

Chapter single mother was plunged into poverty. the

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Chapter 2 Review of Literature This chapter reviews existing literature that has bearing to the present study. It begins with the discussion of a Single Mother and the coping mechanism of single mothers in terms of economics, emotional and psychological aspects. Lived experiences of single mothers in raising their children. In today's society, there are many different types of family. Some includes: intact, non-intact, single families, stepfamilies and a variety of others. Along with this different variety of families there was one common incident that can cause the family structure to change. One of the most striking changes of family structure over the last twenty years has been the increase in single-parent families. The number of single mothers in the Philippines had grown rapidly through the decades that have passed and this growing sector in the Philippines would continue to rise as society grows and changes through time. Because solo-parent families are now noticeable in society, they had become a vital subculture that was had to be accepted as a legitimate and valid unit of society (Ortigas 1996, 12).

Beyond the pressure and stress that single parents must deal with, they were also very much concerned with providing finances to their own family. Some single parent, specifically mothers who never worked in their entire life, would be forced to work in a full-time basis. This does not only add pressure to single parenthood but more importantly, it limits the time that the mother spends with their children (Walsh, 2003). Financial crisis was standing situation with most of single parent families. It becomes difficult in meeting the basic needs of children such as food, clothing, school fees, maintaining the previous standard of living and meet personal expenses (Nidhi and Bharti, 2009). Susan, (n. d).

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) states that single mothers' unemployment has been stated to be more than twice as much as married women's, and the reason suggested that single mothers had difficulty in finding jobs that were steady with their family care responsibilities. It has been noted that this high unemployment rate was troubling for families since one fifth of all families with children were headed by working single mothers, and families of single mothers (considering both those who work and those who do not together) have higher poverty rate of 28.3 per cent. Employment regardless of income or number of hours worked, offers some protection against mental health problem according to Ali and Avison (1997), as cited by Gyamfi, Brooks-Gunn, and Jackson, (2001) and Samuels- Dennis (2007). Problem of single mothers (2012) claim that a father's historical role in the family has been a breadwinner. So, the single mother was plunged into poverty. The economic position of women who live alone with their children remains risky and single motherhood is a major reason for poverty among women and thus their over-representation among the poor. Single women with children experience much higher levels of poverty than any other family type.

In part, this was due to the prevalence of low paying, female dominated occupations which typically pay in minimum wage or only slightly higher. Single mothers also face challenges arranging and paying for child-care, which can comprise about 1/3 of the household budget depending upon the age of the child. Mother-only families were more likely to be poor because of the lower earning capacity of single mothers, the insufficient benefits provided by the state, and the lack of child support provided from the non-

residential father (Garfinkel & McLanhan, 1986). Financial problems were more or less the first problem that most one-parent families face. The single mother was normally seen as the woman who works long hours at low wages. To support her family was the best thing to envision, but there were different kinds of problems for different single mothers and some of them don't even have this problem. There are many single mothers who are coping well with their finances.

There were fathers who willingly pay for their child's/children's education and needs and mothers who were self-sufficient who were capable of making the ends meet. Some have well-paying professional jobs, while some do not (McCoy 1987, 149). Because financial problems were given so much importance by society, single mothers have been pushed to do better with regard to their income. Kunz, (2014) claims that single parents, usually mothers, lack financial support from the father and were often required to work longer hours. Because of this, the children receive less attention and guidance that hinders their social development as well as academic performance.

Usually single mothers were prone to poverty because they're the ones providing the needs of their children such as food and clothing and school fees. Every single day a single mother struggles to find a better job because they always think of the security of their children. The compounding economic difficulties of lone parenthood result in a high probability that a single-parent family was a poor one. Poverty rates among the lone parent

families often higher than those in general population, (Orthner, Sanpei and Williams, 2004).

Single mother remains vulnerable to several continuing risk factors, including financial and food insecurity, poor health care and poor quality housing in unsafe neighbourhood. This influenced both their physical and mental health. Nelson (1990), cited in Waruesporn, (2011) argues that family income has effects on a single-mother's life, which may diminish the emotional well-being of parents and have negative effects on children's self-esteem and behavior in school. Single-mother families are at a high risk of poverty and a poor psychological health due to the pressure the single-mother has to put up with in working to earn an income to meet the family's needs, leading to fatigue and emotional imbalance, which results in a lack of time spent with children. Parents under economic stress and single-parents often poorly supervise their children and may let them gain autonomy too early. Unsupervised adolescents are more likely to be involved in risky behaviors such as cigarette smoking, alcohol drinking, drug use, early sexual activity resulting in adolescent pregnancy (Richardson et al., 1993 and Blum et al., 2000, as cited in Waruesporn, 2011).

Stress of separation or divorce may lead to poor mental health (Afifi et al., 2006). While separated and divorced mothers had increased chances of having anxiety-related disorders and depression. GAD compared to never married mothers suggests that, simply being a single mother does not increase the chances of having psychiatric disorder. Previous study had

confirmed that it was negative relations with spouse that were linked with depression (Schuster et al.

, 1990; Zlotnick et al., 1990 in Afifi et al., 2006).

This study confirmed that the interactions with a partner can cause depression and they don't think about the possible outcomes if they come up into separation. McLanahan and Sandefur (1994) found that single mothers seemed to suffer more following a divorce, perhaps because they typically experienced a severe loss of income due to lack of husband support. Most single mothers were facing so many difficulties like financial. Single mothers also experienced less access to occupational training and less access to the higher education needed to pull themselves and their children out of poverty (White, 2004p. 7). Single Mother's Coping Mechanism As cited by Samuels-Dennis (2007), due to research limitations, it was difficult to provide a conclusive statement about the association between single mothers' coping repertoire, socioeconomic status, and their mental health. However, studies agree that coping behavior do not differ by family status i. e., single mothers.

partnered. Positive coping through the use of help-seeking from informal sources and the use of problem-solving strategies were positively related with women's well-being (Cohen and Dekel in Samuels-Dennis, 2007). On the other hand, avoidance coping was a positive predictor of depressive symptoms (Hall et al. in Samuels-Dennis, 2007).

Given the above-mentioned, it was important also to consider the context of single mothers' lives-poverty, lack of or compromise social network, chronic physical and mental illness, risk of homelessness- and they're ability to control or alter types of stressors they encounter, may in part explain the needs for single mothers on social assistance to predominantly utilize avoidance strategies (Samuels-Dennis, 2007). The lived experiences of single mothers in raising their children include the economic hardship, emotional and psychological were also part of the experiences in raising their children. In the lived experiences of single mothers in terms of coping mechanism was also part of this study to know the real situation of single mothers today. The researchers wanted to find out the experiences of single mothers in facing their difficulties in life in raising their children even without the support of their husband/partner and how they survived those struggles without any help of others. Also this study wants to find out how the mothers guided their children, in terms of behavior and explaining to them the situation that they have.