

THE LIVED EXPERIENCES OF SOLO PARENTS IN SELECTED MUNICIPALITIES OF ZAMBALES

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ABSTRACT: This study aimed to find out the lived experiences of solo parents in the selected municipalities of Zambales. Purposive sampling was used which included 20 participants' ages 18-60 years old solo male or female parent, not living with their parents or relatives, may or may not be married but totally not supported and communicated by their spouse or relative of their spouse. It also includes widowed or widower parents. This study utilized a qualitative research design through face-to-face interviews, specifically, phenomenological through the use of researcher made validated guided questionnaire. It was found out that solo parents experienced challenges. Data gathered shows that these are financial problems, limited resources that includes (physical exhaustion, difficulty balancing work and parenting and emotional stress). They also experienced cycle of exhaustion which includes (Psychological problem and physical exhaustion), Role overload, lack of personal time and interpersonal anxiety (fear of judgements and emotional stress). In addition, solo parents shared and revealed their coping mechanisms. These are support system from family and friends, spiritual support from their respective religion, they also used self-motivation or encouragement and support themselves through focusing on work, amused themselves by social media platforms and by the assistance gave by the different government project.

Keyword: *Lived Experiences, Purposive, Phenomenological, Physical Exhaustion, Psychological Problem, Coping Mechanism*

I. INTRODUCTION

In the modern world, there is a growing tendency towards single parenthood, which can be linked to rising divorce and separation rates, parent mortality, and personal choices to be solo parents. For people who find themselves in this circumstance, it is something that is either too difficult or too gloomy. "Carrying all the burdens" is a stereotype associated with solo parenting, however both parents should really share and work through problems jointly. Single parents, also referred to as "solo parents" in the Philippines, confront numerous problems due to the full range of obligations associated with childrearing. Hence, this study looked into the effects of problems on the various aspects of the solo parent's life namely their social, spiritual and economic. However, previous studies indicates that the number of single-parent households is rapidly increasing as a result of experiences with divorce, separation, unplanned pregnancies, and childbirth by unmarried couples.

Globally, the largest percentage of children living in single parent households is found in the United States (23%) and the United Kingdom (21%). Approximately 6.8% of children globally reside in families headed by a single parent. There were reported to be 5% of single-parent homes in India. Gender-specific statistics on single parents indicate that there are more women than males in this situation. The vast majority of single parents worldwide are single mothers (84.3%), followed by lone father households (15.7%). The proportion of "lone mothers" in India is increasing; currently, 13. million or 4.5% of all Indian families are headed by a single mother. A few decades ago, the most frequent reason for the rise in singleparent households was the death of the spouse; however, these days, there are more and more reasons, including parental divorce, separation, unplanned pregnancies, and the decision to become a single parent through donor insemination or adoption.

Most parents evolved into elderly people living alone after their partners abandoned them inside the third party's problem. As of right now, teenage Nowadays, motherhood was common, which helped to the unhealthy and social aspects, which constituted the primary focus of global leaders. The home of a single mother is comparatively more typical than the house of one father. In Villa (2016). Once more, the Philippine Statistics Authority determined in 2015 that three million heads of families were single; the majority of them were female, estimated at two million. As previously mentioned, Maldonado now has to deal with discrimination, lowpaying jobs, and a gender pay gap in addition to other workplace disadvantages. Single parents are usually the most affected by inadequate family leave and child care policies. When compared to the incomes of two financially stable parents, the biggest source of stress for single mothers was the financial drawback. Other common challenges faced by single mothers included social, emotional, and emotional difficulties. According to (Paunan, 2018), during this podcast interview, government agencies could benefit greatly from

providing employment policies on paid leave, workplace equality, salaries, and benefits. These policies would help single parents greatly.

This study aimed to know what are the different challenges that solo parents have been experiencing without spouse on their everyday lives. This also pertains about what strategies they used for them to balance their work, life, and time for their children. It also helped to build strong relationships between parents and their child. This study also aimed to provide ideas that will help solo parents cope up with the different challenges they are experiencing and give some motivations when they encounter some other difficulty in the future. This paper will benefit the single or solo parents in handling the situation with all the stressful circumstances they were experience.

This study aims to determine the Lived Experiences of Solo Parent in Selected area of Zambales with sole parenting responsibilities in raising their child/children. Primarily, it sought to answer the following questions.

1. What is the profile of the participants?
2. What are the challenges being experienced by the solo parent?
3. What are the coping strategies to overcome the challenges experienced by the parents?
4. What awareness program can be developed from the coping strategies identified?

EMOTIONAL AND PSYCHOLOGICAL EXPERIENCES OF SOLO PARENTS

Stack and Meredith (2017), found that single parents were willing to sacrifice their higher-order needs to ensure the needs of their children were met. Kruvelis (2017), associated lower-level physiological and safety needs as reasons why students delayed their educational endeavors or dropped out of school. Lindsay and Gillum (2018), reported that single parents believed they needed to model the values and work ethic they wanted to see in their children. Additionally, these study participants believed that all their hard work would provide a better future.

However, it's claimed Tunajina (2019), that the obligations and parenting challenges faced by single people lead to psychological anguish and tiredness. Some parents bemoaned the lack of free time and the difficulty of juggling work and parenting, which resulted in them spending fewer hours with their children

According to American Psychological Association, despite being common, living with a single parent may be very stressful for both the adult and the kids. The pressures of managing child-care, a job, paying the bills, and keeping up with domestic duties may make a single parent feel overburdened. Additionally, after the parents' divorce, the family's finances and resources are often substantially diminished. Families with a single parent often encounter a variety of additional demands and potential issues that other families might not experience. A parent, who raises one or more children on their own, independent of the other biological parent, is known as a single parent. In the past, single-parent families were frequently the result of a spouse's passing, such as during childbirth. As more married couples separate or as more unmarried couples have children, the number of single-parent households is rising. This kind of family is accepted despite the widespread belief that it is bad for a child's mental and physical health. In the past three decades, the proportion of single-parent homes has doubled, but between 1900 and 1950, it tripled. In actuality, 4% and 24% of children, respectively, live solely with their father. Marriage is no longer seen as a "permanent" institution, which opens the door for people to consider divorcing.

In North America and many European countries divorce and separation in families with minor children have increased since the 1970s, resulting in growing numbers of non-residential parents and shared parenting arrangements (Laura Bernardi, Dimitri Mortelmans and Ornella Larenza 2018).

When compared to married-parent households, singleparent families—and particularly mother-only households—are more likely to live in poverty. Given this, children of single parents are more likely to suffer the effects of growing up in poverty. Children from low-income families are more likely to experience physical, mental, and behavioural health issues, disrupted brain development, shorter educational trajectories, contact with the child welfare and justice systems, employment challenges in adulthood, and other issues. Despite having modest incomes, many families are above the federally designated poverty level. Children from these families frequently encounter comparable difficulties and reside in communities with limited access to high-quality healthcare, in-depth support services, and enriching activities. Poverty and parental stress have also been identified. The fundamental needs of their family, such as food, utilities, housing, child care, clothing, and transportation, may be difficult for single parents to provide for. Stress levels can spike if these decisions are navigated alone and with limited resources. High parental stress can lead to additional difficulties and worse outcomes for the children involved.

According to Casey (2022), the number of single-parent families has increased due to a variety of factors. For example, more people are choosing to get married later in life, forgot getting married altogether, and have children outside of marriage. Marriages are also increasingly likely to end in divorce. According to some estimates, more than 20% of children born to married couples will experience a divorce by the time they are nine years old, and more than 50% of children born to cohabiting couples will experience a parental breakdown. The transition to a single-parent household can cause disruptions in a child's routines, educational progress, housing situation, and family finances. Additionally, it may heighten stress and parental conflict. For some kids, these adjustments can be incredibly difficult and even traumatizing.

The study by Nicoles (2018) and Zabala (2016), highlights the psychological challenges faced by children of solo parents, including family reconfiguration, economic instability, loneliness, stress, and adjustment to treatment. Solitary parents also face anxiety, stress, and difficulties in developing relationships with their children. They face challenges in temperament, behavior patterns, social and emotional issues. They often pray to God, attend mass, and engage in spiritual activities, but also face challenges in time, availability, and seeking help from distant relatives.

Yang and Bullecer (2016), The problems faced by single parents are ongoing and will persist until they reach adulthood and start their own families. The experiences of being a single parent are inspiring and resilient, as they adapt to life's adjustments. Adversity serves as a source of inspiration and drive for parents to continue living their lives for their

children, giving them happiness, fortitude, and a reason to live. This makes them whole and not "broken." By addressing the struggles of single parenting, single people can continue to grow and succeed in their lives.

The study of Stack and Meredith (2017), *The Impact of Financial Hardship on Single Parents: An Exploration of the Journey from Social Distress to Seeking Help*. Single parent families are at high risk of financial hardship which may impact on psychological wellbeing. This study explored the impact of financial hardship on wellbeing on 10 single parents. Semi-structured interviews were conducted and analysed using constructivist thematic analysis. Participants described food and fuel poverty, and the need to make sacrifices to ensure that children's basic needs were met. In some cases, participants went without food and struggled to pay bills. Isolation, anxiety, depression, paranoia, and suicidal thoughts were described. However, participants reported that psychological services not able to take the needs of single parents in to account. Support for single parents must acknowledge the impact of social circumstances and give more consideration economic drivers of distress.

A study about social aspects and vulnerability of solo parents' families states that preventing increase in the growth of a solo parent's family must rely on complete knowledge of the social phenomenon with the need to establish databases and map the dispersion of solo parents' families (Iovan and Oprea, n. d.).

Likewise, the findings of Cancian and Meyer (2018), revealed that child support program should increase financial resources for children living with a single parent with a secondary goal of holding parents responsible for supporting their children.

When children are brought up by a single parent, it makes life more demanding and challenging on the parent. If this phase of the child's life is not well managed, it might lead to maladjustment in life. When the subject of single parenthood is been discussed, it would almost certainly involve women since women are usually considered the primary care givers. Apart from being the primary care giver, she becomes the bread winner and head of the family. Many of the problems that single parents have, are similar to those of two parent's family, but these problems seems more difficult to bear or manage when the home is being tutored by only one person. For example, all children feel hostile towards their parents as they grow-up and try to be independent. But in a situation, where the anger and rebellion are all directed towards one person, it may seem worse, if there is only one to bear it, not for the two to share. There are some problems that are exceptional, which are only faced by the single parent, which make it somewhat difficult to raise children. These problems include bitterness towards the absent spouse, loneliness, poverty and insecurity about raising children alone without a help. For these and some other reasons, single parents sometimes cling to their children or over indulge them. Members may unrealistically expect that the family can function like a twoparent family and may feel that something is wrong when it cannot. Children living with continuously married parents are not faced with much stressful experiences as those living with single parents. Although various schools define stress in different ways, but stress is generally seen as when external demands exceed peoples coping resources. This results in feelings of emotional distress, a reduced capacity to function in school, work and family roles, and an increase in physiological indicators of arousal.

In distinction, here, within the Philippines, President Estrada began various programs and policies supporting lone parents. It started in the year 2000, once President Joseph E. Estrada created R.A.; 8972; this law directly helped alleviate the lives of solo oldsters and elated the right of families with solo oldsters. This law provides rights and privileges that incorporate alternative edges.

In the report Paunan (2018), he expressed in his article suitable for solo oldsters and their youngsters. For single mothers, other privileges, leave credits, versatile work schedule, and academic help. Likewise, for their youngsters to avail themselves of those privileges, solo folks ought to get Solo Parent Identification Card. It was rumored by Cabalo (2018), of *The Manila Times*, CNNPhil.com, each solo parent should bear in mind their rights, and privileges, not for themselves but also for their children and will inquire in their Local Government Units, for added advantages and discounts with their kid under a person with disabilities (PWD).

Meanwhile, in the Philippines, Filipinos were familyoriented and had shut family ties. In this study, the presence of parents, siblings, and relatives was essential within the lives of solo folks in raising their youngsters. The family was not solely partners; however, they were someone who listens understands their issues, and should not decide for them. The unusual increase in numbers of sole parents was astonishingly exceptional these days. There was a report that most of the lone parent families were headed by female sole parents. Young maternity was unfamiliar before; however, nowadays, it is a familiar story.

However, it's claimed Tunajina (2019), that the obligations and parenting challenges faced by single people lead to psychological anguish and tiredness. Some parents bemoaned the lack of free time and the difficulty of juggling work and parenting, which resulted in them spending fewer hours with their children. According to Agero and Guhao's (2016) book *Single Folks of College Children: Tales of Survival*, the majority of single mothers discovered that it was more difficult to establish and uphold discipline in their children because their male companion wasn't there to create it for them. Stephen and Udisi (2016) reported that they experienced a psycho-social impact in the classroom. Furthermore, every child will reach faculty and life, According to Malima and Akech's (2016) study. Many children from homes with a single parent do not have enough adult supervision. Children's experiences with parental divorce may result in a transient disruption to the teaching process, leading to problems with tutorials. It was noted that children had emotional and psychological issues with their single parents. In order to address this issue,

On the other hand, President Estrada began a series of programs and regulations in the Philippines that support single parents. The year 2000 marked the beginning of it all when R.A. 8972 by President Joseph E. Estrada, which protected the rights of their families and significantly enhanced the lives of old individuals living alone. Alternative edges are included into rights and privileges under this statute. In his article, he claimed that the report (Paunan, 2018) was suitable for elderly singles and their kids. Single mothers can take advantage of extra benefits, leave credits, flexible work schedules, and academic support.

FINANCIAL EXPERIENCES OF SOLO PARENTS

According to Hakovirta, Skinner, Hiilamo, and Jokela (2019), single-parent households in developed countries often struggle financially to support their children, leading to financial difficulties and child poverty. This issue is often hidden, as states can retain maintenance to cover other fiscal costs. This results in underutilization of child maintenance opportunities to alleviate poverty, especially when families are receiving social assistance benefits. This is a significant issue for single-parent families in many countries.

According to Maldonado and Nieuwenhuis (2018), in their podcast interview entitled "Why Single Parent Families Face Triple Bind, inadequate resources, inequitable employment opportunities, and policies that did not support them, however conjointly, typically create their state of affairs worse. Here, Maldonado aforesaid, these days face disadvantages at work, together with a gender pay gap, discrimination, and being stuck in low-paying jobs. Inadequate family leave and kid care policies typically hit single-parent the hardest. The common challenges faced by single mothers were social, emotional, and economic money drawback was the most stress for solo mothers, as a result of as compared to the earnings of two parents that are financially stable.

According to Paunan (2018), during this podcast interview, it could be so much for government agencies giving employment Policies on paid leave, equality within the workplace, on salaries and edges, would achieve loads of strengths to those solo parents.

In their podcast, "Why Single Parent Families Face Triple Bind," Maldonado and Nieuwenhuis (2018), talked about how policies that did not help them, unequal employment possibilities, and insufficient resources all make things worse for these families. According to Maldonado, there are many obstacles that single parents must overcome in today's workplace, such as discrimination, the gender pay gap, and being forced into low-paying positions. Inadequate policies regarding family leave and child care typically affect single parents the most, and they also face social, emotional, and financial stressors. However, Maldonado found that having less money than two financially stable parents is the most stressful aspect of being a single mother.

During this recorded interview, Paunan (2018), stated that government agencies may gain a lot by offering employment rules on paid time off, workplace equity, compensation, and benefits.

Bergund (2013), offered a different study that provided a greater-in-depth accounts of solitary parents' unique experiences challenges, requirements, self-image, and marginalization.

Moreover, in line with Jayne & Meredith (2017), lone parents have higher levels of depression, anxiety, and general stress, despite creating in-depth efforts to satisfy their money obligations. Money issues and poorness are the sources of increased pressure and increasing levels of distress among feminine lone parents, resulting in poor mental and physical health. According to the survey, growing up in an exceedingly single-parent family embody lower academic attainment and more intense psychological distress. Those youngsters become liable to psychological effects like gall, inferiority, and a sense of unimportance.

Single parents often face financial difficulties but continue to complete their degrees. The Manila Times (2019) highlights the importance of seeking local resources to support families and alleviate the impact of limited funds. Single people should engage in community activities, think positively, and avoid self-blame. They should also surround themselves with others who share their beliefs and participate in activities that can help them overcome feelings of guilt.

According to Bennette (2018), the number of children raised in single-parent families is increasing, with children earning separate income from both parents. This can lead to better financial and educational benefits. However, single-parent homes can negatively impact a child's behavior, academic performance, and social development. Poverty can affect school readiness by causing lack of parental consistency, frequent changes in part-time caregivers, lack of supervision, poor nutrition, and poor role modeling.

According to Kunz (2018), single-parent households, often run by mothers, can increase the risk of children performing poorly in school due to the absence of a father and lower household income. This lack of financial support can lead to single mothers working more, which can negatively impact children's attention and guidance with homework. Researcher Virginia Knox found that for every \$100 of child support mothers receive, their children's standardized test scores increase by 1/8 to 7/10 of a point. Children with contact and emotional support from their fathers tend to perform better in school. Single-parent families are also at risk for poverty, living in less desirable areas, and experiencing abuse, property crime, and limited educational opportunities. Children from low-income families are more likely to drop out of school as they can work full-time to support their families financially.

One of the main reasons so many single parents enroll in a higher education program is financial worries. However, it's also acknowledged as the reason why a lot of people would find it difficult to finish their degrees (Stack & Meredith, 2017). A cycle of financial difficulty can prevent some people from enrolling in higher education programs and prevent others from completing them. Many single parents are also followed after they finish. Stack and Meredith (2017), found that single parents would forgo their personal wants, such as going to college, in order to meet the needs of their kids. Furthermore, Pendleton and Atella (2020), clarified that monetary difficulties can persist even after. Financial difficulties were also identified by Koh (2017), as a recurring problem among college bound single parents. They conducted studies on single parent children and offered insights into the children's perception of their single parent going to college. A prominent subject raised by the majority of participants was financial difficulty. These kids were aware that their parents had to work, but their jobs didn't help them escape poverty; they just made ends meet.

PHYSICAL EXPERIENCES OF SOLO PARENTS

(Memon 2016) Parenting involvement plays a crucial role in a child's future, encompassing activities such as homework, homework assistance, teacher communication, school attendance, and school governance. When schools collaborate with families, children tend to succeed in school and throughout life. However, when one parent is absent, the burden of care and parenting becomes even more significant, impacting not only the child's academic performance but also

their future. Single-parent families are often seen as risk factors, negatively impacting a child's academic journey. This phenomenon is becoming more common due to factors like death, divorce, and other factors. Therefore, it is essential for schools to support families in supporting learning and fostering a supportive environment for children.

Silvestre and Paez (2016). The United Nations agency is addressing the psychological issues and psycho-social behaviors of young children in solo parent families. The issue is not solely addressed by local governments but also by older adults, particularly mothers. The lack of proper parental guidance, ignorance of adolescent female children's activities, and pressure to disclose sexual activity are contributing factors. It is crucial for parents to recognize that their child's peer and friend activities can affect their children.

Silvestre and Paez (2016), suggested that parents should start worrying more about their children's teachers. People read to their children, help them with their homework, or listen to the stories they tell about their experiences in class. Parents' competence and willingness to watch over and manage their children's extracurricular social activities is also a factor. Furthermore, it was crucial for parents to actively participate in their children's social lives.

(Bagolong, 2017), sex education should be introduced as early as nine years old, as lone parenting presents challenges such as raising kids, maintaining a house, levelling work, and managing residential responsibilities in today's society.

Bagolong's 2017, study found that while single parenting can be challenging, it is also a crucial role that revolves around the family, despite the challenges it presents.

Children of solo parenting are more susceptible to psychiatric disorders, alcoholism, and suicidal tendencies than those from two-parent households. Divorce is among the most frequent cause of single parenthood (Calder, 2018). In and even after a separation, it is not unusual for kids to be subjected to and often attracted to their parents' problems, which leave them feeling isolated, neglected, and even regretful. Solitary parents are much more susceptible to disturbances like relocation and remarriage. Significant changes have an effect on the children. Children thrive in restricted environments. Uncertainty and mental upheaval can exacerbate psychological disorders.

Children raised in single-parent households experience more serious health issues when the custodial parent is unable to give them access to a healthy diet and health insurance, claim Richards and Schmiede (2016). In these circumstances, a single parent must fulfill two responsibilities in the child's upbringing, which frequently causes issues for the kids. Additionally, because they don't have enough adult supervision, kids of single parents are more likely to engage in risky activities including drug and alcohol use, criminal activity, or self-harm (Millar, Jane, Ridge and Tess, 2016).

Economic challenges; abundant economic resources help

parents fulfill their children's economic demands. Having two parents at home allows them to combine their resources, reducing the likelihood that they will have to battle with a lack of money. However, having only one breadwinner, single-parent households are more prone to face financial difficulties. The disparity between their life and their peers' might cause single-parent kids to feel anxious, agitated, and frustrated.

Maslow's hierarchy of needs

Maslow's hierarchy of needs is a motivational theory in psychology that explains the five different levels of human needs. A Theory of Human Motivation. A. H. Maslow (1943) is based on how humans are inspired to satisfy their needs in a hierarchical order. Starting from the bottom going upwards, the five needs are physiological, safety, love and belonging, esteem, and self-actualization. The hierarchy goes from the most basic to the most advanced needs. The ultimate goal is to reach the highest level of the hierarchy, which is self-actualization.

Physiological needs are the most basic of Maslow's hierarchy. These are the essentials people need for physical survival. Examples include air, food, drink, shelter, clothing, warmth, sleep, and health. If you fail to meet these needs, your body cannot function properly. Physiological needs are considered the most essential because you can't meet the other needs until your physiological ones are fulfilled. The motivation at this level comes from a person's instinct to survive.

Once you meet your physiological needs, you need to need a safe and secure environment. Safety and security needs are associated with the need to feel safe and secure in your life and environment. Safety needs are obvious starting from childhood. When these needs are not met, children naturally react with fear and anxiety. These needs also involve the desire for order, predictability, and control. Examples of safety needs include emotional security, financial security (social welfare and employment), law and order, social stability, freedom from fear, health, and well-being.

This is the third and the last of the lower needs in Maslow's hierarchy of needs. It involves the need to feel a sense of belonging and acceptance. It's motivated by the natural instinct of humans to interact. This hierarchy level involves romantic relationships and connections to family and friends. It also includes the need to feel that you belong to a social group. In addition, this need includes feeling loved and feeling love toward others. If you fail to meet these needs, you may experience loneliness and depression.

This is the first of the higher needs in the hierarchy of needs. Esteem needs are motivated by the desire to feel good about yourself. There are two categories of esteem needs: Self-esteem, which is feeling confident and good about yourself, and respect, which is feeling valued by other people and knowing that they recognize your achievements. When your esteem needs are not met, you may feel unimportant, less confident, unprotected, and incompetent. According to Maslow, respect and reputation are vital for children and adolescents and come before real self-esteem or dignity.

Self-actualization needs are the highest level on Maslow's pyramid of needs. These needs include realizing your potential, self-fulfillment, self-development, and peak experiences. Self-actualization is the desire to accomplish all that you can and unleash all your potential. Different individuals may have different ideas of self-actualization since your desires differ from other people's. Maslow (1943, 1987) describes this level as the desire to accomplish everything that one can, and "to become everything one is capable of becoming". Individuals may perceive or focus on this need very specifically. For example, one individual may have a strong desire to become an ideal parent.

Maslow's theory states that reaching the self-actualization level is difficult. The reason is that people are focused on satisfying the more urgent needs in the hierarchy of needs first. Maslow theorized that you have to meet these needs at the bottom to move to the next level of needs. Even so, you don't need to satisfy one need in order to move to the next one in the hierarchy. Maslow's theory also advocates that most people focus on meeting their needs partly, as a result progressing more in meeting needs lower on the hierarchy. Applying Maslow's Hierarchy of Needs. When you apply Maslow's hierarchy of needs in your life, you may experience improvements in some areas. To reach the highest level of development in this motivational theory, you must be self-actualized. Identifying your needs and ensuring that those needs are fulfilled can help increase your chances of success.

Resilience: Innate Capacity for Lifelong Strength and Growth

Resilience is the ability to positively adapt to significant life disruptions and gain strengths and insights from these adaptations. Resilience is not an inherent trait in selected individuals (Rutter, 1987). Instead, everyone is born with an innate strength of resilience that can be actualized through a developmental process. By handling life disruptions, individuals continue to strengthen their resilient qualities, such as self-efficacy, sense of purpose, and wisdom. Alternatively, events will continue to be disruptive if one cannot treat disruptions as growth potential (Richardson, 2002). Resilience can be developed externally through family and community support and internally through an enhanced self-understanding from disruption recoveries.

Resilience is the ability to adapt positively to significant life disruptions and gain strengths and insights from these adaptations (Richardson, 2002). Life disruptions refers to experiences of risk, adversity, or stressors that take learners out of their comfort zone and are likely to cause maladjustment. Examples of life disruption include academic setback, social isolation, poverty, parental divorce and mental illness, low parent income and education level, disorganized neighborhoods, and community violence (Fleming & Ledogar, 2008).

An individual's competence to positively adapt depends on the context and domain of disruption presented to the individual given his or her age. Context is shaped by social-environmental conditions, such as socioeconomic status, geography, and culture. The same condition or factor can be protective or vulnerable depending on the context. For instance, strict parental monitoring might seem excessive and overcontrolling and result in defiance among adolescents in one culture, but the same parenting style can be perceived as loving and supportive by adolescents in another context. In terms of domain, resilience is not an "across-the-board phenomenon" (Luthar, 2015); individuals show varying levels of adaptations across different domains, displaying strengths in one domain does not imply strength in another. For instance, a learner who is academically resilient might secretly suffer from social isolation and emotional distress.

Early resilience research saw resilience as an inherent trait of selected individuals and focused on the identifications of resilient qualities in these individuals (Anthony, 1974). In the latter part of the 1980s, research turned its focus on resilience promotion that originates outside of the individual and sees resilience as a process rather than a trait (Rutter, 1987). Resilient qualities, or protective factors (such as self-efficacy, parental warmth, and a supportive community) can ease an individual's response to the adverse experience of life disruptions. An individual's vulnerability factor (such as being an orphan and living in a dangerous neighborhood) can intensify the negative effects imposed by life disruptions.

Resilience can be developed via a lifelong coping and learning process from disruptions that result in the identification, fortification, and enrichment of resilient qualities. While exposure to low and high levels of disruption are associated with negative outcomes, moderate levels of disruptions are related to less negative and more possible outcomes. Exposing individuals to moderate levels of disruption might encourage individuals to learn to overcome it (Masten, 2001). In Richardson's Theory of Resilience (2002), resilient reintegration refers to the positive outcome of an individual overcoming life disruptions (resulting in resilient quality attainment), while other outcomes include reintegration back to comfort zone and reintegration of loss (where life disruptions continue to cause stress and growth has not occurred). By constantly coping and recovering, resilient learners experience growth, knowledge, self-understanding, and strengthened resilient qualities.

As life circumstances constantly prompt individuals with emerging vulnerabilities and resilient qualities, an individual's ability to adapt to life disruption is never permanent. Characterized by hurt, loss, guilt, and fear, the immediate outcomes of life disruptions bring an awareness and opportunity in individuals to access and connect with their resilience capacity. The continuous process of reintegration is a lifelong and life-enriching opportunity that requires an enduring motivation—which can originate from external conditions of support or internal strength for resilience. Termed innate resilience, Richardson (2002) believes that there is an innate capacity for resilience in every individual. With increased practice of resilient reintegration, people can rely less on outside support and gain more control over their lives.

Research shows that one's supportive social systems, which can include immediate or extended family, community, friends, and organizations, foster one's resilience in times of crisis or trauma and support resilience in the individual.

A positive sense of self and confidence in one's strengths can stave off feelings of helplessness in the face of adversity. A study published in November 2020 in *Frontiers in Psychology* found that self-esteem and resilience were closely related.

Coping skills Coping and problem-solving skills help empower a person who has to work through adversity and overcome hardship. Research finds that using positive coping skills (like optimism and sharing) can help bolster resilience more than nonproductive coping skills.

Being able to communicate clearly and effectively helps people seek support, mobilize resources, and take action. Research shows that those who are able to interact with, show empathy toward, and inspire confidence and trust in others tend to be more resilient.

The capacity to manage potentially overwhelming emotions (or seek assistance to work through them) helps people maintain focus when overcoming a challenge, and has been linked to improved resilience, a study published in *Frontiers in Psychology* in November 2017 showed.

Resilience isn't something people tap into only during overwhelming moments of adversity, according to research on resilience theory. It builds as people encounter all kinds of stressors every day.

2. METHODS

2.1 Design

The researcher used a narrative descriptive research design to determine the lived experiences of solo parents. According to Polit and Hungler (2008), the Descriptive method is focused on ascertaining conditions that prevail in a group of individuals chosen for the study. The appropriate research design for this study is qualitative research because it is used to study things in their natural settings and bring meaning to shared phenomena (Creswell & Poth, 2018).

The research design in this study was the narrative descriptive qualitative study. The descriptive method is considered the most appropriate since the study focused on the lived experience of selected solo parenting in raising their children. According to Polit and Hungler (2008), the Descriptive method is focused on ascertaining conditions that prevail in a group of individuals chosen for the study. Its purpose is to help solo parents to cope-up with challenges in life they need to face and be resilient with the difficulties with the strong belief that they will recover from their situation. The different methods used in qualitative research can be adapted to address multiple realities (Lincoln & Guba, 1985). The appropriate research design for this study is qualitative research because it is used to study things in their natural settings and bring meaning to shared phenomena (Creswell & Poth, 2018). In qualitative research, one can gain a plethora of rich data through interviews and observations (Brinkmann & Kvale, 2015). Using open-ended interview questions is useful in gaining insight into the shared experiences of the participants by allowing them to tell their own story. Suspending judgment from the researcher can be challenging in phenomenological research, which makes the quality of the interview questions even more important (Brinkmann & Kvale, 2015).

2.2 Participant

The purposive sampling method was used in determining the participants for this research. Since the researchers focused on the solo parents, the participants were all solo parents consisting of Twenty (20) solo parents, male and female. Participants' age ranged from 18-60 years old and will be residence of selected municipalities in Zambales.

3. RESULTS AND DISCUSSION

3.1 Profile of the Respondents

To protect the anonymity of the participants, their names were change and sensitive identifying information has not been disclosed.

Table 1
Profile of the Participants

Name	Age	Gender	Religion	Occupation	Monthly Income
P1	21	Female	Roman Catholic		15,000
P2	22	Female	Methodist	Production Operator	16,000
P3	50	Female	Roman Catholic	BHW	2,000
P4	22	Female	Roman Catholic	Vendor	5,000
P5	22	Female	INC	7/11 Clerk	12,000-below
P6	24	Female	Roman Catholic	Taga hugas at labandera	5,000 and below
P7	54	Female	Roman Catholic	Part-timer	6,000
P8	29	Female	Aglipay	Street Sweeper	1800-2,000
P9	42	Female	Roman catholic	Janitor	
P10	45	Female	Roman catholic	BHW	8,000
P11	30	Male	Roman Catholic		10,000

P12	59	Male	Born Again	Pastor/ cook	NO estimated
P13	53	Male	Roman Catholic	Brgy. Kagawad	NO estimated
P14	39	Male	Roman Catholic	Masahista	3,000
P15	31	Male	Roman Catholic	Farmer	10,000
P16	52	Male	Roman Catholic	Contractual	15,000
P17	50	Male	Roman catholic		
P18	35	Male	Roman Catholic	Fisherman	8,000-below
P19	42	Male	Roman catholic		
P20	50	Male	Roman Catholic	School Utility	6,000

Table 2

Themes and codes regarding Experiences about being a solo parent Table 2. Question 1 (Can you tell me your experiences about being a solo parent?)

THEME	AXIAL CODE	OPEN CODE
Financial Problem		P1: "sobranghirap kasi iniisipmoyung responsibility molalona mag-isa mo lang susuportahanyung bata"
		P3: "unangunamahirap lalona sapinansyalatsakayung pag-alagarin"
		P8: "walang sustentong naganap, tinakbuhan kami agad"
		P10: "mahirap, minsannangutang. Nagigipit e. palginggipit peronalalampasan naman"
		P16: "mahirappinansyal at akotalagakailangan magtrabaho"
	Physical Exhaustion	P1: "sapagaaalaga, mahirap", "mag isa lang, sobrang pagod"
		P6: "mahirapyung buhay lalona at isa ko lang nagpapalakisaan ko"
		P12: "ang hirap mag isa, sakin lahat, ako lahat"
	Difficulty in balancing work and parenting	P17: "kahithirap nahirap na akoperowala akong magawa", "mahirap, syempre magtatrabaho ka, pagod ka lagitas doble doble pa yung pagod mo kasi hindi ka pwedeng magpahinga e"
		P2: "pinasok ko lahat ng trabaho, ukayukay, fastfood, sa factory, lahat lahat para saanak ko"
Limited Resources		P5: "mahirappagsabayin yung pagiging nanay at the same time naghahanap buhay" "iniisip moyung anak moperokailangan focus lang sa work kasi doon nakasalalayung ikabubuhay niyo"
		P8: "etong trabaho ko ngayon, last month lang nabigaysakin, perobagoitonaging manicurista lang ako"
		P9: "mahirap, mag isa akong nagtatrabaho para samgaanak ko"
		P18: "mahirap syempre nagtatrabaho ako, pagod lagi kasi doble ang trabaho ako"
		P20: "Mahirap rokinakaya naman lalo akonalang nag-aalagasamgaanak ko, at nagpapa- aralsakanila"

	Emotional Stress	<p>P1: “bakit kami nagkaganito. Deserve ba naming ito?” “may time na gusto ko natalagangbumigayperonaiisip ko na may anakako”</p> <p>P4: “ilangbuwan din bagoakonakamove on kasi hindi naman pwedengmagmukmokakawawayunganak ko”</p> <p>P14: “naawarinakosaanak ko. Lumakisiyanawalangnanaysa tabi niya”</p> <p>P15: “para akongmagpapakamataynongnaghiwalay kami ng misis ko, iniisip ko lang yungdalawakonganak”</p> <p>P16: “nakakalungkot at isa ko lang pinapalaki ang anak ko”</p>
	Interpersonal Anxiety	<p>P19: “sobranghirap kasi nga isa ko lang nagpapalakisamgaanak ko, Minsan may maririnig ka rinsamgakamaganakna di ko raw kayangbuhayinyongtatlokonganaksahirap ng buhayngayon</p>

1. Financial Problems

1.1 The data gathered shows that financial problem is one of the challenges experienced faced by the participants as a solo parent. Financial challenges of solo parents are argued to be the most significant stressor among this vulnerable group, which amplifies the other psychosocial challenges they experience. Solo parents are tasked with domestic work, childcare and becoming the sole breadwinner to ensure economic security for their families (Hamid & Salleh, 2013). **P1 said that...**

“sobranghirap kasi iniisipmoyung responsibility molalonamagisamo lang susupportahanyung bata.” (“It’s very difficult because you think about your responsibility, especially since you will be the only one supporting the child.”)

P3 said that...

“unangunamahiraplalonasapinansyalatsakayungpag-alagarin.” (“first of all, it’s so difficult especially financially and also when taking care of the children.”)

P8 said that...

“walang sustentongnaganap, tinakbuhan kami agad.” (“there was no support occurred and just left us immediately.”)

P10 said that...

“mahirap, minsannangungutang. Nagigipit e. palaginggipitperonalalampasan naman.” (“it’s so difficult, sometimes we just borrow money because of shortage but eventually we overcome it.”)

P16 said that...

“mahirappinansyal at akotalagakailanganmagtrabaho.” (“it’s so difficult when it comes to financial so I need to work.”)

1.2. Limited Resources

The data gathered shows that limited resources is one of the challenges experienced faced by the participants being a solo parent, which includes physical exhaustion, difficulty balancing work and parenting, and emotional stress that leads to adverse effect such as health problem. Resources may be limited due to solo parents facing the demands that are typically fulfilled by two parents. Magnuson and Berger (2009) added that solo parents have to deal with making money and caregiving simultaneously, “which may limit the amount and quality of time they spend with their children”. The lack of resources ultimately led solo parents to face higher levels of stress and family conflict. The lack of resources for solo parent households was something that occurred around the world. HampdenThompson’s (2013) “study may have found different subject literacy gaps between students from single-mother families and two-parent families with the country’s economic policy”.

1.2.1. Physical Exhaustion

One of the difficult experiences encountered by a solo parent is physical exhaustion. The duties that are normally shouldered between two parents are taken on by solo parents; they disregard self-care in favor of their children’s needs. Juggling multiple responsibilities such as work, household chores, and childcare can lead to chronic fatigue, disrupted sleep patterns, and overall physical strain. The lack of support or assistance in managing these tasks often exacerbates the issue, impacting the solo parent’s overall wellbeing. (Malzk, 2014) **P1 said that...**

“sapagaalaga, mahirap” (“it’s so hard to take care of the children”) “mag isa lang, sobrang pagod” (“I’m just all alone, it’s very

exhausting”) **P6 said that...**

“mahirapyungbuhaylalona at isa ko lang nagpapalakisaanak ko” (“life is so hard especially when I’m raising my child alone”)

P17 said that...

“kahithirapnahirapnaakoperowalaakongmagawa” (“even though it’s so hard, I cannot do anything”)
“mahirap, syempremagtatrabaho ka, pagod ka lagitas doble doble pa yung pagod mo kasi hindi ka pwedengmagpahinga e” (“it’s hard, of course you’re going to work, you’re always tired and twice as tired because you can’t rest”)

1.2.2. Difficulty balancing Work and parenting. The pressures of balancing taking care of the kids, working, paying bills, and doing housework can overwhelm a solo parent. A limited amount of time and energy each day hinders their ability to properly allocate their time amongst work, childcare, and leisure. In turn, solo parents must look at opportunity costs such as sacrificing their own leisure time to take care of their children or losing a few extra hours of sleep in order to spend more

time with them (Bakker and Karsten, 2013). Furthermore, in terms of economic hardships, solo parents may forfeit their leisure time to meet work deadlines, or take on extra shifts to earn additional income for their family (Bakker and Karsten, 2013).

P2 said that...

“Pinasok ko lahat ng trabaho, ukayukay, fastfood, sa factory, lahat lahat para saanak ko” (“I entered all work, I started thrifed shop, fast food, factory worker just for my child”)

P5 said that...

“mahirappagsabayinyungpagigingnanay at the same time naghahanapbuhay” (“it's hard to keep up with being a mother and at the same time being a worker”)

“iniisipmoyunganakmoperokailangan focus lang sa work kasi doon nakasalalayyungikabubuhayniyo” (“You keep thinking about your child but you need to focus on work because your livelihood depends on it”) **P8 said that...**

“etongtrabaho ko ngayon, last month lang nabigaysakin, perobagoitonagingmanicurista lang ako” (“this job I have now was given to me only last month, but before this I was just a manicurist”) **P9 said that...**

“mahirap, mag isa akongnagtrabaho para samgaanak ko” (“it's so hard because I work alone for my children”)

P18 said that...

“mahirapsyemrenagtrabahoako, pagod lagi kasi doble ang trabahoako” (“It's hard of course because I am working and I'm always tired because I work twice as hard”) **P20 said that...**

“Mahirapperokinakaya naman laloakonalang nag-aalagasamgaanak ko, at nagpapa- aralsakanila” (“It's hard, but I can handle it, especially I'm alone taking care of my children, and sending them to school”) **1.2.3. Emotionally stress**

Emotionally, being a solo parent may be very difficult. It might be exhausting to juggle obligations, make difficult decisions by yourself, and manage everything. Solo parents feel stressed by the need to combine work and family life and the associated demands, such as the organization of childcare (Dor, 2021). Characteristics such as low educational attainment, which is often found among young mothers, usually imply higher economic pressure, which is considered to be hazardous to health (Dahlgren & Whitehead, 1991). **P1 said that...**

“bakit kami nagkaganito. deserve ba naming ito?” (“why are we like this, do we deserve this?”)

“may time na gusto ko natalagangbumigayperonaisip ko na may anakako” (“there are times when I really want to give up but I always think that I have a child”) **P4 said that...**

“ilangbuwan din bagoakonakamove on kasi hindi naman pwedengmagmukmokakokawayunganak ko” (“It took months before I moved on because I can't grieve for a long time”)

P14 said that...

“naaawarinakosaanak ko. Lumakisiyanawalangananaysa tabi niya” (“I also feel sorry for my child. He grew up without a mother by his side”)

P15 said that...

“para akongmagpapakamataynongnaghiwalay kami ng misisko, iniisip ko lang yungdalawakonganak” (“I felt like I was going to end my life when my wife and I broke up, I was just thinking my 2 children”) **P16 said that...**

“nakakalungkot at isa ko lang pinapalaki ang anak ko” (“It's very sad because I'm raising my child alone”)

P19 said that...

“sobranghirap kasi nga isa ko lang nagpapalakisamgaanak ko, Minsan may maririnig ka rinsamgagamaganakna di ko raw kayangbuhayinyongtatlokonganaksahirap ng buhayngayon.” (“It's very difficult because I'm the only one raising my children. Sometimes you will hear from my relatives that I can't raise my three children because of life that is hard now”)

1.3 Interpersonal Anxiety

There are unique difficulties in balancing several obligations and supporting your child emotionally when you're a solo parent. In such circumstances, anxiety is normal. Getting support from loved ones, friends, or a therapist can be very beneficial in overcoming these emotions and figuring out how to deal with social anxiety. Making tiny changes, taking care of oneself, and realizing that it's acceptable to ask for assistance can have a significant impact. The disruptions that the family as system experiences often compound with maladjustments that individual family members experience. More specifically, solo parents are more likely than cohabitating parents (parents who live with a spouse or partner; Kendig & Bianchi, 2008) to experience episodic and chronic depression, anxiety, substance abuse, stressful life events, low self-esteem, social isolation, and lack of emotional support (Lipman, Offord, & Boyle, 1997; McBride-Murry, Bynum, Brody, Willert, & Stephens, 2001).

Being a solo parent was challenging for the participants, who wanted to have a normal family life. According to the response of the participants, three (3) axial codes was revealed, the financial Problem, limited resources, and the interpersonal Anxiety. According to the responses, they experienced this because they take all the responsibility since they do not have anyone to share with their expenses.

Table 3
Themes and codes regarding the challenges they observed as a solo parent Table 3.
Question 2 (What challenges you observed as a solo parent?)

THEME	AXIAL CODE	OPEN CODE
Financial Problem		<p>P2 - "Kulang ang sinasahod ko" P3 - "kinakaposakosapera" "Nabawasan incentives ko bilangbhw" P4 - " noongunawalatalagakaseyungasawa ko ang may trabaho, doon munaakosamagulang ko, umuwimunaakosa amin, sila ang nag sustentosa amin habangwalaakongtrabaho" P5 - "mahirap lang lalo'twalang support galingsatay, syempremadaming needs yunganak ko" P6 - financial "Kinakapos kami kaya nangungutangnalangako kung kanikanino para sagamot" P7 - "dahilako lang talaga ang nagpapalaki at nag papaaralsamgaanak ko, maliitpalangsila noon" P8 - "walangwala kami nonginiwan kami non" "Dumating sa point na halos mamalimosakosadaan, bitbitbitbit ko siya. Naawana lang rinakosasarili ko at saanak ko." P10 - "Financial, samgaano medicine ganun kasi naghahypertensionnarin eh." P11 - "hindiganon ka financial stable. Medyomahirapwalangpinipilingtrabohotalagangpapasukinmo" P14- "akoyung may responsibility regarding sa financial aspects ng anak ko" P15- "kulangnakulang kami sa peralalo at walakamingsarilingpera." P17 - "financial, pag-aaralsaanak ko, mga bills, food, at expenses, hindialam kung saankukuha ng pera" P18- "biglaannagkakasakityunganak ko taposwalaakongipon"</p>

		<p>P19- "Minsan walakaminghuli kaya minsanrinwalakamingperapambili ng bigas kaya nangungutang kami para lang may makainmgaanak ko." P20 - "Sa financial talagangkapos kasi maliit lang naman yungasahod ko, kaya kulangkapostalaga"</p>
Cycle of Exhaustion	Psychological problem	<p>P1 - "Stress kasemadamiakonginiisip" "nagsasufferakosa postpartum depression" P4- parang mababaliwako P13 - muntiknaakongmabaliw, muntik din akongnakapatay" "umiiyak pa rinkahit 8 years na ang nakalipas" P14 - "Nahihirapanakongdisiplinahin ang anak ko ng mag-isa ko" P9 - "minsan gusto ko namagbigtiperosabinila 'wag at may mgaanak ka pa" P15 - trauma pa nga ang nangyari, nandamay pa ang bata sapagiginggahaman ng nanayniya" P2 "Muntikna din ako mag suicide noon kasi manganganakpalangakonaglolokona noon asawa ko kaya nongnanganakakonagkaroon din palaako ng post-partum depression" P12 "Ayon muntiknaakongmabaliw at muntik din akongnagpakamatay noon, umiiyak pa din akokahitmahigit 8 years na ang nakalipas" "sobrangnastressakokaseiniwanako"</p>

	Physical exhaustion	<p>P1 - "mahirap mag-alaga kasi mag-isa ako" "puyat at pagod" P5- "hindiaraw-arawmalakas ka, magkakasakittaposmanghihina" P7- "pagod isa sakalaban ko dahilnagtatrabahoakosumaga at nag p-part time sa gabi" - "pagod akolagipag-uwi kaya hindi ko nahaharapmaglinis" P10 - "kahit may nararamdaman ka, ganonkailanganmo pa ring kumilos kasikailangan g anakmoyunganoniyapangangailanganniyasa school" P12 - "Pagod talaga kasi walang mag-aalagasa bata" "Pagod talaga kasi walang mag-aalagasa bata" P13 – minsanhindimakapasoksa work dahil may sakit ang anak ko" P14 - "Nahihirapanakongdisiplinahin ang anak ko ng mag-isa ko" - "minsanmagkakasakitnarinakodahilsa pagod" - "akoyung may responsibility regarding sa financial aspects ng anak ko" P18 – sapagpapalaki lang ng anak ko akonahirapanrinnila ang mama nila eh" P19 – yungpagpapalakisamgaanak ko, challenging talaga"</p>
	Difficulty balancing work and parenting	<p>P1 - "mahirap mag-alaga kasi mag-isa ako" P2 - "Mahirappagsabayin ang work at pag-aalaga" P3- "Gusto kong mag-abroad kasowalang mag-aalagasaanak ko" P6 - "Hindi ko nanaaalagaan ang anak ko dahilsatrabaho" P7 – "pagod akolagipag-uwi kaya hindi ko nahaharapmaglinis" P13 – minsanhindimakapasoksa work dahil may sakit ang anak ko" P14 - "Nahihirapanakongdisiplinahin ang anak ko ng mag-isa ko"</p>
Interpersonal Anxiety	Fear of judgement	<p>P3 – "natatakotakonailabasyunganak ko lalona nag-iisanganak ko nababae" P1 – "sobranghirapmagingnanaydahilsa judgement ng ibangtao" P2 "Wala na din akong time sasarili ko para mag ayos-ayos" P1 – "walanaakong social life bilangnanay"</p>
	Emotional stress	<p>P1 – "bakitako lang nag-aalagasa bata at bakitnangyarisa akin ito"</p>

2.1. Financial Problem

The financial difficulties that come with being a solo parent are often caused by the duties that they bear alone. It might be difficult to balance job, childcare, and costs. They may experience difficulties with lower income, a lack of support, and higher costs for housing, healthcare, and childcare, among other things. Solo parents' financial difficulties A parent's finances significantly decline after being divorced or widowed; solo parents must rely on their single income to provide for their children. According to Rabindrakumar's (2013) study, 67% of lone parents are more likely than married couples to have financial troubles. There is no doubting that married families and single-parent households differ significantly from one another in terms of their living situations. **P2 said that...**

"Kulang ang sinasahod ko" (*"My salary is not enough"*)

P3 said that...

"kinakaposakosapera" (*"I always short when it comes to money"*) "Nabawasan incentives ko bilangbhw" (*"My incentives as a bhw were reduced"*)

P4 said that...

"noongunawalatalagakaseyungasawa ko ang may trabaho, doon munaakosamagulang ko, umuwimunaakosa amin, sila ang nag sustentosa amin habangwalaakongtrabaho" (*"at first my husband didn't really have a job, I went home to my parents and they supported us while I didn't have a job"*) **P5 said that...**

"mahirap lang lalo'twalang support galingsatay, syempremadaming needs yunganak ko" (*"it's just difficult especially without support from the father; of course my child has many needs"*) **P6 said that...**

"Kinakapos kami kaya nangungutangnalangako kung kanikanino para sagamot" (*"We're lacking in terms of money so I'm just borrowing money for medicine"*) **P7 said that...**

"dahilako lang talaga ang nagpapalaki at nag papaaralsamgaanak ko, maliitpalangsila noon" (*"because I'm really the only one*

raising and sending my children to school since then")

P8 said that...

"walangwala kami nonginiwan kami non" (*"we had nothing when he left us"*)

"dumatingsa point na halos mamalimosakosadaan, bitbitbitbit ko siya. Naawana lang rinakosasarili ko at saanak ko." (*"It came to the point that I was almost begging on the road while I was carrying him. I just felt sorry for myself and my child"*)

P10 said that...

“Financial, samgaano medicine ganun kasi nagha-hypertension narin eh.” (*Financially struggling especially I need medicine for*

hypertension”) **P11 said that...**

“hindiganon ka financial stable. Medyomahirapwalangpinipilingtrabotalagangpapasukinmo” (*We are not that financially stable. It's a bit difficult to get a job*)

P14 said that...

“akoyung may responsibility regarding sa financial aspects ng anak ko” (*I am the one who has the responsibility regarding the financial aspects of my son*)

P15 said that...

“kulangnakulang kami saperalalo at walakamingsarilingpera.” (*we experience lack of money especially we don't have our own money*)

P17 said that...

“financial, pag-aaralsaanak ko, mga bills, food, at expenses, hindialam kung saankukuha ng pera” (*we don't know where we gonna get money when it comes to financial, education, bills, food, and expenses*)

P18 said that...

“biglaannagkakasakityunganak ko taposwalaakongipon” (*If suddenly my son gets sick then I have no savings*) **P19 said that...**

“Minsan walakaminghuli kaya minsanrinwalakamingperapambili ng bigas kaya nangungutang kami para lang may makainmgaanak ko.” (*Sometimes there is no fish to catch so I borrow money just my children can eat*)

P20 said that...

“Sa financial talagangkapos kasi maliit lang naman yungсахod ko, kaya kulangkapostalaga” (*Financially, I'm really short because my salary is not enough.*)

2.2. Cycle of Exhaustion

The cycle of exhaustion in solo parents can be vicious. Balancing multiple

responsibilities, such as household tasks, work, and parenting, can result in exhaustion and burnout. It frequently involves little time for self-care or rest, perpetuating the exhaustion cycle. Prioritizing selfcare, seeking help, and finding ways to delegate tasks when possible may all help to break the cycle. The cycle of exhaustion experienced by solo parents is multifaceted. Juggling work, household responsibilities, and parenting without a co-parent's support can lead to physical and emotional fatigue. Financial strain, limited personal time, and lack of social support also contribute. Strategies like seeking community resources, setting boundaries, and self-care are crucial to help break this cycle. Understanding the challenges and seeking support can make a significant difference in managing the demands of solo parenthood (McLanahan et al. 2013)

2.2.1 Psychological Problem

Due to the various responsibilities, they have, solo parents frequently endure psychological stress. They also face unique challenges. They may experience emotional strain from juggling their personal needs and parenting obligations, loneliness, and stress from financial obligations. Having a support system and getting expert advice can be very helpful in handling these challenges. A research was conducted to examine the psychological well-being and poverty among the low-income single mothers and the financially unstable mothers who reside with their partners (Hammans, 2010). The outcome of the research concluded that single mothers living in poverty had a high risk of having psychological issues than partnered mothers living in poverty. **P1 said that...**

“Stress kasemadamiakonginiisip” (*I'm stressed because I'm thinking a lot of things*)

“nagsasufferakosa postpartum depression” (*I am suffering in postpartum depression*)

P2 said that...

“Muntikna din ako mag suicide noon kasi manganganakpalangakonaglolokona noon asawa ko kaya nongnanganakakonagkaroon din palaako ng post-partum depression” (*I almost committed suicide because I was about to give birth and find out that my husband was cheating on me, so when I gave birth I also had post-partum depression*)

P4 said that...

“parangmababaliwako” (*I feel like I'm going crazy*)

P9 said that...

“minsangusto ko namagbigtiperosabinila ‘wag at may mgaanak ka pa’” (*sometimes I wanted to hang myself but they said don't because I still have my children*) **P12 said that...**

“Ayon muntiknaakongmabaliw at muntik din akongnagpakamataynoon,umiiyak pa din akokahitmahigit 8 years na ang nakalipas” (*I almost went crazy and I almost killed myself then, and still crying even though it's been more than 8 years ago*) “sobrangnastressakokaseiniwanako” (*I'm so stressed because I was left alone*) **P13 said that...**

“muntiknaakongmabaliw, muntik din akongnakapatay” (*I almost went crazy and almost killed someone*)

“umiiyak pa rinkahit 8 years na ang nakalipas” (*still mourning even though 8 years had passed*)

P14 said that...

“Nahihirapanakongdisiplinahin ang anak ko ng mag-isa ko” (*I find it difficult to discipline my child by myself*)

P15 said that...

“trauma pa nga ang nangyari, nadamay pa ang bata sapagiginggahaman ng nanayniya” (*Even trauma happened, the child even gets involved with his mother's greed*)

2.2.2. Physical Exhaustion

Taking on all duties when parenting alone frequently results in physical exhaustion from juggling work, childcare, and household chores. Managing several tasks at once without taking breaks can cause weariness, interfere with sleep cycles, and generally impair physical health. Putting self-care first, asking friends and family for support, and using time management techniques can all help you cope with physical tiredness. The phenomenon of burnout refers to a specific syndrome of exhaustion related to prolonged situations of emotional imbalance, where the burden of perceived stress exceeds personal resources to cope with it. While the phenomenon of professional burnout, which was described by Freudenberg (1974) to define a syndrome of exhaustion related to working conditions, is nowadays well known (Maslach et al., 2001), that of parental burnout, i.e., situations where exhaustion occurs as a result of being physically and emotionally overwhelmed by one's parental role, still deserves attention. Until recently, research conducted on parental exhaustion was exclusively concerned with parents of sick children (e.g., Lindhal Norberg, 2007; Lindström et al., 2010; Karadavut and Uneri, 2011; Lindahl Norberg et al., 2014).

P1 said that...

“mahirap mag-alaga kasi mag-isa ako” (*“it's so hard to look after the children because I'm all alone”*) P5 said that... hindiaraw-arawmalakas ka, magkakasakittaposmanghihina” (*“not every day you're strong, you'll get sick and then you'll be weak”*) P7 said that...

“pagod isa sakalaban ko dahilnagtatrabahoakosumaga at nag p-part time sa gabi” (*“One of my opponents is tiredness because I work in the morning and work part-time in the evening”*) P10 said that...

“kahit may nararamdaman ka, ganonkailanganmo pa ring kumilos kasikailangan ng anakmoyunganoniyapangangailanganiyasa school” (*“even if you feel something, you still have to do the things because your child needs to go to school”*)

P12 said that...

“Pagod talaga kasi walang mag-aalagasa bata” (*“it is so exhausting because no one will take care of the child”*)

P13 said that...

“minsanhindimakapasoksa work dahil may sakit ang anak ko” (*“sometimes I can't go to work because my child is sick”*)

P14 said that...

“akoyung may responsibility regarding sa financial aspects ng anak ko” (*“I am the one who has the responsibility regarding to financial aspects of my son”*)

P18 said that...

“sapagpapalaki lang ng anak ko akonahihirapanrinnila ang mama nila eh” (*“I'm just having trouble with my children in raising them because even their mother experience struggle”*)

P19 said that...

“yungpagpapalakisamgaanak ko, challenging talaga” (*“raising my child was challenging for me”*)

2.3. Role Overload

Solo parents frequently experience role overload because they have to juggle many responsibilities at once, such as being their children's only provider, caregiver, enforcer, and emotional support system. Stress, feelings of inadequacy, and trouble striking a work-life balance can result from this excessive load. Managing role overload requires self-care, contacting communityresources for assistance, and setting reasonable expectations. Role overload in single motherhood may result from the accumulation of the existing role demands of pre-single motherhood, together with the additional, often unfamiliar role demands of postsingle motherhood, such as being the sole provider, often experienced as excessive (Heath &Orthner, 1999).

2.3.1. Difficulty balancing work and parenting

Since a solo parent must attend to both the needs of their children and their professional commitments, juggling work and parenting can be extremely difficult. Finding a better balance between work and parenting responsibilities can be facilitated by time management techniques, looking for flexible work arrangements when feasible, making use of support systems like family or daycare, and keeping lines of communication open with employers regarding the circumstances. Work-life balance is also known as life balance or lifestyle balance and generally understood as sufficient time for work and personal life separately. Work-life balance is crucial issue to every employee of an organization either private or public organization. It is equally important at different levels of organization. (Abioro, Oladejo &Asogbon, 2018). According to Hall & Richter (1988), work-life balance is an important issue which is faced by the workforce. Any imbalance in work and personal life affect the performance negatively. In the long run, the productivity of an employee can be affected if they are unable to maintain the balance between their professional and personal life (Ojo, Salau & Falola 2014). There are many changes including societal changes at local and global level which affect the lifestyle of a person (Haddon, Hede, & Whiteoak, 2009). P1 said that...

“mahirap mag-alaga kasi mag-isa ako” (*“it's hard to look after the children because I'm alone”*) P2 said that...

“Mahirappagsabayin ang work at pag-aalaga.” (*“It's hard to balance work and care”*) P3 said that...

“Gusto kong mag-abroad kasowalang mag-aalagasaanak ko” (*“I want to go to abroad but there is no one to look after my child”*)

P6 said that...

“Hindi ko nanaaalagaan ang anak ko dahilsatrabaho” (*“I can no longer take care of my child because of work”*) P13 said that... minsanhindimakapasoksa work dahil may sakit ang anak ko”

(*“sometimes I can't go to work because my child is sick”*)

P14 said that...

“Nahihirapanakongdisiplinahin ang anak ko ng mag-isa ko” (*"I find it difficult to discipline my child by myself"*)**P7 said that...**

“pagodakolagipag-uwi kaya hindi ko nahaharapmaglinis” (*"I'm always tired when I get home so I don't have time to clean"*)

2.3.2. Lack of personal time

A lack of personal time is a common problem for solo parents because of the ongoing demands of childcare and household duties. It can be difficult to find time for self-care when juggling work, parenting, and household duties. Solo parents can create opportunities for themselves to focus on their well-being and recharge by scheduling personal time, asking family or friends for help or support, and prioritizing self-care, even in small ways. The overwhelming demands they face in managing household chores, child-rearing, work commitments, and other responsibilities without the support of a partner. Studies often highlight the constant juggling act that leads to a scarcity of personal time, impacting their wellbeing and mental health. Solo parents often experience high levels of stress due to the persistent lack of time for self-care and personal pursuits. (Lareu, 2015)

2.4. Interpersonal Anxiety

Concerns about judgment, feeling alone because of their circumstance, or social interactions can all be sources of interpersonal anxiety for solo parents. Joining parenting groups, getting therapy, or asking other solo parents for social support can all help manage these anxieties by offering a safe and encouraging environment as well as the skills needed to handle social situations more confidently. solo parents have been shown to experience higher levels of chronic stress (Cairney et al. 2003), loneliness (Baranowska-Rataj et al. 2014) and depression (Jackson et al. 2000). Elevated distress levels were also identified in German solo parents compared to married mothers (Franz et al. 2003).

2.4.1. Fear of judgement

It makes sense that solo parents would fear criticism, but this fear can be lessened by acknowledging that every person has different difficulties. You can lessen the impact of this fear by seeking out communities of other solo parents, creating a network of understanding friends, and putting your children's welfare ahead of other people's opinions. Keep in mind that you're trying your hardest in a difficult circumstance. Here to feature, Kotwal and Prabhakar (2017), the bulk of solo parents reportable that they felt lonely, helpless, hopeless, lack of identity, and lack of confidence. Within the social aspects of their lives, most single mothers tried to avoid attending social gatherings. The issue "5 Challenges that solo parents Face." Single oldsters were judged by society if you were a solo parent; you might get to face many more social problems. (Smith, 2020).

P1 said that...

“Sobranghirapmagingnanaydahilsa judgement ng ibangtao”
 (“it's too hard to be a mother because of other people's judgment”)**P3 said that...**

“Natatakotakonailabasyunganak ko lalona nag-iisanganak ko nababae” (*"I'm afraid to take my child out, especially she's my only daughter"*)

2.4.2. Emotional Stress

Because they are responsible for so many tasks by themselves, solo parents frequently experience emotional stress. Stress can take many forms and affect one's mental health. The emotional strain that comes with being a solo parent can be managed and lessened by seeking out emotional support through counseling, joining support groups, engaging in self-care, and setting aside time for relaxation. The emotional stress experienced by solo parents is a deeply researched area. Studies often highlight the overwhelming feelings of isolation, fatigue, financial pressure, and emotional strain faced by solo parents. The absence of a partner's support, coupled with the responsibility of managing household tasks, parenting duties, and work, can lead to higher levels of anxiety, depression, and a sense of being constantly stretched thin. It's essential to acknowledge and support solo parents to help alleviate their emotional burden. (McLanahn, 2010)

P1 said that...
 “bakitako lang nag-aalagasa bata at bakitnangyarisa akin ito” (*"why am I the only one taking care of the child and why did this happen to me"*)

Table 4
Themes and codes regarding coping mechanisms of solo parents

Table 4. Question 3 (How did you coped-up with the challenges of being a solo parent?)

THEME	AXIAL CODE	OPEN CODE
Support System	Support from relatives and friends	P1- "tinutulunganako ng magulang mag-alaga ng bata" P2- "advice ng magulang at kaibigan" P3- "advise" P5 - "advice sa family" P13- "Advise ng mgakapatid at kaibigan" P14 - "nagpursigeako at nakinigsadivices ng family" P18- "minsangkapagwalangwalatalagananghihiramakosamgabarkada ko"
		P3- "Dahil saDiyospinilitkongmagingmalakas" P4 - "nagingpalasimbaako para makalimutan ko ang nangyarisa akin" P13 - "church, bible" - "Nakikipag-usapsakapwa ko pastor"

Strongwilled Mind	Self Encouragement for their children	P2- "Inisip ko na lang din ang kapakanan ng anak" P3- "ang anak ko ang isa sadahilanbakitskolumalabansabuhay" P5- "Dahil na din saanak ko kaya bumangonako" P7- "Iniisip ko na lang mgaanak ko" P8 - "sobranglingitulong ng anak ko sa akin, kung walasya baka nalugmoknaako baka walanaakodito." P15 - "may anakako eh kailangannyaako, kailangan ko humarapnamalakassa kanya" P16- "nagpaktatagrinako para saanak ko" P20 - " Sa mgaanak ko kaya nagsisikapako para sakanila kaya kailangan ko rintalagangkumayod"
	Self Motivation	P2- "Pinapalakas ko palagi ang loob ko" P9- "Inaalih ko na lang sarili ko kung saansaan. Kung saansaanpumupunta." P11 - "Tinanggap ko lang ganuntalagasiguro ang buhayhindi lagging nakaasa lang sasuporta ng asawamo" P12- "Hindi ko inisipyung stress kasesarilimo lang yungmahihirapan"
Role Overload	Amused self through working	P2- work ,kasenakakalimutan ko ang nangyarisakin kapagnasatrabahoako" P6 - "nagtrabahoakosakarinderyatsakatagalabarin ng damit kaya nalilibangako" P7 - "trabahosaumaga at part time sa gabi." P9- "Minsan nagtitindaako. Kapag graduation magtitindaako ng bulaklakganon at mag labanderaganon. Kung saansaanpumupunta." P10- "Rumaraket o kaya online business ganon. Tapositongtindahannaminsatita ko kasi yun. Pero tulongtulong naman kami." P12- "nag focus lang akosatrabaho" P13 - "focus satrabaho at focus saanak" P16 - "nilibang ko yungsarili ko, nagpokusakosapagbubukid." P17 - "trabahodahilmadaldas overtime." - "minsang nag luluto kami mgakakaninnabinibenta ng anak at nanay ko." P19- "Pumapalaotakosamadalingarawtaposrumaraketriansamga construction site. Na subukan ko na ring magbuhat ng sakosakongpanindajansapalengke."
	Social Media Platforms Amusement	P2- "social media" P13- "social media nalilibangako"

3.1 Support System

A strong support network is essential for making the path of solo parents easier because it provides chances for both professional and personal growth, as well as emotional support and practical help. A support network's combined efforts build a more supportive and loving atmosphere that benefits solo parents and their kids alike. In fact, social support is one of the main ways through which families obtain resources to deal with daily life, seize opportunities and reduce uncertainty (Tietjen, 1985; Henly *et al.*, 2005), especially when potentially stressful events occur, such as single motherhood (Cohen and Wills, 1985). The key contribution of a supportive environment to children's social development has also been highlighted (e.g., Symonds, 1939 and Rollins and Thomas, 1979 as early pioneers in this field of study).

3.1.1 Support from relatives and friends Family members can help with childcare duties by offering breaks for the solo parent to take care of themselves, their needs, or their work. Family members can share their knowledge and experience and provide helpful advice and ideas, especially if they have experience as parents. Family support has been particularly well researched in African American single-parent families – with findings highlighting both the benefits for solo parents' mental health as well as negative interferences (Jones *et al.*, 2007; Murry *et al.*, 2001). Extended families, for example, may offer unsolicited advice or criticism on solo parents' parenting practices, thus causing additional parental distress Taylor (2015).

P1 said that...

"tinutulunganako ng magulang ko mag-alaga ng bata" ("my parents help me take care of my child")

P2 said that... "advice ng magulang at kaibigan" ("advice of my parents and friends.") **P3 said that...** "advice" **P5 said that...**

"advicesa family" ("advice from family") **P13 said that...**

"Advise ng mgakapatid at kaibigan" ("advice of my siblings and friends")

P14 said that...

"nagpursigeako at nakinigsaadivices ng family" ("I persevered and listened to my family's advice")

P18 said that...

"minsankapagwalangwalatalagananghihiramakosamgabarkada ko" ("sometimes when I don't have money, I borrow from my friends.")

3.1.2 Spiritual Support

It's crucial to remember that everyone is unique when it comes to the impact of spiritual support, and they may follow different spiritual paths or hold different views. A vital component of overall well-being for individuals who derive solace

and strength from their spirituality can be incorporating spiritual support into their journey as solo parents. In response to the economic, social, and psychological challenges faced by single mothers, some turn to faith as a way to deal with stress. Susan Crawford Sullivan notes in her study of single mothers that, “mothers found their faith to be a powerful tool in helping them to calm down and deal productively with rude customers or difficult bosses or co-workers” (2006: 106) **P3 said that...**

“Dahil sa Diyos pinilit kong maging malakas” (*“because of God I tried to be strong”*)

P4 said that...

“naging palasimbaako para makalimutan ko ang nangyarisakin” (*“I became a churchgoer to forget what happened to me”*) **P13 said that...**

“Church, bible”

“Nakikipag-usap sa kapwa ko pastor” (*“Talking to my fellow pastor”*) **3.2 Strong Willed Mind**

Being a solo parent requires mental toughness and determination, which a strong-willed mind may provide to successfully manage the challenges of solo parenting. It can have a good impact on a number of areas of their lives, including goal achieving, efficient decision-making, and mental health. Due to less emotional support from the solo parent, children from single-parent households have historically been more likely to experience emotional and social difficulties than students raised in two-parent households (Baker et al., 2019; Taylor & Conger, 2017). If negativity is frequently expressed in the home and the neighborhood, children easily pick up on this. Addressing this problem will not only benefit the child, but there will be extensive benefits for educators, administrators, and school districts.

3.2.1 Self Encouragement for their children A solo parent's self-encouragement is a potent tool for helping their kids develop resilient and optimistic thinking. As a parent, you set an example for your children by facing life's obstacles head-on and teaching them invaluable life lessons in the process.

Solo parents can provide self-encouragement for their children by leading by example. Demonstrating resilience, embracing challenges as opportunities for growth, and expressing pride in their children's efforts can instill confidence. Offering consistent emotional support, being present, and fostering a positive outlook contribute to building a strong foundation for the child's self-esteem.

(Daniel, 2010)

P2 said that...

“Inisip ko na lang din ang kapakanan ng anak” (*“I'm just thinking about the child's welfare”*)

P3 said that...

“anganak ko ang isa sadahilan bakit akolumalabansabuhay” (*“my child is one of the reasons why I fight in life”*)

P5 said that...

“Dahil na din sa anak ko kaya bumangonako” (*“It's also because of my child so that I fight in life”*)

P7 said that...

“Iniisip ko na lang mga anak ko” (*“I'm just thinking about my children”*)

P8 said that...

“sobrang laking tulong ng anak ko sa akin, kung walasya baka nalugmok na ako baka walana akodito.” (*“My child has helped me so much, if it wasn't for him I might have sunk down, I might not be here anymore”*)

P15 said that...

“mayanakako eh kailangannyaako, kailangan ko humarapnamalakassa kanya” (*“I have a child, he needs me, I need to face him strongly”*)

P16 said that...

“nagpapakatataginako para sa anak ko” (*“I am also getting stronger for my child”*) **P20 said that...**

“Sa mga anak ko kaya nagsisikapako para sakanila kaya kailangan ko rinalagangkumayod” (*“With my children, I work hard for them, so I really have to work.”*)

3.2.2 Self-motivation

Self-motivation is a key component that enables solo parents to face the challenges of solo parenting head-on, resiliently, and with optimism. It improves their capacity for goal-setting and achievement, efficient responsibility management, and fostering an atmosphere that promotes the wellbeing of both the parent and the child. Solo parents often find self-motivation through a strong sense of responsibility for their children's wellbeing. The desire to provide a better life, personal growth, and the determination to overcome challenges drive their internal motivation. Additionally, setting achievable goals and celebrating small victories can boost their self-motivation. (Kimwagga, 2000) **P2 said that...**

“Pinapalakas ko palagi ang loob ko” (*“I always encourage myself”*)

P9 said that...

“Inaalih ko na lang sarili ko kung saansaan. Kung saansaan pumupunta.” (*“I'm amusing myself. I go to other places”*) **P11 said that...**

“Tinanggap ko lang ganuntalagasinguro ang buhay hindilaging nakaasa lang sasuporta ng asawamo” (*“I accepted that in life, you should not always depend on the support from your husband”*)

P12 said that...

"Hindi ko inisipung stress kasesarilimo lang yungmahahirapan" ("If I think about stress, I will be suffering so I don't think about that")

3.3 Breaks and Distraction

By fostering their physical and emotional well-being, avoiding burnout, and improving their capacity to handle the demands of solo parenting with resilience and effectiveness, breaks and distractions are essential components of assisting solo parents. Solo parents attending a higher education program face many obstacles that set them apart from other nontraditional students. Duquaine-Watson (2017) identified the single-parent population on college campuses as an underserved population and suggested that previous research on this subgroup of students is limited because solo parents are grouped into studies of either nontraditional students, all parenting students, or low-income students. While solo parents often fit into each category, solo parents have unique needs that are not characteristic of all nontraditional, parenting, or low-income students. Students who are solo parents are often pulled in multiple directions as they struggle to gain financial stability, be accountable for their academic progress, and take responsibility for caring for their children by finding adequate healthcare, housing, and child care

3.3.1 Amuse self through working

For solo parents, finding entertainment in their employment is a great way to relieve stress and enhance overall happiness and well-being. It fosters a favorable atmosphere that increases resilience and productivity, ultimately assisting solo parents in their journey as solo parents. They provide stress reduction for the solo parent and they can be assured that their child is safe while they are at work. This also translates to a productive job performance by the solo parent because they do not have to worry so much (Fletcher, 1999). Social media and platforms. Social media usage has increased exponentially in modern years. Communication which once was in person or by telephone now can be done online without physical contact or connection. Individuals spend countless hours of their lives attached to devices with the intent of communicating with others, sharing their daily lives, and acquiring new information. Many of these individuals therefore can neglect other aspects of their lives by spending more time on social media and social networking sites. Research, both academically and in mainstream media, has shown that accidents occur on a daily basis 1 from drivers who are distracted by texting, checking their Facebook, taking pictures, and otherwise using their many devices (Radesky et. al, 2014; Bianchi & Phillips, 2015). Parents and children no longer have conversations face to face but rather will text each other, even when they are only a short distance away or within the same house. Individuals also use social media as an outlet to vent frustrations and connect with others in similar situations throughout the world. For these reasons, mobile devices such as cell phones and tablets have become ubiquitous and are an everexpanding aspect of socialization for children (Blake and Wrothen, 2012).

P2 said that...

"work ,kasenakakalimutan ko ang nangyarisa akin kapagnasatrabahoako" (*"work, because forget that things that has happened to me when I'm on my work"*)

P6 said that...

"nagtatrabahoaokosakarinderyatsakatagalabarin ng damit kaya nalilibangako" (*"I work in a carindedria and also do some laundry so I get myself entertained"*)

P7 said that...

"trabahosaumaga at part time sa gabi." (*"I work full time in the morning and some part time job at night"*)

P9 said that...

"Minsan nagtitindaako. Kapag graduation magtitindaako ng bulaklakganon at mag labanderaganon. Kung saansaanpumupunta." (*"sometimes I sell. Everytime there's a graduation, I'll sell flowers like that, and do laundry. I go anywhere"*)

P10 said that...

"Rumaraket o kaya online business ganon. Tapositongtindahannaminsatita ko kasi yun. Pero tulongtulong naman kami." (*"I do some part time jobs or online business. This store is owned by my auntie but we help each other in managing this"*)

P12 said that...

"nag focus lang akosatrabaho" (*"I just focus on my work"*)

P13 said that...

"focussatrabaho at focus saanak" (*"focus on my work and my kid"*)

P16 said that...
 "nilibang ko yungsarili ko, nagpokusakosapagbubukid." (*"I entertained myself, I focus on farming"*)

P19 said that...

"Pumapalaotakosamadalingarawtaposrumaraketrinsamga construction site. Na subukan ko na ring magbuhat ng sakosakongpanindajansapalengke." (*"I go fishing at dawn and then also work at construction site as my part time. I also have experienced lifting sack of goods in the market"*)

3.3.2 Social Media Platforms Amusement

For solo parents, finding entertainment in their employment is a great way to relieve stress and enhance overall happiness and well-being. It fosters a favorable atmosphere that increases resilience and productivity, ultimately assisting solo parents in their journey as solo parents. Solo parents and children use communication to manage the opposite potentials that may damage their relationship. Dialogue is a way to better understand fluctuations in their relationship. According to (Baxter, 2013), relationships basically have dynamic natures, and communication is an attempt on how people manage their similarities and differences. In fact, communication leads toward similarities, yet it also creates, maintains, and manages differences. The notion of relationship is multidimensional, and a number of perspectives are needed to understand them completely. **P2 said that...**

“Social Media”

P13 said that...

“Social media, nalilibangako” (“social media entertained me”)

Table 5
Themes and codes regarding the support system that helped solo parents adjust.

Table 5. Question 4 (What support system helped you to adjust being a solo parent?)

THEME	AXIAL CODE	OPEN CODE
Motivated by people around	Family and Friends Support	<p>P1- “Nagbibigay ng advice at tinutulungan mag alaga at mag provide ng pera”</p> <p>- “friends ko rin ang nakatulong, binibigyannilaako ng advice nakailangan mommy kana ,kinakausapnilaakokapag stress naako, binuboostnilayung confidence ko” P2- “samgakaibigan ko rin, diba kayo? Palagi tayo may session noon tsaka palagi nyoakongpinagsasabihan. Tsakasa work palagi nilaakongminomotivate”</p> <p>P8- “mgakaibigan ko nakatulad ko ring magulangnasila ang nagbibigay ng advice sa akin.”</p> <p>P12- “family talaga ang nakatulongsa akin, ginuidenilaakosatama”</p> <p>P13- “advices ng kapatid at magulang”</p> <p>P14- “mga friends ko natulongannilaako through advice”</p>
	Co-worker’s support	<p>P12 – “tinulungan din ako ng mgakatrabho ko”</p> <p>P18- “yungmgakaibigan ko at mgakatrabaho ko, kapaggipitnagipitakonakakahiramakosakanila”</p> <p>P20- “yungmgakapatid ko minsannagbibigaysila, Malaki rinnatulong ng mgakaibigan ko kung minsanpagwala kami nauutangan ko sila. Kapitbahaynamin at sa work nakatulongtalaga”</p>
Government Assistance		<p>P2- “government may tulong financial”</p> <p>P3- “sa government may tulong financial lalonasa educational assistance”</p> <p>P7- “tulonggalingsa national government 4p’s”</p> <p>P13- “financial support”</p> <p>P14- “Sa government may educational assistance at groceries”</p> <p>P15- “yungbinibigay ng barangay na 500 ay nakakatulongrinpambiling bigas at ulam”</p> <p>P17- “tulonggalingsa national government 4p’s”</p> <p>P19- “meron rinkamingnakukuhamulasa 4p’s”</p>
Earning Income		<p>P1- “sa work nakatulongsa akin kasi financial dun akokumukuha ng pang suportasa bata”</p> <p>P3 – nakakatulongsaken ang work sa financial support</p> <p>P2 - sa work minomotivateako</p> <p>P4 – nalibangakosapagtitinda</p> <p>P12 – work kase dun ako mas nag focus”</p>

<p>Relatives and Co-workers Financial Assistance</p>	<p>Family and Co-workers</p>	<p>P12 –” “tinulungan din ako ng mgakatrabho ko”</p> <p>P18- “yungmgakaibigan ko at mgakatrabaho ko, kapaggipitnagipitakonakakahiramakosakanila”</p> <p>P20- “yungmgakapatid ko minsannagbibigaysila, Malaki rinnatulong ng mgakaibigan ko kung minsanpagwala kami nauutangan ko sila. Kapitbahaynamin at sa work nakatulongtalaga”</p>
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4.1 Motivated by people around

The data gathered shows that participants experienced being motivated by people around them and it guides solo parents to act in a way that they can achieve a specific and immediate goal, often by offering them something they desire in return. Solo parents are often motivated by the support and encouragement they receive from those around them— friends, family, and communities can play a crucial role in providing strength and inspiration.

(Ponzetti, 2003)

4.1.1 Family and Friends support

The data gathered shows that participants experienced having family and friends support through their solo parenting journey. It requires a strong network of family and friends to thrive, especially during difficult times. Maintaining and building a supportive network is crucial for mental well-being, and understanding the importance of these pillars is essential for personal growth. A solo parent can share family time with friends who also share the same interests. Finding groups that share common interests and goals can help a solo parent gain confidence and support. Solo parents who participate with the larger groups, for example, church groups are generally more involved with their children. With these groups they can play together, worship together and do volunteer work together (Anderson, 1990). **P1 said that...**

“Nagbibigay ng advice at tinutulongan mag alaga at mag provide ng pera” (*“Giving advice and helping to take care and provide money”*)

P2 said that...

“samgakaibigan ko rin, diba kayo? Palagi tayo may session noon tsaka palagi nyoakongpinagsasabihan. Tsakasa work palagi nilaakongminomotivate” (*“to my friends too, right? We always had a session before and you always told me. Besides, they always motivate me at work”*)

P8 said that...

“mgakaibigan ko nakatulad ko ring magulangnasila ang nagbibigay ng advice sa akin.” (*“my friends who are like my parents give me advice”*)

P12 said that...

“familytalaga ang nakatulongsa akin, ginuidenilaakosatama” (*“family really helped me, they guided me in the right direction”*)

P13 said that...

“advices ng kapatid at magulang” (*“advices of my siblings and parents”*)

P14 said that...

“mga friends ko natulongannilaako through advice” (*“my friends helped me through advice”*)

4.1.2 Co-Workers Support

The data gathered shows that participants also receives coworkers support. Supporting co-workers/colleagues at work is crucial for maintaining a stable workplace and can improve morale by offering kindness when needed. Additionally, supporting co-workers in solo parenting can increase their likelihood of supporting oneself. Support from coworkers can be a significant source of motivation for solo parents. Positive workplace relationships, understanding colleagues, and flexible work arrangements contribute to a supportive environment that helps them navigate the challenges of balancing work and family responsibilities. (Smith,

2008) **P12 said that...**

“tinulungan din ako ng mgakatrabaho ko” (*“My co-workers also helped me”*)**P18 said that...**

“yungmgakaibigan ko at mgakatrabaho ko, kapaggipitnagipitakonakakahiramakosakanila” (*“my friends and my co-workers, when I don't have money I borrow from them.”*)

P20 said that...

“yungmgakapatid ko minsannagbibigaysila, Malaki rinnatulong ng mgakaibigan ko kung minsanpagwala kami nauutangan ko sila. Kapitbahaynamin at sa work nakatulongtalaga” (*“my brothers sometimes they give, my friends also helped a lot sometimes when we are not together I owe them. Our neighbor and work really helped”*)

4.2 Government Assistance

The data gathered shows that participants receives government assistance in terms of being a solo parent. Solo parenting presents significant financial challenges, necessitating the provision of financial aid from both government and private institutions to assist in managing budget constraints and raising children without a spouse or partner. The Expanded Solo Parents Welfare Act (RA 11861) was enacted in 2019 to provide comprehensive support for single -parent households in the

Philippines. The law mandates the provision of various benefits, including healthcare, housing assistance, educational scholarships, and livelihood programs. Cruz et al. (2021) conducted a study examining the perceptions and experiences of solo parents regarding the implementation of RA 11861 and found that while the law has improved access to certain benefits, challenges remain in terms of implementation and awareness. **P2 said that...**

“government may tulong financial” (*“government has financial help”*)

P3 said that...

“sa government may tulong financial lalonasa educational assistance” (*“the government has financial help, especially in educational assistance”*) **P13 said that...**

“financial support”

P14 said that...

“Sa government may educational assistance at groceries” (*“The government has educational assistance and groceries”*)

P15 said that...

“yungbinibigay ng barangay na 500 ay nakakatulongrinpambiling bigas at ulam” (*“the 500 pesos provided by the barangay also helps to buy rice and dishes”*)

P17 said that...

“tulonggalingsa national government 4p’s” (*“help from the national government 4p’s”*)

P19 said that...

“meroninkamingnakukuhamulasa 4p’s” (*“we also gain help from 4p’s”*) **4.3 Earning Income**

Solo parents often face unexpected financial changes due to budget and practical needs. It emphasizes the importance of gaining control over finances by acquiring head and heart knowledge about money. The motivation to act intentionally and take charge of the practical reality of finances is fundamental, especially for those who have never been on their own. Once in work, solo parents can secure no more than one earned income to support their families. Even when earning and when supplementing those earnings with in-work benefits, solo parents often receive the bulk of their income from social transfers. (Rainwater 1999, Hobson 1990). When out of work most solo parents claim means-tested benefits. Consequently, the share of solo parents in receipt of social assistance is often high (Eardley et al. 1996). **P1 said that...**

“sa work nakatulongsa akin kasi financial dun akokumukuha ng pang suportasa bata” (*“At work, it helped me financially because that's where I get child support”*)

P2 said that...

“sa work minomotivateako” (*“work motivates me”*)

P3 said that...

“nakakatulongsa ang work sa financial support” (*“work helps me with financial support”*)

P4 said that...

“nalibangakosapagtitinda” (*“I enjoyed selling”*)

P12 said that...

“workkase dun ako mas nag focus” (*“I focus more on work”*)

CONCLUSIONS AND RECOMMENDATIONS

The following summary of findings was presented according to the themes aimed by the study:

Major Themes	Themes	Axial Codes
Can you tell me your experience about a solo parent?	Limited Resources	Financial Distress
		Physical Exhaustion
		Difficulty Balancing Work and Parenting
	Emotional Stress	
What have you observed to be your challenges as a solo parent?	Interpersonal Anxiety	
	Financial Problem	
	Cycle of Exhaustion	Psychological Problem
	Role Overload	Physical Exhaustion
	Interpersonal Anxiety	Difficulty balancing work and parenting
		Lack of personal time
How did you coped-up with the challenges of being a solo parent?	Support System	Fear of Judgements
		Emotional Stress
		Support system from family and friends
	Strong willed mind	Support from friends
		Spiritual support
		Self-encouragement for their children
Breaks and Distraction	Self-motivation	
	Amused self through working	
What support system helped you to adjust being a solo parent?	Motivated by people around	Social media platforms amusement
		Family and friend support
	Government Assistance	Co-worker’s support
		Government Financial and Food support
		Earning Income

1.1. Financial Problem

It has been observed that one of the biggest challenges experienced by single parents is money. Lack of financial support from a co-parent might provide its own set of challenges. The financial demands of their family, which can include housing, nursery, education, healthcare, and everyday living expenditures, are frequently the only responsibility of single parents

1.2 Limited Resources

1.2.1 Physical Exhaustion

It was observed that physical exhaustion is one of the biggest challenges that single parents often face, mostly due to the increased demands and particular duties that come with managing parenting tasks on their own. The lack of a co-parent to divide the workload makes it more difficult for single parents to perform the demanding duties of child care, emotional support, and housekeeping tasks.

1.2.2 Difficulty balancing work and parenting

It was observed that balancing work and parenting poses a formidable challenge for solo parents, who grapple with the intricate juggling act of fulfilling professional responsibilities while shouldering the sole burden of childcare. The absence of a co-parent to share parenting duties compounds this difficulty, often leaving solo parents to navigate the delicate balance between career aspirations and meeting the comprehensive needs of their children on their own. The unique circumstances of single parenthood underscore the ongoing struggle many face in harmonizing the realms of work and parenting without the collaborative support typically provided by a partner.

1.2.3 Emotional Stress

It has been noticed that single parents frequently experience emotional stress due to the difficulties of managing the complexities of parenting alone. An ongoing emotional burden is exacerbated by the lack of a co-parent to share responsibilities and offer emotional support, producing a difficult dynamic that many single parents must deal with on a daily basis.

1.1 Interpersonal Anxiety

Interpersonal anxiety, which is commonly shown in concerns about being the only parent in a relationship and being judged by others, is a common issue faced by single parents. Increased interpersonal anxiety may be a result of their worry of being scrutinised or stigmatised because they are single parents. Furthermore, balancing the demanding demands of job, parenting, and social interactions without the assistance of a co-parent can exacerbate feelings of loneliness and anxiety in a variety of social contexts

2.1 Financial Problem

It was observed that one major barrier that participants facing as single parents encountered was money, underscoring the difficulty of handling household finances in the absence of a co-parent. The participants frequently experienced the burden of being the only source of income, which included juggling the price of daily living expenses, childcare, education, and healthcare. The distinct difficulty of handling these financial obligations alone highlighted the necessity for practical solutions and networks of support to lessen the financial obstacles faced by single parents.

2.2 Cycle of Exhaustion

2.2.1 Psychological Problem

Psychological problems were consistently observed in single parents, demonstrating the long-lasting effects of the particular stressors associated with being a single parent. One of the main causes of the ongoing struggle with psychological well-being among single parents is the lack of a co-parent to share emotional burdens and the constant demands of managing family life alone

2.2.2 physical Exhaustion

It was observed that physical exhaustion is a common problem that arises for a lot of single parents due to the increased responsibilities and demands of handling the intricacies of parenting on one's own. Lack of a co-parent to help shoulder the burden increases the difficulty faced by single parents juggling the ongoing childcare, housekeeping, and emotional support duties, which adds to a chronically exhausting physical state.

2.3 Role Overload

2.3.1 Difficulty balancing work and parenting

One prominent challenge that single parents face is striking a balance between work and parenting. This can be seen in the complex struggle of fulfilling work responsibilities while also taking on the entire childcare load. Solo parents struggle to balance the demands of work and parenting responsibilities on their own without the cooperative assistance of a co-parent, which frequently results in more stress and time constraints. The problem is made more difficult by the lack of a shared workload, which forces single parents to strike a precarious balance between pursuing their professional goals and meeting their kids' full needs. This observed challenge highlights the need for customised workplace policies and support networks to address the particular work-life balance issues faced by single parents.

2.3.2 Lack of personal time

Lack of personal time is a problem that single parents constantly encounter because of the intense demands of handling parenting responsibilities alone without the assistance of a co-parent. Taking care of children, working, and taking care of the home all at once leaves little time for single parents to focus on their own health or pursue hobbies. Lack of personal time allotment can lead to heightened levels of stress, exhaustion, and difficulties in preserving an adequate work-life balance for single parents

2.4 Interpersonal Anxiety

2.4.1 Fear of judgement

It was observed that the fear of being judged that single parents exhibit is a notable obstacle that reflects worries about how society views them and that they may be stigmatised as a result of being single parents. This anxiety increases the stress that single parents experience while navigating the challenges of raising a child alone without the shared support of a co-parent, underscoring the significance of encouraging empathy and debunking social misconceptions about being a single parent.

2.4.2 Emotional Stress

The observed emotional stress that single parents experience highlights a major issue arising from the complex demands of single parenthood, in which the duties of tending to children's emotional needs, social stigma, and the lack of a coparent's support all combine to create a complex and long-lasting emotional stress that requires resources and specialised support to effectively alleviate

3.1 Support System

3.1.1 Support from family/relatives

Support from friends and family has been found to be extremely important for single parents, acting as an emotional and practical support system that helps lessen the difficulties that come with being a single parent. The resilience and well-being of single parents are greatly enhanced by the presence of a supportive network, which can provide childcare assistance, emotional support, or just a trustworthy sounding board.

3.1.2 Support from Friends

Friends' support is priceless, providing companionship, shared experiences, and emotional encouragement. They offer a reliable support system for confiding, seeking advice, and sharing life's moments, fostering a sense of belonging and underscoring the significance of meaningful relationships in life's journey.

3.1.3 Spiritual Support

Spiritual support has been found to be a useful tool for single parents, providing comfort, direction, and a sense of direction as they navigate the difficulties of being a single parent. For lone parents, spiritual practices, community-building within religious organisations, or comfort from personal convictions can offer a meaningful basis for resilience and emotional well-being

3.2 Strong Willed Mind

3.2.1 Self Encouragement for their children

It was observed that Solo parents often engage in selfencouragement strategies to empower their children, fostering resilience and confidence despite the unique challenges of single parenthood. By offering positive affirmations, setting realistic expectations, and emphasizing the importance of perseverance, solo parents contribute to their children's emotional well-being and instill a sense of self-efficacy.

3.2.2 Self motivation

It was observed that self-motivation is an essential asset for single parents to manage the rigours of single parenthood. It allows them to find inner strength to overcome obstacles and achieve their goals for themselves and their family. This innate motivation acts as a source of resilience, enabling single parents to overcome setbacks and maintain motivation as they navigate independently juggling other facets of life and their parental responsibilities

3.3 Breaks and Distraction

3.3.1 Amuse self through working

Finding happiness and entertainment at work has been observed to be a fulfilling and empowering part of the journey for single parents. In addition to offering financial support, meaningful work can give one a feeling of accomplishment and purpose as well as serve as a welcome diversion from the responsibilities of being a single parent. Accepting the good things that come with their work enables single parents to pass the time, which promotes general wellbeing and a well-rounded response to the difficulties they encounter

3.3.2 Social Media Platforms Amusement

It was observed that for many single parents, social media platforms are a source of entertainment and community, providing a virtual space where they can exchange stories, ask for guidance, and unwind. By using these platforms, single parents can create a network of support, get access to useful tools, and enjoy lighthearted content that makes them laugh and feel like they're with other single parents.

4.1 Motivated by people around

4.1.1 Family and Friends support

Support from friends and family is essential for single parents because it gives them a solid emotional and practical base and helps to lessen the difficulties that come with being a single parent. An understanding support system provides childcare assistance, understanding, and a feeling of community, which promotes resilience and well-being for the child and the single parent

4.1.2 Co-Workers Support

Support from coworkers is important for single parents because it provides empathy, adaptability, and a sense of community at work. Colleagues that foster a supportive environment can help ease the difficulties of being a single parent and make work-life balance easier to manage

4.2 Government Assistance

It was observed that government support is essential for single parents. It offers cash assistance, healthcare access, and a range of social services to lessen the financial strain and difficulties of being a single parent. The stability and well-being of single parents and their kids are greatly enhanced by initiatives like housing assistance, childcare subsidies, and educational grants.

4.3 Earning Income

It was observed that for single parents, having a source of income is essential because it gives them the freedom to independently address the various needs of their families in addition to offering financial support. Working enables single parents to create a solid future for themselves and their kids, hone their professional skills, and find fulfilment in making a positive impact on their own and their kids' wellbeing.

Conclusion

Based on the indicated findings, the following conclusions were drawn:

1. The respondents are 9 male and 11 female solo parents who lived in Zambales, ages 18-60 years old and not living with their parents or relatives, were married, and widowed or widower. As a result, they were just earning an average income.
2. The challenges being experienced by a solo parent includes financial problem because of financial demands of their family. They experienced also exhaustion, both psychological and physiological due to the increased responsibilities and demands. Respondents also included role overload because of difficulty balancing work and parenting and lack of personal time. And, most of them experienced interpersonal anxiety because of judgements and emotional stress that they have experienced.
3. The coping mechanisms they used to move forward and faced their responsibilities as mother/ father to their children are the support system from family and friends, spiritual support from their respective religion, they also used self- motivation or encouragement and support themselves through focusing on work, amused themselves by social media platforms and by the assistance gave by the different government project.
4. The researcher proposed activities and programs to provide guidance and aid to solo parents by offering flyers that parents can access information, reading and instructional materials communicating teaching ideas and suggestions to help learning take place at home.

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Recommendation

Based on the results, and conclusions of this study, the researcher offered the following recommendations.

1. Solo parents should participate in personal development seminars and seek government assistance, such as through the solo parents' association, to achieve fulfillment and start a small business.
2. Solo parents face challenges and hardships in lone parenting, requiring acceptance of life's realities and learning to live with them.
3. Solo parents should maintain a healthy lifestyle, including balanced diet, rest, and exercise, and maintain positive thoughts. They should create livelihood projects and participate in prayer meetings for hope and social activity.
4. The study's findings will be presented to Schools and DSWD (local) for planning intervention programs to assist solo parents in parenting and child guidance.
5. To provide guidance and aid to solo parents on how to further support the activities of their children by offering flyers that parents can access information, reading and instructional materials communicating teaching ideas and suggestions to help learning take place at home

Creating a strong support system is essential for solo parents. Reach out to family members, friends, or other solo parents who can offer assistance when needed. Participating in local parenting groups or online communities offers emotional support, experience sharing, and practical advice exchange. Having an excellent support system in place can help ease some of the difficulties associated with being a single parent and offer chances for self-care. In our busy lives, it is crucial to allocate quality time for spending time with family and friends. Create or establish traditions that bring you together regularly. It could be a weekly visit to church, a monthly dinner or shopping trip, or simply a walk in the park. Prioritizing these moments and making them a non-negotiable part of your schedule is crucial. Giving time to each other demonstrates commitment to the relationship and strengthens the bon