this strategy is that Muslims are brothers and help each other in goodness and taqwa. Islam also encourages its ummah to do good to parents, children, neighbors, relatives, the poor, and those in need.

##### **3. Maintain physical health through balanced nutrition, exercise, adequate rest, and regular health checks.**

Physical health has a close relationship with mental health. According to the Official Portal of Myhealth, Ministry of Health Malaysia (2017), a balanced diet can provide the nutrients the brain needs to function properly. Exercise can improve blood circulation to the brain

and release endorphin hormones that can create joy and relief. Enough rest can help the brain relax and recover from daily stress. Regular health check-ups can detect and treat any physical illness that can affect mental health. The Islamic principle that underlies this strategy is that the body is the trust of Allah SWT that needs to be well taken care of. Islam also teaches its ummah to maintain a balance between the affairs of this world and the hereafter.

#### **4. Manage finances wisely through budget planning, savings, halal investment, and debt avoidance.**

According to the Single Mother Empowerment Action Plan 2015-2020, Ministry of Women, Family and Community Development, finance is one of the main factors that cause stress to single mothers. By managing their finances wisely, single mothers can meet the basic needs of themselves and their children without worrying about lack of money or being unable to pay debts. Budget planning can help single mothers set short and long-term financial goals and control their spending. Savings can help single mothers cope with any emergency or sudden need without having to rely on others. Halal investments can help single mothers supplement their income in a legal and blessed way. Avoiding debt can help single mothers avoid usury, interest, and pressure from authorities or lenders. The Islamic principle underlying this strategy is that Islam prohibits usury, interest, gambling, and any unfair or oppressive financial activities. Islam also teaches its ummah to save, strive, and rely on the provision of halal sustenance.

#### **5. Improve self-skills through education, training, courses, or creative activities.**

In the Single Mother Empowerment Action Plan 2015-2020, the Ministry of Women, Family and Community Development, the economic aspect of single mother empowerment was applied to increase the awareness and commitment of stakeholders to empower the single mother economy. It also improves self-skills and can provide an opportunity to improve their knowledge, skills, abilities, and self-confidence. This can help single mothers get better jobs, supplement their income, or generate their own business. Improving self-skills can also give single mothers the opportunity to express themselves, broaden their views, and find new interests or hobbies. This can help single mothers fill their free time with rewarding, fun, and satisfying activities. The Islamic principle that underlies this strategy is that Islam encourages its ummah to claim knowledge, develop their potential, and contribute to society. Islam also respects and values every individual who has advantages or privileges in a particular field.

### **Conclusion**

It is imperative that everyone pay attention to the mental health of single mothers, particularly from an Islamic standpoint. The lives of single mothers are filled with obstacles and demands, including unstable finances, legal issues, child support, connections between children and ex-husbands, health issues, the difficulties of raising children, and social stigma. Single mothers may suffer from psychological issues such sadness, anxiety, stress, low self-esteem, and social isolation as a result of these difficulties to their mental health. Islam offers advice and ways for single mothers to deal with the difficulties and demands they confront. Believing in Allah as the creator and determiner of all and submitting to Him in everything is one of these rules and

answers. Preserving one's relationship with God by almsgiving, dhikr, prayer, and worship. Retain relationships with others by being a friend, being a devoted parent, being kind to kids, and avoiding gossip and slander. Third, take care of single mother physical health with a healthy diet, regular exercise, enough sleep, and check-ups; fourth, take good care of single mother financial situation with savings, budgeting, halal investing, and debt avoidance. At last, a single mother can enhance her abilities by learning new things, taking classes, exercising, or engaging in artistic endeavors. The Islamic methods put forward would help a single mother raise her kids with a good mental state of mind. Among these guidelines and solutions is to believe in Allah as the creator and determinant of all things, and to submit to Him in all things. Maintaining a relationship with God through worship, prayer, dhikr and alms. Maintain contact with people through friendship, devotion to parents, do good to children, stay away from slander and gossip. Third, maintain physical health through balanced nutrition, exercise, adequate rest, and regular health checks, while forth manage finances wisely through budget planning, savings, halal investment, and debt avoidance. Finally single mother able to improve self-skills through education, training, courses, or creative activities. The Islamic strategies that being suggested would enable single mother to achieve healthy mental wellbeing in raising her children. As a result, it will enhance the single mother's quality of life, give her the ability to overcome any obstacles, and strengthen her bonds with Allah SWT and other people.

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