

**Effects of Single Parenting and Coping  
Mechanisms: Bases for a Proposed  
Intervention Program**

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**A Thesis  
Presented to  
the Faculty of the Graduate School  
Immaculate Conception College-La Salle  
Ozamiz City**

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**In Partial Fulfillment of the Requirements  
for the Degree of  
Master of Arts in Education**

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**by**

**Rezyl B. Roa**

**October, 1999**

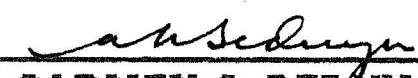
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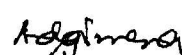
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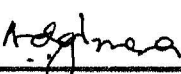
  
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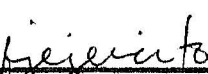
  
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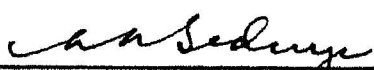
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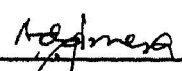
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## THESIS ABSTRACT

Thesis Title : Effects of Single Parenting and Coping Mechanisms:  
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### **The Problem**

The study aimed to find out the effects of single parenting on children in terms of emotional, psychological and social aspects. It also tried to explore the coping strategies used by the respondents to cope with their problems. More specifically, it sought to answer the following questions:

1. What is the profile of the respondents in terms of gender, parents' present age and gender, parents' educational attainment, and family's economic status?
2. What are the emotional, psychological and social effects of single parenting on children?
3. What are the coping mechanisms used by the respondents in resolving crisis resulting from single parenting?

4. Are the coping strategies used by the respondents and the effects of single parenthood rearing significantly related?
5. What intervention program can effectively help the respondents solve the crises?

### **Research Design**

The study involved 191 students out of 366 of ICC-La Salle, College Department belonging to single-parent families. /

The study used descriptive correlational method of research. The researcher-made questionnaire was used to explore the demographic profile of the respondents and their coping strategies while Gordon Personal Inventory and Gordon Personal Profile were used to measure the effects of single parenting on children.

The descriptive statistical tools such as frequency and percentages were used as well as the chi-square test for independence.

### **Findings**

1. Most of the respondents were females and were reared by female parents in their late adulthood. Most of the single parents attained tertiary education whose income ranged from P 5, 000 and above.
2. The effects of single parenthood rearing on children were as follows:

- 2.1 Emotional effects of single parenting were seen on respondents' emotional stability and level of cautiousness. Many scored low in emotional stability and cautiousness.
- 2.2 Psychological effects of single parenting involved respondents' sense of responsibility, original thinking and vigor. Majority scored low in all areas.
- 2.3 Social effects of single parenting included respondent's ascendancy, sociability and personal relations. Many scored low in all of the areas mentioned.
3. The coping strategies used by the respondents were problem-focused, emotion-focused and social support. Many used social support.
4. A significant relationship between coping strategies and ascendancy while there was no significant association seen between the areas of emotional stability, cautiousness, responsibility, original thinking, sociability and personal relation and the coping strategy.

### **Conclusions**

1. Single parenthood rearing brings emotional, psychological and social effects on children.
2. Emotionally, children coming from single-parent families are unstable and less cautious.

3. Psychologically, most children from single-parent families are irresponsible, do not care for intellectual and creative activities and have low vitality or low energy level.
4. Socially, single parenting brings children lack of self-confidence, gregariousness and trust or confidence in people.
5. Social support is the most common and most helpful coping strategy used by single-parent family members which help them improve better in the area of ascendancy.

### **Recommendations**

1. The guidance Center must continue to operate functionally in the services they offer.
2. The guidance office should plan a program for the single parents to help them cope with the situation.
3. All students belonging to single-parent families should be encouraged to attend the Crisis Intervention Program designed by the researcher.
4. Each single-parent family member should be given substantial counselling sessions until the state of homeostasis/equilibrium is observed.
5. The administration of ICC-La Salle and teachers should work hand in hand with guidance center personnel to discuss ways to help improve the life of students belonging to single-parent family members.

6. A follow-up research work should be done regarding the problems of single-parent family members after the intervention program shall have been tried to measure the effectiveness of the program.
7. A comprehensive on single parenting styles employed by single parents should be done to help overcome the adverse effects of single parenthood rearing.
8. A comparative and correlational study on the different causes of single parenting and its effects should be made to see if there is any variation in the result.