CHALLENGES AND COPING MECHANISMS OF SINGLE MOTHERS IN PAGSANJAN, LAGUNA AND STATUS OF WOMEN EMPOWERMENT: AN INPUT IN PROPOSED MODIFIED FRAMEWORK

Lorelyn Daanoy – Sagales, RSW
Local Government of Pagsanjan, Laguna, Philippines

ABSTRACT

There were many cases of single mother in the Philippines rather than single father. It was because there were many females who were left behind while bearing the child which result to discrimination among society and lack of support emotionally and economically. Raising the child alone were a big responsibility since acted as resource provider to the needs of the child for education and daily living were essential.

This descriptive-correlation study utilized 30 single mothers residing in Pagsanjan, Laguna. A researcher-made questionnaire was employed as an instrument to gather data and information necessary in this study. The statistical tools used were mean, standard deviation and regression analysis which was used to test the hypothesis. The findings of the study highlighted that single mother moderately encountered challenges in terms of financial support (M=3.25), work-life balance (M=3.17), emotional struggle (M=2.17) and decision making (3.01). Also, single mothers were involved in coping mechanism such as: physical (M=3.13), mental (M=3.26) and social (M=3.14). More so, women were highly empowered in terms of political (M=3.29), social(M=3.28) and health (M=3.25) while moderately empowered in terms of economic (3.19). From the data results of regression analysis, challenges encountered by single mother significantly predict women empowerment and coping mechanism of single parent significantly predict women empowerment having the p-value greater than .05 interpreted leads to the rejection of alternative hypothesis. Therefore, it is recommended for the collaboration and participation of different group of individual namely local government, department of social welfare and development, and other agencies with active participation from the women of community following the suggested framework by the researcher.

KEYWORDS: *Empowerment, Single Mother, Coping Mechanism, Challenges*

INTRODUCTION

Child development began at home from the parent. They transferred culture and moral values to the child which aided the child to socialize and harmonize with other. With this, the parents identified as the first teacher of their child regarding their attitudes, cognitive interest, and life skills acquisition. But there were some situations that the mother independently raised the child alone and acted as the father who earns money for living while taking care of the child welfare at the same time.

Although it was in the culture and tradition of the Philippines to be family centered, with the integration of foreign culture and media, people's behavior and values towards importance of family linkage and involvement change. From the traditional extended family who shared common culture from grandparents to grandchildren, broken family cases in different community arose due to different reasons.

Raising the child alone is a big responsibility since acted as resource provider to the needs of the child for education and daily living were essential. More so, they also provided quality time as they gave attention to the child's needs of moral development and socialization to cope up and learn from the environment. It is acting two responsibilities which create challenges among single parent.

Tuazon et al. (2022) proved on their study that there were various perspectives on the difficulties faced by single parents, how those around them influenced them, and the situations they viewed as the most difficult.

With the current situation of single mother, the researcher developed a study that would determine the challenges encountered by single mother, the coping mechanism and status of women empowerment in community as an input on developed programs and women empowerment projects.

OBJECTIVE OF THE STUDY

Parenting was one of the rewarding tasks as everyone perceived yet partnered with different challenges from the responsibility of raising the child and affecting their development. It required plan and preparation of both partners on having the child and preparing the future path for them. It included emotional, physical, mental and social preparation.

The Republic Act 8972 which aimed to assure the protection of solo parents from the government. With this, it provided greater chances among solo parents in the offices to have opportunity to their task in the work field and perform their duties as parents. While in June 2022, Republic Act 11861 or the Expanded Solo Parent Welfare Act was enacted and approved. Which mandated the Department of Social Welfare and Development, partner Agencies, Offices and the LGUs to assure the implementation of the said policy. The continuity and extension of the rights of every single parent in their offices to enjoy both earning money and taking responsibility to the child with lesser burden and support from the offices where they work.

More so, not only the work-related problems and the parenting provided stress among single parent in the Philippines but as well as the acceptance and support of the community. More than this, not only the single parent's psychological well-being was affected by the treatment of society and their economic status but also the child. It can be observed that the child clearly affected by the support and acceptance of the family and friend of their parent.

This study focused on how to strengthen single parent through identified challenges encountered, the support system they received and its effect to their coping mechanism and status of women empowerment in the community. The researcher hoped to suggest a solution to proposed women empowerment programs for single mothers.

MATERIALS AND METHODS

This study used descriptive-correlation research design which described the degree of significant relationship of independent and dependent variables and establish description of relationship. (McBurney & White, 2009).

According to Gall et al. (2007), descriptive research described the characteristics of how and why phenomenon occur through qualitative observation and survey tool interpreted quantitatively and analyze to describe relationship.

Descriptive statistics referred to data collecting and processing that describe group characteristic method. As reported by Kim and Boyd, (2017) descriptive research was about collecting information through data reviews, surveys, interviews, or observation. It involved either description of the characteristics of a phenomenon or explored possible associations about two or more phenomena.

Descriptive method of research was appropriate whenever the objects of any class vary among themselves and one knows the extent to which condition altering among the subject. A descriptive survey type of research was utilized in this study as it was widely accepted as a fact-finding study which involved precise and adequate interpretation of results.

This study aimed to determine challenges encountered by single mother, coping mechanism as determinants of women empowerment in the community.

In connection to this, the researcher made questionnaires to collect data and necessary information. It underwent validation with the department head/s of the College of Business Administration – Laguna State Polytechnic University Sta. Cruz and dialogue with the Municipal Social Welfare and Development Officer of the Municipality before it was distributed to the respondents.

Population And Sampling Technique

The research carried out to 30 Single Parents from different barangay of Pagsanjan in the province of Laguna. The respondents selected based on marital status and List of registered Solo Parent in the Municipal Social Welfare and Development Office (MSWDO) of Pagsanjan, Laguna. The data provided by the Local Government will be utilized in selected the subject of the study.

Purposive sampling technique referred to the strategy used by researcher in conducting study which involved choosing respondents of the study based on the characteristics of set criteria known as subjective sampling (Crossman 2018),

Depending on the study design, purposive sampling method could be included into a variety of scenarios. Each study was clearly positioned in terms of its suitability for data collection and analysis based on the sampling procedures. Each case's chosen purposive sampling strategy fitted with the research methodology, goals, and objectives, fulfilling all of the rigor requirements.

Campbell et al. (2020) proved that purposive sampling technique for participant sampling explicit improved research quality as measured by the four pillars of reliability. The examples given showed how rigor can be handled in qualitative research, which is helpful for beginning researchers.

Data Collection Procedure

Upon approval by the faculty of Laguna State Polytechnic University - Sta. Cruz Main Campus, the researcher asked for the consent from the Municipal Mayor's office through formal letter and attention to the Municipal Social Welfare and Development Office, signed by the researcher and the adviser.

In administration of the questionnaire, the researcher personally went to each Offices/Barangay to orient the respondents on the objectives of the study in order to gather complete data which are needed in the research paper work. The questionnaire was validated by the experts and multiplied based on the number of respondents.

The researcher asked them to take time answering the remaining questions and will be back after a week to collect the papers. After collecting the papers answered by the respondents, the data based on the information that were gathered will be tabulated, analyzed and interpreted by the researcher.

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RESULTS AND DISCUSSION
Level of Challenges Encounter by Solo Parents
In this study, challenges encounter by solo parents includes financial support, work-life balance, emotional struggle and decision making.

The table 1 shows the challenges encountered by solo parents in terms of financial. The solo parents *highly encountered* difficulty in purchasing food for the family (M= 3.47, SD= 0.63) as well as budgeting limited resources (M= 3.47, SD= 0.63). They *moderately encountered* difficulty in supporting educational needs of the students (M= 3.20, SD= 0.76), looking for groups providing financial assistance (M= 3.03, SD= 0.89) and difficulty in asking family members for lending money   (M= 3.07, SD= 0.74).

The overall mean of 3.25 indicates that the solo parents *moderately encounter* challenges in terms of financial support. Entails that solo parents have more thing to look after, from finances to the house and kids, do multi-tasking to provide the needs of the children.

Lopez & San Juan (2019) proved that 67% of solo parents are from low income and average income of 7,500 which causes the challenges among single parent of the community to struggle financially which requires the local government to provide livelihood training.

Families who are experiencing poverty may affect the child safety assurance, education quality, and racism/prejudice according to Beasley et al. (2018).

Table 1. Level of Challenges Encountered by Solo Parent in Terms of Financial Support

Statements I encountered difficulty in… *(Nahihirapan ako sa….)*	Mean	SD	Verbal Interpretation
1. purchasing food for the family. *(pagbili ng pagkain para sa pamilya.)*	3.47	0.63	Highly Encountered
2. supporting educational needs of the students. *(pagsuporta sa pangangilangang pang-edukasyon ng mga mag-aaral.)*	3.20	0.76	Moderately Encountered
3. looking for groups providing financial assistance. *(humanap ng grupong nagbibigay ng tulong pinansyal.)*	3.03	0.89	Moderately Encountered
4. budgeting limited resources. *(pagbabadyet ng limitadong pinagkukunan.)*	3.47	0.63	Highly Encountered
5. asking family members for lending money. *(magtanong sa miyembro ng pamilya para sa mahihiraman ng pera.)*	3.07	0.74	Moderately Encountered
Overall Mean	*3.25*		*Moderately Encountered*

Legend: 3.26-4.00 (Highly Encounter), 2.51-3.25 (Moderately Encounter),
               1.76- 2.50 (Less Encounter), 1.00- 1.75 (Not Encounter)

Table 2 shows the challenges encountered by single mothers in terms of work life balance. It can be gleaned that single parents *moderately encountered* difficulty in attending the children's school needs during work hours (M= 3.23, SD= 0.68). Also, single mothers *moderately encountered* difficulty spending time with kids while doing work related matters (M= 3.20, SD= 0.76), resting on time while working and taking care of the child (M= 3.17, SD= 0.83), taking care of the children and doing household chores (M= 3.13, SD= 0.86), and monitoring child's growth while earning money (M= 3.10, SD= 0.66).

Table 2 shows the overall mean of 3.17 which denotes that single mother *moderately encountered* difficulty in work-life balance. It denotes that single mother had difficulty attending the duties demanded by profession or work to sustain their daily living same with the duties and responsibilities of attending the needs of raising child from their well-being, activities in school and bonding time unable for them to rest.

Van Gasse & Mortelmans (2020). Concluded that single mother perception on philosophy of workplace affects their flexibility to adjust in the situation and experiences to manage work-life challenges.

Regardless of the type of family, when the parents received higher level of stress it transcends to the child affecting their adjustment on different problems they may encounter at home or at school leading to child's fixation problems, Jones et al (2021) stated.

Anttila & Oinas (2018) proved that work-life of single mother may be balance according to their coping mechanism and strategies to manage time which affects their level of flexibility.

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Table 2. Level of Challenges Encountered by Solo Parent in Terms of Work-life balance

Statements I encountered problem in times like… *(Nakatagpo ako ng problema sa mga panahong tulad ng…..)*	Mean	SD	Verbal Interpretation
1. taking care of the children and doing household chores. *(pag-aalaga ng mga bata at paggawa ng mga gawaing bahay.)*	3.13	0.86	Moderately Encountered
2. attending the children's school needs during work hours. *(pagdalo sa mga pangangailangan ng mga bata sa paaralan sa oras ng trabaho.)*	3.23	0.68	Moderately Encountered
3. spending time with kids while doing work related matters. *(paggugol ng oras sa mga bata habang gumagawa ng mga bagay na may kaugnayan sa trabaho.)*	3.20	0.76	Moderately Encountered
4. monitoring child's growth while earning money. *(pagsubaybay sa paglaki ng bata habang kumikita ng pera.)*	3.10	0.66	Moderately Encountered
5. resting on time while working and taking care of the child. *(pagpapahinga sa oras habang nagtatrabaho at nag-aalaga ng bata.)*	3.17	0.83	Moderately Encountered
Overall Mean	*3.17*		*Moderately Encountered*

Legend: 3.26-4.00 (Highly Encounter), 2.51-3.25 (Moderately Encounter),
               1.76- 2.50 (Less Encounter), 1.00-1.75 (Not Encounter)

Table 3 shows the challenges encountered by single mothers in terms of Emotional struggle. It entails that single mother *moderately encountered* difficulty in failure to meet family expectations (*M*= 3.10, *SD*= 0.76), thinking of pressure in dealing daily duties (*M*= 3.07, *SD*= 0.74), Community preference about situation (*M*= 3.00, *SD*= 0.79), There is no one to give advice (*M*= 2.97, *SD*= 0.93), and lack of consideration in workplace (*M*= 2.70, *SD*= 0.79).

The overall mean of 2.97 which denotes that single mother *moderately encountered* difficulty in emotional struggle. This revealed that single mothers moderately experiencing struggles in meeting the expectations of community, work and family while accomplishing different duties and responsibilities since there is no one who gives advice and suggestion in dealing with situation leading to emotional stress among single parents.

Table 3. Level of Challenges Encountered by Solo Parent in Terms of Emotional Struggle

Statements I encountered difficulty if… *(Nahihirapan ako kung…)*	Mean	SD	Verbal Interpretation
1. there is no one to give advice. *(walang magbigay ng payo.)*	2.97	0.93	Moderately Encountered
2. thinking of pressure in dealing daily duties. *(malalim na pag-iisip sa paghanap ng mga pang-araw-araw na gawain.)*	3.07	0.74	Moderately Encountered
3. failure to meet family expectations. *(pagkabigong matugunan ang mga inaasahan ng pamilya.)*	3.10	0.76	Moderately Encountered
4. community preference about my situation. *(kagustuhan ng komunidad tungkol sa aking sitwasyon.)*	3.00	0.79	Moderately Encountered
5. lack of consideration in work place. *(kakulangan ng konsiderasyon sa lugar ng trabaho.)*	2.70	0.79	Moderately Encountered
Overall Mean	*2. 97*		*Moderately Encountered*

Legend: 3.26-4.00 (Highly Encounter), 2.51-3.25 (Moderately Encounter),
                 1.76- 2.50 (Less Encounter), 1.00- 1.75 (Not Encounter)

Jain & Mahmoodi (2022) proved that single parents experience bad outcomes across cultures, which may be a result of social stigma and financial constraints. This was shown to apply to lone mothers more so than to fathers. It also had an effect on how well children developed academically, physically, and psychologically.

Theodoritsi et. al (2018) stated that single mother affects mental health problems among their children which result to inability to continue education and poor mental health. Most of the single parents admitted they felt lonely as they are alone in facing challenges of being both the mother and the father in the family leading them to unavailable in attending social events, change personality and poor habits according to Kotwal & Prabhakar (2019).

Table 4 shows the challenges encountered by single mothers in terms of decision making. It can be gleaned that single mothers *highly encountered* difficulty in selecting priorities (*M*= 3.27, *SD*= 0.74). Meanwhile single mothers *moderately encountered* challenges in performing household management (*M*= 3.03, *SD*= 0.56), choosing job opportunities to engage   (*M*= 2.93, *SD*= 0.74), imposing type of parenting style for child (*M*= 2.93, *SD*= 0.58), and executing a plan for daily activity (*M*= 2.87, *SD*= 0.57).

Table 4. Level of Challenges Encountered by Solo Parent in Terms of Decision Making

Statements I encountered difficulty in… *(Nahihirapan ako sa…)*	Mean	SD	Verbal Interpretation
1. executing a plan for daily activity. *(pagpapatupad ng plano para sa pang-araw-araw na aktibidad.)*	2.87	0.57	Moderately Encountered
2. selecting priorities. *(pagpili ng mga priyoridad.)*	3.27	0.74	Highly Encountered
3. performing Household management. *(pagsasagawa ng pamamahala ng sambahayan.)*	3.03	0.56	Moderately Encountered
4. imposing type of parenting style for child. *(pagpataw ng uri ng istilo ng pagiging magulang sa bata.)*	2.93	0.58	Moderately Encountered
5. choosing job opportunities to engage. *(pagpili ng mga trabahong sasalihan/sasamahan.)*	2.93	0.74	Moderately Encountered
Overall Mean	*3.01*		*Moderately Encountered*

Legend: 3.26- 4.00 (Highly Encounter), 2.51- 3.25 (Moderately Encounter),
                 1.76- 2.50 (Less Encounter), 1.00- 1.75 (Not Encounter)

The overall mean of 3.01 indicates that the solo parents *moderately encounter* challenges in terms of decision making. It shows that single mothers struggle in setting priorities in different activities as part of their responsibility at home and at work including household management, parenting style, listed daily task and job opportunities to engage as there are different task to accomplish leading to confusion.

According to El Nokali (2017) that parents who are aware and planned social function and behavioral responsibility affects child adjustment and demonstration of behavior. Parents who are totally involved in their child through experiences exposing them to possibilities leads the child to formation of morality and emotional independence from childhood to adulthood, according to Esmaeili et al. (2021).

Indrayanti et al. (2018) stated that single mother encountered difficulty as they are taking care of her children's needs during her free time and managing her finances in addition to working full-time.

Level of Coping Mechanism of Single Mother

In this study coping mechanism of single parents is described based in terms of physical, mental and emotional.

Table 5 shows the coping mechanism of single mothers in terms of Physical. It can be gleaned that single mothers *moderately high* engage in going to places exposing in nature (*M*= 3.23, *SD*= 0.57), cleaning the house to be distracted   (*M*= 3.20, *SD*= 0.48), partake in community activities for entertainment (*M*= 3.17, *SD*= 0.46), maintaining busy by engaging in livelihood training (*M*= 2.93, *SD*= 0.58), and engaging exercises to forget problems (*M*= 2.87, *SD*= 0.57).

The overall mean of 3.13 indicates that single mothers were *moderately high* involved in physical activity to cope with stress. Meaning that single mother often performs different physical activities to forget problems in work and at home by engaging in different livelihood training and exercises that enhance their knowledge and physical well-being. More so, single mother also engages in different socialization and events in the community to entertain themselves. Being expose themselves in places exhibiting the beauty of nature

and performing household chores are one of the coping mechanisms that make a single parent forget their problems.

Table 5. Level of Coping Mechanism of Single Mother in Terms of Physical

Statements I usually engage in… *(Karaniwan akong nakikisali sa...*	Mean	SD	Verbal Interpretation
1. going to places exposing in nature. *(pagpunta sa mga lugar na kinalaman sa kalikasan.)*	3.23	0.57	Moderately High
2. making myself busy in livelihood training. *(ginagawang abala ang aking sarili sa pagsasanay sa kabuhayan.)*	3.07	0.64	Moderately High
3. exercises to forget problems. *(pag-ehersisyo para makalimutan ang mga problema.)*	3.00	0.64	Moderately High
4. cleaning the house to make myself distracted. *(paglilinis ng bahay para manatiling busy.)*	3.20	0.48	Moderately High
5. community activities for entertainment. *(aktibidad sa komunidad bilang libangan.)*	3.17	0.46	Moderately High
Overall Mean	*3. 13*		**Moderately High**

Legend: 3.26-4.00 (Very High), 2.51-3.25 (Moderately High),
             1.76- 2.50 (Low), 1.00- 1.75 (Very Low)

Moeller (2020) exercise integration and constant practice assist individual to cope up with stress and lessen it level and effects. Mind training and optimism increase coping styles and enjoyment through problem orientation among individual that reduce mental health problems such as anxiety and avoidance (Zandi et al. 2021).

Table 6 shows the coping mechanism of single mothers in terms of Mental. It can be gleaned that single mothers *very high* engage in thinking positive and realistic ($M= 3.53$, $SD= 0.63$), evaluate reasons of stress to counter ($M= 3.47$, $SD= 0.57$), and plans career for children ($M= 3.43$, $SD= 0.65$) as coping mechanism for stress and challenges encountered. Meanwhile, single mother *moderately high* engage consulting professional to counter stress ($M= 3.03$, $SD= 0.67$), and doing meditation when stress ($M= 2.83$, $SD= 0.65$).

The overall mean of 3.26 indicates that single mothers were *very high* engage in mental coping mechanism to relive from stresses and challenges encountered as single parent. It can be observed that single mother shows optimism which she thinks the positive side of every situation by looking in realistic approach to counter the challenges. Also, the single mother evaluates the reason of the encountered challenges to assess the root cost and deal with appropriate solution and focus on the future of the children rather than the problem itself.

Meanwhile it can be observed that single mother least prioritizes mediation to cope up stress because it takes much time to perform and quiet places which is not advisable most of the time due to several duties and responsibilities. Also, they tend to skip consulting professional advice since there are afraid of the result from diagnosis due to several connotation of mental disorder if consulting to professionals.

Table 6. Level of Coping Mechanism of Single Mother in Terms of Mental

Statements I usually… *(Madalas akong…)*	Mean	SD	Verbal Interpretation
1. do meditation when stress. *(mag-meditation kapag stress.)*	2.83	0.65	Moderately High
2. plans career of my children. *(magplano ng karera ng aking mga anak.)*	3.43	0.68	Very High
3. evaluate reasons of stress to counter it. *(suriin ang mga dahilan ng stress upang labanan ito.)*	3.47	0.57	Very High
4. consult professional to counter stress. *(kumonsulta sa propesyonal upang labanan ang stress.)*	3.03	0.67	Moderately High
5. think positive and be realistic *(mag-isip ng positibo at maging makatotohanan.)*	3.53	0.63	Very High
Overall Mean	*3. 26*		*Very High*

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Legend: 3.26-4.00 (Very High), 2.51-3.25 (Moderately High),
                 1.76- 2.50 (Low), 1.00- 1.75 (Very Low)

Positive thinking training is efficient method in reducing mental health issues like, depression, anxiety and loneliness through increasing happiness (Pourdavarani et al. 2021). Anticipation of future events aids individual to prepare emotions for experiences creating positive mindset during challenges, short comings and similar chronic stressors, Leslie et al. (2021).

Table 7 shows the coping mechanism of single mothers in terms of social. It can be observed that single mothers *very high* engage in bonding with family members through communications (*M*= 3.53, *SD*= 0.65). Furthermore, single mother *moderately high* engage in seek advice from professionals. (*M*= 3.17, *SD*= 0.65), take help from my seniors (*M*= 3.13,   *SD*= 0.57), share with my colleagues (*M*= 3.03, *SD*= 0.67), and keep away from others to avoid conflicts (*M*= 2.83, *SD*= 0.65).

Table 7. Level of Coping Mechanism of Single Mother in Terms of Social

Statements When I am stressed I… *(Pag stressed ako…)*	Mean	SD	Verbal Interpretation
1. share with my colleagues. *(ibinabahagi ko sa aking mga kasamahan.)*	2.93	0.74	Moderately High
2. take help from my seniors. *(humihingi ng tulong sa mga nakatatanda.)*	3.13	0.57	Moderately High
3. seek advice from professionals. *(humingi ng payo mula sa mga propesyonal.)*	3.17	0.65	Moderately High
4. bond with family members through communications *(makipag-ugnayan sa mga miyembro ng pamilya sa pamamagitan ng komunikasyon.)*	3.53	0.57	Very High
5. keep away from others to avoid conflicts. *(lumayo sa iba upang maiwasan ang salungatan.)*	2.93	0.91	Moderately High
Overall Mean	*3.14*		*Moderately High*

Legend: 3.26-4.00 (Very High), 2.51-3.25 (Moderately High),
                 1.76- 2.50 (Low), 1.00- 1.75 (Very Low)

The overall mean of 3.14 indicates that single mothers were *moderately high* engage in social coping mechanism to relive from stresses and challenges encountered as single parent. It denotes that single mother tend to share problems and expend leisure time with family member to relive from the problems encountered.

Also, single mothers seek advice from senior and professionals who have the same experience or knowledge in the problems they encountered as socializing with them will help them to gain insight on proper approach to deal with the challenge encountered. Meanwhile, they tend to share experiences and problems with collogues in time of uncertainty so they received encouragement and lean on the shoulder of other but there are times that they distant themselves when they are distracted to avoid misunderstanding with others.

Zuo & Taylor (2022) states that friend support was strong or sufficient, family support could supplement friends' beneficial effects on the mental health of single mothers.

Babicka-Wirkus et. al (2021) proved that the poor coping mechanisms requires social support from their friends.

Status of Women Empowerment
In this study, the status of women empowerment is described with respect to political, social, economic and health.

Table 8 shows the status of women empowerment with respect to political. It showed that there is *highly empowered* women participation in political activities such as proposal of women activities for development (*M*= 3.37, *SD*= 0.61), women practice of self-expression in any medium to influence (*M*= 3.30, *SD*= 0.60), and participation of women in decision making for the community (*M*= 3.30, *SD*= 0.60). More so, there are *moderately empowered* political activities of women in terms of participate in imposing rules and regulations in the community (*M*= 3.23, *SD*= 0.57), and women engagement in leadership (*M*= 3.23, *SD*= 0.50).

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Table 8. Status of Women Empowerment with Respect to Political

Statements The community allows… *(Pinapayagan ng komunidaad…)*	Mean	SD	Verbal Interpretation
1. the participation of women in decision making for the community. *(ang partisipasyon ng kababaihan sa paggawa ng desisyon para sa komunidad.)*	3.30	0.60	Highly Empowered
2. women engagement in leadership. *(ang pakikilahok ng kababaihan sa pamumuno.)*	3.23	0.50	Moderately Empowered
3. women practice of self-expression in any medium to influence. *(pagsasanay ng kababaihan sa pagpapahayag ng sarili sa anumang daluyan upang makaimpluwensya.)*	3.30	0.60	Highly Empowered
4. proposal of women activities for development. *(pagpapanukala ng mga aktibidad ng kababaihan para sa pag-unlad.)*	3.37	0.61	Highly Empowered
5. participate in imposing rules and regulations in the community. *(pakikilahok sa pagpapataw ng mga tuntunin at regulasyon sa komunidad.)*	3.23	0.57	Moderately Empowered
Overall Mean	**3.29**		**Highly Empowered**

Legend: 3.26-4.00 (Highly Empowered), 2.51-3.25 (Moderately Empowered),
1.76- 2.50 (Less Empowered), 1.00- 1.75 (Not Empowered)

The overall mean of 3.29 indicates that there is *highly empowered* status of women engagement in political activities.   It indicates that communities allowed the women to practice their influence trough expression, policy making and decision making that leads the community to better status. Also, there is the practice of practice of leadership among women and their participation imposing rules and regulations.

Besnier (2020) proved that it is important to draw attention to the beneficial relationship between women's political empowerment and certain child health outcomes as it affects the nutrition and immunization.

Hughes &Dubrow (2018) proved that intersectionality enables us to face the fact that different women have different political experiences, therefore equality for some may not necessarily imply equality for all.

Table 9 shows the status of women empowerment with respect to social. It showed that there is *highly empowered* women participation in social activities such as activity where single mother can share their experiences and ideas with their peer assisted by DSWD (*M*= 3.33, *SD*= 0.66), counsel from professionals for problem in raising children (*M*= 3.30, *SD*= 0.65), seminar for household planning and management. (*M*= 3.27, *SD*= 0.52) and volunteer works of Samahan ng Kababaihan in clean up drive (*M*= 3.27, *SD*= 0.45). Moreso, there is *moderately empowered* social activities of women in terms of recreational activities provided for *Samahan ng Kababaihan* (*M*= 3.23,   *SD*= 0.57).

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Table 9. Status of Women Empowerment with Respect to Social

Statements In the community, There is the… *(Sa komunidad, nariyan ang…)*	Mean	SD	Verbal Interpretation
1. counsel from professionals for problem in raising children. *(mga propesyonal para sa mga payo para sa problema sa pagpapalaki ng mga bata.)*	3.30	0.65	Highly Empowered
2. seminar for household planning and management. *(seminar para sa pagpaplano at pamamahala ng sambahayan.)*	3.27	0.52	Highly Empowered
3. activity where single mother can share their experiences and ideas with their peer assisted by DSWD. *(aktibidad kung saan maibabahagi ng Solo Mother ang kanilang mga karanasan at ideya sa kanilang kasamahan sa tulong ng DSWD.)*	3.33	0.66	Highly Empowered
4. recreational activities provided for *Samahan ng Kababaihan*. *(mga gawaing panlibangan na ibinigay para sa Samahan ng Kababaihan.)*	3.23	0.57	Moderately Empowered
5. volunteer works of *Samahan ng Kababaihan* in clean up drive. *(boluntaryong gawain ng Samahan ng Kababaihan tulad ng clean-up drive.)*	3.27	0.45	Highly Empowered
Overall Mean	***3. 28***		***Highly Empowered***

Legend: 3.26-4.00 (Highly Empowered), 2.51-3.25 (Moderately Empowered),
1.76- 2.50 (Less Empowered), 1.00- 1.75 (Not Empowered)

The overall mean of 3.28 indicates that there is *highly empowered* status of women engagement in social activities. It indicates that there are several seminars in the community regarding household management to aid the single parents and women of the community in the involvement on household activities.

Also, the DSWD and professional conduct counseling to single parents to aid them in the problems they encountered in raising their children, household management and work-related problems leading to better decision making and approach to the challenges.

Moreso, there are activities that allows the women of community to participate in the activities spearheaded by Samahan ng Kababaihan like clean-up drive and recreational activities namely zumba, women's night, etc.

Parents engagement in emotional socialization improves emotion among individual and emotional functions through adaptation of different coping strategies depending on the gender of individual according to Guo et al. (2019).

Collaboration is significant socialization in identification of the needs and providing common knowledge on the different demands of involve individual in physical activity (Cozett & Roman 2022).

Table 10 shows the status of women empowerment with respect to Economic. It showed that there is *highly empowered* women participation in economic activities such as equal job opportunities for men and women (M= 3.30, SD= 0.60). Meanwhile, there are *moderately empowered* economic activities job fair for female member of the community   (M= 3.20, SD= 0.55), cooperative group for female member of the community (M= 3.20, SD= 0.55), financial literacy program and assistance (M= 3.13, SD= 0.73), and equal job opportunities for men and women (M= 3.10, SD= 0.55).

The overall mean of 3.19 indicates that there is *moderately empowered* status of women engagement in Economic activities. This indicates that the community offers opportunities for women member of the community to economic activities by offering job fair, upskilling of competencies, financial literacy program and cooperative.

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Table 10. Status of Women Empowerment with Respect to Economic

Statements In the community, There is the…. *(Sa komunidad, nariyan ang…)*	Mean	SD	Verbal Interpretation
1. Equal job opportunities for men and women. *(Pantay na oportunidad sa trabaho para sa kalalakihan at kababaihan.)*	3.30	0.60	Highly Empowered
2. Upskill women with competencies need by the industries. *(Ang mga babaeng may mataas na kasanayan na may mga kakayahan na kailangan ng mga industriya.)*	3.10	0.55	Moderately Empowered
3. Job fair for female member of the community. *(Job fair para sa babaeng miyembro ng komunidad.)*	3.20	0.55	Moderately Empowered
4. Cooperative group for female member of the community. *(Grupo ng Kooperatiba para sa babaeng miyembro ng komunidad.)*	3.20	0.55	Moderately Empowered
5. Financial literacy program and assistance. *(Programa at tulong ng financial literacy.)*	3.13	0.73	Moderately Empowered
Overall Mean	***3. 19***		***Moderately Empowered***

Legend:　　3.26-4.00 (Highly Empowered), 2.51-3.25 (Moderately Empowered),
1.76- 2.50 (Less Empowered), 1.00- 1.75 (Not Empowered)

Wei et. al (2021) discovered that government initiative in women's empowerment has a significant impact on the decline of multidimensional and income poverty in society.

Buvinic, Mayra & O'Donnel, Megan (2019) stated that financial services and training programs are not gender-neutral and some design elements can help women overcome gender-related obstacles to produce more favorable economic outcomes.

Table 11 shows the status of women empowerment with respect to Health. It showed that there is *highly empowered* women participation in health focus activities such as promoting relaxation and its importance in mental health (M= 3.43,　SD= 0.57), mentoring the female members regarding proper self-care and hygiene (M= 3.43, SD= 0.57), promotion of importance of exercises and its practice (M= 3.33, SD= 0.55), free monthly check-up every month for every woman of the community (M= 3.30, SD= 0.53), assigned Counselor for Psychological First Aid for women (M= 3.27, SD= 0.52).

The overall mean of 3.35 indicates that there is *highly empowered* status of women engagement in Health activities. It indicates that the community prioritize the health of every woman in the community by providing psychological first aid, monthly check-up counseling for hygiene, and exercises leading to better health.

Tsai et al. (2018) proved that a health literacy program helped immigrant women obtain healthcare more easily and led to fewer ER visits and hospital stays. The study's cognitive and psychological outcomes showed greater resistance to change.

Lin et al. (2019). Suggested that incorporating community-based participatory design is helpful in enhancing some health behaviors and empowering older individuals' health over a short period of time. To improve women's perceptions of empowerment toward getting healthcare, health policy makers and healthcare professionals are advised to tailor and execute interventions (Sabouri et al. 2020).

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Table 11. Status of Women Empowerment with Respect to Health

Statements In the community, There is the…. *(Sa komunidad, nariyan ang.…)*	Mean	SD	Verbal Interpretation
1. assigned Counselor for Psychological First Aid for women. *(nakatalagang tagapayo para sa Psychological First Aid para sa mga kababaihan.)*	3.27	0.52	Highly Empowered
2. mentoring the female members regarding proper self-care and hygiene. *(pagtuturo sa mga kababaihan tungkol sa wastong pangangalaga sa sarili at kalinisan.)*	3.43	0.57	Highly Empowered
3. promotion of importance of exercises and its practice. *(pagsusulong ng kahalagahan ng mga pagsasanay nito.)*	3.33	0.55	Highly Empowered
4. promoting relaxation and its importance in mental health. *(pagsusulong ng pagpapahinga at ng kahalagahan nito sa kalusugan ng isip.)*	3.43	0.57	Highly Empowered
5. free monthly check-up every month for every woman of the community. *(libreng buwanang check-up bawat buwan para sa bawat babae ng komunidad.)*	3.30	0.53	Highly Empowered
Overall Mean	*3. 35*		*Highly Empowered*

Legend: 3.26-4.00 (Highly Empowered), 2.51-3.25 (Moderately Empowered),
                 1.76-2.50 (Less Empowered), 1.00- 1.75 (Not Empowered)

Table 12 reveals the prediction on challenges encounter by single mother to women empowerment. Challenges encounter by single mother in terms of financial support, work- life balance, emotional struggle and decision making are not significant predictors of political empowerment of women. The same with challenges encounter to social empowerment of women. However, challenges encounter in terms of work-life, emotional struggle and decision making have influence in social women empowerment. The beta coefficient of 0.552, 0.36 and 0.339 indicates that for every standard deviation unit increase in their work-life balance, emotional struggle, and decision making there is a corresponding 0.552, 0.36 and 0.339 increase in the social empowerment of a single mother. The t- value of 3.198 and p-value .045 for work life balance, t-value of 5.01 and p-value of .022, for emotional struggle t-value of 2.089 and p- value of .026 for decision making. The adjusted R- square indicates that 22.7% of the variation in single women social empowerment is explained by challenges encountered in terms of work life balance, emotional struggle and decision making. The F-value of 4.055 is significant at 0.017.

On the other hand, challenges encounter in terms of financial support, emotional struggle and decision-making influence in single woman economic empowerment. The beta coefficient of 0.347 for financial support, 0.523 for emotional struggle, and 0.261 for decision making indicates that for every standard deviation unit increase in the challenges encounter there is a corresponding unit increase in the economic empowerment of single mother. The t-value of 2.814 and p-value of .033 for financial support, t-value of 5.081 and p=value of .036 for emotional struggle, t-value of 3.94 and p-value of .035 for decision making. The adjusted R squares indicates that 40.6% of the variation in single women economic empowerment is explained by challenges encounter in terms of financial support, emotional struggle and decision making. The F value of 6.304 is significant at 0.037.

Table 12. Regression Analysis on the Prediction of Challenges Encountered by Single Mother to Women Empowerment

Challenges Encountered	Political				Social			
	Beta	t-value	p-value	Analysis	Beta	t-value	p-value	Analysis
Financial Support	0.236	1.116	0.275	NS	0.216	1.095	0.284	NS
Work-life Balance	-0.105	-0.376	0.710	NS	0.552	3.198	0.045	S
Emotional Struggle	0.287	1.039	0.309	NS	0.36	5.01	0.022	S
Decision Making	-0.338	-1.282	0.212	NS	0.399	2.809	0.026	S
Adjusted R-Square			-0.002		*Adjusted R-Square*		0.227	
F- Value			0.987		*F- Value*		4.055	
Sig.			0.433		*Sig.*		0.017	
Challenges Encountered	Economic				Health			
	Beta	t-value	p-value	Analysis	Beta	t-value	p-value	Analysis
Financial Support	0.347	2.814	0.033	S	0.276	2.718	0.048	S
Work-life Balance	0.244	0.833	0.413	NS	-0.084	-0.397	0.695	NS
Emotional Struggle	0.523	5.081	0.036	S	0.403	3.918	0.047	S
Decision Making	0.261	3.942	0.035	S	0.581	4.399	0.017	S
Adjusted R-Square			0.406		*Adjusted R-Square*		0.419	
F- Value			6.304		*F- Value*		6.234	
Sig.			0.037		*Sig.*		0.001	

The same also with the women empowerment with respect to health. The beta coefficient of 0.276 for financial support, 0.403 for emotional struggle and 0.581 for decision making indicates that for every standard deviation unit increase in the challenges encounter there is a corresponding unit increase in the health economic empowerment of single mother. The t- value of 2.718 and p- value of .048 for financial support, t-value of 3.918 p-value of .047 for emotional struggle and t-value of 4.399 and p-value of .017 for decision making. The adjuster R square indicates that 41.9% of the variation in single women health empowerment is explain by the challenges encounter. The f- value of 6.234 is significant at 0.001. While work life balance is not a predictor of single women health empowerment.

Community social empowerment programs, including the capacity building, collaboration, and upskilling activities, can be carried out in stages and boost the effectiveness (Senapati & Kalpana 2019).

Youssef (2020) showed that women in all the chosen organizations are given equal opportunity regardless of their gender, nationality, marital status, education, age, or place of employment. Through interacting with the outside world and building a sustainable society, the students will be able to assert their learning and contribute to social empowerment (Singh et al. 2022).

Table 13 reveals the prediction on coping mechanism of single mother to women empowerment. Coping mechanism by single mother in terms of social is not significant predictors of political empowerment of women. However, coping mechanism in terms of Physical and mental coping mechanism have influence in social women empowerment. The beta coefficient of 0.462 and 0.369 indicates that for every standard deviation unit increase in their physical and mental coping mechanism there is a corresponding 0.462 and 0.369 increase in the political empowerment of a single mother. The t- value of 2.632 and p-value .014 for physical, t value of 7.91 and p-value of .037, for mental coping mechanism. The adjusted R- square indicates that 20.3% of the variation in single   women political empowerment is explained by challenges encountered in mental and social coping mechanism. The F-value of 3.469 is significant at 0.030.

More so, Coping mechanism in terms of Physical and social to have no significant influence on social empowerment of women. While only mental coping mechanism affects social empowerment of women in the community. The beta coefficient of 0.453 that for every standard deviation unit increase in their mental coping mechanism there is a corresponding 0.453 increase in the social empowerment of a women in the community. The t- value of 2.868 and p-value .008 for mental and adjusted R- square indicates that 27 % of the variation in single women social empowerment is explained by challenges encountered in mental and social coping mechanism.

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The F-value of 3.98 is significant at 0.019.

In terms of women empowerment with respect to economic, the beta coefficient of 0.418 for metal coping mechanism and 0.451 for social coping mechanism indicates that for every standard deviation unit increase in the coping mechanism there is a corresponding unit increase in the economic empowerment of women in the community. The t-value of 2.814 and p-value of .038 for mental, and t-value of 6.384 and p-value of .017 for social coping mechanism. The adjusted R squares indicates that 34.8% of the variation in single women economic empowerment is explained by challenges encounter in terms of mental and social coping mechanism. The F value of 6.682 is significant at 0.008.

Table 13. Regression Analysis on the Prediction of Coping Mechanisms of Single Mother to Women Empowerment

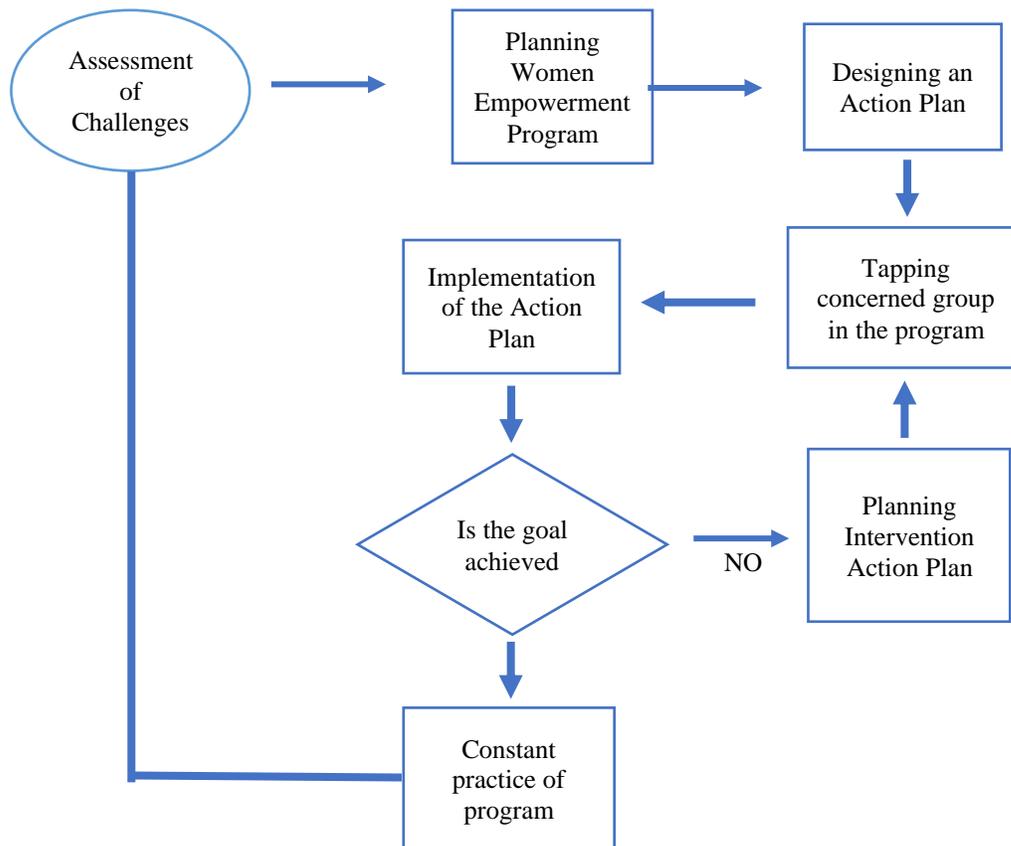| Coping Mechanism	Political				Social			
	Beta	t-value	p-value	Analysis	Beta	t-value	p-value	Analysis
Physical	0.462	2.632	0.014	S	0.197	1.099	0.282	NS
Mental	0.369	7.91	0.037	S	0.453	4.865	0.043	S
Social	-0.106	-0.602	0.553	NS	0.125	0.699	0.491	NS
Adjusted R- Square			0.203		*Adjusted R- Square*		0.27	
F- Value			3.469		*F- Value*		3.98	
Sig.			0.030		*Sig.*		0.040	
	Economic				Health			
Coping Mechanism	Beta	t-value	p-value	Analysis	Beta	t-value	p-value	Analysis
Physical	0.165	0.911	0.371	NS	0.652	3.886	0.038	S
Mental	0.418	2.181	0.038	S	0.521	2.868	0.008	S
Social	0.451	6.384	0.017	S	-0.15	-0.872	0.391	NS
Adjusted R- Square			0.348		*Adjusted R- Square*		0.235	
F- Value			8.682		*F- Value*		3.976	
Sig.			0.008		*Sig.*		0.019	

Furthermore, in terms of women empowerment with respect to health, the beta coefficient of 0.652 for physical coping mechanism and 0.521 for mental coping mechanism indicates that for every standard deviation unit increase in the coping mechanism there is a corresponding unit increase in the health empowerment of women in the community. The t-value of 3.886 and p-value of .038 for physical, and t-value of 2.868 and p-value of .008 for mental coping mechanism. The adjusted R squares indicates that 23.5% of the variation in single women health empowerment is explained by challenges encounter in terms of physical and mental coping mechanism. The F value of 3.976 is significant at 0.019.

Gil Arroyo et al. (2019) demonstrated that agritourism helps women feel more empowered in four different ways: psychologically, socially, politically, and economically. García et al. (2019) proved that women's empowerment is essential to achieving sustainable economic development, thus inclusive economic growth in terms of gender inclusion was discussed.

Women participation is crucial as they provide insight on formulation of rules and regulation as well plans for the betterment of society and economy considering their perceptions and possible contribution (Al-Qahtani et al., 2020). Women engagement and empowerment in participation in leadership through practicing political rights improves the child welfare with consideration in nutrition and immunization according to Besnier (2020).

From the result of this study, the researcher developed a framework for assisting single mother of the community and the social services in developing empowerment programs to meet the needs and objectives. It is suggested to be utilized by the government office concerned while conducting the women empowerment programs.

The framework shows it starts with an assessment of the challenges encountered by single mother and women of the community as baseline of the programs. It can be from the survey, observation, and direct interview to address the needs of the women in the community.

Framework of Women Empowerment

From the data obtained, the social services office will design the empowerment programs and services based on the analysis of the need-based on the tools used with identified goals, objectives and flow of implementation. With this, the action plan should also be developed as to indicate the division of labor, the resources needed, and the expected outcome of the programs.

In addition, tapping of concerned offices in the empowerment program is important input of the framework to make the objectives achievable and the implementation shall be aligned to the set objectives of social services office. With this, the assurance on the effectivity will increase as the office seek the assistance of the expert in the field.

The office will proceed to implementation of the action plan upon tapping of the concerned partner. There is monitoring and evaluation to be conducted upon the implementation to assess and determine if the set objectives and goals are met. If not, the office will create intervention action plan which is necessary during the consultation with the partner agencies who are specialized with the program.

With constant practice of the program through sustainable activities, woman empowerment in the community were expected to achieve.

CONCLUSION AND RECOMMENDATION
In accordance with the findings of the study, the single mother in Pagsanjan, Laguna moderately encountered challenges in financial support, moderately encountered difficulty in work-life balance, moderately encountered difficulty in emotional struggle and moderately encounter challenges in terms of decision making as it is difficult for an individual to attend different responsibilities at home and at work in the same time creating great challenge among single mother to comply in different duties and responsibilities.

Also, single mothers were moderately high involved in physical activity to cope with stress as they are more focus on managing different responsibilities at home and at work leading to minimal time for physical activity. Also, single mother obtained very high engagement in mental coping mechanism as they are looking for positive aspect of being a single mother for the sake of the child's future while moderately high engage in social coping mechanism as they afraid of being judge by the society and more focus on responsibility as a parent.

Furthermore, community practice highly empowered status of women engagement in political activities allowing the women participation in planning and policy making, highly empowered status of women engagement in social activities as they allow women to practice social engagement activities that permits every women of the community to entertained as release stress , moderately empowered status of women engagement in Economic activities as there are programs that upskill women with different livelihood tracks and job opportunities while highly empowered status of women engagement in Health activities as there are several health programs focus on the mental and physical health of women in the community.

Challenges encountered by single mother significantly predict women empowerment. It was implied that the challenges encountered by single mother in terms of financial support, work-life balance, emotional struggle and decision making has significant effect on the status of women empowerment in the community in terms of political, social, economic and health. The results showed that the challenges encountered by single mother may also be encountered by several women in the community that may serve as determinants of the empowerment programs needs by the community.

Also, single mother coping mechanism in terms of physical, mental and social has significant effect on the status of women empowerment in the community in terms of political, social, economic and health as the coping mechanism of women may also be the basis of women empowerment from the assessment performed by the office to improve the programs. Therefore, the hypothesis stating that challenges encountered does not significantly predict women empowerment and coping mechanism of single parent does not significantly predict women empowerment in Pagsanjan, Laguna was rejected.

From the said conclusions, the following recommendations were presented:

Local government units and community are advised to provide support to single parents in terms of financial support, work-life balance, emotional struggle and decision making by providing seminars and assistance regarding financial literacy, and time as well as household management with the assistance through psychological first aid for emotional struggle and consultation to professional for decision making.

Single mothers and women of the community are recommended to participate in physical activities by participating in activities such as Zumba, fun run, tree planting activities and clean-up drive initiated by local government.

Local Government is suggested to provide upskilling of women in the community and providing opportunity to participate in earning money as they may create project that focus on attainment of national certificate among women of the community that may serve as their edge in accessing opportunities in work fields. More so, conducting job fair is also beneficial to the women that provides idea in which field their skill may contribute.

Local government and offices are suggested to utilize the suggested framework in conducting women empowerment programs to assure the attainment of the goal and sustainable development among the women of the community by following the process and the flow.

Furthermore, Local Government are suggested to create activities namely *Samahan ng Kababaihan* that might enhance their capacity in building rules and regulation as well as political involvement while having enjoyment as they execute their talent throughout the program that enhance socialization skills of women as they are being empowered.

The future researcher is suggested to further study about the practices of women empowerment in community and its effects on coping with challenges encountered by solo parent.

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