

Problems of Single Parenting: Effects on Social, Spiritual, Economic and Political Aspects of Their Lives

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Abstract

Single parenthood or solo parenting is something that is either too challenging or too depressing to those who are in this situation. As the term “single” means being alone or independent, this is also synonymous to “carrying all the burdens” a couple or parents should actually sharing and resolving together. With all the responsibilities from child rearing to financial issues, single parents or commonly called in the Philippines as “solo parents” are faced with so many challenges. Hence, this study looked into the effects of problems on the various aspects of the solo parents’ life namely their social, spiritual and economic. With thirty (30) single parents who are members of Solo Parent Organization in Brgy.Mercado, Hagonoy, Bulacan as respondents, the researchers made use of descriptive method with a two-part questionnaires. The study aimed to identify programs that can be implemented to help in uplifting the lives of the solo parents in Brgy.Mercado, Hagonoy, Bulacan. This paper will benefit the single or solo parents in coping up with all the stressful situations they are in; the social work students for them to gain insights on this issue; the Solo Parent Organization not only of Hagonoy, Bulacan as well as all other organizations assisting single parents. The study showed that solo parents encounter various problems in terms of social, financial, spiritual, political and economic aspects. As revealed by this study, the problem seriously affected their lives being single parents and therefore programs and other assistance were recommended to further uplift or improve the lives of these striving single parents.

Keywords: *solo parents, single parents, child rearing, Solo Parent Organization*