

# Lived Experiences of Solo Parents: A Case Study

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**Abstract:** This study was conducted to find out the lived experiences of solo parents. This study tackles the physical, psychological, social, emotional, spiritual, and financial experiences of solo parenting; as well as the coping mechanisms utilized by solo parents. A descriptive case study design was used in the study and purposive sampling was utilized. Ten respondents, majority of which are single, high-school graduate women, were interviewed face-to-face while observing proper health protocols. The majority of the respondents' physical status were undernourished due to poor and inadequate diet. They were mentally and emotionally distressed, due to greater responsibilities and the feeling of betrayal. In addition, the lack of awareness to the Solo Parents Association which could assist them with their issues. The majority of the respondents have experienced financial difficulty because they lack regular source of income to sustain their needs. The respondents use different coping mechanisms, the majority use physical, spiritual, and social coping strategies in addressing solo parenting problems. Most of them kept themselves busy with their hobbies or by spending time with their family. Faith and hope in God kept them going, some air grievances to friends, while others felt relaxed browsing their social media account. Recommendations to improve living conditions of solo parents and their children include focusing on healthy lifestyles like eating nutritious food, getting enough rest, and regular exercise. Making themselves busy and more productive to replace negative thoughts. Assist them in vegetable farming, and creation of livelihood projects as a source of regular income. Lastly encourage the solo parents to participate in social spiritual gatherings to find hope in God. Be socially active, join the Solo Parents Association for assistance, and be inspired for a brighter tomorrow.

**Keywords:** Coping Mechanisms, Health, Lived Experiences, Parenting, Solo Parents

## 1. Introduction

The solo parent is a parent not living with a spouse, or an unmarried person having sole responsibility in raising a baby or an individual, or person, that only gives parental and support to a baby or youngsters which incorporates widowed mother or father who most popular to stay and read them. ("Solo parents" Welfare Act of 2000). Lone parenting at present could be a high-rising development that each country considers as an economic and social drawback, particularly in developing countries just like the Philippines. Lone parents are commonly seen within the society not only in the city, created through a divorce, legal separation, donor insemination like In Vitro Fertilization, and also the utilization of surrogate mothers, as a result of a private alternative for a few.

Likewise, within the rural areas significantly within the depressed areas, additionally; lone parenting is likewise associated with economic drawbacks. Most parents became solo oldsters because they were abandoned by their partners within the issue of the third party. Right now, teenage motherhood was normal at present times that contributed to the social and unhealthiness, which were the main focus of worldwide leaders. A single mother's house is relatively more common than one father's home. (Villa, 2016). Again, in 2015, the Philippine Statistics Authority calculable that three million family heads were not married; most of them were feminine, concerning two million. The federation of the solo oldsters incorporates a member base of eighty thousand. With these stunning reports out of the average, the growing population thus far is such development.

The surveys from around the world indicate economic and

social drawbacks. The monetary difficulty was real in solo parent families, and was commonly less well off, which could end in several issues that embody lower academic levels and lower economic accomplishment. Societal perceptions typically construct single oldsters as young, female, pink-slipped oldsters with multiple youngsters. Single oldsters were stigmatized clusters; they needed a group of characteristics that conveyed a social phrase that was typically low among society (Amato and Paterson, 2015). The single parent stigma unremarkably on single mother home, "broken family" as they assert is true thought of the society that ought to be changed. Mothers claimed that having their youngsters around makes them complete, and their supply of strength to travel on with life. Again, the stigma of being broken typically ends up in social issues among solo oldsters, which would end with the loss of authority, creating our lone mothers to avoid social gatherings, social interactions, and social justice.

Here to feature, Kotwal and Prabhakar (2017), the bulk of single mothers 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 Single Parents Face." Single oldsters were judged by society if you were a single mother; you might get to face many more social problems than a lone father. (Smith, 2020). Likewise, within the issue "The single Parent Stigma in The Philippines." these catholic establishments stigmatize single-parent families remain as robust because it was centuries past, however, what's odd, society doesn't even acknowledge the hardships of solo oldsters (Cruz, 2017)

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. (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 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).

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. (www.secureteen.com.singleedad, 2018). Meanwhile, in the Philippines, Filipinos were family-oriented 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.

President Rodrigo R. Duterte signed E.O.;141, has declared the interference of young pregnancies as a national priority. Duterte stressed the necessity to implement measures that will address the basic causes of the rising variety of adolescent pregnancies. Again, young pregnancies worldwide social and medical drawbacks, and young relationships may concern at this time. The fundamental reasons for young maternity were lack of sex education and lack of data on planning and responsible adulthood. Despite the hassle and programs of the Department of Health (DOH) to market adolescents' awareness within the use of birth control, like emergency pills, should be made available on the market and accessible to teenagers from twelve to nineteen years recent, minors, within the interference of early maternity. Contraceptives should be made public, on the market even without parents' consent. Sex remains thought-about taboo within the Philippines; it was one thing that mothers refused to speak concerning; they perceived sex as an awfully sensitive matter," dirty" to be mentioned. They perceived that there's still a wall between mother and female offspring in topics like sex and intimacy. Filipino values and beliefs were thought-about to hinder the children's awareness of young maternity. Most folks believed it would result in their daughter's sexual practice and the concern that will end in an early wedding. Mothers should be educated on the importance of family planning, which will bring them to some degree of awareness, of their vital role, within the interference of early maternity of their female offspring. Likewise, Barangay Health Centers (BHC) should cater to the young cluster or as early as possible, and not solely specialize in mother and kid. Barangay Health Center; should conjointly think about this cohort, from nine years to twelve years, and discuss sex education and its physiological property, planning strategies, and responsible adulthood to bring awareness of the disadvantages of changing into a young parent, and also the interference of young maternity.

However (Tunajina, 2019) rumored that responsibilities and parenting issues visaged by single folks cause psychological distress and exhaustion. Some parents complained they did not have leisure and had a challenging time working and parenting at the same time, whereby spending fewer hours with their kids. In the book of Agero and Guhao (2016) Single folks of college Children: Tales of Survival got wind that most single mothers realized it laborious to instill and maintain discipline in their youngsters because of the absence of their male partner creating, it was more complicated. According to Stephen and Udisi (2016) it was reported there was a psycho-social impact on them in class. Furthermore, in line with the study of Malima and Akech (2016), each kid will reach faculty and life. Several youngsters from single-parent households do not receive adequate supervision. Children's experiences from parental separation could cause a short-lived interruption within the learning method, which resulted in tutorial issues. Among youngsters, it was reported that there were psychological and emotional problems with their solo folks. Silvestre and Paez (2016) mentioned unraveling this drawback, Silvestre advised urging folks to become a lot concerned about their children's teachers. Folks stay with their youngsters on

reading, serving to with their preparation, or by taking note of the stories concerning their experiences in class, additionally because the ability and disposition of oldsters to observe and supervise children's social activities outside faculty. Additionally, active parental involvement within the children's social life was incredibly vital.

Silvestre and Paez (2016). The vital role to resolve the foundation drawback of youngster's happiness to solo parent families, United Nations agency is at risk of having issues with psychological features and psycho-social behaviors. Worrysome will increase in the teenaged physiological state, should be self-addressed, not solely within the coordination of the LGU's but primarily within the participation of oldsters, especially mothers. It had to be connected with the inaccessibility of correct parental steering, the unknowingness of oldsters with their adolescent feminine children's activities, and to see pressure and the absence of information regarding sexual activity. Folks should remember that their child's activities with their peers and friends would affect their kids.

Secondly, as early as nine years old sex education should be introduced. (Bagolong, 2017) Cited that being one parent in today's society an excellent and trying challenge. Lone parenting has tough responsibilities in raising kids, financially maintaining a house, leveling work, and residential responsibilities.

On the opposite hand (Bagolong, 2017) as single folks, it was discovered that it was tough; still, they were willing to embrace it. Likewise, findings showed that the most crucial role of single parents rotated around their families. (Nicolas, 2018), the study reveals that kids of solo folks practiced psychological issues related to the reconfiguration of the family, economic instability, loneliness, stress, and adjustment to cure. Likewise, solitary folks have psychological problems, too, like anxiety and stress due to lack of adequate resources, difficulties in developing a decent relationship with their kids, and feeling guilty for not having the ability to fulfill the requirements of their kids. (Zabala, 2016). Solo folks met challenges in their temperament, behavior patterns, social and emotional issues. Most of them invariably prayed to God and attended mass each Sunday, bible study, and different spiritual activities. Time, availability from their friends, and sought-after help from their distant relatives.

Yang and Bullecer (2016) monetary hardships were an everyday issue for lone parents; however, that did not stop them from finishing their degrees. Again, the problem of The Manila times (2019). "How to address the struggles of Single Parenting"; therefore, to address the impact of restricted finances, single folks should hunt down community resources; to supplement the requirements of their families. Moreover, within the issue of The Manila Times (2019), while loneliness is inevitable, go and socialize to possess additional friends around, realize supporting shoulder that would listen, and perceive what you were feeling. Also, interact in community activities, and be productive, replacing negative thoughts with positive thinking to air your energy. Keep healing yourself naturally, avoid self-blame, settle for

your fault, moving ahead with confidence that you simply created to beat the emotions of guilt. Lastly, regarding social justice, do not let this stigma erodes your confidence; interact in activities that may assist you in regaining your self-worth, and be encircled by those who believe you. Finally, the issues of the solo parent's family and their kids are constant and continue until they are grown-up; consequently, have their own family. Solo parenting experiences are remarkably motivating and remained resilient as they remained to address the problems and hardships they encounter. Frequently, difficulties bring out the simplest in a person; they become resilient to the changes that life should provide them. Similarly, issues and hardships function as an inspiration and motivation to travel on with their lives for their kids their supply of joy and strength and purpose in life, creating them entirely and not "broken."

### 1.1. Conceptual Framework

This study tailored the Resiliency Theory and Carl Rogers' self-actualization. The framework used the Resilience Models, which incorporates compensative models, challenge models, and protecting issues of immunity versus vulnerability model (O'Leary,1998). Resiliency Theory suggests a genetic mechanism that an individual will overcome adversities in their lives. With valuable resources and hard work solo parent families would overcome the problems and difficulties they encounter a day by learning to regulate and be versatile with the dynamical life should provide. Lone experience physical, emotional, mental, and psychological distress upon losing their partners, filling in the gap and the hurt they cause. Also, on the side of social and money aspects, a series of sleepless nights of hysteria, wondering wherever to avail cash to supply food, and different desires of their kids are creating stress out the economic decency. These numerous theories of resilience and thriving bring attention to the role of adaptation in enduring and overcoming crises (Nishikawa, 2006).

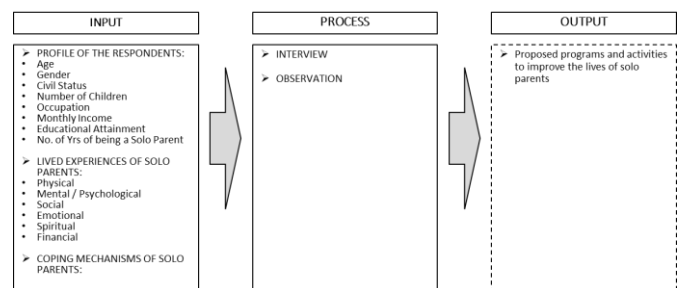


Figure 1: Research Paradigm

This angle proposes that the fundamental goal of all people is to maximize their potential and be the simplest they will be. It is unfortunate for solo parent families to sacrifice and suffer financial difficulties; consequently, turning into a problematic state leaving them with no choice. Rogers desires to convey here that, first, you have to welcome the life you have to face and accept that individual may recover and develop.

### 2. Statement of the Problem

This study determined the lived experiences of solo parents in Barangay Camanang with sole parenting responsibilities in raising their child/children. Primarily, it sought to answer

the following questions:

1. What is the profile of the respondents in terms?
  - a. Age;
  - b. Gender;
  - c. Civil Status
  - d. Number of children;
  - e. Occupation;
  - f. Monthly Income;
  - g. Educational attainment and
  - h. Several years of being a solo parent?
2. What are the lived experiences of solo parents along?
  - a. Physical;
  - b. Mental and Psychological;
  - c. Social;
  - d. Emotional;
  - e. Spiritual and
  - f. Financial?
3. What are the coping mechanisms used by solo parents?
4. Based on the findings, what proposed programs can be formulated to improve the lives of solo parents?

### 3. Methodology

#### 3.1. Research Design

The research design in this study was, the descriptive case study method. The descriptive method is considered the most appropriate since the study focused on the solo parenting experience of solo parents 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.

#### 3.2. Data Gathering Instrument

This study utilized the interview method using a structured interview guide to gather data. Part I dealt with the respondent's prole, sex, age, civil status, number of offspring, highest educational attainment, occupation, monthly family income, and age when they became solo parents. Part II focused on the solo parenting experiences along, physical, mental and psychological, social, emotional, spiritual, and financial. Part III dealt with the coping mechanisms used by solo parents in their solo parenting and Part IV focused on the proposed program of activities to improve the lives of sole parents.

#### 3.3. Data Gathering Procedure

After the approval of the thesis proposal, the researcher sought permission from the Dean of the Graduate School, and a letter was prepared addressed to the Barangay Captain, the President of the Solo Parents in Barangay Camanang, together with the letter to the respondents. The researcher conducted face-to-face interviews observing health protocols with the respondents using structured interview guided questions to gather relevant data on the living experiences of solo parents.

The researcher located the respondents in their homes for the interview with proper personal protective equipment (PPE), with a mask and face shield. The interview lasted between 60 to 90 minutes approximately, audio recorded using a mobile phone and transcribed verbatim before the analysis of the data. Solo parents were interviewed in their houses using both Ilocano their dialect and Filipino, to make them at ease. The first part was a semi-structured interview that enabled the respondents to talk freely and allowed them to probe deeper into the primary responses and to gain more detailed answers.

#### 3.4. Treatment of Data

Qualitative data analysis was utilized, and there were no statistical tools used, still, it involved readings of their in-depth interview, with the respondents bringing together context and meaning the researcher narrated all the data and gathered pertinent information.

### 4. Results

This chapter presents the narrations on the lived experiences of the respondents. The narrations of the study were outlined from the participant's description of their experiences for the reader's meaningful understanding.

The study determined the respondents' profile in terms of gender, age, civil status, number of children, educational attainment, occupation, monthly income, and age. The lived experiences of solo parents in solo parenting along, physical, mental and psychological, social, emotional, spiritual, and financial aspects of their lives, including the coping mechanisms they utilized to cope with the challenges they faced in their lone parenting.

#### 4.1. The Cases

The ten cases of solo parents were presented and described in the succeeding paragraphs, specifically on the profile of the respondents along with their lived experiences in solo parenting along, physical, mental and psychological, social, emotional, spiritual, and financial aspects and the coping mechanisms that they used.

The cases of the solo parents in Barangay Camanang are presented using a brief narrative account, pseudonyms were assigned to protect their real identity.

##### 4.1.1. Case No. 1 "Gloria"

###### (a) Personal

Gloria was a 28-year-old female, single with two children, and has been a solo parent for two years now. She became a solo parent when she was 26, her live-in partner who is a Muslim left when her second child was born. She was an IT college graduate and studied in Manila where she met her boyfriend, she worked as office staff. Her father was a businessman, and her mother was a housewife and she have an older sibling, married living in Manila with her husband. Gloria lived with her parents and her mother took care of her two children when she was at work. Gloria planned to work abroad for a brighter future, for her, and their children. Gloria claimed that her monthly salary is 5, 000 pesos.

## (b) Physical

Gloria narrated that after work, she has to washed her baby's clothes separately and during week end, her mother helped her washed the clothes. She said it was good her mother was there, do the cooking for the whole family and took care of her children while at work. Gloria told, they have three regular meals a day, "*simple lang ang pagkain namin, lalo na mga anak ko, basta may sabaw pwede na sa kanila, sa pangabihan yun na pinaka formal na pagkain namin kasama buong pamilya mamamalengke ako pag ka labas ko sa trabaho.*"

Furthermore, Gloria claimed, fever, cold, and cough were the common health problem they have. She slept eight hours a day and my children longer, they are still sleeping when I go to work, and during the weekends, she stayed in bed longer. However, when asked if she was aware of any measures that make an individual healthy, she answered, as long as they have three regular meals a day and do not get sick. During this pandemic, Barbara instructed her children just to stay home and advise them not to go out. She wanted to buy Vitamin C for her kids to make them stronger and protect them from getting sick but, she could not afford it.

## (c) Mental and Psychological

Gloria recalled, two months after she gave birth her partner went to Manila and left them. They have had some arguments, her husband wanted them to go with him to Mindanao. Gloria claimed that she was afraid to go to Mindanao far from her parents and staying with her in-laws would be difficult. That was the issue between them, until one day, her partner went to Manila and never came back. Gloria said she could not accept that her partner left they and his mother were more important than them. She had postpartum depression stayed inside her room and did not want to talk to anybody. She further claimed that there were weeks of sleepless nights, stayed awake the whole night, and could not sleep until dawn. "*Kawawa naman kami ng mga anak ko paano na kami ngayon.*" Gloria was afraid of how she can support the needs of her children.

However, after a while, she was able to stand strong for her kids. Gloria was thankful that her mother was very understanding enough, that she supported her emotionally and financially. When her baby was six months old, she found a job, an office work where she earned 6,000 a month, though not enough, she was thankful at least there was something, relatively nothing at all. Admittedly, she would lie, simply telling her children that their father is working in Manila, whenever they remember their father. My children are still young and would not understand the situation, anyway, when they grow up, they would know.

## (d) Social

Gloria said she became a solo mother at the age of 26 when her partner left and went home to Mindanao. She spent most of her time with the kids during weekends, assisting with their assignments and activities in school. Gloria verbalized, she has no plan of getting married or having a boyfriend. And further claimed that she was not married to the father of her children because he was a Muslim, and his parents did not approve of a catholic wedding.

Gloria continuously said, "*I am not ready for any serious relationship, I would just concentrate on the needs of my children.*" I have a few friends from the office; in addition, she said she does not belong to any organization or any group. Gloria claimed that she was not aware of the Solo Parents Organization and the Solo Parent Act of 2000. Consequently, after sharing with her that there were plenty of organizations that are organized, and laws created to protect women's rights and their children. Here, R.A. 8972 (Solo Parent Act of 2000) which gives benefits to members and their children especially children with disabilities (PWD), and told her, to coordinate with the barangay on how to be a member and how to avail the Solo Parent Identification Card. Gloria showed interest after knowing of this organization and recalled "*Oo nga pala parang may nabalitaan ako na nagbigay sila sa mga solo parents' ng ayuda itong pandemic.*"

## (e) Emotional

Gloria narrated that she was hurt, her baby was only two months old then, when; her, partner left and what affected her most was, he chose his parents over her and her children. She did not want to go to Mindanao with him, and it took her months later to accept the reality that she was left alone with the responsibility of raising her children. Furthermore, Gloria said, "*kawawa nman ang mga anak ko, lalaki sila ng walang ama.*" Gloria added that she cried a lot, locked herself in her room, and felt helpless. Gloria claimed that she would not accept her former partner in case he would come back, and further claimed that she was able to move on already. What is necessary were her children, and she realized how irresponsible he was.

Gloria further claimed that she lost her love for him. "*Ang laki kong tanga ate, ngayon, puros galit ang nasa puso ko sa kanya, ganun pala yun pag sobra kang nasaktan.*" Furthermore, Gloria claimed that she will not let her children see her cry and wanted her children to remember her as a strong person. She mentioned, whenever her children asked about their father, she just told them he is working in Manila. For now, they could not understand the situation, and I did not notice any changes in my kid's school performance; thus we both answered the school activities together. Because of her kids, she became a stronger person, "*Kailangan kong mabuhay para sa mga anak ko, Sila and dahilan kaya nabubuhay pa ako hanggang ngayon*". She further narrated, playing with her two kids during her free time made her happy, so she spent most of her time with them.

## (f) Spiritual

Gloria claimed that she was not a churchgoer but believed in God. She found strength in God's word and further told, and she used to write bible verses on the walls of her room in this way gave her power in her everyday life. Gloria further claimed that she did not blame God for her fate "*Nangyayari naman sa lahat ang problem mag kakaiba nga lang.*" and added, since solo parenting is not a joke, Gloria claimed you need to have faith in God Gloria verbalized that she thanked God for giving her a supportive and a loving mother, "*kung wala siguro si mama hindi ko na alam kung anong nangyari sa akin*". However, her two kids inspired her, and when her youngest was six months old, she was able to find a job, then, Gloria claimed that she focused on her children,

spending time with them as much as possible *"they are the only ones that I have."*

Gloria narrated how she met her boyfriend in Manila she was not aware that he was a Muslim, she came to know about it, but Gloria admitted; she was already in love with him. Her mother told her before that their relationship would not prosper and did not listen. She further narrated after she gave birth to her eldest, they went back to Pangasinan and stayed with her mom. There were times when he could not find a job and would argue, and insist he would take us to Mindanao. And came a time, he just left for Manila, and never came back. *"Noong una hindi ko naisip na magkarron ng problema, alam ko naman na Muslim siya at ako'y Katoliko parang ngayon ko lang naintindihan na impossible pala kasi mag kaiba pala kami ng paniniwala."* Gloria revealed she thought religion was not significant in a relationship as long as there is love? But based on what she experienced, the differences in spiritual orientation, values, and beliefs are essential factors in a relationship, especially in a family.

#### (g) Financial

Gloria was asked what was the most challenging experienced, she had as a solo parent, and, she answered, financial problem, her salary was not enough. For that reason, she wanted to work abroad last year, supposedly she was bound for Singapore, but again she does not have money for her placement fee. Gloria claimed that in meantime, and her children were still young there was no need to worry about their education though, Gloria had this fear of being unable to support college education for her children. Gloria felt guilty, remembering if only, she has had listened to her mother before, maybe she had a better life. *"Buti nalang nandiyan sina mama, nakatira kami sa kanila, hindi na kami kailangang pangupahan ng bahay, hanggang ngayon wala pa kaming sariling bahay. Nakakatipid ako sa pagkain dahil ipinagsasama narin kami, kaya naghahati kami ni mama."*

#### (h) Coping Mechanism

According to Gloria, she enjoyed spending time with her two kids, and if she could not sleep at night, she read bible verses and meditated on it, updating her social network account in Facebook and Messenger, and she added, *"thanks for the social media."* Gloria revealed she grew some vegetables around their house for extra resources, so every morning after sweeping their backyard, she waters her plants while having coffee before going to work. Bonding with her kids was a significant relief she said; assisting, my eldest in her module and activities gave her joy, sometimes she hung out with her officemates, especially during payday, and had some food around the mall.

### 4.1.2. Case No. 2 "Barbara"

#### (a) Personal

Barbara was a 58-year-old female, with four children and got separated from her husband when she was 35 years old, Gloria has four children and has been a solo parent for more than twenty years. Barbara has her own house where she and her kids are staying. She was an elementary graduate and had no regular work, and was been a solo parent for more than twenty years. Three of her children were married and living with her, and gave some financial help. Her youngest, still single, works as a sales staff in a huge hardware shop in the

city and provides financial aid; she was the only one with regular work. Barbara's earnings range from 4,000 to 5,000 pesos.

#### (b) Physical

Barbara said she worked as a house helper before, until now, still if somebody calls for help, she is still very willing to work. She recalled, when her husband left them for another woman, *"hindi ako napapagod gusto ko trabaho lang ako ng trabaho para wala akong oras na mag isip ng mag papabigat ng loob ko mas maraming trabaho may pera akong pambili ng mga kailangan namin sa bahay."* She further told that they usually had two regular meals a day. *"yung pandesal e saw saw namin sa kape sa umaga o di kaya ipang sa sabaw nmin sa sinangag na kanin, paborito ng mga anak ko yon."*

Barbara admitted that normally they did not follow a balanced diet. *"Dinengdeng ang parati naming ulam marami kaming tanim na gulay sa paligid kasi pag wala akong gawa nagtatanim talaga ako para may pagkain, hindi nman mapili yong mga anak ko."* She further revealed that she does not have a budget for vitamins for her and her kids. Her daughter was the one buying her medicine for hypertension. When I asked Barbara what were the common health problem they encountered; she told her kids had fever and cold, especially now it was the rainy season. In addition, she said, they sleep early, and they even sleep more than eight hours a day. However, when I asked; if she was aware of the practices that made individual healthy, she answered, *"Basta di kami nagkakasakit, at kumakain kami talong beses isang araw."*

#### (c) Mental and Psychological

When I asked what did she felt during the first months of her loss, Barbara narrated that, before when she found out that her husband had another woman, she could not sleep, think, and ask a lot of questions. She claimed it was complicated and even blamed herself for why her husband left her. However, she had her children with her; she ought to be strong, to earn money for her children. However, Barbara claimed that sleepless nights, anxieties, and stress made her a stronger person because of her children. She said, when her children were still young, they often asked their father, now, that they were grown up, they seldom asked their fathers' whereabouts.

#### (d) Social

Barbara shared that she has been socially inactive, and had been busy; working all the time; for them to have food at their table. However, she was always helping those families celebrate because that was her job, and that was how she socialized. Barbara further narrated that her mother was the one who took care of her children while she was at work, but most of the time, she spent her time with her children and further told that without her mother, she would not be able to work.

Barbara did not marry again because she was already happy with her children around, and did not need a man because her children were her priority.

She is a member of the Pantawid Pamilyang Pilipino Program (4 P's), claiming; she was not aware of the solo parent association. Consequently, when it has been

explained, she was interested and willing to have the benefits they were offering.

(e) Emotional

However, when I asked her; what she felt when her husband left her? Barbara revealed she was emotionally hurt, and kept asking herself why should, she suffer this much. "*Nasaktan ako masyado, yung makita mo yong asawa mo na may kasamang ibang babae, parang nanigas ako na di ako makagalaw, di maka pagsalita.*"

Barbara further shared her experience, saying; before, her husband always goes home at the end of the month, then months had passed he did not come home, so she decided to go and visit her husband in Manila, "*Nagtaka kasi ako na ilang buwan na, hindi umuuwi yong asawa ko, eh ang haba na ng listahan namin sa tindahan at ayaw na kami pautangin Kaya pumunta ako ng Manila at nakita ko na may kasama siyang ibang babae sa tinitirhan niya.*" Barbara claimed that she will not forget that scene as long as she lived.

Barbara told them she will not accept his husband in case he will come back to them. "*I am already old, and have grandchildren I am content and happy with who I am now.*" She recalled it was been 35 years, and Barbara said her husband did not even come to visit his children. Not even once, it was hard to believe that there is such a father like him, who did not care for his children.

(f) Spiritual

Barbara told she believed in God, and does not go to church often but, her children attend the mass most often during Sundays. She claimed that there was a time some other sect came into our compound and shared the word of God and Barbara claimed found relief, and it was a joyful experience. She verbalized that she thanked God for having a supportive and loving mother, and could not just imagine her life as a solo parent without the help of her mother taking care of my children when I am at work. She further shared, that if she has no work; she stays at home with her children, she said: "*they are all that I have, the source of my strength.*"

Barbara further revealed she tried attending another sect, like the Baptist, she was invited by a friend, and she found comfort, and her children enjoyed their stay in that church because her daughter enjoyed listening to the bible stories.

(g) Financial

When I asked Barbara; about her financial status, she answered, "*alam mo ang hirap gumising tuwing umaga na wala kang pera, nag iisip nalang parati kung saan ka maghahanap ng pera, hanggang sumasakit ang ulo mo kakaisip kung saan ka na nman utang ng bigas ng pera, ano yung pwede mong ibenta para magkaroon ng pera, lahat yan.*" Barbara continually said solo parenting was a tough job as lone parent, we became creative and resilient with the changes of what life has to offer you. She further claimed that not only poverty but also plenty of stress and anxiety because of financial uncertainty.

Barbara remembered when his husband abandoned them; she had to cope and adjust with needs as her priority, like food on the table for her children, rice is the most important, viands will be a bonus already because if there is a tomato

with salt, that will be enough. She revealed that they came to a point where they would buy this one peso "chips" and five pesos will be enough then just add tomato or vinegar to dip on. Barbara claimed it was very difficult to be poor. "*It seems to me that solo parenting is synonymous with poverty, sacrifice, and resiliency.*"

(h) Coping mechanism

When I asked, Barbara how she coped with these hardships and stress? Barbara said; she prayed whenever she felt helpless and after that, felt relieved. She further adds that she worked a lot and did anything to keep her busy that makes her tired and can make her fast asleep. She even claimed that when she could not sleep at night, she would fix their clothes inside the closet again and again, and enjoyed gardening every morning, and further revealed that she and her siblings play cards as their pastime, most of the time. Barbara claimed that she found joy in harvesting the fruits and vegetables in the backyard so it motivated her to plant more vegetables.

#### 4.1.3. Case No. 3 "Isabel"

(a) Personal

Isabel was a 45-year-old female, a single teacher with two children; she claimed that; she and her partner before were lived-in and had two children, both of them on the secondary level, and she left her partner and took her children back to Pangasinan and stayed with her parents. She was a college graduate and a teacher and became a solo parent at 43. Barbara claimed that she earned between 20,000 – 25,000 pesos, a month and said she have some loan to pay and has no savings and just enough. She adds, that her father has a monthly pension and contributes to her weekly budget in groceries.

(b) Physical

Isabel said she works as a teacher and loved her work. "*I do not feel tired, because I love teaching, and I can say it was my vocation.*" She hired a helper who does the cleaning and washing the clothes and sometimes cooks for my father because he prefers some menu of his choice and frequently eats outside.

On the other hand, she said her children also have some food preferences they are the ones preparing their food and during school days as she continues, "*I have to wake up at 5:00 am; to prepare their breakfast, they love fruit shakes, so always have to buy fruit, anyway, they know how to cook.*" Isabel maintained an exercise regime every morning she said; she runs in place for one hour in a steady position, and sometimes there's an exercise on YouTube that she followed, three times a week. To be physically fit is very important to her; as a lone parent because when she will get sick it would be a greater problem and affects her children likewise, she does not take any vitamins.

Furthermore, having headaches, fever, and colds were the common health problems they had. In this pandemic, they just stayed at home and avoided going out not to be infected by other people. Barbara claimed that they were sleeping early, and they were sleeping at least 8 hours a day. However, when I asked her what are the practices, they were doing to make them healthy? Isabela revealed, eating the right food on having regular exercise, or exercise and at least

eight hours of sleep. *“Di ba yan naman yung itinuturo sa school, yung 6 basic food groups, exercise, at least 8 hours of sleep a day, and drinking water at least 8 to 10 glasses a day.”*

(c) Mental and Psychological

Isabel narrated it was been a year now since her mother died. She went home to take care of her mother who had cancer until she died. She was so affected because her mother was her only confidant, she was the only girl among her three brothers, not too close with her father *“Doon ko na realize na ang hirap pala ng walang support system, na wala ka man lang makausap, kasi hind rin kasi ako pala kaibigan.”* After her mother's death, she decided not to go back to Tagaytay, where they lived before, with her live-in partner and their two kids. She further narrated that she was already fed up, only hate remains in her heart. *“sawang sawa nako sa pang babae niya, biruin mu sa halos dalawang taon na nandun kami sa probinsya dahil inaalagaan ko si mama ilang beses lang siya bumisita sa amin, dumating lang siya noong mamatay si mama.”*

Her husband according to her was irresponsible and did not give any financial support ever since they were in Pangasinan. When I asked her if she experienced any anxiety or depression during the separation? she said, she, was not affected because it was her choice to be separated from her husband. Barbara claimed that she was more mentally and psychologically affected during her mother's death, compared with her husband. She claimed she was not affected by the separation *“Anger only stays in my mind and my heart.”* My life was an open book to my children, I thanked God, they understand me. And I am not afraid that father image was a problem since they talk to their father regularly. My father was always around and a father figure to them.

(d) Social

Isabel narrated that she was 43 when she left her husband, and during her free time, she played the piano to relax or listen to music. She claimed that she loved music a lot, and was not sociable but had few friends and they formed a group. They adopted a small community during this pandemic and donated some medical supplies like alcohol, medicines, and groceries which was fulfilling. Isabel said she was not aware of the Solo Parent Act of 2000, which aimed to protect women and their children by giving them benefits and discounts.

Isabel revealed that she has an American boyfriend, and they had a plan to get married. Her two kids were aware of her relationship, and she said her life was an open book to her children and she had no secrets whatsoever. *“I loved my children they are always part of my plan; their future was always my concern and priority”.*

Again, Isabel said her children are her priority; she, always sees to it that she prepares breakfast for her children before going to school and love to spend time with them. During her free time, they watched a movie together, and sometimes her daughter prepares their snack, and that was their usual bonding.

(e) Emotional

Isabel narrated; it was her choice to have separate ways with her live-in partner for almost fifteen years. She said it was a great shock, seeing her boyfriend with another woman, and continuously repeating again and again, with different women. It became a habit for him; she claimed that she was also a victim of his womanizing when she learned that he had a son during his past relationship *“Ang dami kong iniyak diyang sa lalaking yan at nagtiis sa mahabang panahon.”*

She accepted her situation, so her family, but her father did not agree to marry him and hates him a lot. Then it came to a point that, she was fed up and decided for a separation, anyway they were not married. *“Buti nalang di ako nag pakasal sa kanya kung hindi ang laki ng pag sisisi ko ngayon, lalo na at may balak kaming magpakasal ng boyfriend ko ngayon.”*

Isabel claimed that her separation made her a stronger person, and said that even before she was already a strong-willed person because her father was an officer in the military, and they were brought up in that way; maybe that made her a strong woman. She told that when her husband comes back, she would not accept him anymore. *“I do not love him anymore, and I hate him a lot.”*

Furthermore, Isabel claimed that her children were not affected in their studies during the separation because they have constant communication with their father. *“Hindi rin naapektuhan yung mga anak ko kasi sinasabi ko sa kanila lahat, wala akong sekreto pati mga problema ko alam nila kasi sinasabi ko, kaya hindi rin ako nahirapan kasi matatalino ang mga anak ko at naintindihan ako mga teenagers na kasi, buti nalang mana sa akin.”*

(f) Spiritual

Isabel claimed that she was a Catholic, having faith in God, especially now that she was a solo parent. She was brought up by her parents in fear of the lord, so she was doing the same with her children. She further narrated that she remembered her grandmother regularly brings her to the church, and she motivated Isabela to have a piano lesson *that was, the reason why she knows how to play the piano. “Yan ang bonding naming ng mga anak ko minsan mag request sila na mag tugtog ako sa piano tapos magkantahan kami.”*

Isabel claimed that she was a free-spirited person, she often goes with friends who invited her to attend church services during Sundays which includes, Iglesia Ni Cristo, Baptist, seventh day Adventist, and even received teachings from Mormons. *“Gustong gusto ko umattend sa mga ganyan, may natututunan akong mga ibang paniniwala, ako nman basta kung saan ako napapalapit sa Diyos yon pinapaniwalaan ko, and I always ask God's guidance every day.”*

(g) Financial

Isabel claimed, that she experienced financial problems when she decided to leave her husband. Staying in Pangasinan made her jobless, and having two children who were both in secondary school increased her anxiety. She recalled that there was a tremendous change in her life, that her father was the one supporting her family financially. Isabel narrated that she had to take care of her mother, who was sick of cancer



and depends completely on her father's pension; she felt ashamed and guilty.

Her mother died after a year, and after that Isabel found a job again as a teacher. She claimed, there was an advantage when you are a college graduate and have a good experience that you can land in a good-paying job, receiving at least a salary that was enough to support your family. But still, she has a feeling of uncertainty, *"I have lots of questions and fears, would I be able to support the college education of my two kids? "Sayang naman kasi nanghihinayang ako kasi and tataas ng grade nila, top honors kasi ang mga anak ko ma'am, I have fear of getting sick, and dying just like mama."*

#### (h) Coping Mechanism

Isabel revealed that she prayed a lot for God's guidance, and provisions during those tough moments of her life. Then after her mother's death, she found a job as a teacher, *"Gustong-gusto kong magturo, masaya ako, hindi ako napapagod."* Isabel added, that, she was teaching piano lessons, as her part-time job, *"it was my passion, lalo akong masaya pag kasama ko mga batang gustong matuto mag piano tapos mag re- recital sila nag e-enjoy ako at naalala ko yung feeling na yun noong bata ako."* She further revealed, *"I go out with my colleagues, eat outside after window shopping during payday, I always reward myself; as my motivation."* She even revealed maintaining plenty of flowering ornamental plants around their house; creating a cheerful ambiance, and a good form of exercise. She added, that, by making yourself busy, you would be able to forget negative thoughts and make your mind preoccupied and be more productive.

#### 4.1.4. Case No. 4 "Roberto"

##### (a) Personal

Roberto was a 33-year-old male, single separated, and became a solo parent when he was 28 years old. It was been five years now. Roberto revealed, that, his wife left them for another man, and they were living with his in-laws. He further claimed that he has three children, and they were on the primary level. He said that he was a high school graduate, and working as a security guard in the school. During this pandemic, Roberto said that he worked on the farm; saying life was tough for him and his children because having no work in school, no stable income. *"Saka nalang ako nagkakaopera pagkatapos ng anihan mga apat hanggang limang buwan, kaya hindi pa ako umaani ng palay yong pag bebentahan ko ng palay ubos na sa utang."*

##### (b) Physical

Roberto narrated, that he is a farmer, even when he was young, he helped his father in farming. *"Sanay nako sa mabibigat na trabaho sa bukid, kasi mula pa noong bata ako isinasama na ako ni tatay sa bukid, kaya yong paglalakad palang papuntang bukid exercise na yon araw araw"*. Roberto said that they did not have a regular menu or usual meal. He claimed they were living with his mother-in-law. His mother-in-law is a helper in the city, having a weekly salary, and went home every morning. He revealed that they have three regular meals a day. A vegetable is a typical dish, and his children loved it. *"Kung ano ang nasa mesa na niluto ng biyanan ko yun na yung pagkain namin, hindi naman kasi mapili mga anak ko."* Roberto said that he catches "tilapia"

on the river, and it saves them from a day of the food budget; consequently, if they have a good catch, he will sell it and earn money from it.

Roberto claimed that he was not giving vitamins to his children primarily because he does not have the budget for vitamins. He revealed growing up well, even his mother did not give them vitamins and did the same with his children. Eating a lot of vegetables daily is good for the body. He claimed that they seldom get sick, and if they have a fever or diarrhea, they would go to the health center and available request medicines. Furthermore, he claimed that they were sleeping early, not later than 10 in the evening, and it was normal for them to watched television before sleeping.

##### (c) Mental and Psychological

Roberto narrated, it was more than five years, since his wife left them for another man, claiming; he nearly got insane when he came to know that his wife was having an affair. He revealed that he wanted to kill them both to get even, it was good that his children were there, preventing him from doing it. *"Naglalasing ako gabi - gabi para lang makatulog ako agad pag uwi ko sa bahay para makalimut sandali."* He further claimed that until now, if he remembered his wife, he would still cry.

Furthermore, Roberto said that it was an advantage that he worked in the rice field, went home tired, and could sleep easily. He thanked God for his mother-in-law that fully supports them financially, and even took care of his children. He revealed that the presence of his children was very significant in his life; because they were the reason that he still exists. He adds that he cannot imagine himself alone, *"kung wala yung mga anak ko siguro nag pakamatay na ako."* Roberto admitted that he wanted to be drunk when he is lonely, and did not want his kids to see him crying, because they will also cry. Sometimes when his children will be asking his wife, her mother-in-law was the one explaining to his children where she was.

##### (d) Social

Roberto shared that he went to the farm daily, and made sure, he would be having a good harvest. He also claimed that it was a place where farmers like him; would meet sharing experiences and secrets on how to have a plenteous harvest. Likewise, asking what would be an effective insecticide, and fertilizer to be applied? Also, their day usually ends with sharing again experiences that day over a bottle of beer. Roberto claimed that he is a member of the Pantawid Pamilyang Pilipino Program (4 P's) and farmers association in Barangay Camanang. They had a monthly meeting in 4 P's for updates.

Sometimes, the Department of Agriculture would distribute assistance to the farmers that would include; agricultural equipment, fertilizers, and share updates or pieces of information on farming. He claimed that; he has been a member of a solo parent and remembered receiving five thousand pesos last year from DSWD during the pandemic.

Roberto even revealed; that he has no plan of getting married or getting into a serious relationship. His children

were his focus and the most important in his life as a solo parent. Roberto claimed that he preferred to be single.

(e) Emotional

Roberto narrated that it has been five years when his wife left them, *"ang sakit nun na bigla nalang siyang naglaho at iniwan yung tatlong mga anak niya sa akin, tapos nalaman ko nalang na sumama pala siya sa ibang lalaki. Anong klase siyang ina na matitiis niya ang kanyang mga anak para sa lalaking yon."* He further claimed that until now, he would cry remembering what his wife did to him.

He further revealed; that, it took him three years to recover and moved on from that situation. Roberto admittedly said, there were a series of sleepless nights, and what hurt him most, was whenever his children would be asking when would their mother return? However, Roberto realized that he was able to move on, and had forgiven his wife; praying, for God to give him a forgiving heart.

(f) Spiritual

Roberto revealed that he seldom attended church services, and claiming though he was not active in church, he believed in God and always prayed for guidance and help. He claimed God is everywhere, and God is good all the time. He spent weekends with the family and with his children. Free time for Roberto; would be a time for his children, helping them with their modules provided in the school. *"Parati kung dasal na sana makatapos ng pag-aaral ang aking mga anak kahit high school lang para pwede na silang mag trabaho sa mga kumpanya. Para magkaroon sila ng regular na pagkakakitaan para sa kanya kanya nilang pamilya sa hinaharap, at para hindi na nila ulit danasin ang hirap sa buhay nila."* There were times when members of the Iglesia Ni Kristo went into their compound and had their mission, where his children were able to participate, and realized that his children need spiritual guidance.

(g) Financial

Roberto admittedly said that he experienced financial hardships, saying it affected him deeply. He said, when the pandemic started, he did not have a regular income. Unlike before when; he was still working as a security guard, he had a regular income, now he would wait for four months for the harvest time. He needs to borrow money from his boss; who owns the land that he was tilting, for their daily needs. *"Madalas umuutang lang kami sa tindahan, pinapautangan din nman ako kasi good payer daw kasi ako."* He revealed that her mother-in-law was a great help for their daily needs, so in return, during harvest time I would give her some cash.

This pandemic was in a way an advantage for him, he claimed he received assistance from the government, first from the school—received groceries, in 4 P's—received 5,000, and as a member of Solo Parent—received 7,000 pesos. *"Kaya malaking pasalamat ko sa mga sangay ng gobyerno natin kasi natutulungan kaming mahihirap at mga solo parents."* Roberto explained that whenever he found time to go fishing; he would, for their food and would sell some for an extra income, enjoying what he had been doing at the same earning income.

(h) Coping Mechanisms

Roberto narrated that during those days of difficulties in his life, *"You know guys especially we, farmers we often relaxed over a bottle of beer, and when I am lonely, I drink a lot until I pass asleep."* He claimed that going daily into the rice field checking his palay; was been a routine, and relaxing at the same time. In addition, Roberto claimed to spend his free time with his children, and together, they participated in meetings on 4 P's and some activities like street clearing/cleaning as part of their community participation.

Last year, when Roberto had a good harvest, he was able to buy a mobile phone, and he said, time runs fast, playing games on his mobile sometimes watching movies, he said it was a good form of entertainment. Often, he adds, he went fishing with his eldest son, and as a form of bonding for them. If they had a good catch, they could sell it they can have additional income.

**4.1.5. Case No. 5 "Pedro"**

(a) Personal

Pedro was a 63-year-old male, separated, and became a solo parent when he was 34 years of age and it has been twenty-nine years; he claimed her wife left to work in Saudi Arabia and never came home after that. He further claimed that he has two children, and they are grown up, married, and have their own separate house, and revealed that he has grandchildren and have a live-in partner. Pedro is a high school graduate and works as a helper/ staff in lumber earning between six to eight thousand a month.

Furthermore, when asked at his age still working, he claimed that he retired already, but his boss, after a year of his absence in the hardware, asked him to come back to work again. And now, he still works but now, as a supervisor because he was a pioneer and a trusted staff in the store. At present, Pedro said he was happy with his work and was more accessible, unlike before which was hard labor, and comfortable with his live-in partner for the reason for companionship. Pedro added, he was satisfied every time his children, and grandchildren would come and visit me once in a while.

(b) Physical

Pedro narrated that when he was younger, he would go in the rice field with his father. Pedro claimed that he was not fond of farming and hated to stay under the sun the whole day. So, when there was an opportunity for him to work in the hardware as a helper, his life has been better than farming. *"I started as a helper in the lumber, it is tiring at first, but since I am used to hard work it was fine"*. Pedro further narrated, that before he goes to work, he will cook food for his kids then his sister will be the one to oversee his children while at work. *"Hindi naman kailangan ang Vitamins, ang importante ay kumakain kami ng tatlong beses nang isang araw, at lumaki nman ang mga anak ko na hindi nagkakasakit, gaya namin noon ganyan din kami pinalaki ng nanay ko."*

When his wife went abroad, his female sibling who was also married, and my neighbor would take care of my children when I am at work. Pedro said that his kids preferred fried foods, and dislikes vegetables; he revealed that he was the only one eating vegetables at home. When

my kids were still young, and their mother was still here, she gave vitamins to our kids. He further claimed that they slept at least eight hours a day, and even more, saying his children sleep a lot, especially when they are growing. For Pedro, being healthy is when you do not get sick.

#### (c) Mental and Psychological

Pedro narrated that he was thirty-four years old when his wife went to Saudi Arabia as a domestic helper, and started becoming a sole parent. He further claimed that solo parenting was extremely challenging; especially, when their two sons when we were in high school, and his wife stopped sending money. "*Kaya nga pumayag ako n pumunta siya sa Saudi sabi niya para makatapos ng pag aral ang mga anak nmin, at sabi pa niya noon para din nman sa ikakabuti ng ating pamilya, hindi madali mag-isip kung saan ka kukupas ng pera pantustos lalo na sa lumber lang ako nag tra trabaho.*"

Pedro added, maybe if my wife did not go out of the country, it might not turn this way. He recalled; he did not expect that that would be the start of their separation and was depressed. Pedro came to know that his wife was already in the Philippines, staying in her mother's house. He was hurt, why it came to that situation, a relative tell Pedro that his wife thought that he has a girlfriend. "*Alam mo naman dito sa barrio ang daming tsismosa may nag sabi sa asawa ko na may babae raw ako, sana naman bago siya naniwala, tinanong niya mga anak namin kasi malalaki naman sila, at sila ang magsasabi kung totoong may babae sa bahay naming.*"

Furthermore, he said that it was a tough time for him financially; because both of his kids were in high school, and it was common for him to advance his salary to cope with their family needs. He claimed he was used to this kind of life, "home, work home and kids that were my therapy in life, until now, me and my boss had been friends for years, and had known all my hardships, and helped me financially". His boss was someone he could trust and was the one where he could verbalize what he felt.

Pedro claimed that would watch movies with his sons; or played basketball whenever he felt lonely, and during my day off, I go out with his boss for a drink. Furthermore, he said, that it was an advantage for him that he and his siblings are living in a compound, wherein he would not have to worry about his children while at work.

#### (d) Social

Pedro shared that after a day's work; he would be watching movies with his children to relax. He further claimed that he works six days a week, and during Sundays his day off, he preferred to be with his children. "*Sa Linggo lang ako nkaka pagpahinga kasi hanggang Sabado ang trabaho ko, kaya tuwing Linggo, araw nag paglalaba at paglilinis ng bahay, dati nagbabayad ako ng taga laba, kaya lang sabi ng kapatid kung babae na mas bata sa akin, sabi niya siya nalang maglaba at maglinis para magkaroon din siya ng extra na pera.*" He further revealed that the presence of his siblings, in his life as a sole parent was important. They help him with parental, and household responsibility.

Pedro claimed that; he is content with his life having a partner whom he loved, and living with him since his two children have their own family. He further claimed; he, needs someone for companionship, someone he could talk to, clean the house and cook for him consequently to took care of him. He said they were already old and they do not plan to get married, and just be happy, being together. Pedro claimed he was a member of the Senior Citizen Group here in Barangay Camanang, and attended the regular meetings before the pandemic. As of now, the president of the Senior Citizen Organization said there was no gathering yet, so he missed the activities during holidays he further claimed that he was not aware of the Solo Parent Organization.

#### (e) Emotional

Pedro narrated that it has been 29 years since he was a solo parent; going back in those years, he said his wife went abroad as a domestic helper and left him alone with his kids. Pedro and his kids had been through a lot of struggles when his wife went abroad until such time that they were used to his wife's absence. Pedro also claimed he experienced sleepless nights; so, what he did was to keep himself busy and turn those negative emotions into something productive.

Pedro further reveals, "*hanggang ngayon, pag naalala ko noong mga bata pa yung mga anak ko, naalala ko din yung hirap at sakit na dinanas ko na mag isang nagpalaki sa dalawang anak ko, hindi basta basta ang maging solo parent salamat sa Diyos at nalagpasan.*" He claimed that, he would not accept his wife if ever she would return to him.

#### (f) Spiritual

Pedro claimed that he is not spiritually active, same with his two sons, and said he believed that there is a God and that during those solo parenting lives, Pedro was not spiritually active and seldom went to church. Anyway, he always prayed to God for guidance and considered it very important in his daily life. God gives him the strength to go on with his life because there were times, he wanted to give up. My siblings were of great support and my kids gave meaning to my life.

Moreover, Pedro claimed that God is good all the time, believes in "karma", and explains that if you do good to others, then good things will happen to you. "*Kung ano ang iyong tinanim, yun din ang iyong aanihin.*" Furthermore, he thought everyone needs God, especially solo parents, God's presence was very significant to continue living in this world full of challenges, and most frequently depressing.

#### (g) Financial

Pedro was asked how his lone parenting experience; affect him financially? He admitted he has been into financial difficulty when his children were in high school. Pedro realized that financial problems increase stress and anxiety. According to him, borrowing money takes a lot of courage because you have to save your face. Because of financial challenges; he had no choice but to request for salary advance, and it became a cycle, "*Sa tuwing sasahod nalang ako ganyan advance nalang ng advance hindi ko pa na pag trabaho-han nakuha ko na yung sweldo, kaya wala akong magawa pag sinabi ni Boss na mag overtime ako dahil may darating na delivery ng kahoy, kailangan kong sumunod, hindi ka makatanggi.*"

Pedro revealed when his wife started not to send money, he had adjusted their budget and it was difficult. *"Ang sabi ko sa mga anak ko, hindi na natin mabibili ang mga gusto niyo ngayon kasi hindi na nagpapadala ang mama niyo, kaya ipagkasya lang natin yung kinikita ko."* He said, to adjust to the situation they made it a priority for their necessities, and not spent on unnecessary things. He revealed solo parents learned to be resilient in what life had to offer and to adjust practically to every aspect of life.

#### (h) Coping Mechanisms

Pedro narrated, during those difficult days in his life, he constantly prayed for God's guidance, provision, and protection for his family. He kept himself busy with his work every day, forgetting all negative thoughts he had in mind. He adds that in his work, he came to meet people in his work as a helper in the lumber. He tried also to have a backyard pig raising, a good form of exercise, and training them to be responsible, making them realize that life was not easy. Watching television programs was great bonding for him and his kids and playing basketball as well. He revealed that he loved to have an afternoon nap during Sundays, which he finds extremely relaxing and satisfying.

#### 4.1.6. Case No. 6 "Jojo"

##### (a) Personal

Jojo was a 42-year-old male, single and a father of two, he is a carpenter and farmer, a high school graduate earning a monthly income, between 5,000 to 6,000 Jojo has two children both in the elementary level; he further claims that he has been a solo parent for 10 years, and was 32 years old when his wife left. *"Nag paalam siya na bibili siya ng gatas sa bayan, tapos hindi na siya bumalik sa bahay, hindi ko din alam kung nasaan na siya ngayon, dahil kahit na minsan hindi man lang niya dinalaw at kinumusta ang kanyang mga anak."* His two children were both girls and on the elementary level.

Jojo and his children lived with his parents and further claimed he worked as a carpenter, with his uncle who was a contractor, building private houses; taking me as regular workers. Jojo claimed that if there is no project, especially during the rainy season, he worked in the field. *"Kung walang project si uncle wala rin akong pera kaya tumutulong nlang ako sa bukid, nakikitanim, para may pambili ng bigas."*

##### (b) Physical

Jojo claimed when he was a teenager, his uncle would take him in the construction as a helper, and enjoyed having his own money. Likewise, his father would also take him to the fields, and claimed did hard labor working under the sun's heat. Comparatively, Jojo claimed that carpentry was extremely more attractive to him than farming, and his father was terrible because he needed an extra hand in the rice field. Jojo narrated that they have three regular full meals a day; claiming breakfast was an essential meal for them, needing a lot of energy for a day's work.

Jojo further told, Ilocano usually had a vegetable stew; her mother would gather vegetables because they have plenty in the backyard. They would plant vegetables around their house for their daily consumption and this would be the regular food on their table. He said to have a sound mind and

body, you have to eat plenty of vegetables, drink a lot of water, and have a good rest, at least you have to sleep at least eight hours a day that was what he remembers from her teacher.

Jojo told his children do not have vitamins, according to him, vitamins were not essential as, long as they eat three times a day, and never get sick, he said you are healthy. Jojo even claimed, that if he will choose to buy between vitamins and rice, he would choose rice. *"Importante may kanin, tapos may bagoong na may kamatis tapos talbos ng kamote mabubusog ka na eh yung vitamins hindi ka naman mabubusog di ba?"*

##### (c) Mental and Psychological

He remembered that day, when his wife went to buy formula milk for their kids, and that was the last time he saw her. Jojo claimed, his wife never came back since that day, and same day, he became a solo father *"anim na buwan lang yung bunso, nong naglaho siyang parang bula, syempre masakit para sa akin hindi lang sa aking damdamin kundi sakit din ng ulo pag iisip ng kawalan, lalo na yung mga anak ko nong naghahanap sila ng kanilang nanay sinasabi ko nalang ng bumili ng gatas."* Jojo narrated how his mother sacrificed on taking care of his six month old baby, preparing milk, and changing diapers day, and night. Now she is a ten-year-old girl and called my mother mama. Jojo was thankful his mother was there when his wife left him.

Jojo said, it was very difficult for him at first because, his wife left without a word, *"naalala ko umiyak din akong ilang gabi at parati din akong lasing noon, naalala ko galit na galit si nanay sa akin, sabi niya imbis na ibili ko nalang ng gatas ng anak ko ung pinangbibili ko ng alak, hindi siya ung nag kaka problema kung saan siya mangungutang ng pambili ng gatas ng anak ko."* His mother's role was significant in his life as a solo parent; she helped me in everything; even supported me emotionally and psychologically because she was also a sole parent.

Jojo recalled comparing his life before, he realized when his wife left them; he met a lot of difficulties. His sole parenting role made him a stronger person, surpassing these difficulties in life, with the help of his mother.

##### (d) Social

Jojo claimed that he was not friendly, *"May barkada ako, mga kasama kung karpentero, tuwing hapon kwentuhan kami, minsan inuman at pag nagkatuwan at pag may birthday, masaya kasi mag kantahan kami karaoke."* Jojo revealed afternoon naps made him feel energized and found it relaxing. He further adds they played cards at home with siblings and cousins; claiming gardening to be his favorite past -time. He said he was an active member of the Pantawid Pamilyang Pilipino Program (4 Ps) Barangay Camanang, and a member of the Solo Parent. He received five thousand pesos, financial assistance from the Department of Social Welfare and Development (DSWD) last year during a pandemic.

Jojo said, he had no plan of getting married or intend to have a relationship saying, *"ayaw ko nang mag asawa, sa hirap ng buhay at wala ng akong maipakain halos sa mga anak ko pati si nanay. Ganun din sa pag-aalaga sa nanay ko"*

*buti lang sana kung magiging mabuti siya sa nanay kung bulgy. Nandiyan naman na ung panganay ko mag alaga kay nanay kaya hindi ko na kailangan ng karagdagan na pakakainin."*

(e) Emotional

Jojo narrated, that it was been ten years when his wife left without a word and made him realize, it was unbelievable for a mother to leave her children behind. He claimed that he got to be strong for his kids and to accept the fact that he was a solo parent.

However, Jojo said, solo parenting was not an easy job, because you have to be a father and a mother at the same time to your children. Apparently, it will become normal, and everything will be in place. *"Masasanay ka din pala sa pag daan ng mga araw, matututo ka kung ano ang dapat gawin, hanggang dumating ang araw na yun na yung normal na buhay, mga anak ko nga hindi na nagtatanong sa nanay nila, nakakalimutan mu din yung nakaraan. Pati ung sakit hindi mu narin maramdaman."*

Jojo claimed that he would not accept his wife if in case she will come back, *"para saan pa, hindi na naming siya kailangan, nabuhay n nga kami ng sampong taon n wala siya, baka mag kagulo n nman ang lahat, maayos n kami ng mga anak ko."* He revealed that he does not love her anymore; his two daughters are enough for him, claiming they were the joy of his life. Meanwhile, his only hope was to be able to raised her daughter well, and let them finished at least a secondary education for themselves. He does not have plan of getting married again nor courting anyone.

(f) Spiritual

Jojo admitted that he believed in God, though there were times he said he cried in despair, especially in times when life was very hard. It was been a year since his mother got blind, and still, helping him raise his two daughters. He thanked God for having a loving mother, and that, if it was not been for his mother, he could not have imagined, how life would have been for him. Jojo recalled when he questioned God why? he was been a good son; took care of his parents, and had been kind to his neighbors, does he deserve to have suffered like this? Then came a time when Jojo did understand everything he had gone through.

Admittedly, he said he felt so blessed during his solo parenting, though, there were hardships and challenges, he claimed God never left him because through this pandemic, there is still food on their table, and her daughters and mother were good. Jojo said maybe it's God's way of making him a responsible father to his children. Free time was a time for his children *"Pag nag sahod ako at may sobra dinadala ko sila sa Jolibee paborito kasi nila yung spaghetti at fried chicken, pag masaya sila masaya narin ako."*

(g) Financial

However, he revealed that even before, when his wife was with them they were already struggling financially, and claimed that maybe that was the reason why his wife left because she was not used to poverty. Last year, during the pandemic there was a series of locked down, and almost all construction activities stopped, he did not have income, and resulted in a lot of stress, especially when his mother would

be asked for money for their necessities, and Jojo had nothing to give. *"Ang hirap mangutang lalo na aming mga lalaki, nakakababa ng dignidad, mas lalo pa kung di ka papautangan parang gusto mong mag mura, ang hirap nang maging mahirap."*

If there was no work in the construction? *"Pumupunta ako sa bukid at nakikitanim ako ng palay, minsan kung may nagpapalamin ng damo sa kanilang bakuran, at kahit anong repairs ang ipagawa nila sa akin basta kaya para may pambili ng bigas at pagkain sa mesa."* Her mother complained every day about money, on how she could do the budgeting, when in fact, there was nothing to budget? However, Jojo said they had plenty of vegetables around, at least they survived daily, and her mother sold these vegetables among their neighbors. Nevertheless, solo parents' may face a lot of difficulties, Jojo said, but from these experiences, they learned to strived and to be strong for their loved ones.

(h) Coping Mechanisms

Jojo narrated that during those tough times, he prayed for God's help, and thanked God for his mother's presence and support. Jojo added that family support was significant that he could share his burdens and lean on shoulders. He told, me he maintained quiet time in the afternoon, after lunch, I loved to sleep because I found it relaxing, so when I am home, that was been my bonding with my kids, I encouraged them also to sleep. *"Sasabihin ko sa kanila na matulog sila para mabilis sila lumaki at maging matalino."*

In addition, he said, he hung out with his friend, sometimes they will have a drinking session with matching karaoke, and he claimed it as an excellent form of relaxation. Jojo enjoyed planting vegetables in their backyard, so they did not have to buy vegetables for their food. He kept himself busy, overcoming his burdens and heaviness. Normally, Jojo spent most of his free time with his children *"Pag nag sahod ako at may sobra dinadala ko sila sa Jolibee paborito kasi nila ung spaghetti at fried chicken, pag masaya sila masaya narin ako."*

**4.1.7. Case No. 7 "Concha"**

(a) Personal

Concha was a 37-year-old female, single with a daughter, and has been a solo parent for eleven years, and became a solo parent when she was 26 years old. She was a college graduate and worked as a barangay clerk earning four thousand a month and with one child. She declared that she was living with her auntie, who was supporting her morally and financially.

Concha claimed she was blessed to have a family who understood her and accepted her mistakes. She further claimed that she was much closer to her auntie than her mother. Her salary was merely enough for the needs of her daughter and revealing her auntie were the ones making a budget for everything, while she was the one in charge of their utility bills.

(b) Physical

Concha declared, that she was happy with her work because she can bring her daughter to her work, and took care of her daughter at the same time. Frequently, she was actively

participating in the barangay projects and activities with her daughter were enjoying the same.

Concha usually starts her day with her ornamental plants, while her daughter was still asleep. Then prepare a simple breakfast for them. They do not have something in particular, but they always consider her daughter's food preference and have three regular meals a day. She maintained regular exercise before the pandemic and was attending "Zumba" in the barangay every Sunday together with other ladies. Consequently, during a pandemic, they did not allow any gathering, so they stopped, Concha believed, it was essential for an individual to have regular exercise and maintained a balanced diet to be healthy. *"Depende ate, sa akin kasi ang balance diet basta may gulay at karne or isda balance na sa akin yun, importante may gulay sa hapag kainan, kasi natandaan ko din noon pinapakain kami ni nanay ng gulay. Yong exercise kung ikaw naman ay marami ng ginagawa katulad ko nagwawalis ako sa bakuran at nagdidilig ng mga halaman yon yung exercise ko araw-araw, oo kailangan kasi na may exercise kahit walking lang."*

#### (c) Mental and Psychological

Concha narrated what happened eleven years ago, telling, she was devastated and Helpless. She remembered that time when she was pregnant, her boyfriend went to Manila to work there and never came back. She recalled; he did not even visit her in the hospital when she gave birth. Concha thanked God for her mother and aunt who were constantly present to support her emotionally and financially.

Concha claimed that she was mentally and psychologically disturbed during her pregnancy. She shared that she was so sensitive and chose to stay inside the house because of her neighbors who were busybodies talking a lot about her. She was confused on everything *"Noong iniwan ako ng boyfriend ko kasi apat na buwan akong buntis, galit na galit si papa pinalayas ako sa bahay kaya mula noon dum na ako tumira sa bahay ng auntie ko. Na depressed ako masyado at naawa ako sa sarili ko, parang nag sisisi ako sa aking kalagayan, kaya nagkaroon ako ng postpartum depression, hanggang nong makita ko ang anak ko saka sa tulong ni auntie natanggap ko na ako ay isang dalagang ina at ang anak ko ay lalaking walang tatay"*.

#### (d) Social

Concha claimed that she was socially active, and said she was an officer in the barangay solo parent organization, and works as a barangay clerk, she meets people every day in the barangay and attend meetings in inter barangay activities in city hall and reveals that, *"Dito ko nakilala yung boyfriend ko ngayon, barangay ofcial siya ng ibang barangay, namatay na yung asawa niya kaya balo siya at walang silang nagging anak. Tanggap naman niya yung anak ko ganon din nman siya."*

She declared that she and her boyfriend had planned to get married but not during this pandemic. Normally, they went out, eat outside together with her daughter, and sometimes her aunt will come along. Continually, Concha said she was enjoying her job because she came to meet a lot of people, and it was an advantage for her making her mind preoccupied with her work. She believed in socializing with different groups of individuals; you tend to understand how

people interact positively. She learned that everyone has problems, concerning different aspects of life, happiness, and feeling a sense of belongingness.

#### (e) Emotional

Concha narrated, *"Akala ko hindi na matatapos ang sakit at paghihirap ng loob ko, alam mo yung wala akong magawa kung hindi yung magkulong sa kwarto ko, buntis walang trabaho, pinalayas ako ng papa ko, tapos may ibang tao diyan na imbis tulungan nila ako eh parang natutuwa pa sila sa nangyari sa akin."* She said it was hurting and made her helpless, and claimed that there were times she cannot really felt sleeping until dawn, thinking what will happen to her and her baby, why did her boyfriend left without explanations, there are so many why's she wanted to ask him and was guilty and revealed that it was been a torture for her before.

Meanwhile, Concha claimed that she experienced emotional distress, "I was lonely and helpless, I cried a lot, and almost forgot that I am pregnant that it would affect my baby. My faith in God saved and helped me pass through those difficult times in my life". However, to be a solo parent, you have to be strong, and of good courage to go on with life, with your children around, you will be motivated and inspired by them. Going through tough times in solo parenting, believing in God, family support, and community support groups were very significant. She further narrated that her daughter gave her joy and happiness, and completed her as a mother. To add, she claimed that, she was able to move on after eleven years.

#### (f) Spiritual

She narrated that she was brought up by her parents going to church every Sunday, and she became closer to God when she became a solo parent. *"Importante and panalangin, kailangan ko ang Diyos sa buhay namin ng anak ko, kasi tuwing ako ay nana nalangin parang nararamdaman ko ang presensya ng Panginoon"*. In addition, Concha thanked God she had a family to support her, her mom and aunt understood and accepted her without a question, that trust they gave. She made Concha a better person and a good mother to her daughter.

She was also thankful for her father who forgave her. Now they were already on good terms. She realized that she was able to conquer the difficulties she encountered as a solo parent, because of her faith in God. There was a pastor who visited her on Saturdays, and likewise, she joined their prayer meetings. Concha and her daughter were attending the Catholic church regularly during Sundays, and claimed there was nothing wrong with ministering to another sect, claiming, it made her spiritual life healthy.

#### (g) Financial

Concha recalled, when she was pregnant then, she realized maybe because she was pregnant that made her vulnerable and sensitive to what other people say, comparatively, having a beautiful daughter, she did not mind and did not affect her anymore. Keeping busy with her work, *"Di ko na sila pinapatulan yan lang kasi trabaho nila mag tsis-mis wala silang magawa sa buhay nila maghapon, iniisip ko nalang na siguro diyan sila maligaya kaya hinahayaan naming sila."*

Concha recalled when her father learned that she was pregnant, and her boyfriend dumped her, he was furious and told her to leave their house because she was a disgrace to the family. The fact that I was pregnant, without a job, left by a boyfriend, and sent out by her father, made her financially unable. Concha admitted, her auntie took her and made her stay in her house, that time though, she did not have a regular job, and had a mere income from the small store she had.

She further claimed that those days were tough for them financially, and could not even buy vitamins when she was pregnant. "*Malagip ko ni mama idi, umay mangilibas ni mama ti makan ko ken umay nak ikkan ti kuarta.*" Her life experiences as a sole parent made her realize many things, like making priorities, learning from my mistakes, and the shame I caused my parents. However, she remembered, when her daughter was almost two years old, there was an opening in the barangay for a clerk, and luckily, she was the one who took the position though, it did not pay much, at least she had a regular income. That started, when she was able to share financially and could support her daughter's needs in school.

#### (h) Coping Mechanism

Facebook, Messenger, and other social media helped her during those sleepless nights and locking herself in her room until she gave birth. When she was hired as a barangay clerk in the barangay Concha narrated that she enjoyed her work, meeting people, and being busy participating in barangay projects and activities. When her daughter was grown up, Concha could take her daughter during her work in the barangay hall. Consistent, quality time spent with daughter, made her day worthwhile and enjoyable.

She further claimed that she participated in "Zumba" in the barangay every Sunday with her daughter then after that, they would attend church service. Sometimes, she hung out with friends and fellow barangay employees, during a birthday celebration. She added, the community support system likewise, was significant in keeping her socially active, and participating in group activities would give her a sense of belongingness. Being the president of the solo parent association in Barangay Camanang allowed her to meet other solo parents in the barangay, and made her aware of their needs, sharing experiences, and learning from each other. Having this group made her realize that she was not alone.

#### 4.1.8. Case No. 8 "Nora"

##### (a) Personal

Nora was a 35-year-old female, a widower with four children was a solo parent for two years already when her husband died in an accident. She was a high school graduate without work and with three children. Nora claimed that they had a small business. Before her husband sells fresh-dressed chicken around Urdaneta, where he met an accident and died on the spot. At present, she was still in the mourning stage, claiming that she did not know how to run the business because when her husband was still alive, she was a full-time housekeeper. Nora planned to learn and continue what her husband had started. All their three children are on the primary level, and she said they have their own house, inside her parents' compound with her siblings. Her mother was also a solo parent.

##### (b) Physical

Nora, was a full-time housekeeper before until her husband died last year. She said still wanted to stay at home with her three kids because she felt she was still in mourning with her husband, though it has been more than a year, and still longing for him. Her mother was staying with her, since her, husband died. They both do and share the household chores, giving her moral support. My loss was the reason why we became closer, sharing the same experience. She usually starts her day cooking for breakfast for her kids, then goes out to clean the backyard then water her ornamental plants, then after breakfast, she will wash their clothes then cook again for lunch and dinner. "*Yan na ung nka sanayan kung gawin, yong aasikasuhin ko mga pangangailangan ng pamilya ko bago nmatay yong asawa ko ganyan parin, pagkatapos kumain saka siya magtitinda tapos maiiwan ako sa trabahong bahay.*"

Nora narrated that she got plenty of things to do at home, and that was her daily exercise and did not maintain an exercise regimen. She claimed that she does not remember already about a balanced diet. She said, to be healthy, you will sleep at least eight hours a day, and drink plenty of water. Nora further claimed that they do not have food preferences. Her mother cooks vegetables every day, she remembered, when she was still young, "*ganyan din pinakain sa amin ni nanany, kaya ganyan ko rin papalakin ang mga anak ko, lalo na ngayon, wala akong pinagkakakitan magpasalamat kami kung may pagkain sa mesa.*"

Nora claimed, when her children were still young, she bought them multivitamin syrup, now that her youngest is ten years old, they do not take vitamins already. Furthermore, when asked about the common health problem they usually experienced, she said that her children seldom got sick. Nora claimed, she usually requests some medicine in the Barangay Health Center.

##### (c) Mental and Psychological

Nora narrated that it has been more than a year already but still having a hard time moving on, and the nightmare still was present in their thoughts, same with her kids, they had a hard time forgetting about their father. Nora said her children still asking for their father, and it is like knife stabbing when her youngest son will say, "*Apay nagbayag met ni daddy nga agsubli, diay Jollibee me kada manong ko di met sumangpeten, agsubli pay ni daddy mommy.*" Nora recalled, her husband will bring something for his children whenever he comes home, so her children still stay near the doorstep and until now in the afternoon, and those silence and loneliness in their faces she cannot bear. "*Noong nalibing na yung asawa ko di ako mkatulog kahit anong gawin ko, gising ako hanggang umaga, tapos hindi ako makaramdam ng gutom parang busog ako parati kaya and laki ng pinayat ko noon.*"

Until now Nora claimed she cannot sleep thinking of their finances, especially now that their saving is almost gone, which was the reason her anxiety was increasing. The loss of her husband was so sudden and left her empty-handed, wondering if she could support her children's daily needs. Nora fears that she cannot sustain her children's education and is unable to send her children to college, which was her

husband's wish. To add, Nora revealed this was the reason why she cannot sleep thinking of their financial situation. *"Noong buhay pa yong asawa ko ang problema ko lang kung ano ang iluluto ko n gusto ng pamilya ko, ngayon lahat problema ko pati kung saan ako kukuha ng pambili ng pangangailangan naming sa bahay."*

When asked about her present situation, she was planning to hire a worker so that she can start her chicken business again, or she will open a sari-sari store and sell vegetables to have a source income. This time of the pandemic was a great help for her financially. There was no face-to-face, so no need to worry about her children's school allowance. However, since her mother lives with them; she, helped her financially with their daily needs.

#### (d) Social

Nora narrated that she was not socially active; she preferred to stay at home with her children. Nora claimed that she enjoyed cooking food for her children and helping them, with their modules and activities. She further claimed that her house was just near with other siblings' house, and they are living in the same compound. Likewise, their children are the ones playing together. She claimed that they maintain a "family day" every Sunday. Her siblings will bring their food to their house, and have lunch together. They usually spent their weekends together, claiming they have close family ties that helped her recover from his husband's death. Nora further claimed that her mother and siblings support her emotionally and socially.

Nora revealed that she was not familiar with the solo parent organization, and she had no idea that there was such an organization in the barangay. She claimed that her mother was a member of the Senior Citizen Association. However, when given information on how to be a member for solo parents and about the rights and privileges, including the availability of the support groups, she was glad and has been aware that the government was supporting the solo parents liked her and affirmed she wanted to be a member. She mentioned said she will not marry again or would accept any proposal in the future; she loved her husband so much, claiming that no one could replace him.

#### (e) Emotional

Nora revealed, she was shocked when she learned that her husband met an accident and was dead on the spot. *"Summenget idi adda ti umay ng pulis diay balay, nakigtottak idi, nay kulengak, diak nga nakasao idi imbaga dagidiay pulis ng natay ni lakay ko, sangitak nga sangit anggingana diay ospital ta inawit da diay bangkay ni lakay."* She said it was too sudden that she could not accept the truth; she cried a lot until the extent that lost her voice, and there were a series of sleepless nights. She further claimed she felt half of her died also, and loved her husband that much; even months after his death, she could not function normally. Her mother stayed by her side because she said she was in a state of depression. *"Nakita ko mga anak ko iniiyakan nila ako, at parati sinasabi ni nanay na bumangon na ako kasi kawawa daw ung tatlo kung anak."* She revealed that she came to a point where she just stayed in her room and wanted to sleep continuously.

However, Nora mentioned her mother never gave up on her and also her siblings, and then slowly she regained an everyday life and accepted the reality that her husband died and she has to be vital for her children, "I thank God for his love for me, my children my mother and siblings. Family support was important with my life experience in lone parenting.

#### (f) Spiritual

She narrated that she was brought up by her parents going to church every Sunday, and she added *"Importante ang panalangin lalo na ung ambigat ng loob mo, pag nagdadasal ako yung para bang sinasabi ko kung ano ung sakit n nararamdaman ko, pagkatapos nun gumagaan na ung loob ko"*. Nora further adds, *"I thank God I have a family to support me, nandiyan si nanay at mga kapatid ko parating nakaalalay hanggang ngayon"*.

Nora claimed that at first, she questioned God why He took her husband's life, while their children were still too young and felt so devastated *"Idi ka pat patay ni lakay nag gulo ti panunot ko, nagado ti saludsod ko kenni Apo Dios ngem imbaga ni nanay, saan na ka nga bay bay-an ni Apo Dios, pigsam pakinakem mu para dagita annak mo kunana."* She mentioned she constantly prayed and cried in her prayers the following days, and months passed. Then one day she realized maybe God has a purpose for why her husband died early. Nora entrusted God everything, and she believes what the bible said, "I will never leave thee, nor forsake thee, says the Lord." After going through the process, you only have to embrace the reality, only that time you have accepted it, you can move on with your life.

#### (g) Financial

It was been almost two years since her husband died because of an accident and caused his life; Nora claimed that was the start of her financial uncertainty as a sole parent. She admitted that she did not know the in and out of her husband's business and had no idea about selling because all she knows was to be in charge of the household; finances, were my husband's responsibility. And Nora further admits that they do not have had an income since her husband died; their savings were almost gone. *"Pinag kakasya ko nlang ung pera na naiwan ng asawa ko"*. Nora claimed that she has to be tight in budgeting; she said she avoids unnecessary things and prioritizes their needs. Nora planned to hire somebody to continue their business, or she will open a sari-sari store and sell vegetables.

As of now, her mother was the one helping her financially and this pandemic helped her reduce her expenses because there was no face-to-face so she could save. To add, Nora said, she had spoken with her children about the finances that for now, they only have to consider their priorities, and once they have recovered then, only that time they could have their wants. She further revealed that she has to speak and explain to her children at a young age that most of the things would change, that they will stop buying unnecessary things, and give priority to their needs, and there's a need to be tight on their budget. *"Maasyanak kadagiti annak ko, imbagak kaniada nga aggan anus da pay bassit aggingana no maka patakderak iti Negosyo nga pangalaan tayo ingoting ti kanen ken kaylangan tayo ditoy balay."*



**(h) Coping Mechanism**

Nora claimed that she asked God's guidance, "*Pag mabigat ung loob ko at nahihirapan ako, nag dadasal ako sa Panginoon sinasabi ko sa kanya ano ung mga problema ko hanggang umiyak ako pagkatapos gumiginhawa ang loob ko.*" Secondly, she kept herself busy with household chores, including gardening both ornamental plants and vegetable so there is no need for them to buy vegetables and she can even sell it for extra income. She enjoyed cooking for her children. "*No awan met aramidek no nalpasak nga naglaba, agdalousak diay likod ti balay saak ag mula ti natnateng ta isupay gatangen mi, isu mula ak latta nga mula tapno addanto ti may lako- lako pangalaan igatang ti bagas ken sabon nga pag-laba.*"

She claimed that YouTube, Facebook, and Messenger make a great pastime and enjoyed watching movies on YouTube. Thirdly, they have a family day on Sundays, with her mother and siblings, and after lunch, they played cards, and rent karaoke then everybody will sing their favorite song.

**4.1.9. Case No. 9 "Luis"****(a) Personal**

Luis was a 43-year-old male, a widower with two kids, and has been a solo parent for two years already, and became a solo parent at 41 when his wife died of cancer two years ago. He was a high school graduate; he worked as CVO during Saturdays and was a tricycle driver, Monday thru Friday, earning approximately 6,000 to 7,000 pesos monthly. He claimed that his eldest son, now working, was the one paying for the utility bill, and he was thankful that his son could help financially. He prioritized his daughter's education, hoping she can finish Grade 12 for her to land a job. If she wanted to pursue her studies, then she could be a working student, anyway; her brother promised to assist her, in her college education.

**(b) Physical**

Luis narrated that he was a tricycle driver where he gets his primary income, and during Saturdays, he works as CVO in the barangay. Her mother stayed with him when his wife died, two years ago, "*my father died when I was still young; she was also a solo parent like me.*" Luis claimed that he was not affected by double responsibility since they have a division of labor at home. He further adds that he was the one preparing their breakfast then after that, he will send his son to his work. His mother was the one in charge at home, and his daughter, who was now thirteen, helped around with the household chores.

When Luis was asked if they have a food preference, he told them they did not have any preferences in food, and his mother cooked vegetables every day. Luis revealed that they were not having supplements, only his mother had her maintenance for her hypertension. He said, he did not have any exercise regimen, "*tinatamad ako, Basta pag gising ko sa umaga nagluluto na ako ng almusal yun na yung exercise ko.*" Being healthy, Luis said, he was healthy because he was not getting sick, and what was important, they ate three times a day, eating more vegetables. Luis said, he and his son played basketball whenever there was a time, and that was their bonding.

**(c) Mental and Psychological**

Luis recalled, before his wife died of cancer, he took care of her for almost a year until she died. He claimed that he had prepared himself for her loss. Although this was the case, still there were tears and loneliness, even months after she died. Luis claimed, he suffered mental and emotional distress when he lost his wife and revealed, it was difficult to go home every day without his wife's presence. His daughter was the one who was affected because she was close to her mother. More often, her daughter slept with his wife even she was already in her teens. "*Madalas nandun lang sa kwarto nagkukulong, makikita mu malungkot.*"

Furthermore, solo parenting was a long process of loneliness and mental torture. He realized the importance of a mother figure at home. Luis revealed that he was mistaken when he thought that moving on for him was easy because the death of his wife was already expected, and he took good care of her. Until the day she died, Luis thought he was ready to accept that tragic reality, but he confessed that came the day when he lost his wife, the world also stopped. Accepting reality was easier said than done. "*Akala ko madali para sa akin pero hindi rin pala, dumating ako sa puntong ayaw ko nang umuwi sa bahay kasi alam ko wala na ang asawa ko, and further revealed that they were high school sweethearts and they were married at young age. "I loved her so much."*

On the other hand, the presence of his mother was important, and her, moral support was a great motivation for him to go on, including his siblings. Having close family ties for solo parents was of great importance, emotionally and morally. The presence of his children was the reason for him to go on with his life because they needed him. Luis found hope in God, and then came the day he realized that his wife was dead, and that was the reality, though, sometimes, he still misses her.

**(d) Social**

Luis admitted that he was socially active, a member of the Tricycle Driver's Association in Urdaneta. Luis was also a member of Solo Parents in Barangay Camanang and worked as a CVO in Barangay Camanang. Furthermore, he actively participated in barangay gatherings, projects, and programs as a CVO and usually maintained peace and order. He further claimed that he could relax in the barangay hall, whenever he was on duty and can hang out with his friends watching, movies together while at work. Luis narrated he has a circle of friends, who were tricycle drivers like him. Celebrating a birthday party would be fun, enjoying the food, and some enjoyed the drinking session. Being actively sociable made him forget his problems for a while, also, a form of relaxation that will ease tensions in life.

His mother will cook something special, and his siblings would come and enjoy each other's company. During his son's day off, they would play basketball together, and that was their bonding. When we asked if he had plans to get married, Luis said, he has no plans for now, "*maybe in the future, I will have to focus first on the needs of my daughter until she finishes her education.*"

**(e) Emotional**

It has been two years now since his wife died because of cancer, she has been sick for a year, and he was able to take

care of her before she died, so he was able to prepare himself before she died. Now, " I have negative thoughts and feelings, I will share and express my feelings to a trusted friend." Luis said *"Masakit at malungkot yun umuwi ka sa bahay ng wala kang asawa, yung may mag aasikaso sa iyo. Yung anak kong dalaga madalas nakikita kong umiyak yan, pinapabayaang ko lang siyang umiyak mas maganda kaysa sa pinipigilan niya."*

Luis revealed that his wife and her daughter were contented, my daughter was emotionally hurt before when she lost her mother. Her peers in school often visited her at home, and they hang out together. Luis believed that making yourself busy will drive away negative emotions and putting your mind pre occupied with something positive, gave you positive outlook in life. *"Kaya kaysa nag mumukmuk ako sa loob ng bahay nag hahanap ako ng kalaro ko sa labas ng bahay ng basketball. Kaya gumawa ako ng maliit na basketball ring para mapaglibangan at yan narin pinaka exercise ko."*

#### (f) Spiritual

Luis was not a churchgoer as he claimed; though he was not going to church, he has faith in God and asked God's guidance. His children were the ones going to church every Sunday. When I asked him if there was a time, he hated God when his wife died, he answered, he never blamed God for his fate; maybe, there was a purpose. *"I prayed before, if God, can prolong my wife's life, but I saw how she suffered pain, so it would be better for God to take her already."*

Luis mentioned that the spiritual factor is very significant in the lives of solo parents, for guidance, strength to go on, safety for the whole family, and provisions for daily needs. He further claimed, in prayers, he found peace in his heart and accepted God's will, and Luis said, he cried his pains and felt better. He believed in the family altar, his daughter was the one leading in their prayer time, she was a member of the Baptist Church around the neighborhood where he, attends sometimes.

#### (g) Financial

Luis verbalized they did not have enough money; all, of their savings, were used before, for his wife's medication, treatment, and chemotherapy twice a month. His wife said not to continue with the treatment because she was not getting better. When he became a solo parent, he started with nothing, and as of now, he claimed that he partly recovered financially. His son was a helping hand, and he was paying the utility bills.

This time of pandemic all tricycle drivers experienced financial problems, which started last year. During the total lockdown, a member of the family will be allowed to go to the market and have groceries once a week during their schedule, having few passengers. *"How can I feed my children with 300 pesos a week, but, we survived, "Nag papasalamat talaga ako sa Panginoon, kasi bilang CVO at kasama kami sa mga frontliners may mga groceries, isda, itlog, at bigas n galling sa city government at minsan galling sa mga konsehal ng bayan. May nagbibigay din ng cash galling sa mga ka barangay kaya nakatawid kami sa hirap itong pandemic."*

At present, Luis claimed that they have more passengers, and they were earning more, as compared to during the lockdown. In addition to his salary in the barangay, and with his son paying the utility bills he said at least there was enough, unlike before, they were in deep poverty. *"Naniniwala ako basta magsipag lang ang isang tao hindi nman siya maghihirap talaga."*

#### (h) Coping Mechanism

Luis claimed that he kept himself busy and spent most of his time with his children, during those difficult times; watching television, after dinner before they sleep. During weekends, *"Nag ragsak kami nga agkakabsat ta ag karubba kami laeng isu ti pag sayaatan, kanayon nga kasla fiesta, lalo nu maawat na ni nanay diay pension na agluto ni nanay ti naimas nga makan isu pag sasangwan mi nga agkakabsat."* He said they maintained a family altar, and I believed praying together as a family was very effective in keeping our faith together. Hanging out with his friends, and sharing his problem, was a great help. Bonding with his son by playing basketball or watching movies together was fun. Before sleeping, he checked his Facebook account and Messenger and got updated from social media.

### 4.1.10. Case No. 10 "Karla"

#### (a) Personal

Karla was a 19-year-old female, single with a daughter, and has been a solo parent for two years already and became a solo parent when she was 17. She was a high school level and did not graduate from high school because of early pregnancy. She is working as a saleslady, earning 4,000 a month, with one child two years of age. Her live-in partner was sent away by her parents because of irresponsibility and her parents disapproved of him. Besides they were too young to be married and be together, she said. Karla claimed that she was living with her parents, her mother a housekeeper and her father a welder, with her welding machine and accepts orders usually from contractors of houses, gates, fences, and the like. Her mother was the one taking care of her daughter when she was at work and admits that her salary was just enough for her baby's milk and diapers.

#### (b) Physical

Karla narrated that since she was living with her parents, and she was still young, she said her parents are the ones deciding practically on everything. She claimed she helps her mother prepare their breakfast, they have three regular meals, and breakfast is an important meal. She mentioned they did not have any food preferences, so they just took what her mother normally prepare, commonly more on vegetables.

On the other hand, Karla mentioned that they do not take any vitamins, not even her baby. She remembered, what her teacher taught them before, in the classroom. to be healthy, you should eat more vegetables and fruits, drink a lot of water, and sleep at least 8 hours a day. Karla openly admitted that she does not have any exercise regimen because she wakes up early to wash their clothes before going to work, and that was enough exercise.

#### (c) Mental and Psychological

Karla admittedly said that she felt guilty about what had happened to her. She did not listen to her mother, that she

was still young to have a boyfriend, and getting into a serious relationship is not advisable. Because of peer pressure; she claimed her classmates she hung out with lacked awareness on pre-marital sex, and the use of contraceptives, so, she was into teenage pregnancy. *"We learn through our mistakes, but sometimes it is too late, though, I became mature when I had my daughter."* Karla narrated when she got pregnant; she, her boyfriend moved in into her parents' house, hoping they would turn out well. Our parents discussed and wanted to resolve the situation, still, my parents disagree with early marriage, believing that pregnancy should not be the basis of our marriage besides we were too young to be married.

She mentioned that becoming a teenage mother, she was not able to perform her responsibility as to a mother, but his salary was just for him, and his friends. My parents decided to send away my boyfriend because of irresponsibility. I felt better when he was gone, at least no more regrets, and felt relieved, but I am sorry for my daughter, and myself." Karla claimed that after giving birth, she became mature, and was happy because she had her daughter and found her purpose in life. Karla said, she would focus on her daughter, and how to be a good mother to her.

#### (d) Social

Karla shared that she spent time taking care of her daughter, who is two years old now, and claimed that she enjoyed being with her daughter, especially now that her daughter can dance well to the beat of the music. She was an entertainer, *"Nakakatuwa siya, tawag niya sa akin mommy, kay mama, mama din same with papa, she started to say mommy, mama, papa, kaya tuwang tuwa sina mama sa kanya."*

Furthermore, she was not allowed by her parents to hang out with her peers anymore, just like before; her mother said it was not that they do not trust her, it was because she had a daughter to take care of already. She said she was not a member of any organization or affiliated with any group and advised her to join the solo parents' association, not for her alone but primarily for her daughter.

Sometimes, she hung out with her coworkers during pay day to buy something in the mall and eat outside, but more often spend with her parents, siblings and cousins watching movies together. She told she do not have neither a boyfriend or a suitor for the moment. *"Sobrang strikto sina mama at papa hindi na ako pinapayagan na lumabas kasama mga kaibigan ko, pag may kausap ako sa cellfon ko parati ako sinasabihan na dapat mag tanda nko at huwag muna mag boyfriend, palakihin ko nalang daw yung anak ko."* Karla verbalized her plans of continuing her education and pursuing a college diploma in the near future. Karla's experienced as teenage mother, brought her into an instant maturity, mental, emotional and socially, and been aware of real-life situations, that life was not at all easy especially to teen solo parent like her.

#### (e) Emotional

Karla narrated that, she became pregnant at sixteen and a mother at seventeen while most normal teenagers were still enjoying their youth. She claimed she cried a lot when she was alone at night, thinking of this stage that she was denied due to teenage pregnancy. That feeling of guilt and self-

blame hunts her every time she saw her peers happy and enjoying their social life.

On the other hand, Karla said, after giving birth, and seeing her daughter, she could not explain the joy that she felt at that moment; while breastfeeding, she realized that, this tiny creature needs her to survive, and she felt the joy and fulfillment on how to nurture life. She claimed that when you are young and immature, you base your decision on what you feel, and love is all that matters. It was different if you were grown up making decisions by weighing things, making use of your brain and not your heart, she admitted. Having separated ways, she forgot that feeling, and realized, it was only superficial, after all. She further narrated that, since they we're both young, immature and self-centered they always fight over small things *"Nagalit na sina mama kasi parati kaming nag aaway maingay daw sa bahay kasi pati si baby umiyyak din at magulo kaya pinaalis nalang nila ang boyfriend ko para daw manahimik ang buhay namin."*

As a result, again, her parents were right when her boyfriend left their house there was silence and no more shouting and fighting. Admittedly, she thanked her parents for being supportive and caring for her, and her baby. Karla said that she was not a member of any group or association in the barangay, when explained about the association and the benefits, discounts, she wished to be a member.

#### (f) Spiritual

She said, they seldom go to church; she claimed that when she was a child, they were confused. Her mother was a Catholic and his father was Methodist. She and her siblings were members of the Methodist Church; as a result, they attended in Catholic Church, and also church service in a Methodist, alternately. *"Gusto ko itanong kay mama noon kung iba ba ang Diyos sa Catholic church and iba din sa Methodist? Kaya di kami masyado nagsisimba, siguro para hindi nalang magtalo si mama at papa."* Karla claimed that she believed there is a God, and she knows, *"Nothing is impossible with God."*

When she became a mother at a young age and felt helpless, she asked God to help and guide her how to be a good mother to her baby and she started to go to church with her cousin and further claimed that when she prayed, she felt God's presence. *"Kasi madalas nalulungkot ako sa aking sitwasyon, parang kawawa kami ng baby ko, yong paki ramdam ko parang habang buhay na maghihirap ako, dahil nagging pasaway akong anak, pero idinadasal ko nalang sa Panginoon ang kinabukasan nmin. Kaya balak ko mag aral ulit at tapusin ko yong diploma ko sa high school at para matuwa man lang sina papa at mama sa akin."*

#### (g) Financial

Karla became a solo parent when she was seventeen, and still under the care of her parents, unfamiliar with her responsibility as a mother, and father to her child. She admitted that her parents were the ones providing all their needs at first, including milk and diapers, Karla, felt helpless unable to provide for the needs of her baby. Not until she found work as a sales lady that she could at least buy milk and diapers for her baby. *"I thank God for the presence and support of my parents, and at least she can eat three times a day."* She further claimed that she now realized the as a

consequence of her mistake but still hoped for a brighter future.

Karla revealed that she wanted to finish her secondary education; to have a higher salary, and later, she can support herself with a college education and be a self-supporting student, and make my parents proud of her, and for the future of her daughter.

#### (h) Coping Mechanism

Spending time caring for her daughter gave her a sense of responsibility and self-fulfillment. As a solo parent, she realized that her child gave her purpose in life and the source of joy and happiness. Karla said she helped her mother in any way that she could, and sort of giving small lipstick to make her mother happy, and so my father "*May mga oras na hindi parin ako kinakausap ni mama galit parin sila ni papa, kaya tumutulong talaga sa gawaing bahay para man lang ipakita ko na nagsisisi na ako.*" She was into ornamental plants gardening; she claimed that lowering plants in the house creates a positive atmosphere considering a good form of exercise. Sometimes she hung out with her co-workers have window shopping, and claimed that hanging out with friends made her relax and can release tension, preventing her from being burned out from her work.

Karla narrated how her daughter brought laughter to her family, at her age she knows already how to dance and has some very entertaining moves. "*Napaka saya ko kung natutuwa sina mama at papa sa kanya at pag dumating ako galling sa work nandiyang yung baby ko sa may pintuan nag aantay na sa akin alam niya may pasalubong ako sa kanya. Tuwang tuwa yan pag pinapaliguan ko siya, at kikipaglaro kasi mabilis nang tumakbo.*" Spending time with her family makes her realize the importance of family support on solo parents like her, at a young age

## 4.2. Summary of Commonalities of Respondents and Generalization

In analyzing the lived experiences of the solo parents on their physical, mental and emotional, social, emotional, spiritual, and financial aspects and the coping strategies, there was a need to describe them in terms of their group profile. In this study, the respondents' background was taken into consideration.

## 4.3. Personal Profile

The personal profile and socio-economic background of the respondents include their sex, age, civil status, number of children, highest educational attainment, occupation, monthly income, and age when they become solo parents. It illustrates the distribution of male and female respondents, as presented in the table, the majority of the respondents were female six and males were only four of the total sample population showed that majority of the solo parents' families were women which implies that is a fast-growing social and economic concern, as reported globally. A social problem that conveys a social identity as "Broken Family" was a stigma that was looked down on by society, resulting in, either diminishing or loss of confidence, making solo mothers are inaction in social gatherings to avoid social judgment. An economic concern because having a lone parent family is often less well off, especially with single mothers having inadequate employment opportunities, facing

disadvantages at work with low-paying jobs. Three of the respondents belonged to the 31-40 age group, which makes the majority of the solo parents under study.

On the other hand, two falls below 30, and above 50. It implied that most of the solo parent's understudy belonged to young adulthood. In terms of civil status, the data revealed that 5 of them were single (lived-in), not married, and their partners just left and abandoned them, three were married and were separated, and two were widowers. It showed that majority of the respondents did not believe in the sacredness of marriage; others were married and were separated.

Today, young adults have difficulty in maintaining deep and long-lasting relationships. According to this study, respondents' relationship conflict arises due to incompatibility with family orientation, the differences in spiritual beliefs, and betrayal. The majority of the respondents have one or two children, then they became solo parents, which implies that solo parents knew that, it was not practical to have plenty of children due to financial hardships.

In terms of educational attainment, six of them were high school graduates, only three earned their college degree, and one of the respondents was still on high school level because she got pregnant. It shows that most of the respondents finish their high school diploma in Barangay High School, which implies that they belong to the poverty line due to financial constraints. Only three belong to middle-income families who can afford a college education.

The respondents were equally divided in terms of occupation, and a half was working in an office who are professionals with regular income, on the other hand, half of them were laborer's and did not receive a regular salary which includes farmers, they have their income during harvest time, carpenters, when there's construction work, house helpers, and housekeepers, which shows that of the solo parent's families are experiencing financial difficulty. In terms of monthly income, the majority of the respondents were receiving between 4,000 to 6000 pesos a month. It implied that most of the solo parents were receiving basic provincial rates, which showed a problem of poverty among solo parents.

Lastly, the majority of the respondents have been solo parents for 1 to 5 years, and three were solo parents for 11 years. It showed that most of the lone parents were still struggling and going through with their sole parenting responsibility, and hoping that one day they can recover from it.

## 5. Proposed Program

Table 1 below presents the proposed activities/ outreach program to improve the lives of solo parents, with their solo parenting experiences.

**Table 1a: Proposed Program and Activities**

Category	A. Physical	B. Mental & Psychological	C. Social
Area	A. Nutrition B. Regular exercise	A. Mental distress B. Support System	Socially Inactive
Objective	To promote healthy living for the solo parents to prepare their physical body and mind needed for hard day's work	To lessen the fears and anxiety of solo parents and learn the art of forgiving and be able to overcome the feeling of betrayal	To socialize with other people in their community and be able to develop a sense of belongingness
Persons Involved	<ul style="list-style-type: none"> <li>Solo parents</li> <li>Midwife</li> <li>BHW</li> <li>Resource person from RHU</li> </ul>	<ul style="list-style-type: none"> <li>Solo parents</li> <li>Yoga instructor</li> <li>Guidance counselor from support groups</li> </ul>	<ul style="list-style-type: none"> <li>Solo parents</li> <li>Representative from DSWD</li> <li>Officers of solo parents in the barangay</li> </ul>
Programs/ Activities	<ul style="list-style-type: none"> <li>Conduct lectures on nutrition, the importance of regular exercise; and</li> <li>Seminar on how to prepare meat substitutes making use of vegetables available around</li> </ul>	<ul style="list-style-type: none"> <li>Yoga and meditation exercises</li> <li>Professional counseling to work out personal issues</li> </ul>	<ul style="list-style-type: none"> <li>Building solid rapport with fellow solo parents</li> <li>Orientation and creation of awareness on the rights and benefits as solo parents</li> </ul>
Budget	PHP 2,500-3,000	PHP 4,000	PHP 2,000
Expected Outcome	<ul style="list-style-type: none"> <li>Respondents with proper nutrition is physically healthy</li> <li>Having a healthy mind towards a positive outlook in life</li> </ul>	<ul style="list-style-type: none"> <li>Having a relaxed state of mind;</li> <li>Maintain optimum mental health; and</li> <li>Attain a positive outlook</li> </ul>	<ul style="list-style-type: none"> <li>Achieved sense of belonging</li> <li>Awareness of the rights and benefits of solo parents</li> </ul>

**Table 1b: Proposed Program and Activities**

Aspect	D. Emotional	E. Spiritual	F. Financial
Area	Loneliness	Spiritual conflicts	A. Financial difficulty B. Poverty
Objective	To be able to combat loneliness overcome hurt and learn how to forgive	To intensify faith in God and be spiritually indulged	To have a regular source of income that will sustain the needs of their family

Aspect	D. Emotional	E. Spiritual	F. Financial
Persons Involved	<ul style="list-style-type: none"> <li>Solo parents</li> <li>Counselor from support groups</li> <li>Resource person for livelihood activities</li> </ul>	<ul style="list-style-type: none"> <li>Solo Parents and their children</li> <li>Spiritual leader or pastor</li> </ul>	<ul style="list-style-type: none"> <li>Solo parents</li> <li>Resource persons for livelihood</li> <li>President of barangay farmer's association</li> </ul>
Programs/ Activities	<ul style="list-style-type: none"> <li>Counseling</li> <li>Creation of income-generating activities to keep themselves busy to take out negative thoughts while having extra income</li> </ul>	<ul style="list-style-type: none"> <li>Participate in summer camps, retreats, and bible studies</li> </ul>	<ul style="list-style-type: none"> <li>Creation of income-generating activity such as livelihood program, for example, peanut butter making and mushroom production</li> <li>Intensify vegetable production by the distribution of seeds/seedlings</li> </ul>
Budget	PHP 4,250	PHP 4,000	PHP 5,500
Expected Outcome	<ul style="list-style-type: none"> <li>Loneliness and hurt is lessened</li> <li>Learned how to forgive themselves</li> <li>Availability</li> <li>Income generating activities</li> </ul>	<ul style="list-style-type: none"> <li>Spiritual enlightenment and active participation in church gatherings with their children</li> </ul>	Financial sufficiency and sustainable needs

## 6. Summary, Conclusions and Recommendations

This chapter presents the findings of the study, conclusions, and recommendations are offered, based on the results of the study. The researcher aimed to determine the prole of the respondents, the lived experiences of solo parents and the coping strategies that they did for them to overcome some challenges on their lone parenting experiences.

### 6.1. Summary

The study determined the lived experiences of solo parents in Barangay Camanang, Urdaneta City, Pangasinan, Philippines. The sample population identified was ten lone parents which is an ideal number for a case study. The researcher conducted this study from July 2021 to September 2021. The descriptive case study method was used in this study, and the purposive sampling technique was utilized to arrive at the sample size.

The researcher has a face-to-face interview, using a structured interview guide to gather data. The majority of the solo parents were female, in their adulthood, mainly We're not married (lived-in) were abandoned or betrayed by their partners, mostly high school graduates, earning 4,000 – 6,000 pesos monthly and were sole parent for 1 – 5 years. Almost all respondents were undernourished due to poor and inadequate diet. They were mentally and emotionally distressed, having difficulty accepting the reality of life in solo parenting was hurt and betrayed. In addition, they were unaware of the Solo Parents Association which can assist

them in their sole parenting issues. The majority of the respondents claimed they believed in God, and they experienced poverty and financial difficulty because they had no regular source of income that would sustain their needs.

The respondents have different coping mechanisms, the majority of them utilized physical, spiritual, and social coping strategies in addressing solely parenting problems. Most of them kept themselves busy with their hobbies, like gardening, cooking for their children, and spending quality time gave them joy. Faith and hope in God kept them going, hung out with their friends to release tensions, and felt relaxed browsing their social media account. Lastly, the respondents will adopt the proposed programs, and activities for implementation to improve their life situation as lone parents. It includes, promoting activities on the awareness on nutritious food to make them physically healthy; assisting them into vegetable production, and creation of livelihood programs as a source of their regular income.

## 6.2. Conclusions

Based on the results of this study, the researcher came out with the following conclusions:

1. The solo parents were primarily women, in their adulthood, (lived-in) single, were abandoned and betrayed by their partners, with few children, the majority were high school graduates. Consequently, they were laborers and house helpers, earning an average income, and has been a solo parent for a few years.

2. Physically, solo parents were malnourished and did not maintain regular exercise. They were mentally and emotionally distressed because they were hurt, resulting in loneliness and socially inactive. The majority of respondents were not attending church services, but they claimed they believed in God, and experienced poverty and financial difficulty, with no regular income that would sustain their needs.

3. Notably, most of the lone parents utilized physical, spiritual, and social coping strategies in dealing with their solo parenting problems. Most of them kept themselves busy with their hobbies, social media, hanging out with friends, and spiritual coping strategies, which were, familial, and community support groups.

4. The researcher proposed activities, and programs to improve the lone parenting experiences of sole parents.

## 6.3. Recommendations

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

1. They must participate in seminars for personal development programs, and avail the benefits and assistance of the solo parents' association like the educational assistance by TESDA, to have a sense of fulfillment and can start a business upon completion of their program.

2. They must maintain a healthy lifestyle, which includes, eating a balanced diet, getting enough rest, and regular exercise. In addition, maintaining positive thoughts, and will

improve their outlook in life by making them busy and productive. First, providing them seeds to intensify vegetable production for personal consumption and source of income. Second, the creation of livelihood projects that will sustain their needs. Lastly, encourage the solo parents to participate in prayer meetings, bible studies, and other church services to have hope in God, be socially active, and be inspired for a brighter tomorrow.

3. Solo parents must cope with the problems and hardships in lone parenting responsibilities. Accepting the realities that life has to offer, and learning how to live with it.

4. Solo parents have to adopt the proposed activities, and programs to improve their life situation.

5. Future studies can be replicated using other variables from a broader perspective.

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