

MILLENNIAL MOMS: THE INFLUENCE OF FATHER INVOLVEMENT TO MARITAL WELL BEING AND ITS IMPACT ON EMOTIONAL SELF-DISCLOSURE IN SOCIAL MEDIA

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Abstract

Purpose of the study: This study aims to describe the influence of millennial moms' perceptions about father involvement of parenting and household tasks to her marital well-being and its impact on her emotional self-disclosure (ESD) about parenting in social media.

Methodology: This study was a quantitative approach to online survey methods. The subjects are moms born in 1978-1994, have young children and social media users. The online survey distributed to 450 millennial mothers used Emotional Self Disclosure (ESD) Scale and Marital Well Being scale, including Marital Satisfaction, Marital Conflict, Parenting Stress, and Depression. Data analysis used path analysis through Smart PLS.

Main Findings: The results show that mother perception of the father's involvement influences millennial moms' marital well-being and impact on Millennial moms' Emotional Self Disclosure (ESD) about Parenting in Social Media. The higher the millennial moms' perception of the father's involvement in parenting and household tasks, the higher their marital well-being. The higher the millennial mom's marital well-being, the less their Emotional Self Disclosure (ESD) about Parenting in Social Media.

Applications of this study: This study is important and useful because it shows how important a husband's involvement in family so millennial family could escalate husband involvement in parenting and household task to maintain the marital well-being. This result also proves the importance of managing social media content because it can indicate marital well being.

Novelty/Originality of this study: The findings of this study provide new evidence that emotional self-disclosure shown on social media suggests a person's marital well-being. Also new provide that mother perceptions about husband's involvement influence marital well-being.

Keywords: Millennial Moms, Self-Disclosure about Feeling, Father Involvement of Parenting, Marital Well Being, Social Media.

INTRODUCTION

Millennial moms are indicated by women with children who were born in 1978-1994 and live in the digital media era. They use social media to communicate with another person. When they have children, they also express their feelings, especially about parenting in their social media account. 79% of Millennial moms use their mobile phones to access social media (Center, 2014), but some mothers expressed their feelings a lot through social media, and some others were not. Much research on self-disclosure in CMC agrees that reducing nonverbal symbols like hearing and visual cues from CMC is caused by self-disclosure higher levels in CMC than face-to-face communication (Bargh, McKenna, & Fitzsimons, 2002a). But the process of how these nonverbal cues reduction can increase self-disclosure is not well understood (Bargh, McKenna, & Fitzsimons, 2002b). This study wants to explore the factor influencing self-disclosure in online sites, especially on Social Networking sites or social media.

Social media, especially social networking sites (SNS), allows users to create profiles on the Internet where they can provide a description of themselves and discuss various social activities. The advent of new technology, particularly the Internet, has required people to disclose personal information for various reasons. Disclosure is often a prerequisite to access further services and to make online purchases (Smetana, Campione-Barr, & Metzger, 2006), or even in the day to day interaction of people in SNS. As social interaction tools, people's willingness to post information about themselves has influenced SNS, and some users may be more inclined to engage in Self-disclosure than others (Loiacono, 2014).

Self-disclosure in CMC is higher than face-to-face communication caused by reducing nonverbal symbols such as hearing and visual cues (Bargh et al., 2002a). But the process of how these nonverbal cues reduction can increase self-disclosure is not understood as well (Bargh et al., 2002a). Disclosure in social media, primarily social networking sites (SNS), allows users to create profiles on the Internet provide a description of themselves and discuss various social activities. Their personal networks, relationships, online behavior, personal preferences, and family life are various type of personal information on SNS have posted by the use. Disclosure on the Internet is sometimes inevitable because it is often a prerequisite to access further services and make online purchases (Smetana et al., 2006) or even in the interaction

of people in SNS. Some users may be more inclined to engage in Self-disclosure than others because they are influenced by their desire to post some personal information ([Loiacono, 2014](#)).

The practices and risks of young people's online presence have been focused on a lot of research ([Livingstone & Helsper, 2013](#)). Still, whose focus on implications of personal information that parents were sharing about their children online, has been little attention ([Ammari, Kumar, Lampe, & Schoenebeck, 2015](#)). Our recent studies found that there were mostly 93.7% of millennial mothers entrusted and chose sources of information about how to give care to the children from the Internet. The rest learned how to provide care for children from other sources, including family and the surrounding environment. The majority of respondents are millennial mothers, using social media as a source of information for their caregiving choices ([Setyastuti, Suminar, Hadisiwi, & Zubair, 2019a](#)). 84% of mothers and 70% of fathers were reportedly using social media. It's over half of the mothers (56%), only 34% of the fathers, discussed topics of parenting and child health on social media based on the United States recent nationally representative child health poll ([C. S. Mott, 2015](#)).

[Orton-Johnson, 2017](#) found that blogs collapse social contexts in important and exciting ways. Blogs are a space for mothers to discuss and seek public solidarity, criticism, and judgment, which raise ethical issues in the digital curation of family life in framing narratives of motherhood in terms of parental failure and desperation. Mummy Blog explores diverse representations of motherhood that are far from social customs and cultural expectations of caring for face-to-face and persistence of cultural wars about the role of women at home and at work ([Schoenebeck, 2013](#)). They have created digital social networks that provide comfort, support, and social capital for mothers when connecting in exposing mainstream media myths about motherhood, ([Byatt, Biebel, Friedman, Debordes-Jackson, & Ziedonis, 2013](#)). Responding from their research revealed opposing feelings about values and questioning, for mothers and sharing, honest, raw, and reflexive presentations about the role of motherhood and how this fits in with the digital footprint for children to appear. The social control they get about its benefits, as a reader, is a supervisor who also discusses the visible social media and the community. In this case, the reader is concerned about what ([Kumar & Schoenebeck, 2015](#)) is defined as the responsibility of parents, as administrators of privacy, to decide what appropriate content about children to share, online care is complicated because of audience control and control limit turbulence.

LITERATURE REVIEW

Emotional Self Disclosure

Social media users may disclose information indirectly embedded in other shared information through these activities in the form of personality and identity cues ([Min, 2016](#)). The quantity and quality of personal information provided by the user to another are defined as self-disclosure in which they reveal themselves ([Andrade, Kaltcheva, & Weitz, 2002](#)). The process of making the self be known to others by telling of the previously unknown information becomes shared knowledge ([Joinson, Paine, Buchanan, & Reips, 2008](#)). ([Bazarova & Choi, 2014](#)) results studies show that SNS users use different social media with the functions are to disclosure in varying levels of intimacy, depending on their goals and motives, which one is to help reconcile the traditional view of self-disclosure as selective behavior that is usually shared in the context of dyads with public self-disclosure in SNS. However, self-disclosure on SNS can be shared in full or selectively with a specific recipient, many of them are shared with the public with an entire network of "friends or followers, consisting of a broad and diverse audience, from strangers and distant colleague to close friends and family members ([Gilbert & Karahalios, 2009](#)). Besides visibility, the form of SNS is different in the degree of interaction directedness, it could be directed at a single receiver or not directed at a particular person ([Burke, Marlow, & Lento, 2010](#)). Directedness also could influence the locus of the message; non-directed messages are being more author-centred than directed messages ([Kramer & Chung, 2011](#)). ([Palen & Dourish, 2003](#)) conceptualizes disclosure as a socially constructed pattern of privacy management. Furthermore, the type of disclosure characterizes as the relationship between disclosure and the expectation of proper use" ([Padyab, Päiväranta, Ståhlbröst, & Bergvall-Kåreborn, 2019](#)).

The Internet had redefined the concept of Self Disclosure due to the unique opportunity it presents for users to display information that wide range about themselves that can be visible to a broad audience depending on a user's privacy settings ([Krasnova & Veltri, 2011](#)). Recent research found that even non-anonymous online interactions can stimulate self-disclosure ([Schouten, Valkenburg, & Peter, 2007](#)). But ([Nguyen, Bin, & Campbell, 2012](#)) stated that greater disclosure in the online context was not found consistently. The level of disclosure seems to be moderated by factors such as the relationship between communicators, specific modes of communication, and the context of interaction. The editing level also corresponds to the level of affection relational found outside coders were found in the message that recorded ([Walther, Van Der Heide, Ramirez, Burgoon, & Peña, 2015](#)). Disclosure of experiences or difficult dialogues, agreed, can be done like a machine that encourages intimacy ([Chambers, 2013](#)). Research conducted proves the importance of sharing personal information with others who are compassionate, as the main key to bonds that support emotionally, making this part of the coping repertoire of those who struggle with the difficult emotion ([Barak & Gluck-Ofri, 2007](#)). As the evidence shows, firm and smooth offline ties need the improved sentences and a more fabulous communication compilation of people exchanging typed words to get started through difficult. Because the mother's self-disclosure is not only a range of general and personal information but also related to feelings. Equally, the debate, as one of our established recently in work on mothers' self-disclosing difficulties online ([Das, 2018](#)), mediating online support

and disclosure can also make offline ties unrelated. This mediated nature of intimacy is complementary, where platforms and sociality shape each other.

The Emotional Self-Disclosure (ESDS) was developed by Snell to get approval from others. This diverse experience has been studied at a broad level two. At the individual level, for example, Izard and Buechler send messages as complex phenomena that have unique neurophysiological, expressive, and experiential components. In this discussion, we gather to develop and validate the self-report size of emotional self-disclosure (Abediny & Barzegar Bafrooei, 2018). Self-disclosure is one of the factors that influence anxiety. This involves the process of expressing the person's thoughts, inner feelings, and previous experiences for others. Internal information exchange is calculated for the original process itself through which relationships between individuals develop (O'Connor et al., 2007). There are several theories about how to uncover emotionally aimed at positive psychological processes. Based on cognitive inhibition theory, not talking about facts, thoughts, and experiences is essential to keep the mind active to prevent feelings and thoughts. This process causes chronic stress and causes such problems, while disclosure of difficulties reduces other psychological issues (Pennebaker, Zech, & Rimé, 2004). In cognitive change theory, the person rebuilds life events, understands them better, and discovers a new meaning of life in circumstances by expressing emotions in the face of dangerous activities. This process makes the emotional experience of being absorbed in cognitive systems with new structures and those that adopt it as ordinary life experiences (Pennebaker & Seagal, 1999).

Nowadays, emotional disclosure research has witnessed parallel trends with changes in stress and coping with research (Affleck, Zautra, Tennen, & Armeli, 1999). (Abediny & Barzegar Bafrooei, 2018) found a significant relationship between pregnancy pressure and self-disclosure subscales such as depression. Men are considered inexpressive towards women, and they often believe themselves to be less "emotional" than women (Abediny & Barzegar Bafrooei, 2018). The Emotional Self-Disclosure Scale (Snell, 2013): 1. Depression emotional-disclosure subscale: 2. Happiness emotional-disclosure subscale, 3. Jealousy emotional-disclosure subscale: 4. Anxiety emotional-disclosure subscale 5. Anger emotional-disclosure, 6. Calmness emotional-disclosure subscale: Apathy emotional-disclosure subscale: 8. Fear emotional-disclosure subscale.

Well-being of Marital

Couples in miserable marriages considered themselves quite depressing and far unhappier than those who were not married, even in the first year of marriage. However, people in good marriages who are judged themselves are even happier than the literature suggested Women showed a more excellent range of responses to the quality of marriage than men (Chapman & Campbell, 2016). (Tajvidi M, 2017) discovered that there was a significant correlation between marital satisfaction and the spiritual well-being of married women.

Mothers, especially new mothers, need social support for their well-being, especially when they feel not right in their marital life. Indicators of social networks being more predictive of maternal health and well-being (Balaji et al., 2007). Findings (McDaniel, Coyne, & Holmes, 2012) recommended that blogging frequency predicted a feeling of connection with extended family and friends who then estimated the perception of social support. There are about 3 hours on the computer every day spent by new mom, with the Internet is the most of their time spent. This feeling is connected with the perception of social support, which is associated with many aspects of mother well-being, such as marital conflict, marital satisfaction, parental stress, and, eventually, depression (McDaniel et al., 2012).

Father involvement

Study of (Holmes, Huston, Vangelisti, & Guinn, 2012) found that working husbands and their wives were the primary breadwinners, fathers rarely stepped forward to help their children, unless they felt sure they knew what there were doing, and unless they experienced more feelings of love stronger than average for their wives. Whether traditional or egalitarian, any partner's tendency to engage in more childcare activities is partly dependent on the skills they feel. Fathers who are more involved in child-oriented activities are found to be fathers who feel skilled in parenting than those who think unskilled and less involved with children (Bonney, Kelley, & Levant, 1999). Besides, such fathers tend to carry out relative care for play and leisure activities with their children. The desire for their partner to have more involvement with their children has been expressed by many women ((McBride & Darragh, 1995). Some mothers admit that fathers are uncertain and sometimes reluctant, actively encouraging fathers to be involved in childcare. Women's perception of the father role influence the involvement of fathers, so the more liberal women in the gender roles ideology are more likely to have a husband who has a higher involvement in childcare.

The study (Holmes et al., 2012) also found that initial comfort level is the experience of new parents. Role shifts depend on a considerable measure of whether the change coincides with their view of marriage's proper role. Couples who hold traditional ideas and whose lifestyle shifts to reflect these ideas generally feel comfortable with the changes that occur when they become parents. However, when a conventional couple's marriage does not shift towards a pattern differentiated by gender by being a parent, the couple expresses a more negative feeling towards each other before becoming a parent and becoming less satisfied with their marriage than parents. Furthermore, their feelings for each other diminish to a greater extent. Mothers who have more traditional gender role attitudes are involved in marriages where the division of labor is relatively equal, less loving their husbands, and more negative attitude towards them. However, fathers who have more traditional gender role attitudes are very involved in childcare and household chores

and report less loving their wives and more negativity towards them. Post hoc analysis revealed that wives reported being more satisfied with the division of tasks when they worked with their partners rather than alone when their husbands had greater responsibility for family duties. Both partners report greater satisfaction with the labor division ([Galovan, Holmes, Schramm, & Lee, 2014](#)).

Emotional Self Disclosure, Marital well-being, and father involvement

A large number of studies have identified an association between social networking sites and lower well-being. Social networking sites are likely to have a negative consequence when individuals engage in social networking behavior that does not meet the need for acceptance and ownership. This behavior is not new on this site; instead, they can be understood as traditional traps of social interaction in the context of novels ([Clark, Algoe, & Green, 2018](#)). The first of these traps is isolation, which research supports the relation between Facebook use and loneliness ([Song et al., 2014](#)). This relation tends to be two-way when people are more interested in ([Mufan Luo, 2019](#)) mediated communication ([Morahan-Martin & Schumacher, 2003](#)). However, social networking sites can also open the door to loneliness if used for "social snacks," or social needs fulfillment temporarily ([Gardner, Pickett, Jefferis, & Knowles, 2005](#)). Networking sites allow many social activities, but not interactive feels like a stranger to track profile or passively see Instagram feed ([Carpenter, Green, & LaFlam, 2011](#)). Social comparisons are both using immediacy potential pitfalls of social networking sites ([Clark et al., 2018](#)). disclosure of age and psychological well-being is influenced by their perceptions of the quality of family relationships, disclosure in the family. ([Ilioi, Blake, Jadv, Roman, & Golombok, 2017](#)).

In otherwise, self-disclosure could recover the user's low well-being by looking for social support from emotional disclosure in social media. The framework details the mechanism by which the self-disclosure in social media can affect the well-being and how the self-disclosure of specific individuals meets the needs of different well-being characteristics ([Mufan Luo, 2019](#)). The study ([Saxena & Mehrotra, 2010](#)) examined the relationship between emotional disclosure with intrapersonal and interpersonal variables selected and their role in the election subjective in everyday life. Besides, a significant moderating nature of the relationship between emotional disclosure and subjective well-being emerged ([Saxena & Mehrotra, 2010](#)). When users share their thoughts about their moods and feelings with others through writing, they can get greater social support and increase their social support. Therefore, self-disclosure through blogs can help as the core of building intimate relationships. Also, social capital, built up through the blog, can improve user satisfaction with social contact, interpersonal communication, and overall quality of life ([Ko & Kuo, 2009](#)). Father involvement and marital satisfaction to identify an overall index for each couple based on mother and father reports have been compared in the research of ([Simonelli, Parolin, Sacchi, De Palo, & Vieno, 2016](#)) found that father involvement on childcare influence mother and father marital satisfaction when marital satisfaction is an indicator of marital well-being.

Self-Disclosure and Hyper-personal Theory

Disclosure of personal information is more frequently done online than offline communication. The Hyper-personal CMC theory ([Tidwell & Walther, 2002](#)) suggests two opinions from individuating online cues. First, it allows users to have greater control over the presentation of themselves ([Tidwell & Walther, 2002](#)). Individuals can choose which information is to be taken and, to a certain extent, manipulate how they are received. Second, online, individuals can create the perception of an ideal partner. The second principle of the theory of CMC hyper-personal shows excessive intimacy in which each individual can communicate without being tied in front of their partner; exceed, online, height, and breadth of greater self-disclosure.

The hyper-personal CMC model ([Walther, 1996](#)) discusses what needs to be considered in a process in which performances and relational circumstances are more than agreed in parallel, governing FAK. Hyper-personal models that address four routines are simultaneously trying to explain CMC's support for a relationship with relatively greater intimacy than the case in offline ([Walther et al., 2015](#)). Self-disclosure is a form of messaging with a long history of association with the development of impressions and the development of relationships. In CMC, disclosure and the personal question is higher than the total usage of conversations between which they did in the discussion FTF. Besides, the introduction and CMC user questions are more intimate than their peers FTF ([Walther et al., 2015](#)).

METHODOLOGY

A quantitative approach was conducted in this research through the survey method. The survey was distributed online to the respondents through a questionnaire. The ability to analyze various user behaviors is characteristic of each social media platform ([Kwak & Cho, 2018](#)). The internet users number in Indonesia is 143.26 million users in 2017, 74,23% of that (106,34 million) is categorized based on age as millennials ([APJII, 2018](#)). There is no data available for the number of the research population. Suggested for descriptive studies, a sample with a minimum number of 100 samples is essential ([Fraenkel, Wallen, & Hyun, 2012](#)). This study used formula for the population to be unknown or approximated, with the confidence level 0,95%, the margin of error 0,05 and standard deviation of 0,5, using the formula for an unknown or larger population ([Smith, 2013](#)):

$$\text{Necessary Sample Size} = (Z\text{-score})^2 \times \text{StdDev} \times (1\text{-StdDev}) / (\text{margin of error})^2$$

$$\text{Necessary Sample Size} = ((1.96)^2 \times .5(.5)) / (.05)^2 = 384.16$$

Dillman, Smyth, & Cristian, 2014 stated that this formula used sample sizes that affect precision, but not population size. This formula can be used to determine the required sample size; a compilation of random samples is easy to use. The method of the large amount needed for the estimation, the expected distribution of the characteristics of the interest assessed in the survey (Kwak & Cho, 2018). The sample size of this study is 450 social media users that meet the research criteria. Almost all online methodology relies on some form of non-probability sampling, and thus more challenging to estimate how representative they are of the general population (Dillman et al., 2014). A non-probability sampling technique conducts through an accidental sampling technique with strict criteria. (Dillman et al., 2014) stated that online survey had some challenges, in response to these challenges web surveyors have increasingly come to rely on self-selected panels of respondents or intercepting people. At the same time, they are online and asking them to complete surveys. The criteria are mothers born in the 1980-2000s and actively using social media, have a toddler, and/or school-age children. The data analysis technique is done by Smart PLS 3.2.8 path analysis.

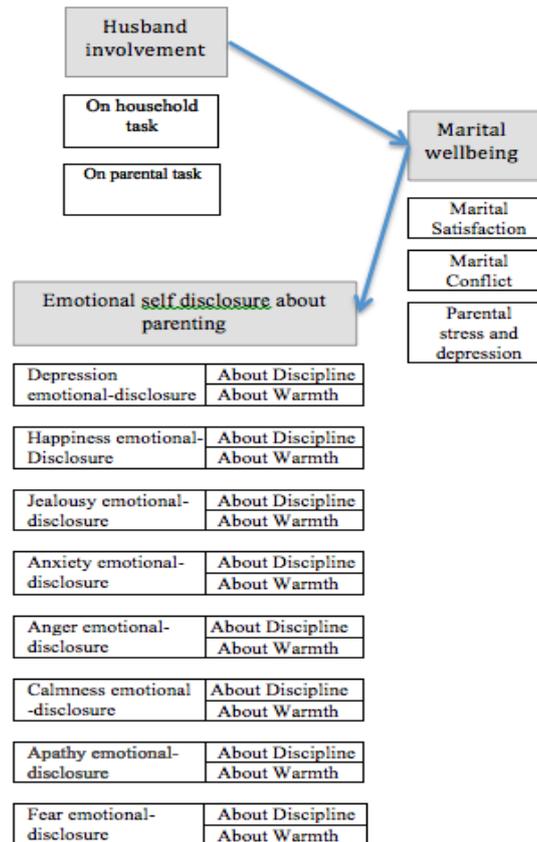


Figure 1: Research model of millennial moms marital wellbeing

RESULTS

Based on a survey that has been conducted in this study based on emotional self-disclosure variable indicators and marital well-being variable indicators, the results are as follows:

a. Millennial mom's marital well-being.

The survey that had conducted from 450 respondents results obtained in this study about marital well-being indicated by some indicators of marital satisfaction, partner conflict, parental stress, and depression on millennial mom.

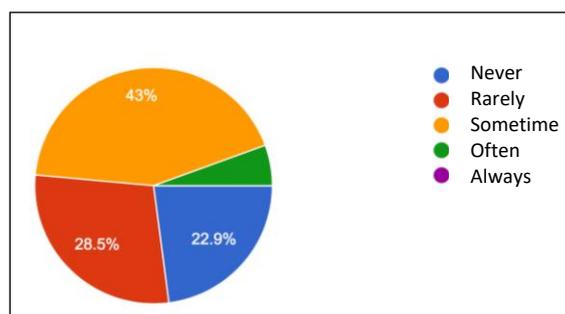


Figure 2: Millennial moms' stress and depression about parenting

Based on figure 2, it was found that most millennial moms (43 %) said that they sometimes experienced parental stress and depression, while (28,5%) said that they seldom experienced parental stress and depression. 22,9% of millennial moms never experienced parental stress and depression. Only 5 % said that they experienced parental stress and depression.

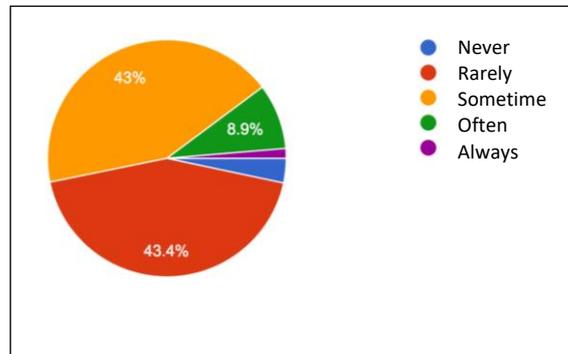


Figure 3: Millennial moms' conflict with husband

Based on figure 3, it was found that 43,4 % of millennial moms seldom experienced conflict with their husbands. But sometimes the conflict with their husband happened in millennial moms' relation (43%). 8,9% said that they often conflicted with their husband. While (2,85%) said they never experienced, and 1,85 % said they always experienced conflict with their husbands.

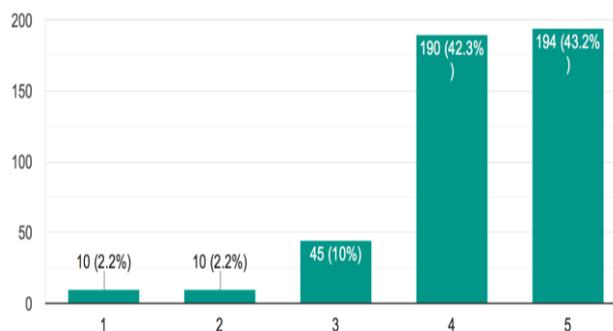


Figure 4: Millennial moms' marriage satisfaction

Based on figure 4, it was found that most of the millennial moms (43,2 %) said that they were very satisfied with their marriage, 42,3% said that they satisfied with their marriage. At the same time, 10% said that they felt typical with their marriage. Millennial moms that felt not satisfied and felt very not satisfied with their marriage are each 2,2 %.

b. Millennial moms' perception about husband involvement in the household task and parenting task

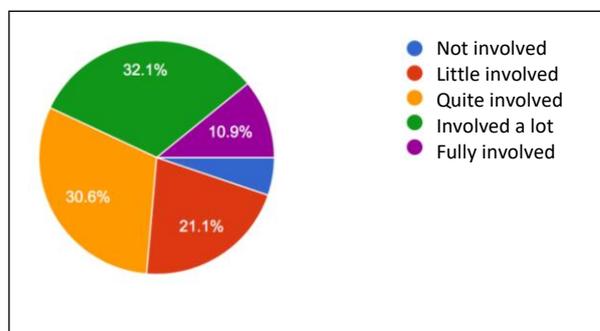


Figure 5: Millennial moms' perception about husband household task involved

Based on figure 5 above, it was found that much of millennial moms (32,1%) said that their husband much involved in a household task, While (30,6%) said that their husband enough involved in a household task. (21,1%) said that their husband was just a little involved in a household task.

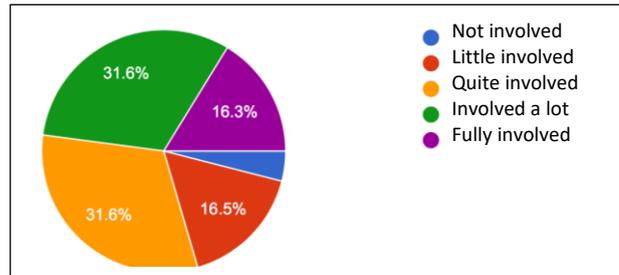


Figure 6: Millennial moms' perception about husband involved in the parenting task

Based on figure 6, it was found that millennial moms said that their husbands were much involved in household tasks, while (30,6%) said that their husbands enough involved in a household task. (21,1%) said that their husband was just a little involved in a household task.

c. Millennial moms' emotional self-disclosure

Based on the survey that had conducted from 450 respondents, there are some results obtained in this studies about emotional feeling that millennial moms share about parenting through social media based on emotional self-disclosure variable with these indicators:

Table 1: Moms e-self disclosure about parenting

No	E-self disclosure	About Parenting	Mean
1	Depression e-disclosure	About Discipline	1,43
		About Warmth	1,49
2	Happiness e-disclosure	About Discipline	2,10
		About Warmth	2,48
3	Jealousy e-disclosure	About Discipline	1,32
		About Warmth	1,34
4	Anxiety e-disclosure	About Discipline	1,56
		About Warmth	1,53
5	Anger e-disclosure	About Discipline	1,35
		About Warmth	1,34
6	Calmness e-disclosure	About Discipline	1,94
		About Warmth	2,11
7	Apathy e-disclosure	About Discipline	1,32
		About Warmth	1,29
8	Fear e-disclosure	About Discipline	1,41
		About Warmth	1,42

Source: Primary data, 2019

Table 1 shows that all mean values of the emotional self-disclosure indicators are below the median value < 2,5. So, the emotional disclosure of millennial moms on social media is at a low level.

d. Millennial mom's emotional self-disclosure, marital well-being, and perception about husband involvement in a household task and parenting task

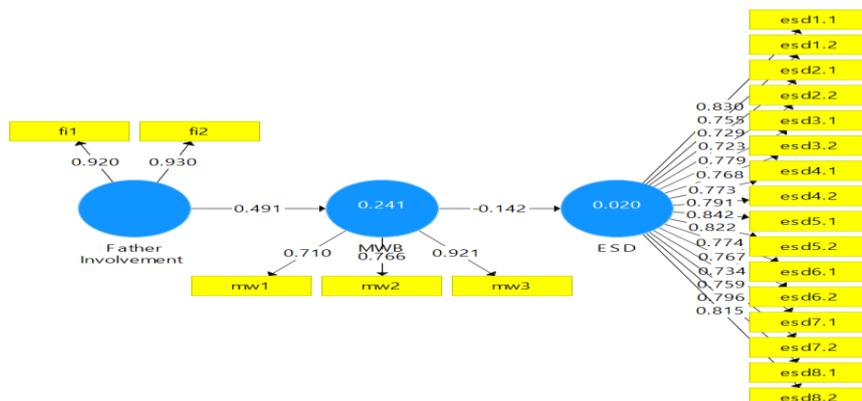


Figure 7: Path Coefficient Model The Influence of Father Involvement to Marital well-being and the impact on Emotional self-disclosure

Based on figure 7 above, it shows that the coefficient value of the influence of the father's involvement variable to marital well-being is 0,49 while R square value is 0, 241. It means that the higher of millennial mom's perception about the father's involvement, the higher the millennial moms marital well-being. R square means that the contribution of millennial moms' perception about father involvement, consist of involvement about parenting and involvement about the household task to their marital well-being, is 24,1 %. Meanwhile, the coefficient value the influence of the marital well-being variable to the e-self disclosure variable is -0,142, while the R square value is 0,020. It means that the lower the millennial mom's marital well-being, the lower the millennial moms e-self disclosure to social media. R square means that contribution of millennial moms' marital well-being to millennial moms e-self disclosure to social media is only 2 %.

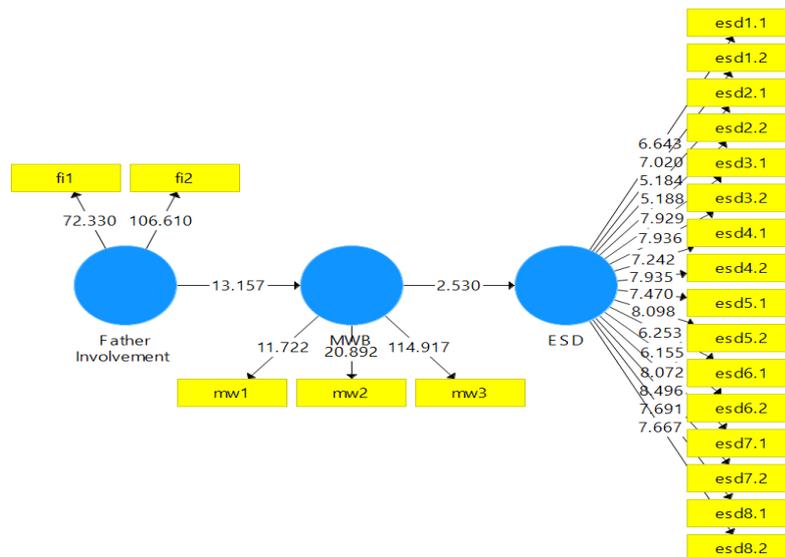


Figure 8: T-Test Model Influence of Mother perception About Father Involvement to Marital well-being and the impact on Emotional self-disclosure

Figure 8 shows that the t-test value the influence of father's involvement on marital well-being and the impact on Emotional self-disclosure is all above 1,96. It means that all influences are significant, mother perception about Father Involvement has a significant effect on Marital Well Being, and Marital Well Being has a significant effect on Emotional Self Disclosure. Since all the direct path effects are significant, this also proves that the indirect effect formed on the model is also significant in mother perception about Father Involvement on Emotional Self Disclosure through Marital Well Being.

Table 2: P-Value Influence of Father's Involvement to Marital well-being and the impact on Emotional self-disclosure.

Variable	P Values
Father Involvement -> MWB	0,000
MWB -> ESD	0,012

Source: primary data, 2019

Table 2 shows that the significance of the influence of Millennial moms' perception about the father's involvement in marital well-being is 0,000. It means that it has been a very significant value. While the impact of marital well-being on emotional self-disclosure P-value is 0,012, it has been a significant impact.

DISCUSSION

The results of these studies can be seen that marital satisfaction, marital conflict, and parental stress and depression could influence marital well-being. It means that a happy and good relationship with the husband could raise wife psychological well-being, especially in marital relations. (Ilioi et al., 2017) said that adolescent psychological well-being is influenced by their perception of the quality of family relationships, the family of the disclosure, a more positive family relationships, and family well-being the higher level of the quality of family relationships. More than that, (Tajvidi M, 2017) discovered a significant correlation between marital satisfaction and the spiritual well-being of married women. Especially in Indonesian culture, emotional well-being needs to be more attention. Cross-cultural issues in well-being still need to be considered because Asian cultural groups also prefer to report the extreme feeling of guilt and feelings of worthlessness (Sabri & Jencius, 2020).

These studies found that the marital well-being of millennial moms also influenced by the involvement of husband on parenting or household task. Millennial moms in Indonesia with patrilineal culture, the division of parenting tasks and domestic work at the house are done by the majority of millennial moms (Setyastuti, Suminar, Hadisiwi, & Zubair,

2019b). Several factors influence the division of roles in parenting, especially on co-parental relation: 1) Contextual factor, including employment opportunity, economic factor, race and ethnicity, cultural expectation, and community support. 2) Mother factor including the psychological, family of origin, the expectation of co-parent, employment characteristic, 3) father factor including the psychological, family of origin, the expectation of co-parent, employment characteristic, 4) child factor including gender, ages, and sibling (Doherty & Beaton, 2003). (Doherty & Beaton, 2003) also said that an essential source of co-parental conflict, perhaps originating from the father's cooperation conflict or the lack of father's cooperation with the expectation of the mother. The conflict between wife and husband is one indicator that influences marital well-being. These studies found that marital well-being affected significantly by marital conflict. Fathers will be more involved with their children and teenagers when they feel competent about themselves as parents. Fathers involvement is more related to greater work-time and pro-family policies (Pleck, 2010).

The result found that millennial moms with high marital well-being indicated by marital satisfaction, marital conflict, and parental stress and depression would impact on low emotional self-disclosure to social media and vice versa. Disclosure and adolescent psychological well-being are influenced by their perception of the quality of family relationships, the family of the disclosure, more positive family relationships and family welfare level higher than the quality of family relationships (Ilioi et al., 2017).

Someone with great emotional self-disclosure control could express and could manage their message, including emotional message. It allows users to have greater control over the presentation of themselves (Tidwell & Walther, 2002). Individuals can choose which information is to be taken and, to a certain extent, manipulate how they are received. In CMC, disclosure and the personal question is greater than the total usage of conversations between which they did in the discussion face to face (Walther et al., 2015). Otherwise, when millennial moms feel not good about her well-being, they tend to find support from social media by express their feeling to make them feel more comfortable. Research (C. Mott, 2015) stated that parents say social media is most useful for making them feel comfortable (72%). (Orton-Johnson, 2017) studies about mother share behavior on "Bad Mommy" blog share their feelings about parenting, including feelings of depression and perceptions about themselves as bad mothers. The results showed that social media groups had significantly increased childcare competencies and reduced the severity of depression compared to groups of people. High attendance in the media group (83%), but very poor in the face-to-face group (3%). Mothers rate the intervention positively, and posting comments on the group page on social media is the majority of mothers' ways to participate. It means that millennial moms with low satisfaction of marital that lead to low well-being of marital, need to express their feelings, and they do it on social media.

Social media so that, had a lot of benefits because they could share their feelings in parenting. It is more beneficial if they share their feelings with the media and the right groups, such as discussion groups on parenting, so that mothers get input and share experiences with other mothers. More than half of mothers and a third of fathers discuss parenting on social media. (McDaniel et al., 2012) recommended that the frequency of blogging predicted a feeling of connection with extended family and friends who then estimated the perception of social support. There are about 3 hours on the computer every day spent by new mom, with Internet as the most of their time spent. This feeling is connected with the perception of social support, which is associated with many aspects of mother well-being, such as marital conflict, marital satisfaction, parental stress, and eventually depression (McDaniel et al., 2012). This is following the results of this study, which states that maternal satisfaction with marriage, conflict in marriage, stress, and depression felt by mothers are significant in shaping marital well-being and subsequently have a significant impact on mothers' emotional self-disclosure on social media. The study (Chen & Li, 2017) found that communicative use and self-disclosure on cellular social media are positively associated with bonding and bridging capital and psychological well-being. So, when millennial moms experience low marital well-being, they use social media to express their feelings and get social support to fix their psychological well-being.

The hyper-personal model in mediated communication shows that online profiles can be manipulated to idealize users, directing receivers to excessive-quality attributes to users when they find a selective presentation profile (Walther, 1996). This is useful for shy people who can express themselves and make friends on social media rather than face to face.

CONCLUSION

- Millennial moms' perception about the involvement of the father in parenting and household tasks influences moms' marital well-being and its impact on Mother's Emotional Self Disclosure (ESD) about Parenting in Social Media. The indirect effect formed on the model is also significant in mother perception about Father Involvement on Emotional Self Disclosure through Marital Well Being.
- Their higher marital well-being will follow the higher millennial mom's perception about the father's involvement in parenting and the household task. The higher the millennial moms marital well-being, the less their Emotional Self Disclosure (ESD) about Parenting in Social Media.

LIMITATION AND STUDY FORWARD

The limitation this research is that this study does not examine in more detail the interrelationships among the factors that influence marital well being such as marital satisfaction, stress and depression of parenting, whether they are interrelated or affect marital well-being separately. Future studies can conduct a more detailed research about that, to further enrich the study of marital well being.

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The author does data collection and analysis of this article. Co-Authors are the author's supervision who conducts guidance and helps arrange articles from abstracts to the overall manuscript of this article.

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