

SUBJECTIVE WELL-BEING OF TEENAGERS WHO ARE RAISED BY SINGLE MOTHER: A CROSS-CULTURAL ANALYSIS STUDY

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Abstract. Single mothers have multiple roles. She take care of her children, earn a living, and play a role in filling the void of fathers in their children's lives. Single mother occurs in a woman caused by divorce or abandoned by her husband who died. Single mother is assumed for having not enough time with her children, especially at the age of teenagers (12-19 years old) who really need more time with their significant other, such as parent to be their role models in life, friend for sharing the personal life, etc. On the other hand, teenagers who grow up with a single mother create a negative stigma from society. This causes the teenager to experience anxiety, insecurity and trauma that can interfere with their personal lives. Based on these conditions, we are trying to find out about how teenagers with a single mother can achieve a prosperous life in the community. This study uses systematic literature review by conducting cross-cultural data analysis. Through cross-cultural studies, it is hoped that it can be a reference material to find out the description of subjective well-being of adolescents with a single mother. Thus, it is hoped that furthermore specific research can be carried out to explore problems and appropriate interventions to reduce the social stigma about single mother and their child's life.

Keywords: adolescent, single mother, parenting, subjective well being, stigma

INTRODUCTION

Based on data from United Kingdom, approximately one in four children live in with single parent families. In 2016 there were 2.9 million single parents in the United Kingdom, representing an 18.6% growth in single parents since 1996 (Great Britain Office for National Statistics 2016). Women account for 86% of single parents with their child, the common age of the single parent is 38 years old, and 60% of single parents having at least one child to take care of. Single parent families are one representation of the variety and diversity of family units in modern society (Golombok 2000) and can be created through circumstances along with divorce, separation, dying of a partner, donor insemination or an unplanned pregnancy.

Societal perceptions often see single parents as young, female, unemployed parents with a couple of children (Garner and Paterson 2014). Single parents are a labeled group and stigmatized that they are in possession of a set of characteristics that present a social identity that is often devalued within the society (Crocker et al. 1998). In addition, single parent families especially mother are nonetheless almost twice as likely to be in poverty as those in couple parent families, with 67% of single parents reporting that they have problem with finances (Gingerbread 2015). Single parents consequently need to control a number of stressors along with stigma, working issue and poverty.

Single mother is a condition where women and heads of families have dual roles as mothers and fathers who not only take care of children but also have to work to meet their daily needs. According to Fitri Villa Sahara, Co-Director of Empowerment of Women Headed Families (PEKKA), based on the data from national socioeconomic survey Badan Pusat Statistik (BPS) in

2020, it shows that 11.44 million families headed by women. Akmalia (2010) states that the difficulties that often occur in single mothers are economic problems, difficulties in raising children, and adaptation to the surrounding community. Even the problems and pressures that arise usually come mostly from the community (Rahayu, 2017). Based on the research data from Daryanani, Hamilton, Abramson, and Alloy (2016) it is known that children who raised in single-mother families are having more risk factor for psychopathology, but the mechanisms that help explain this relationship are understudied. Single mothers were often likely to engage in psychologically controlling behaviors, which forecasted to their adolescent offspring experiencing higher rates of depressive symptoms and any others psychological issue. This condition seems to adolescent who raised by single mother tend to stigmatized from the society and have their own mental health issue. Based on this background condition we are trying to find out about how teenagers with a single mother can achieve their subjective well being on their interaction with the community. We also know that every culture have their own point of view and stigma about the children, especially adolescent who raised by single mother.

Rahman (2014) states that a single mother is a mother as a single parent who replaces the role of a father, in various aspects, such as being the head of the family, earning a living, taking care of the household and children and meeting other family needs. Single mother as a person have multiple roles in her family, such as single woman, mother, worker, daughter, etc. All family needs must be met in order to survive. Single mother should perform well as a worker but not forgetting to keep taking care of the children by herself. This condition is the resources of stress for single mother. Some of studies have shown that single mothers have higher stress levels of psychopathology symptoms, such as depression compared to married mothers, mostly as a result of greater pressure and stress exposure (Afifi, Cox, & Enns, 2006). In particular, unhealthy psychological condition is associated with financial issue experienced by single mothers (Brown & Moran, 1997). Single mothers typically have fewer economic resources and social capital than households with two parents (Harknett, 2006), and are more likely to have lower education, lower income levels. African American women also report more chronic stress than European American women (Grote et al., 2007). Based on previous research data, it shows that past childhood adversity, as well as current economic stress, predict symptoms of maternal psychological problem and ineffective parenting behavior in single mothers.

Ryff (1989) stated that psychological well-being as a result of a person's evaluation or someone who assess him or herself which is an evaluation of his or her life experiences and is used to describe an individual's psychological health condition based on the criteria for positive psychological functioning. In addition, there are multidimensional approach to measuring a person's psychological well-being which consists of six dimensions, namely self-acceptance, positive relationships with others, autonomy, environmental mastery, life goals, and personal growth.

Psychological well-being is a positive psychological concept that has value on the positive side of people. The positive side of people can improve the development of people's lives so as to create aspects of people's lives and it can turn the negative one into the positive aspects of people. The other expert, Huppert (2005) defines the psychological well-being is a positive and sustainable life in which individuals can grow and develop her or himself. If a single parent has a low condition psychological level, it is feared that they will not be able to live life due to prolonged stress, unable to establish good relationships with other people, and cannot set goals for their future lives so that it affects teenagers.

Teenagers aged 12-19 years who were raised by single mothers caused by divorce and left by their husbands died triggering stress because they needed to adapt to changes, feelings of loss and feelings of inability to face serious problems. More than that, there are also psychological problems such as insecure condition, anxiety and depression symptoms, trauma and risky behaviors that lead to a negative self-image or low self-esteem, general dissatisfaction with his or her life or in general poor subjective well-being (Laftman, 2010).

Based on the research studies, it shows that the children's well-being and the type of family are intrinsically linked. Some literature reviews have suggested that growing up in a single-parent family increases psychological problems and cause low sense of well-being for adolescents general life. Regarding mother and father divorce, researchers shows that adolescents of divorced parents are more likely to have a lower sense of well-being than adolescents of married parents (Kelly & Emery,

2009; Lansford, 2009). However, family structure is a rather static measure of family life. The family transition experienced by adolescents triggers instability of the psychological condition in their life.

Fomby and Cherlin (2007) support their instability hypothesis about adolescent with evidence that the number of mother family transitions experienced by adolescents affects their externalizing psychological problem behavior, even when the maternal selection variable is not included. Other researchers have also established the impact of the number of family transitions on adolescent well-being. Cavanagh and Huston (2008) found that a higher number of family transitions (particularly with mothers involved) may sharpen externalizing problem behaviors in younger child. Milan, Pinderhughes, and the Behavior Problem Prevention Research Group (2006) successfully replicated the results, and also found that more family transitions head to more habitual internalization problems. Lee and McLanahan (2015) enhanced children's cognitive achievement to the list, as well as confirming previous studies on externalizing and internalizing problem behaviors. Based on this instability hypothesis, the researcher expected adolescents who had their family history of more upheaval, such as higher number of family transitions tend to have a lower sense of well-being than those who grew up on more stable family condition for example having no or less family or parent transitions who are still married or some family transition.

Manolis and Roberts (2011) explained the subjective well-being simply as happiness state or overall cognitive and affective evaluation of one's life. Diener (2009) emphasize that subjective well-being is how a person evaluates about his or her general life. Evaluation of a person's life satisfaction is the person's reaction to what is occurring in his or her life (Roberts, & Clement, 2007). Evaluation of life satisfaction by in view of all aspects or domains of life that assist to a person's general life. The domain of life that are important in a individual's subjective well-being are set up in family and friends, feelings of self-worth, resilience, health in general, pleasure and enjoyment, money and work. Subjective well-being is the overall evaluation of the various components of life rather than a single domain evaluation (Diener, Suh, Luke, & Smith, 1999). By comparing two term about well-being, we choose to determine our framework using subjective well being than psychological well being. It is caused the simplify of the point of view to see the complex condition about adolescent mental health who raised by single mother.

In the evaluation of self-satisfaction using the ecological model Bronfenbrenner (1979) stated that children who grow up as teenagers, life satisfaction is regulated at the micro level or family social interaction. Hazan and Shaver (1994) have an opinion that the family members form the basic everyday network and its important to create a child's cognitive or emotional reactions to what is happening in his life are reigned by the indicators of parental protection, closeness and responsiveness. Lahikainen, Tolonen and Kraav (2008) argue that the family as a simple institution has a central responsibility for overall child's well-being and the parents as a main resource for the subjective well-being of children. Parents guarantee the responsibility to nurture and protect their children from threats and insecurities in everyday life. The state of subjective well-being or life satisfaction based on the support accepted from the family including the amount of interest, attention, and love of parents and siblings (Lahikainen et al. 2008) to obtain subjective well-being through individual development to establish certain physical and mental characteristics which is shape their personality in long term process. Adolescent development as a child of their parent can go through by four environmental systems, it is called microsystems, mesosystem, exosystems and macrosystems based on Bronfenbrenner's ecological system theory (Bronfenbrenner, 1981).

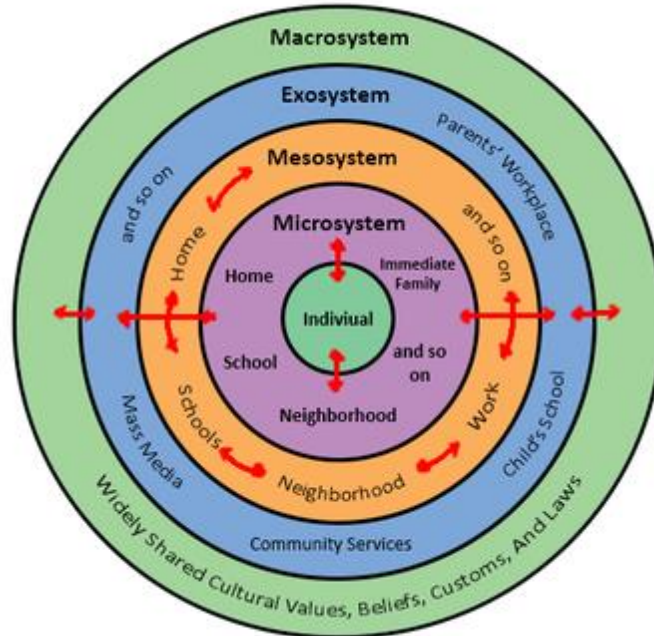


Fig. 1. A Diagram of Bronfenbrenner's Ecological Systems Theory (Bronfenbrenner, 1994)

The microsystem is the environment in which individuals live, the connections in this state include the family, peers, school, and neighborhood which have a significant relation to the individual. In the microsystem, there is a lot of direct interaction with social agents, it is called parents, friends, and teachers. In the interaction process, individuals are not passive recipients but actively participate in shaping and creating microsystem settings (Bronfenbrenner, 1981). Each person obtains experience from each activity and has a role in building interpersonal relationships with the microsystem environment. The microsystem environment in question is the social environment consisting of parents, siblings, teachers, friends, and teachers. The environment highly affects individual development, especially in early childhood to adolescence. The family subsystem, especially parents in the microsystem, is considered the most prominent socialization agent in a child's life so the family has a great influence in shaping children's character. Each subsystem in the microsystem interacts with the other, for example, the relationship between family and school experience, school experience with religious experience, family experience with peer experience, and family relationships with neighbors. As a result, every problem which occurs in the area of microsystems will affect others. For example, circumstances at home can affect a children's behavior at school. Children whose parents ignore them can have difficulty developing positive relationships with teachers or friends.

The mesosystem embraces the interactions among the individual's microsystems. The connection of microsystems happens between parents and teachers, or school peers and siblings (Bronfenbrenner (1977)). The mesosystem is where a person's microsystems do not function independently but it is interconnected and assert influence upon one another. For instance, if a parent communicates with the teachers, this interaction may influence the development of the children. Essentially, a mesosystem is a system of microsystems. According to the ecological systems theory, if the parents and teachers get along and have a good relationship, this should have positive effects on the children's development, compared to negative effects on development if the teachers and parents do not get along (Guy-Evans, 2020).

Exosystem is a huge social system where children are not directly involved in interaction but are very influential on the development of their character. The exosystem area is consists of the work environment of parents, acquaintances with brothers, sisters, or other relatives, and regulations from the school. For example, work experience can affect a woman's relationship with her husband and children. When a mother might receive a promotion that requires her to travel more it can increase marital conflict and change parent-child interaction patterns. Other subsystems of the exosystem that do not directly affect the child's personality but have a major influence are newspapers, television, doctors, extended families, and others (Bronfenbrenner, 1981).

The macrosystem is the outermost layer of the child's environment. The macrosystem subsystem consists of state ideology, government, tradition, religion, law, customs, culture, and so on, where all of these subsystems will influence the development of children's character. Berk (2000) cultures referred to a pattern of behavior, beliefs, and all products of a group of people that are passed down from generation to generation. Culture is a part of macrosystems that have an indirect influence on the individual

RESEARCH METHOD

The research method used is literature analysis, namely by collecting data various information both from theory, journals, as well as various news and related information with the subject. The sources used include information and data which comes from google scholar and elsevier.com with the keyword are adolescent, single mother, subjective well being, and stigma. We use 17 journal and 5 books to conduct and analyze the data to answer the research problem.

Tabel 1. Data from Journal Review

Author	Year	N	Variable	Location
Teesalonika, A., Damayanti, Y., & Marlin J.	2021	3	Teenager, Single Mother, Psychological Well Being	Kupang, Indonesia
Manning, W. D., & Lamb, K. A.	2003	13.231	Adolescent Well-Being, Cohabiting, Married, and Single Parent Family	United States of America
Laursen, B.	2005	453	Mother, Adolescent, Conflict, Single Mother and Two-Biological-Family	United States of America
Langton, C. E., & Berger, L. M.	2011	4800	Family Structure, Adolescent Well Being	United States of America
Demo, D. H.	1996	850	Family Structure, Family Process, Adolescent Well-Being	United States of America
Taylor, Z. E., Larsen-Rife, D., Conger, R. D., Widaman, K., & Cutrona, C. E.	2010	394	Stress, Adolescent Competence, Maternal Optimism, Single Mother, African American Families	United States of America
King, V., Boyd, L. M., & Pragg, B.	2018	16.684	Parent-Adolescent Closeness, Adolescent Well-Being, Family Belonging	United States of America
Coates, E. E., Tran, Q., Le, Y., & Phares, V.	2019	107	Parenting, Adolescent Adjustment, African American Single Mother Family	United States of America

Daryanai, I., Hamilton, J. L., Abramson, L. Y., & Alloy, L. B.	2016	385	Single Mother Parenting, Adolescent Psychopathology	United Kingdom
Kalil, A., & Ziolo-Guest, K. M.	2005	12.686	Single Mother Employment, Adolescent Well-Being	United States of America
Bojuwoye, O.	2019	20	Subjective Well-Being, Adolescent, Single Mother	South of Africa
Dinisman, T., Montserrat, C., & Casas, F.	2012	5381	Subjective Well-Being, Adolescent, Family	Spain
Bastais, K., Pasteels, I., Mortelmans, D.	2018	880	Family, Post-divorce, Adolescent, Subjective Well-Being	Belgia
Casas, F., Coenders, G., Gonzalez, M., Malo, S., Bertran, I., & Figuer, C.	2012	266	Parent, Children, Subjective Well-Being	Spain
Bedin, L. M., & Sarriera, J. C.	2014	543	Parent, Children, Subjective Well-Being	Brazil
Lin, W., & Yi, C.	2018	2.510	Subjective Well- Being and Family Structure During Early Adolescence: A Prospective Study	Taiwan
Eileen, T., & Holst, E.	2008	22.000	Subjective Well-Being, Adolescent, Family	Germany

RESULT AND ANALYSIS

1.1 Single Mother and The Stigma

The life of a woman who is a single mother is a life challenge for her. The challenges of life are faced with various problems from all aspects. This is because single mothers bear the burden of life in the family, especially their children. various negative stigmas are given to single mothers and the economic difficulties experienced.

Single mothers themselves work like other people in general at the same time and are told to work overtime if needed. Moreover, the wages received have not been able to meet the needs because there are single mothers who do not have higher education. On the other hand, single mothers make up the poorest demographic in Japan but because Japanese society tends to assume that mothers will marry and companies pay women less and offer them less full time work and are well paid. even an unskilled shop worker earns about 900 yen/hour and works 8 hours a day. In addition, Japan is very strict with children being fed and clothed and helps with cheaper public housing, grants, child care and other subsidies.

Single mother families are often considered an abnormal family by society. Because the family is led by a woman without the support of her husband and the husband's family (Isahak, 2009). This affects a single mother who is very difficult to interact and do various things in society because their family is considered an abnormal family. Of course this can hinder their activities and family, as well as create stress and pressure in life.

Patriarchal culture in Indonesian society regarding single mothers places that women tend to be more guilty when there is no husband due to divorce or when their husband dies with the stigma of not being able to take care of their husband. More than that, it comes with a single mother label with negative views such as rapists, flirtatious widows and so on.

The problem of juvenile delinquency occurs in single mothers because they are busy with work so that time with children is reduced which results in mothers being less attentive and

supervised by their families. In the school environment itself, children become naughty and uncontrollable, and often seek the attention of teachers, and commit other mischief. The problem of economic difficulties experienced makes children lazy to go to school and feel insecure when hanging out with their friends. Moreover, children's problems due to psychological pressure caused by the absence of a father figure in their lives cause teenagers to seek attention by committing juvenile delinquency (Murry, 2001).

According to Surya (2001) in (Suwinta, Differences in the independence of high school teenagers between single fathers and single mothers due to divorce, 2015), each individual has a way to overcome the problem, especially in single mother families who have different ways and tips from one another. see the condition of the problem. Many single mother families are more successful than whole families. This of course depends on the parenting style and also the skills of the mother in educating and being a positive figure for her child and providing full motivation and support to her children so they don't fail and fall into the wrong association.

1.2 Subjective Well-Being of Adolescent who Raised by Single Mom

Subjective well-being is a person's perception of his life experience, which consists of cognitive and affective evaluations of life and represents psychological well-being. Adolescent subjective well-being is life satisfaction in adolescent life, especially for adolescents raised by single mothers to be able to fend for themselves and only a mother who is the only person. To achieve subjective well-being is not easy with psychological instability, family economy and negative stigma from society. This makes teenagers who are still in school have to fight anxiety, trauma and ridicule from others. Therefore, the role of a single parent is that it becomes a major role in life. If a mother has a positive side to keep motivating children and can change negative perspectives with a positive side, then teenagers will imitate the actions of mothers and have a positive influence on the development of their lives. Meanwhile, the Indonesian government, through the secretary general of the Ministry of Education, Culture, Research and Technology, issued a circular letter number 28 of 2021 which states that schools can include the mother's name on her child's diploma. This has a positive effect on adolescents with single mothers to achieve subjective well-being.

Based on the literature review, girl adolescent have more conflict with their single mother than boy adolescent. When the girl adolescent argue with the mother, she tend to disagree and show more anger emotion in their interaction. The psychological distress and low level of subjective well-being show up when the single mother have the economic problem, live in poverty, lack of time for parenting, have controlling parenting style and bad communication with their teenagers.

Compare with the complete parent (mother and father), adolescent who raised in single parent especially single mother report low level of subjective well being than the others. When they have complete figure of mother and father, they can observe the warm interaction. Family are seen as protective factor in their life transition from children to adolescent. When the family have some transition times, such as marital issue, it makes the teenagers have more distress situation to adapt to the new people and different situation.

The microsystem of the adolescent have important effect to their subjective well being. When they have peer group, school, and family who support and don't stigmatize their condition, they tend to develop subjective well being. The mesosystem, exosystem dont have the direct impact to the subjective well being. Although, the label which is given by the society, such as neighbour or extended family, it can be annoyed and frustated. The problem rise when the macrosystem such as the government system tend to discriminate the single mother.

CONCLUSION

From the results study it can be concluded that the subjective well being can be achieved by adolescents in a single mother child when the mother less financial problem and have open communication. When the interaction show stability and less controlling, the teenagers can kept away from mental health issue, such as anxiety, and etc. Single mother must have a positive side to be

able to fight negative things in life. A comfortable life is felt by single mothers with their teenagers by strengthening their bond between mother and children to fight the stigma from the society. From this result we have to dig up into the specific data from the interview of focus group discussion to deepen the issue. Besides, mother and children should have positive interaction and support each other to fight the stigma about single mother. The society and public policy should highlight this issue to minimize the stigma and discrimination.

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