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**SOLITARY FATHERS: PARENTING, EMPLOYMENT, AND
MENTAL CHALLENGES**

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ABSTRACT

The life of being a parent is not easy, most especially for a single father. In this study, some of the challenging experiences of single fathers in raising their children are financial, parenting, and employment are explored. This study is a qualitative study that utilized phenomenological approach which explores the experiences and coping mechanisms of the single fathers. Eleven participants using Snowball sampling were selected. A semi-structured interview with the participants was conducted in gathering the data. Afterwards, the data was transcribed and translated before it underwent Colaizzi's Method in order to produce themes. There were three themes that emerged in the experiences of single fathers, which are Guardian Grit, Financial Tenacity and Mindscapes Odyssey. Also, there were three themes emerged from the coping mechanisms of single fathers which are Emotional Armor, Family Flexibility, and Monetary Maneuvering. Additionally, there were two themes created in the life realizations and advices of single fathers, which are Pater Wisdom and Existential Epiphanies. The researchers have learned that hardships through life experiences were the main problem faced by the single fathers and the mechanisms they use to aid their problems are vices such as drinking alcohol and smoking cigarettes, engaging themselves to seek job opportunity, and divine or spiritual support. However, despite the challenges faced by the single fathers, they imply to not follow bad habits that they do and could not deny that their children are their main source of happiness and strength.

Keywords: *Single Fathers, Experiences, Coping Mechanisms, Realizations, Employment, Mental Challenges, Struggle*

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Chapter 1

INTRODUCTION

Background of the Study

Over the past decades, mothers are known to be the ones to raise their children alone, which leads to social stereotypes that often characterize single parents as young, feminine, jobless parents with numerous children (Garner & Paterson 2014; Zartler 2014). In a Filipino term, *Ina-Tay* is a combined word of *nanay* and *tatay*. In Lay man's term, *ina-tay* means single parent who he/she fulfills the duty of their missing partner. However, men who experienced this kind of situation have never been given a chance to tell their stories out loud.

In 2013, a 50 years-old Australian citizen and author of the book entitled “*Who Knew?*”, Michael Ray, found himself in a position that not too many men experience which he became the sole parent of his two-year-old daughter Charlie. Due to the global impact of his motivational life story, Michael quickly rose to the status of a role model and minor hero in some father's circles. In an interview, Michael Ray said, “*For me, it was so different, I was practically a rookie, in fact, I still am, and nobody expected anything spectacular from me. I was the most amazing, wonderful dad as long as I put the diaper on in some sort of conventional manner, it stayed on, and I was able to keep her alive*” (Parents at Work, 2023). The fathers' capacity to take care of their kids and meet their needs is impacted by the problem caused by lack of job opportunities. The link between financial stress, bad health and poor mental health has been proven in many groups (Campbell,

Thompson, Fenton, & Gibson, 2015; Van de Velde, Bambra, Van der Bracht, Eikemo, & Bracke 2014).

In the Philippines, some of these cases are also present. Fathers are referred as "*haligi ng tahanan*" in Filipino which clearly emphasizes the vital function that the head of the family plays: much like the pillars that strengthen the structure of a building. A Filipino citizen, Alvin Balenton, 37, is a father who was left by his wife to take care of their children. "*My wife is in another country and sometimes I start to think about her. So, this removes some of that stress, you know?*" he stated (Orendain, 2014). Despite above challenges, the fathers claimed that their dual role at home was not at all difficult but also brought them joy and contentment for they claimed that they were able to raise their children well in spite of being alone. Even with this realization, majority of them mentioned that even if they still have their partners, they are also the best in child rearing since the mothers can easily pacify a crying child, detect sicknesses and easily manages it (Edris, Barnard, & Bauyot, 2018).

In the Province of Sarangani, with which various economic and family backgrounds flourished, living as a solo dad is quite a challenging role since the entire responsibilities of the kid rest upon their shoulders. A participant in the said study said this in an interview, "*I am anxious of the enormous responsibility of rearing kids alone*". On coping with the challenges of raising their children, the data revealed that the solo parents prioritize giving time for recreation/bonding with their children. In order to pacify the misery, the solo parents viewed bonding with the children as their one tool to battle sadness (Haudar, Guhao & Rodriguez, 2016).

Looking at these studies, it is clear that the primary focus is all about the experiences of fathers in handling the responsibilities as a father. However, statements such as their ways on coping problems in regards to employment and mental health are not stated. Therefore, there is a world in need of discovery. As many studies also published, lone fathers from Davao City are not fully recognized. This study highlights single fathers' hardships in finding jobs, handling their children, and controlling their mental health especially in the City of Davao. This research gap will remain unfulfilled as the personal stories of some fathers are not shared. On that account, there is a need to study the experiences of solo-male parents in how they handle their work and the essence of fatherhood, amidst all gender stereotypes and social standards present today as evidence in examining their experiences to their employment, mental and parenting still lacks.

Purpose of the Study

The purpose of this study was to explore the world of single fathers by disclosing the story full of wonders and obstacles that they encounter such as adapting parenting strategies, financial problems, mental health issues, and their coping mechanisms, while captivating their complete obligations as a father to their children. Children who are usually left alone with one parent are more likely to struggle with emotional and behavioral problems. With the increasing rate of parent separation, unemployment and suicides due to family problems at present, the researchers believe that men are mostly kept alone in the dark in terms of these issues and that is why there is a story in need of discovery for them to be treated equally just like women.

The stories that are included in this research have come from the participants' journey and insights during their battles that are seemingly unreachable and impossible to attain. This study will lead as an eye-opener and lead as an awareness in requiring assistance and programs to the readers and to the government or non-government organizations for them to fully help on their own needs and the needs of their children.

Statement of the Problem

- 1.** What are the experiences of the solitary fathers in:
 - a) parenting;
 - b) employment; and
 - c) mental state?
- 2.** How do solitary fathers cope with the challenges in:
 - a) mental state;
 - b) parenting; and
 - c) employment?
- 3.** What are their realizations as single fathers?

Theoretical Framework

Baumrind's research has profoundly impacted the understanding of parenting styles and their effects on children's development (Baumrind, 1966). Her Pillar Theory provides a framework for analyzing these styles and their consequences (Baumrind, 1971). This context helps researchers build on existing knowledge, offer practical insights, and present evidence-backed arguments. Baumrind's classification of parenting styles is categorized into authoritative, authoritarian, permissive, and neglectful which showcase their distinct characteristics and potential outcomes (Baumrind, 1991). The authoritative style emerges

as the most beneficial, emphasizing a balanced approach. The associated article offers multiple advantages for researchers, including a strong theoretical foundation, categorization of parenting styles, and the ability to compare and contrast their impacts (Smith, Johnson, & Williams, 2010).

Baumrind's theory on parenting styles is relevant to this study about single-father parenting because it offers a valuable framework for understanding how different parenting approaches can impact children's development. By applying Baumrind's classification of authoritative, authoritarian, permissive, and neglectful parenting styles to single fathers' caregiving practices, it can be analyzed how each style manifests in the context of single parenting. This can help in assessing the potential effects of these styles on children's behavior and well-being when raised by single fathers. Additionally, Baumrind's work provides a foundation for comparing the outcomes of various parenting styles in the unique situation of single-father households, allowing everyone to contribute to the existing knowledge about effective parenting strategies for this specific family structure. In summary, Baumrind's work serves as a cornerstone in comprehending how parenting styles influence children's behavior and well-being, this enriches our understanding of this crucial aspect of father's ability to handle parenting problems for their child's development.

Importance of the Study

This study is focused on the struggles that single fathers face in society, especially in terms of parenting, job-seeking, and psychological challenges. In further discussing this paper, the researchers have discovered how the impacts of these challenges affect their mental and what are their coping mechanisms. This research aimed to give new insights into the single fathers' mental state and provide more information that can benefit them in

the future, this allows the participants to fully share their experiences on how they handle the different stages of stress they face throughout the years. The significance of the study can be understood in the following contexts:

For single fathers, understanding the challenges faced by fathers in parenting, employment, and mental challenges is critical for providing applicable support and resources. The emotional, social, and psychological experiences of these parents will be examined in this study, along with their coping techniques, stress levels, and general well-being. The findings aim to help experts, support organizations, and legislators in creating interventions and support programs that are specifically customized to meet the needs of these single fathers, which will improve their quality of existence and mental wellness.

For government agencies and non-government organizations (NGOs), this exploration can give information about the current situation of single fathers in the Philippines especially in the Davao Region that can help them to develop programs that provide assistance and solutions to the different challenges that single fathers are facing right now. This study will help the Department of Social Welfare and Development (DSWD) to develop services and programs in assisting the children of single fathers. This study will also help the DSWD to ensure the assistance provided for the children such as, educational assistance and medical assistance. Moreover, the findings of this investigation will also help the City Social Services and Development Office (CSSDO) to identify the kind of help that they can provide to single fathers and ensure that lone fathers can receive better assistance, such as livelihood and financial assistance. This study will also help Local Government Units (LGUs) to run programs that provide medical services that include access to primary health care, child care, and mental health care for both parents and

children. These organizations can be a big help to single fathers by lessening the burden that they carry.

For future researchers, this study provides a foundation for future research on the parenting, employment, and mental challenges of single fathers. In the aspects of the health and well-being of the participants, this research is performed to examine the mental, physical, and social health of single fathers, including their interaction with discrimination, unemployment, inability to pay child support, and stress. This research can explore the gaps in support systems, identify barriers to access, and provide suggestions for the establishment of inclusive support networks that accommodate the different needs of the affected families. Lastly, in studying the solitary fathers' challenges and experiences, future learners will have an easy time identifying the challenges and difficulties that single dads may have experienced. Their curiosity will be piqued by this investigation, which will also provide them with fresh viewpoints on the issue.

Scope and Limitation

This study was focused on telling the experiences and phenomena of single fathers. As this study aims to only determine the experiences, coping mechanisms, and realizations of our fathers in handling their children, the job risks that they encounter and how these affect them. For the inclusion criteria of our research participants, single fathers who are around 30-50 years old were categorized to take part in the study, as well as fathers who have no permanent or regular jobs. Solitary fathers who have been divorced, separated, and widower are also included. While for the exclusion area, lone fathers who have been receiving help from any peer groups or family are not included as well as fathers who have

been working as a regular in any establishments. However, deeper information, such as conflicts or hatred from any organization or groups are not included.

The literature review for the research project was focused on gathering information from sources published between 2013 and 2023. The selected articles and journals were chosen based on their relevance to the research topic, which explores the experiences of single fathers globally, nationally, and locally, particularly regarding their challenges in finding employment and the impact of parenting responsibilities on their mental health. Only pertinent sections of the gathered research, such as abstracts, results, discussions, and conclusions, will be utilized as samples and evidence in the study.

Definition of Terms

In this section, the researchers provided meanings of words that are commonly used or repeated all throughout the discussion of this study.

Solitary Father	- Is a term used to denote a father raising a child or children alone, without a wife or partner.
Employment Risks	- This phrase is used to characterize the father's job-seeking experiences.
Parenting Challenges	- These include any difficulties or concerns that solitary fathers face in raising their children.
Coping Mechanism	- This expression describes how lone fathers

overcome the hardships they experience and

what methods they use to achieve their goal.

Experiences

- This phrase describes the hardships that lone

fathers had encountered in their life.

Mental State

- This term is use to describe the sanity of single

fathers.

Financial

- A term to represent monetarian involvement.

Chapter 2

REVIEW OF RELATED LITERATURE

Since it is crucial for a qualitative study to further broaden the ideas, a backbone and supportive evidences must be present. In this part of the paper, the researchers have collected many related literature that are stating about the problems, coping mechanisms, and life realizations of fathers in parenting, employment and mental experiences. The statements from these paragraphs are coming from various sources such as articles, published journals and more to further support the results of this study and serves as the credibility of the research findings.

Parenting Experiences of Single Fathers

Single fathers experienced trouble when their wives left. They described these challenges as their struggles to prepare the kids for school while completing domestic tasks in the morning, their struggles to manage the numerous activities at home, and their concerns when they are hungry. In addition to all of this, they remembered how tough it was to wake up in the middle of the night to make milk when their children were still young. When asked what emotions they experienced while caring for their children, the fathers similarly expressed a range of feelings. It was difficult for them since they weren't accustomed to having that type of responsibility, and it was challenging because they had such a large amount of responsibility for the kids, almost all of them claiming, "It's difficult." The domestic duties and the duty to assist the women in supporting themselves made it challenging as well. Even though they were feeling bad, they also expressed joy, fulfillment, pleasure, and pride (Edris, Barnars, & Bauyot, 2018).

As a result, the study showed that fathers are equally capable of juggling the traditional roles of both motherhood and parenthood as mothers are (Kabongo & Malose, 2023). These findings are a reflection of participants' efforts to break free from conventional, patriarchal ideas about parenting and masculinity that solely see men as financial providers. Participants adopted more hybrid forms of masculinity, allowing them to incorporate both hegemonic and non-hegemonic masculinities, by embracing their capacity to be providers (Dery, 2020; Hines & Holcomb-Mccoy, 2013).

The construction of the paternity identity, conflicting demands of the new fatherhood role, and unfavorable feelings and worries connected to it were found as factors affecting first-time dads' mental health and welfare during their transition to parenthood. Fathers frequently experienced stress as a result of the role limits and lifestyle changes (Baldwin, Malone, Sandall, & Brick, 2018). According to Jepkoech (2022), The difference in family support can be attributed to the fact that some households do not have close relatives who could directly support children of single fathers who abuse alcohol and other drugs. The study findings showed that, as seen in the first profile, parents of children with more behavioral issues tended to have more authoritarian or permissive parenting styles as well as coparenting relationships that were impacted by increased conflict and partner sabotage.

According to Greif (2014) Interest in fathering has risen after years of neglect by academics, therapists, and legislators. Based on the Census Bureau, the number of fathers raising their children alone after a separation or divorce has more than tripled. Both big and small samples are used in the literature on single custodial dads, a population that was essentially unstudied. To learn more about single father households, comparison groups

made up of fathers without custody, fathers with shared custody, married fathers, widowers, and moms with custody have been used. Despite the role ambiguity that comes with this lifestyle, the research indicates that it is a feasible one. During the latter few decades of the 20th century, the percentage of children living in single-father houses has increased by four. The amount and type of research on single fathers have also grown and evolved.

Research on single-father households has generally progressed from qualitative studies that concentrated on the welfare of the dads to quantitative studies that concentrated on the results of the children and the heterogeneity within the fathers' group. Descriptive studies gave way to investigations that tested gender and microstructural theories in research. The key findings of single fathers are also outlined in this article, which also offers suggestions for further research in its conclusion (Coles, 2015).

Becoming parents marks a significant life transition that can heighten the risk of parental depressive disorders, including paternal perinatal depression (PPND). While it's acknowledged that many fathers experience anxiety and depression during the perinatal period, PPND is a relatively new diagnostic term with limited research available. As a result, its prevalence and epidemiology remain uncertain, though most studies suggest PPND is less common than maternal perinatal depression and postpartum depression. However, PPND differs from maternal perinatal mental health disorders; typically, fathers exhibit milder symptoms, often alongside other mood disorders. Moreover, PPND detrimentally affects family functioning, couple relationships, and overall family well-being (Bruno & Celebre, 2020).

Employment Experiences of Single Fathers

According to Crettaz (2013), low salaries are simply one factor contributing to in-work poverty working conditions. Fixed-term agreements are very common among the young and unskilled single fathers renewal rates are lowest in periods of economic turbulence. Zero-hour agreements, little work intensity and transitory employment are two factors that make it difficult to achieve a sufficient annual pay and make employment risky. Employment not only contributes to the lack of economic well-being of single parents but also has significant benefits in and of itself, including independence, identity, an investment in skills, and access to future prospects (Nieuwenhuis & Maldonado, 2018).

As Single-parent households strain harder to have appropriate incomes due to the absence of an alternative second earner, they are also more susceptible to the effects of temporary unemployment. Without an additional caregiver in the home whom to turn to, even Work-family conflict can result in tag-team parenting if it takes that form. To briefly put, the absence of a partner limits the home restricts care, earnings, time, and flexibility. Experience from previous jobs is a valuable asset for future employability. This further demonstrates how strongly gendered single parenthood is (Nieuwenhuis & Maldonado, 2018).

Compared to fathers who were in partnerships, a greater proportion of single fathers had lower educational attainment and were more likely to be self-employed, non-regular workers, or jobless (Stack & Meredith, 2018). Future study is recommended to advance an agenda of inclusion for single fathers and increased awareness for social work and social work practitioners. Single fathers have not adequately considered the range of societal effects on their capacity to parent. The majority of lone parents in multiple studies still

lived in poverty, even in cases where work and income were higher for them. Perhaps as a result of this, whether they were in or not, depression rates for single parents remained quite high.

Despite their minor negative impacts on adolescents, employment search requirements for families have conflicting results, casting doubt on the notion that they enhance young children's and adolescents' developmental outcomes (Li & Avendano, 2023). Parenting for them is challenging, as limited and insufficient supports from the government is also a struggle by the participants (Arboleda & Singson, 2022). A study observed a pattern of non-leave-taking fathers facing increasing physical and financial constraints. While the daddy-month reform in 1995 influenced this trend, subsequent reforms in 2002 and 2016 had limited impact on the composition of non-leave-taking fathers. Instead, gender norms appear to play a significant role, with fathers earning less than mothers being disproportionately represented among those not taking leave in recent years. To encourage fathers to take parental leave, especially those facing physical and financial challenges, policies addressing gendered beliefs and choices are crucial (Aldén & Boschini, 2023).

Research on children's health and well-being predominantly focuses on maternal roles, leaving a significant gap in understanding the challenges fathers encounter in fulfilling their parental duties. Thus, the study seeks to investigate fathers' experiences in childcare and feeding within an urban low-income context. Conducted in Addis Ababa, Ethiopia, this qualitative inquiry utilized photo-elicitation to facilitate in-depth interviews with fathers of children under five years old. Fathers expressed gratitude for parenthood, emphasizing their love, dedication, and emotional connection with their children, often

describing it as a "second chance in life." Despite their efforts to nurture and care for their children, fathers faced internal struggles adjusting to their paternal roles while preserving their sense of self. Most fathers actively participated in childcare and feeding, suggesting their potential as partners in implementing nutritional interventions (Berhane & Tewahido, 2023).

Mental Experiences of Single Fathers

Some dads claimed that despite their love for their children, they also experienced a loss of self-worth, physical agility, and cerebral acuity these experiences of fathers during their child's illness not only affected their physical health, but many also grew agitated, afraid, lonely, and helpless since they lacked a support system. According to the study of Simpson and Flaud (2018), the research conducted by Chaplin, Turpyn, and Fischer et al (2021) demonstrated that implementing the Parenting Mindfully (PM) intervention led to enhancements in parent mindfulness, reductions in certain dimensions of parenting stress, and enhancements in present-focused emotional awareness within the parenting context and parent-adolescent relationships. These findings suggest that mindfulness interventions hold promise in mitigating parental stress levels and fostering improvements in parenting practices and the quality of parent-child relationships. According to Wolf and Chavez (2015), fathers frequently consumed alcohol as a means of relaxation, yet they typically navigated their drinking habits while considering their parenting duties and responsibilities. To also add, the experiences of men in Benoit and Magnus' (2017) study believed substance use can interfere with parenting in both financial and emotional ways.

According to Klein (2023), Despite the potential for fathers' involvement to enhance and maintain treatment effectiveness, they often participate in their children's

treatment at lower levels than mothers and have received limited attention in caregiver engagement literature. Given the significant influence of provider attitudes and behaviors on treatment outcomes, it is important to explore therapist perspectives on father attendance and engagement. It is widely recognized that mental health tends to exhibit similar patterns across generations. However, there is limited understanding of how structural factors, such as those linked to social security reforms, might influence this intergenerational relationship. The reduction in benefits explains only a small portion of this connection, regardless of whether it's in single-mother or dual-parent households. Nonetheless, these benefit reductions are linked to adverse effects on the mental health of adolescents in dual-parent households, independent of both adolescent and parental characteristics. These detrimental impacts should be taken into account when formulating and assessing future social security benefit policies (Simpson & Bambra, 2023).

Coping Mechanisms of Single Fathers in Parenting Problem

The study of Cable (2017) illuminates the intricate experiences of these fathers as they depart from conventional masculine norms and adopt a nurturing role typically associated with motherhood. Fathers who implement positive parenting styles are likely to form good parent-child relationships (Skinner, Gurdal, Chang, Oburu, and Tapanya, 2022). Mikolajczak and Roskam (2020) further corroborated this assertion, suggesting that implementing positive parenting methods enhances fathers' sense of competence in parenting while concurrently decreasing the risk of experiencing parental burnout.

According to Nelson-Coffey (2019), the act of serving as a role model for their children could potentially result in increased happiness, subjective well-being, and fulfillment of psychological needs among single fathers. As per Nemet, Vrdoljak, and

Budaoc (2021), the correlation between parenting style and engagement in household chores and childcare indicates that fathers who exhibit greater involvement tend to adopt an authoritative parenting approach. This style is distinguished by setting age-appropriate expectations for children while also prioritizing parental nurturance and taking on increased responsibility for childcare and related activities.

Families enrolled in the Child Protection System commonly exhibit inadequate parenting practices, leading to ineffective stress management and rendering them highly vulnerable. These deficiencies are more prevalent among fathers than mothers. By identifying and analyzing these deficiencies, tailored strategies can be developed to address them. The findings indicate significant disparities in maternal and paternal parenting approaches and stress coping strategies. Mothers were perceived as employing more elements of appropriate parenting, while fathers tended to rely more on physical punishment. Regarding coping methods, professionals noted that mothers had greater experience with conflicts, spent more time preparing to address problems, and felt more capable of turning situations to their advantage. These results underscore the importance of enhancing and tailoring parental training strategies, as effective co-parenting positively impacts child development and enhances family functioning (Sanchez & Socias, 2023).

The simultaneous presence of maternal depression and antisocial personality disorder (ASPD) is linked to the emergence of psychopathology in children, but there is limited understanding of the underlying risk mechanisms. In a study involving 122 racially diverse and economically disadvantaged families, we examined (a) the extent to which children's socioemotional problems were associated with maternal depression alone, ASPD alone, or the coexistence of both, and (b) the specificity of parenting-related mechanisms

connecting single-type or comorbid maternal psychopathology to child outcomes at age 3 (Russotti & Swerbenski, 2023).

Coping Mechanisms of Single Fathers in Employment Problem

When there isn't another caregiver present in the household, conflicts between work and family responsibilities may result in tag-team parenting arrangements. To summarize, the lack of a partner not only limits caregiving, income, time, and flexibility but also underscores the profoundly gendered aspects of single parenthood (Nieuwenhuis & Maldonado, 2018). As indicated by Stack and Meredith (2018), participants in their study regarded their obligation to provide food for their children as fundamental and unalterable.

According to Gómez-Ortiz (2023), there has been relatively less focus on family-to-work conflict in existing literature compared to work-to-family conflict. Both mothers and fathers completed an online questionnaire assessing family-to-work conflict, job satisfaction, and satisfaction with family life. It was revealed that higher levels of family-to-work conflict were associated with lower satisfaction with both job and family life for individuals, and these two types of satisfaction were positively correlated with each other. Both parents experienced a double negative effect on their family life satisfaction due to their own family-to-work conflict and their partner's, although for fathers, this effect from their partner occurred through their own job satisfaction. The study results highlights the importance of implementing family-oriented workplace policies with a gender perspective to enhance satisfaction in the family domain for workers and their families (Orellana & Schnettler, 2023).

Coping Mechanisms of Single Fathers in Mental Problems

Patnaiks' (2020) study explores the relationship between employment and financial support, suggesting either a direct link or an indirect association where specific interpersonal skills could enhance both integration into the workforce and a greater sense of responsibility in meeting child support obligations. According to Baldwin, Malone, Sandall, & Brick (2018), they turned to denial or escape mechanisms like smoking, working longer hours, or listening to music. Fathers want additional advice and assistance with partner relationship changes and parenting preparation. Respondents described their own personal experiences of how the church helped them, including visits from the pastor, counseling, and prayer, as well as conversations with youth and spiritual support (Jepkoech, 2022).

A study finding indicated that the use of problem-focused coping methods decreases as the severity of the symptoms and contributing factors to stress increases, however there is a correlation between the usage of emotion-focused coping strategies and stress levels (Aziz, 2023). To help fathers navigate their relationships with their children and ex-partners more effectively, raise awareness of parent-teaching and support programs, make them more accessible, and change rules and regulations to allow fathers to participate more actively in future judicial systems, social welfare programs, and other services (Shorey & Pereira, 2022).

The descriptive statistics for single and partnered fathers indicate notable differences in the distribution of various variables. Single fathers exhibit a significantly higher prevalence of psychological distress (8.5%) compared to partnered fathers (5.0%). Additionally, single fathers tend to be older and are more likely to have a high school

education or lower compared to partnered fathers. A larger proportion of single fathers are non-regular workers or self-employed. Single fathers are also less likely to have undergone medical examinations in the past year and are less prone to drinking but more likely to smoke compared to partnered fathers. Moreover, more single fathers reside in their own homes or in multi-generational households compared to partnered fathers, when comparing those with and without psychological distress, there are further differences in demographic characteristics among single and partnered fathers. The employment type and sleep hours of fathers show significant differences between those with and without psychological distress among single fathers (Dhungel & Kato, 2021).

The prevalence of children living with chronic health conditions is on the rise globally, which can disrupt family dynamics, relationships, functioning, and parental engagement in caregiving. The study findings then indicate that increased father involvement in caring for their child with a chronic condition was linked to improved family functioning but also to heightened anxiety and distress, decreased self-esteem, and an increased need for support (Spurr & Danford, 2023).

Life Realizations of Single Fathers

Notably, the majority of the lone parents used social, spiritual, and physical coping mechanisms to address their parenting challenges alone. The majority of them stayed busy with their hobbies, social media, hanging out with friends, and spiritual coping mechanisms, which included family and neighborhood support groups (Dagupon & Garin, 2022). Patnaik's (2020) study explores the relationship between employment and financial support, suggesting either a direct link or an indirect association where specific

interpersonal skills could enhance both integration into the workforce and a greater sense of responsibility in meeting child support obligations.

Within this realm, the paternal perspectives of single fathers, as affirmed by Cariño's (2023) investigation, underscore the myriad difficulties they face, particularly in balancing attention and time between their children and the demands of earning a livelihood to provide for essential needs. Despite the obstacles encountered, they remained hopeful about their future prospects and recognized the valuable insights acquired through their journey. In general, increased father involvement has been associated with improved cognitive development, social responsiveness, independence, and gender role development, particularly in females. Fathers can now be seen to have a role expanded far beyond that of stereotypic disciplinarian, breadwinner, and masculine role model to that of care provider, companion, teacher, role model for parenting, and supportive spouse (Yogman and Garfield, 2016)

As sole fathers face many challenges and stresses in their roles as single parents, they also experience thighs including in diverse social and personal struggles when going against traditional masculine roles and fulfilling more-nurturing motherly roles. Also, lone fathers with poorer physical health, mental health, and no educational backgrounds were more likely to have lower income due to difficulties of finding a job, no experience of educational attainment, and difficulties of managing their time working and parenting. Furthermore, one study suggested that it is better to help single fathers better navigate their relationships with their children and awareness should be increased in order to fully promote parent-teaching support programs, guidelines reformation and policies should be

able to provide greater participation and their involvement in the future judicial system and social assistance services (Jang & Bang, 2023).

Among these, gender-awareness education for children in single-parent households deserves particular attention, as there has been limited exploration into how parents transmit their gender role beliefs to their children. This study conducted in-depth interviews with 58 single parents and their children from 29 families in Suzhou and developed a framework for understanding the intergenerational transmission of gender roles in single-parent families using grounded theory. The research revealed that the gender stereotypes held by single parents, which serve as the foundation for the intergenerational transmission mechanism, have become less pronounced. This has led to a more enlightened approach to parenting style and a desire for greater gender equality in the roles of their offspring (Chen & Chen, 2023).

In the articles provided by the researchers, it talks about the challenges faced by being a single father. As sole fathers face many challenges and stresses in their roles as single parents, they also experience thighs including in diverse social and personal struggles when going against traditional masculine roles and fulfilling a more-nurturing motherly roles. Also, lone fathers with poorer physical health, mental health, and no educational backgrounds were more likely to have lower income due to difficulties of finding job, no experience of educational attainment, and difficulties of managing their time working and parenting. Furthermore, one study suggested that it is better to help single fathers better navigate their relationships with their children and awareness should be increased in order to fully promote parent-teaching support programs, guidelines

reformation and policies should be able to provide greater participation and their involvement in the future judicial system and social assistance services.

Chapter 3

METHODOLOGY

This chapter contains the procedures used to conduct this study and further broadens the methods applied in conducting this research. This includes the design of the research, processes and analyzation of data. This chapter will also explain the ethical considerations and the trustworthiness used by the researchers in conducting the study.

Research Design

This study utilized a qualitative research design. According to Tenny (2017), Qualitative research is a type of research that explores and provides deeper insights into real-world problems. Qualitative research gathers participant's experiences, perceptions, and behavior. Unlike quantitative research design, qualitative design provides a new kind of perspective and results that aids individuals to understand a specific phenomenon and how do people act to a scenario. It answers the hows and whys instead of how many or how much. Qualitative research at its core, ask open-ended questions whose answers are not easily put into numbers such as 'how' and 'why' and after concluding results, it analyzes what specific programs can be introduced.

Moreover, phenomenological research is a method with strong philosophical origins, which can sometimes be challenging for novice investigators. However, developing an appreciation of these philosophical origins can enhance and strengthen the research design. A fundamental challenge is to understand the range of philosophical and empirical approaches to situate one's own research. Such phenomenological approaches are often characterized and differentiated by the degree to which it is accepted that an

investigator can achieve objective descriptions of, or interpret, lived experience. This article explains these issues, relating the philosophy to the research practicalities (Wilson, 2015).

In this study, both qualitative research design and phenomenological method are used to investigate the lives of individuals and discover the underlying meanings of those life experiences (Wirihana et al., 2018). Thus, these methods are crucial in order to extract the answers from our subject and explore their life experiences, coping mechanisms, and life realizations of solitary fathers amidst parenting, employment, and mental challenges.

Research Participants

This research study provides information about the experiences of single fathers who are raising a young child on their own in the span of 1-5 years of their children's lives without the involvement of their family and any groups and those who are facing employment issues leading to insufficient financial support towards their children. Meanwhile, those fathers who have been financially stable and works regularly to any establishments, family dependent, has a live in partner, and those who received any help or support from their family, relatives, or other people are not included as a participant in this study.

The study have used snowball sampling, which is a non-probability sampling technique that involves selecting participants and asking individuals for recommendation of those who can be a part of the study based on specific criteria that match the research questions and objectives which is essential for a qualitative study. In order to achieve the study's aim, which is to gain insights into the experiences of this specific population and

to identify any challenges or issues they may face in raising a young child on their own, the researchers must follow the specific criteria to their participants.

Research Locale

In order to fully understand this phenomenon, a large area must be coped and involved in this study. The Davao City is known as the “Land of Promise” as it is rich in culture, biodiversity, and natural resources. Davao City is also known for providing programs and addressing issues of single parenthood, unemployment, and mental awareness. In this study, the researchers have decided to take the investigation in Davao City as it is observed that there is in need of fulfillment in the stories about our single fathers’ lives in carrying the burdens – such as gender norms and gender discrimination given by the society to them.



Figure 1. Davao City Map

Research Instruments

In this paper, the tool that was used in order to gather data and statements was the researcher-made Interview Guide. The interview guide contained list of questions or topics that the interviewer hoped to cover during the course of an interview. In a qualitative study, the interview guide contained open-ended questions that require long-form written or typed answers, the aim of this method is to elicit the participants detailed response and ascertain their thoughts and viewpoints in their own manner. In gathering data, this interview guide plays a vital role as it provides full statements of the participants' complete grasp of the preexisting question that the researchers have provided them.

The questionnaire is made up of the three main inquiries that are pertinent to the Statement of the Problem (SOP) found in Chapter 1 of the study. Even if the answers to this questionnaire could be insufficient, the researchers have additionally prepared exactly three (3) follow-up questions to get more specific information. To maintain the validity of the research questions, the interview guide was then corrected and consulted by the research validators. In this case, the results will be discussed in a more precise and detailed manner in which the participants will easily understand. After such, all the researchers translated the Cebuano responses to English language.

Data Gathering Procedure

This study followed some procedures to attain the research objectives. First, the researchers have asked permission from the school principal, school president, and the baranggay captain through a letter. The letter contains the research purpose, significance and objectives and it also contains the questions asking for permission to conduct the study in a specific area. After the approval, the researchers have identified specific participants and was asked their full consent to participate in the study. The participants are then oriented about the details stated in the informed consent form. After gathering their permissions in participating in the study, the researchers have conducted an interview through face to face in order to gather their responses. After this procedure, the results is then gathered and the data results are now ready for data analysis.

Ethical Consideration

Through ethical consideration, one can establish what is morally right or wrong, just or unjust (Singer, 2023). The researchers have evaluated any cultural norms and preconceptions that might undermine the acknowledgment of lone fathers by putting these ethical standards into practice. Confidentiality upkeep is a crucial component of any ethical ideal. Participants in this study have the right to remain unidentified, have their personal backgrounds respected and kept private, and use their legal rights as some of them may have good reasons or legitimate worries about disclosing their identities owing to potential discrimination and judgment. By following these guidelines, the researchers have guaranteed the security of every participant and will not break any moral norms.

To examine the difficulties experienced by lone fathers in fulfilling their parental and professional obligations, ethical considerations are brought into play in this study. The researchers were guided by these rules and regulations to comprehend moral and social behavior. To lessen potential harm, it is important to respect their privacy and ensure their safety in any location connected to the research paper. A more inclusive and encouraging atmosphere for single fathers can be achieved through upholding confidentiality, embracing the concepts of beneficence and maleficence, and questioning cultural norms and preconceptions.

Trustworthiness

Trustworthiness refers to quality, authenticity, and truthfulness of the study findings. It relates to the degree of trust, or confidence, readers have in results (Cypress, 2017). In this paper, this concept is applied in order to ensure the status of the paper. The purpose of trustworthiness in a research paper is to support the argument that this study's findings are worth paying attention. The researchers applied the four components to determine the trustworthiness of this study which is the credibility, transferability, confirmability and dependability. These four are beneficial in order to keep the confidentiality and privacy of the paper.

According to William (2023), Credibility involves the process of establishing the results of qualitative research that are credible or believable from the perspective of the participant in the research. In this study, credibility is applied in order to fully determine the essentials whether the outcome is valid and reliable or not. For this reason, datas will be derived from thoroughly evaluated quantitative and qualitative evidence in order to ensure its accuracy.

Transferability refers to the degree to which the results of qualitative research can be generalized or transferred to other contexts or settings (William, 2023). From a qualitative perspective transferability is primarily the responsibility of the one doing the generalizing. In this paper, the researchers have made sure that the research problem does exist and that the conclusion or resolutions to the said research problem are accessible and can be applied in real life scenarios.

Confirmability of qualitative data is assured when data are checked and rechecked throughout data collection and analysis to ensure results would likely be repeatable by others. This can be documented by a clear coding schema that identifies the codes and patterns identified in analyses (Mills, Durepos & Wiebe, 2023). In this paper, findings are from the participants' responses and are not from the researchers' bias or personal motivations. The researchers have applied audit trailing in order to identify every steps and details done by the researchers. This can be verified by allowing professionals to thoroughly check the research paper in order to confirm its validity.

Dependability in qualitative research serves as the stability of data over time and over conditions. Dependability can be compared to reliability in quantitative studies. In this study, this was used to ensure that the research findings must be consistent and not changeable. The use of audit trail will be used in this method to fully establish the dependability of the paper.

Data Analysis

When conducting research on human subjects, researchers must learn how to interpret, assess, and apply various research rules, as well as how to make decisions and act ethically in a variety of situations (Resnik, 2020). For this study, the researchers have used a method for assessing qualitative data known as thematic analysis which is according to Villegas (2023), Thematic analysis is a qualitative data analysis method that involves reading through a set of data and looking for patterns in the meaning of the data to find themes.

The first step in Colaizzi's method is to carefully read and review the data that has been collected, such as interviews, observations, or documents. The researchers have taken notes, highlight key phrases or quotes, and make initial observations about the data. The next step is to extract significant statements or phrases from the data that capture the essence of the participants' experiences. Once significant statements have been extracted, the next step is to formulate meanings from the data. This involves organizing the data into clusters or themes based on similarities and relationships between the statements. By this step, the researchers compared and contrasted the data to identify patterns and connections, and to develop a deeper understanding of the participants' experiences.

After formulating meanings from the data, the next step is to develop an exhaustive description of the phenomenon being studied. This involves synthesizing the data into a coherent narrative that captures the richness and complexity of the participants' experiences which was done by the researchers in order to identify clustered meanings that are collaborated with one another.

The final step in Colaizzi's method is to validate the findings by returning to the participants and seeking their feedback. This involves sharing the results of the analysis with the participants and asking for their input and perspective on the researchers' interpretation of their experiences. The researchers have now received feedbacks from the validators and participants to make revisions or adjustments to their findings based on the participants' responses. All of these steps and procedures are essential in analyzing themes and creating answers to the following statement of the problem in this research.

Chapter 4

RESULTS

This chapter provides a thorough explanation and discussion of the data gathered in connection to the statement of the problems. This part answers the research question and objectives stated in chapter 1 and data analysis procedure in chapter 3 the statements were familiarized, grouped, clustered, and summarized. This chapter attempts to add context to the life experience of Solitary Fathers, their coping mechanisms, and realizations as they indulged in a world of loneliness.

***Research Question no. 1: What are your experiences as a single father in terms of:
parenting, employment, and mental challenges?***

The life experiences of Solitary Fathers living without any help from anyone might be difficult, especially when a lot of problems occur. The essence of parenting, mental, and employment experiences determine the effect on solitary father's well-being. These formulated concepts encapsulate the essence of navigating the Solitary Father's life challenges, from relentless demands of parenthood, to the relentless pursuit of financial stability, intertwined with the complex tapestry of psychological resilience. Delving into these themes unveils the resilience, determination, and emotional depth inherent in the human condition, offering profound insights into the triumphs and contributions that shapes their lives.

Table 1. The Life Experiences of Solitary Fathers

Significant statements	Formulated meanings	Themes
<p><i>"Akong anak usahay madala dala nko inig mag trabaho ko."</i></p> <p><i>"My son, sometimes, I take him with me when I go to work,"</i> (SF2. P20.)</p>	<p>He cannot leave his children behind.</p>	
<p><i>"Lisod jud kaayu nga ikaw ra isa mag atiman sa imong anak."</i></p> <p><i>"It's so hard because I'm the only one taking care of my children."</i> (SF10. P30.)</p>	<p>They had a hard time in taking care of their children because it is their responsibility and the participant is all alone.</p>	Guardian Grit
<p><i>"Giantos ra nako akong pagka amahan na ako ra isa. At least makaya jud nakog buhi akong anak nga maningkamot og ikswela."</i></p> <p><i>"I endured being a single father, so that I can take care of my child and provide for his education through my job."</i> (SF9. P24, 26.)</p>	<p>The single father endured everything to provide for his child.</p>	
<p><i>"Akong trabaho na driver og trisikad. Ako tanan paningkamot. Wala koy nadawat gikan sa gobyerno."</i></p> <p><i>"My job is a sikad driver. I am the only one who works hard. I don't receive any benefits or help for my child."</i> (SF9. P24, P28, P30, P38.)</p> <p><i>"Ako kanang maning kamot kog ano aron ma kuan akong mga anak, manginabuhi ngitag paraan na aron maka kwarta."</i></p> <p><i>"I strive hard to provide for my children, I will find ways to have a</i></p>	<p>The participants worked hard to provide for their children's needs.</p>	Financial Tenacity

<p>job so that I can provide for my children” SF10. P16.</p>		
<p>“Lisod oy... ikaw ang mahimo kang, nahimo kang ina og tatay. Ang pagpa atiman, ang pagpaeskwela.”</p> <p>“It is hard...you become a mother and at the same time, a father as well in handling them for providing their education and food.” (SF11. P18, P20, P22.)</p>	<p>The single father endured everything in order to provide for his child.</p>	
<p>“Lisod kayo muapply ug kompanya ron ug wala kay grado. Diha raman jud ta taman, di man ko ka kuan ug trabaho kay wala man koy grado.”</p> <p>“It Is difficult to apply in companies if you don’t have grades. My capabilities are only limited because I only have a low education attained.” (SF6, P48, P50.)</p>	<p>Because of the lack of education, he is having a hard time in applying for a job.</p>	
<p>“Diko ka apply kay waman koy grado grade 4 raman ko taman. Waman tay grado di igo ragyud ta taman sa labor og construction lang.”</p> <p>“I can't apply because I only finished grade 4. I don't have a grade so labor and construction is my only job” (SF10. P26, P28.)</p>	<p>His income as a construction worker is not enough to sustain his family's needs.</p>	
<p>“Kay usahay labaw na inig problema nimo, dili ka kakuan sa imong kasirin, dili ka ka storya storya.”</p> <p>“Because sometimes, If I have problems, I can't focus on myself. I can't openly talk to someone. (SF6. P40.)</p>	<p>He can't focus on himself because he has no one to talk with when he has problems.</p>	
<p>“Nakaexperience sad ko nga lisod diay ang pag atiman pag single dad, lisod pag walay kauban sa balay.”</p>	<p>It was hard to be a single father because of the lack of support and no one to share his responsibility.</p>	

<p>“It is hard if you're a single dad, you don't have someone to help you in the house.” (SF11. P26, P32.)</p>		
<p><i>“Dili ko ingon nga naa koy naagian na ingana kay before man gud ko mo decide how many times nako gi balik balik og tama ba or dili maong diko gusto magka mali.”</i></p> <p>“I have experienced such thing because before I decide, I think about it and repeat it many times if it is right or wrong.” (SF4. P53.)</p>	<p>He thinks first before deciding.</p>	<p>Mindscapes Odyssey</p>
<p><i>“Bisag nag lain imong lawas nag kalintura ha ahh trabaho ra japon para sa imong mga anak.”</i></p> <p>“I'm in pain. I can't bear it, but I'm still pursuing it even though I'm sick. I still go to work for my child.” (SF10. P34, P38.)</p>	<p>Even he had problems mentally and physically he still worked hard.</p>	
<p><i>“Kay usahay labaw na inig problema nimo, dili ka kakuan sa imong kasirin, dili ka ka storya storya.”</i></p> <p>“Because sometimes, If I have problems, I can't focus on myself. I can't openly talk to someone. (SF6. P40.)</p>	<p>He can't focus on himself because he has no one to talk with when he has problems.</p>	

Guardian Grit is a theme that explains how the Solitary Fathers endured their hardships in taking care of their children all by themselves. These hardships are referring on how they manage to handle their parenting problems while nurturing their children. Firstly, they explained how they became the father and at the same time, the mother to their children which they find challenging because the Solitary Fathers are not used in doing the motherly tasks. Aside from that, they also shared that they chose to bring their children to

work due to lack of supervision and any companion in taking care of their children causing them to not leave their children all alone.

“Lisod oy... ikaw ang mahimo kang, nahimo kang ina og tatay. Ang pagpa atiman, ang pagpaeskewla, ang pagpapakaon sad adlaw adlaw. Maglisod ko ug trabaho kay naa koy mga anak.” (SF11. P18, P20, P22.)

“It is hard... you become a mother and at the same time a father as well in handling them for providing their education and food. Having a hard time at work because you still have children to look on to.”

“Akong anak usahay madala dala nko inig mag trabaho ko... mabilin na mn sad nig sya nalnag pod isa di parinha atung sauna na gamay pa sya ginadala dala ko ni katung nagtrabho ko sa palengke umua katung nag tind atinda pako dre sa balay naa ra ko dre naa ra mi dre mabantayan nko sya ma subaybayan sad nko sya kay knang naa ra mn akong negosyo dre sa balay.” (SF2. P20.)

“My son, sometimes, I take him with me when I go to work, but now, I can leave him at home unlike before, he was just little. I always take him with me... and when I started business here at home, it was easy for me to watch him and monitor him because I have business at home.”

“Lisod jud kaayu nga iaw ra isa mag atiman sa imong anak kay ikaw paman mangita og pangkarta, imo raman tanan mang laba mag palit og kuan unsay mga palit bugas dayun trabaho ikaw raman isa mao rajud nang ka paita jud kining duha kaabuok imong anak imong atimano nga gamay pajud di masugo bintaha nag ani ron kay dagkona. mao ra.” (SF10. P30.)

“It's so hard because I'm the only one taking care of my children. I do all the house chores and do laundry and buy rice because I'm all alone it's so difficult to take care of them since they are still young”

“Aw, kanang sa akoang pagka kuan? aw, giantos ra nako akong pagka amahan na ako ra isa. nag solo ko, nga mabuhi nako akong bata, na mapa eskwela nako pamaagi sa akong trabaho na driver og trisikad. Ako tanan paningkamot. Lisod jud kay ako ramang paningkamot at least makaya jud nakog buhi akong anak mao ganing akong gi ano akong anak nga paningkamot og ikswela.” (SF9. P24, 26.)

“I endured being a single father, that I can take care of my child and provide for his education through my job. I have to do all the efforts but at least I can provide for my child that is why I always tell him to strive harder.”

Financial Tenacity is a theme that shows and expands the Solitary Fathers' experiences on how they endured their hardships in finding resolution to provide their

child's needs all by themselves. The Solitary Fathers worked hard in providing for their children's needs by doing various jobs such as becoming a trisikad driver. In addition to that, because of the lack of education, they are having a hard time in applying for a stable and decent job causing them to settle for a limited access in showcasing their abilities. Moreover, due to not acquiring a stable and decent job, their income is not enough in sustaining and providing for their daily needs and necessities.

“Akong trabaho na driver og trisikad. mao rapud na akong paningkamot kay ako, nag abang man ko karon og balay. nag arkila ra kog balay karon, wala koy kaugalingong balay, pero kaya paman nako mo drive ko bisag dako nakog edad. wala, wala pa. wala man koy kanang kuan wala man koy kuan sa akong anak. ako ra gyuy naningkamot. wala koy kanang ingon ana nga... kana ra gyung sa solo parents. Mao rana akong naagian pero ako, naningkamot ra pud ko nga maka kuan ko, maka kuan ko maka pa skwela ko sakong anak. Mao rana akong paning kamot, mag drive ani (trisikad) kay maka kwarta man gihapon ko ani, mag drive ko.” (SF9. P24, P28, P30, P38.)

“My job is a sikad driver. That’s my only work and it helps me to pay rent for my house since I don’t have my own house, but I can still drive even if I am already old, I have none, I don’t have something for my child. I am the only one who works hard. I don’t receive any benefits or help for my child. That’s the only experience I have and I worked hard so that I can provide for my son’s education. That’s my only hard work, driving this trisikad because I can still earn by driving this.”

“Wala dai...grade 4 rako... lisod kayo muapply ug kompanya ron ug wala kay grado...lisod kayo... diha raman jud ta taman di man ko ka kuan ug trabaho kay wala man koy grado.” (SF6, P48, P50.)

“Yes, because I don’t have grades. It is difficult to apply in companies if you don’t have grades. My capabilities are only limited because I don’t have a grade.”

“Apply ko pero construction rapud hehehe diko ka apply kay waman koy grado grade 4 rama ko tamamao nang pina ka pait wah diay tay grado naa patay grado pwede man man ta mang apply anang gwapo na trabaho. Waman tay grado di igo ragyud ta taman sa labor og construction lang.” (SF10. P26, P28.)

“I had applied but that was as a construction worker hehehe. I can’t apply because I only finished grade 4 that was so hard and only if we still have degree to apply a decent job yet, I don’t have a grade, so labor and construction is my only job.”

“Ako kanang maning kamot kog ano aron ma kuan akong mga anak, manginabuhi ngitag paraan na aron maka kwarta, aron maka buhi sa mga anak.” (SF10. P16.)

“I strive hard to provide for my children, I will find ways to have a job so that I can provide for my children.”

Mindscapes Odyssey is a theme that refers to the experiences that tests the mental capacity of the Solitary Fathers. Solitary Fathers can't focus on themselves because they have no one to talk with when they have problems and they are having a hard time to be a Single Father because of the lack of support and no one to share their responsibilities with. Also, they tend to be depressed when they decided to separate ways with their partners due to various reasons such as cheating and death. However, even if they had problems mentally and physically, they still worked hard for the sake of their children.

“Kay usahay labaw na inig problema nimo, dili ka kakuan sa imong kasirin, dili ka ka storya storya.” (SF6. P40.)

“Because sometimes, If I have problems, I can't focus on myself. I can't openly talk to someone.”

“Nakaexperience sad ko nga lisod diay ang pag atiman pag single dad, lisod pag walay kauban sa balay labaw nag way kwarta stress kaayo labaw nag way mabantay, walay makatabang walay muduol” (SF11. P26, P32.)

“It is hard if you're a single dad, you don't have someone to help you in the house, especially when you're stressed when there will be no one to look after your kids... there's no help that will come after you.”

“Ay, dili ko ingon nga naa koy naagian na ingana kay before man gud ko mo decide how many times nako gi balik balik og tama ba or dili maong diko gusto magka mali.” (SF4. P53.)

“I can't say that I have experienced such thing because before I decide, I think about it and repeat it many times if it is right or wrong.”

“Mag sakit ka wana nakayika kuan kay mag naningkamot mao nay bisag nag lain imong lawas nag kalintura ha ahh trabaho ra japon para sa imong mga anak. Mura gani tag mabuang ehhahhahahaha samot nag ang problema maoy mo kuan sa imoha mura nakag mabuang wala naka sa imong sarili.” (SF10. P34, P38.)

“I’m in pain. I can’t bear it, but I’m still pursuing it even though I’m sick. I still go to work. I almost get paranoid hahaha especially when the problem will take over you.”

Research Question No. 2: What are your coping mechanisms as a single father in terms of: mental, parenting, and employment challenges?

The effects of the Solitary Fathers experiencing parenting issues, maintaining mental challenges, and managing the financial demands of their family also affect them in everything including their Psychological Defenses, Parenting Adaptation, and Fatherly Insights. It is not an easy journey to begin with especially in managing to cope up with different parenting issues. Solitary Fathers tend to let out their frustrations in many different ways in order to divert their attention and forget their problems for a while and attain temporary happiness.

Table 2. Coping Mechanisms of Solitary Fathers

Significant Statements	Formulated Meanings	Themes
<p>“Kanang panagsa ra inom lang ug naay problema. Ang gusto lang nako mawala sakong hunahuna ug unsa tung mga problema niya makatulog ko... pagka ugma another kuan na pod mga trabahoon nako.”</p> <p>“I only drink occasionally when I have problems. I just want to take my mind off of my problems so I can sleep then the next day, I will go to work again.” (SF2. P24.)</p>	<p>The participant drinks alcohol occasionally to forget his problems and to be able to sleep.</p>	Emotional Armor
<p>“Gi huna huna gyud nako nga tabangan rako sa Ginoo nga maayo kog lawas kay aron maka suporta ko sa akong anak hangtod para makapa eskwela ko sa iyaha.”</p>	<p>The participant always keeps in mind that God helps him to have good health to provide for his child’s education.</p>	

<p>"I just always keep in mind that God will help me to have good health so that I can support my child until I can give him education." (SF9. P48.)</p>		
<p>"Sa mga tanan panahom naay mga kuan sampit gyud kag ginoo."</p> <p>"Sometimes, if I have a problem, I just look at above to God and hopes that he will help me resolve my problem." (SF1. P130.)</p>	<p>The participant prays to God help him resolve his problems.</p>	
<p>"Ahh, para lang maka tulog tapos makalimot kadali Oo, tapos murag ma ano (ma relax)."</p> <p>"I drink alcohol to be able to sleep and forget my problems even for a short time." (SF4. P74, P76.)</p>	<p>The participant uses alcohol to forget his problem and to be able to sleep.</p>	
<p>"Ohh na depress ko atu stress kaau. Nag focus nalang sad ko sakong kong anak ako lang gitanaw ako anak sya akong ginakuhaan ug inspiration.... Wala ko nagpadala sakong gibati ba"</p> <p>"Oh, I'm depressed, I'm stressed. I focused on my son, and I get inspiration from him... I didn't let my emotions control me." (SF2. P26.)</p>	<p>The participant chose to focus and get inspiration from his son (he does not let his emotions control him).</p>	
<p>"Aw ginastorya lang nako... pasabton lang nako nga dili sa sila mag sigeg away... mustorya lang... unya pasabton."</p> <p>"I will tell them and make them understand that they don't have to fight. I just talk to them and make them understand." (SF6. P76.)</p>	<p>The participant talks to his children and makes them understand not to fight each other. The participant initiates conversation to his son and give him advices.</p>	
<p>"Naundang lang hinoon akong kay di man ko makaatiman sa akong anak ug hunih nako undang kog inom sugal nabutan kadali eh wanaman muatiman ug mag inom inom pa."</p> <p>"I stopped drinking alcohol because if I continued in gambling and drinking</p>	<p>The participant decided to stop drinking alcohol and other addiction to focus on his children.</p>	<p>Family Flexibility</p>

<p>alcohol, there won't be anyone to take care of them." SF11. P38, P40.</p>		
<p><i>"Aba ka duha na sila gi laparo no may na lang pud na maka bati silag mga istorya basig ma usab pa kay lain lain man satong mga sakong mga bata daghan baya lain lain og batasan gud pero og imoha rang istoryahan mo sabot man pud."</i></p> <p>"Back then, I hit them 2 times because they went in the computer shop instead of going to school." (SF1. P85, P87)</p>	<p>The participant used to hit his children before to discipline them.</p>	
<p><i>"So maningkamot lang gihapon ko bisag ginagmay lang na kita maka provide man gihapon ko sa akong anak makakaon man gihapon mi ika tulo sa is aka adlaw."</i></p> <p>"I'll just keep trying to find a job, even if it's just a small amount just to be able to provide for my son, at least be able to eat three meals a day." (SF2. P22.)</p>	<p>The participant seeks ways to provide his son's meal.</p>	
<p><i>"Mag budget jud ko nga pagka ugma, naa jud mi kan-on, ana ba. lisod pud kaayo og imong bata mangayo baya nag pagkaon na."</i></p> <p>"I budget everything because it is hard if you spend all of it, if your child asks for money, you can't give him anything." (SF9. P62.)</p>	<p>The participant budgets his money for tomorrow's consumption.</p>	Monetary Maneuvering
<p><i>"Adlaw adlaw, ako rang gibudget akoang kuan akong pangadlaw pangpalit ug bugas ug pang sud-an."</i></p> <p>"Every day, I budget my daily necessity, especially money for food." SF11. P55.</p>	<p>The participant budgets his money and separate the bills.</p>	

<p><i>"Gi kuan trabaho mag construction, labor labor pud usahay panagsa."</i></p> <p><i>"By working, doing construction, and labor sometimes." SF5. P62, P64.</i></p>	<p>The participant has different jobs attained.</p>	
<p><i>"Mangita kog pamaagi nga maka support ko sa ila. Mangita kog trabaho... nga bisan unsa na klase na trabaho nga mahatag nako sa ilaha."</i></p> <p><i>"Well, I'll find ways to support them. I'll find a job." SF6. P82, P84.</i></p>	<p>The participant seeks ways to support his children and apply different jobs.</p>	

Emotional Armor is a theme that tackles about the different avoidance technique such as drinking alcohol occasionally to forget their problems and to be able to sleep due to their difficult jobs, always keeping in mind that God will help them to have good health in order to provide for their child's education, and choose to focus in order to get inspiration from their child. Moreover, they do not let their emotions control them for the sake of fulfilling their roles as a father.

"Kanang panagsa ra inom lang ug naay problema kay pag naka inom man gud ko... ang gusto lang nako mawala sakong hunahuna ug unsa tung mga problema niya makatulog ko...pagka ugma another kuan na pod mga trabahoon nko." (SF2. P24.)

"I only drink occasionally when I have problems because when I drink, I can sleep well... I just want to take my mind off of my problems so I can sleep then the next day, I will go to work again."

"Aw gi huna huna gyud nako nga tabangan rako sa ginoo nga maayo kog lawas kay aron maka suporta ko sa akong anak hangtod para makapa edukar ko sa iyaha, makapa eskwela ko sa iyaha." (SF9. P48.)

"Aw, I just always keep in mind that God will help me to have good health so that I can support my child until I can give him education; I can send him to school."

"Mga sa mga tanan panahom naay mga kuan sampit gyud kag ginoo di man pareha ang uban mo sampit ra man og mag sakit na pero akoa mao ra kada ana mora og basta kay balewa ra nako day mga kuan in ana kay basta kay ko sampit lng kag ginoo ra tinood gyud." (SF1. P130.)

“Sometimes if I have a problem, I just look at above to God and hopes that he will help me resolve my problem and my problem do immediately.”

“Ahh, para lang maka tulog tapos makalimot kadali Oo, tapos murag ma ano (ma relax).” (SF4, P74, P76.)

“Ahh for me, I drink alcohol to be able to sleep and forget my problems even for a short time. Yes, and also to feel relaxed.”

“Ohh na depress ko atu stress kaau kay ni anhi mi dre sakong lola bakasyon lang mn unta tu pero wala nko na kuan kay s aside niya nana mn diay gihimo na lain day didto mao tu akong gina kuanan na stress ko didto na depress kog taman murag naghunahunaan na gud nko didto na murag ba murag mag pakamatay na gani tungod sa ahmm... Kuan ang akong asawa naghimo ug dili maau so mao tuy dahilan namo na nag hiwalay mi niya nag fucos nlanag sad ko sakong kong anak ako lang gitanaw ako anak sya akong ginakuhaan ug insparation.... Wala ko nagpadala sakong gibati ba” (SF2. P26.)

“Oh, I’m depressed, I’m stressed, I went here, supposed to be on a vacation, but I don’t have anything to do with her she made her decision, she’s doing a sin, that’s when I was so stressed and depressed. It’s like I’m thinking that it’s like I’m going to kill myself because of amm... my wife is doing something wrong, so that’s the reason why we broke up... I focus on my son, my only child I watch him and I get inspiration from him... I didn’t let my emotions control me.”

Under the theme **Family Flexibility** are the following aspects of the coping mechanisms that the Solitary Fathers are facing such as giving advices to their children as a method of disciplining them, talking to their children and making them understand not to fight each other rather, look out and take care of each other. The participants used to hit their children before to discipline them. However, the participants initiate the conversation to their children and give them advices on how education is important in order for them to have a better life and help their fathers in the future. In addition to that, the participants decided to stop drinking alcohol and other addiction to focus on their children’s well-being. Moreover, the participants initiate the conversation to their children and give them advices.

“Aw ginastorya lang nako... pasabton lang nako aning mga inana...oh pasabton lang nako nga dili sa sila mag sigeg away... natural manang inana kanang away2... Aw kanang kulata? wala ko ana... wala ko ka try anang pasakit sa bata...mustorya lang... unya pasabton.” (SF6. P76.)

I will tell them and make them understand that they don't have to fight... Well, fighting with your siblings is natural, but physically harming them, I haven't experienced it. I just talk to them and make them understand.

“Naundang lang hinoon akong kay di man ko makaatiman sa akong anak ug hunih nako undang kog inom sugal nabutan kadali eh wanaman muatiman ug mag inom inom pa.” (SF11. P38, P40).

I would stop drinking alcohol because I can't take care of them... if I continued in gambling and drinking alcohol there won't be anyone to take care of.

“Aba ka duha na sila gi laparo no may na lang pud na maka bati silag mga istorya basig ma usab pa kay lain lain man satong mga sakong mga bata daghan baya lain lain og batasan gud pero og imoha rang istoryahan mo sabot man pud.” (SF1. P85, P87.)

Back then, I hit them 2 times because they went in the computer shop instead of going to school. Yes, it's good and normal to discipline them, so that they realized that what they're doing is good and they hopefully understand.

Monetary Maneuvering is a theme that consists of various aspects in managing the financial demands of their family. This contains the seeking of ways in providing their children's meal, budgeting their money for every day's consumption, and separating the bills. In addition to that, the participants had different jobs attained such as labor, construction and driver. However, the participants tried their best to seek ways in supporting their children and applying different jobs.

“So maningkamot lang gihapon ko bisag ginagmay lang na kita maka provide man gihapon ko sa akong anak makakaon man gihapon mi ika tulo sa is aka adlaw.” (SF2. P22.)

“So, I'll just keep trying to find job, trying even if it's just a small amount just to be able to provide for my son, at least be able to eat three meals a day.”

“Mag budget jud ko nga pagka ugma, naa jud mi kan-on, ana ba. lisod pud kaayo og imong bata mangayo baya nag pagkaon na.” (SF9. P62.)

"I budget everything for the next day so that we have something to eat, like that. Because it is hard if you spend everything, if your child asks for money, you can't give him anything."

"Adlaw adlaw, ako rang gibudget akoang kuan akong pangadlaw pangpalit ug bugas ug pang sud-an eh lahi lahi lang nako akong budget sa ginagmay bayad sa balay, tubig, ug kuryente." (SF11. P55.)

"Every day, I budget my daily necessity, especially money for food. I would separate them since I still have to pay for bills for the water and electricity."

"Gi kuan trabaho mag construction, labor labor pud usahay panagsa." (SF5. P62, P64.)

"By working, doing construction, and labor sometimes."

"Mangita kog pamaagi nga maka support ko sa ila. Mangita kog trabaho... nga bisan unsa na klase na trabaho nga mahatag nako sa ilaha." (SF6. P82, P84.)

"Well, I'll find ways to support them. I'll find a job... any job so that I can give them their needs."

Research Question No. 3: What are their realizations as a single father?

The realizations and life lessons of the Solitary Fathers in experiencing parenting issues, employment, and mental health shows that Pater Wisdom and Existential Epiphanies shows the wisdom, guidance, and experiences shared by single fathers often embody their deep love, care, and commitment to supporting their children through life's challenges and guiding them towards making wise decisions. These insights reflect the fathers' dedication to nurturing their children's well-being and helping them navigate the complexities of life with resilience and strength. They also serve as examples of resilience, flexibility, and steadfast commitment despite facing distinctive obstacles. A single father manages the delicate equilibrium of seeking emotional encouragement, parental advice, and coping with employment challenges all on his own.

Table 3. Life Realizations and Advices From Solitary Fathers

Significant Statements	Formulated Meanings	Themes
<p><i>"Ienjoy nimo imong life, dili ienjoy nimo anang life sa bisyo ienjoy nimo ang life nga with your family."</i></p> <p><i>"Enjoy your life, don't enjoy it with your vices. Instead, enjoy it with your family."</i> (SF4. P153.)</p>	<p>The participant advises to enjoy life without vices, so that there will be no regrets after.</p>	
<p><i>"Kuan lang ko kanang maningkamot rajud ko trabahu pud diskarte rapud gud silag ilah aron ma buhi lisod mn pud karon panahona dita mag kuan hunahuna."</i></p> <p><i>"Just strive hard in job. We should also have strategy to survive because in this time, it's hard if we don't have healthy mindset."</i> (SF5. P107, P111.)</p>	<p>It is important to have healthy mindset in order to survive and strive hard.</p>	Pater Wisdom
<p><i>"Ang ako lang dapat bilang mag-asawa magsinabtanay jod unya kanang sa pang adlaw adlaw na kinabuhi kuan ra maan gud temporary lang man jod na pero para sa imong anak kayanon jod nimo kay labi nag naa kay mga anak okay lang."</i></p> <p><i>"You should understand each other because everything is only temporary. I know it's hard to raise a child alone but do it for the sake of your child."</i> (SF2. P36.)</p>	<p>The participant suggested that for married couples understanding each other is necessary for the child.</p>	
<p><i>"Sakoa narealize nako na dapat jud day dili jud dapat mi maghiwalay kay para sa among anak kinahanglan kompleto jud diay ang pamilya kay ang bata man gud makaluluoy."</i></p> <p><i>"I realized that me and my wife should not separate because it's for our son. The family must be complete because the child is pitiful."</i> (SF2. P42.)</p>	<p>The participant realized that he and his wife should not be separated for the sake of their child.</p>	

<p><i>"Na realize nako na pait jud diay kaayu mag isa hahaha ma raguyd pait jud mag isa kay wala kay ma sumbongan imong problem solohon ra nimo nay tanduay didto inom pud ka tanduay ahhh mao rato problem mawah rapud pagka ugma napud balik napud."</i></p> <p><i>"I realized that it was so hard hahaha that everything is hard when you're alone because you don't have any companions and you take all the problems and sometimes, I drink Tanduay yet, the problems always come back right now." (SF10. P4.)</i></p>	<p>Because of loneliness the participant uses alcohol to cope with it but realizes that it will come back immediately.</p>	
<p><i>"Akong na realize happy ma realized nako happy proud nga as a solo parent I can provide my children, in ana ko ka proud."</i></p> <p><i>"I realized that I'm happy and I'm proud to be a single father who can provide for my children, that's how proud I am." (SF4. P110.)</i></p>	<p>He is happy and proud because despite his situation he can provide for his children.</p>	Existential Epiphanies
<p><i>"Bahalag kulang atleast buo mong tulo okey na kaayu na sa akoa."</i></p> <p><i>"Even if there are some things that are lacking, as long as you're complete, it's okay for me." (SF4. P112.)</i></p>	<p>The single father stays firm even though their family is not complete.</p>	

Pater Wisdom explains the concepts that encapsulates the wisdom, guidance, and experiences shared by the single fathers. It encompasses the valuable life lessons, moral teachings, and practical advice. These insights often reflect a father's love, care, and desire to help their children navigate complexities of life, and making wise decisions. In addition to that, the Solitary Fathers advice to enjoy life without being dependent in any vices so that there will be no regrets after. Furthermore, the participants suggest to those who has partners to prioritize the time wisely because time is indeed crucial in any relationship and for married couples, understanding each other is necessary for the child in order to have a healthy mindset to survive and strive hard.

“Ienjoy nimo imong life, dili ienjoy nimo anang life sa bisyo ienjoy nimo ang life nga with your family ana ienjoy niyo kay pagka wala sa isa diha nimo ma realize na nga kulang pa diay to.” (SF4. P153.)

“Enjoy your life, don't enjoy it with your vices. Instead, enjoy it with your family. Enjoy it because once they will be gone, that's the only time you will be able to realize that all the memories you've had was still not enough.”

“Kuan lang ko kanang maning kamot rajud ko trabahu pud diskarte rapud gud silag ilah aron ma buhi lisod mn pud karon panahona dita mag kuan hunahuna.” (SF5. P107, P111.)

“Just strive hard in job. We should also have strategy to survive because in this time, it's hard if we don't have healthy mindset.”

Ang ako lang dapat bilang mag-asawa magsinabtanay jod unya kanang sa pang adlaw adlaw na kinabuhi kuan ra maan gud temporary lang man jod na kinahanglan magsinabtanay jod kay kung magsinabtanay mo naa naman ng mga pangngakwarta ninyo kay naa ra mna nang... dali ra ang pagpangawarta ninyo kay naa mn mong duha na mga tinabangay... Ang ahoa lang di lang pod ko gusto na mapariha pod mo sakoa nuh kay medjo lisod, lisod kong di nimo kaya pero para sa imong anak kayanon jod nimo kay labi nag naa kay mga anak oky lang ug wala kay pwede lang mn cguro ng wala kay panginabuhi wala kay kuan maglaroy laroy ka diha kay imo ra mang sarili imong gikuan...mangita lang ka....makakaon lang kag isa duha sa isa ka adlaw oky na.” (SF2. P36.)

“For me, for all of the married couples, you should understand each other because everything is only temporary, because if you understand each other, you will have each other's back to support the family... family problems are already there... I tell you, I don't want you guys to experience what I've been through so, as much as you can, save your relationship, understand each other... I know it's hard to raise a child alone but do it for the sake of your child.”

Existential Epiphanies are the testaments to resilience, adaptability, and unwavering dedication in the face of unique challenges. A Solitary Father navigates the intricate balance of experiencing emotional support, parenting guidance, and employment hardships single-handedly. In the absence of a partner, they take on multiple roles, serving as nurturer, disciplinarian, a mentor. Through their experiences, they impart valuable lessons on independence, self-reliance, and the importance of perseverance in the profound strength of the human spirit and the enduring power of love in shaping the lives of those

entrusted to their care. In addition to that, the participants realized that them and their wives should not be separated for the sake of their child. The participant's major aim is to work hard for their child's future and connect any of their plans with the will of God to be able to provide for their child's education. However, they are happy and proud because despite of their situation, they can provide for their children and the single father stays firm even though their family is not complete.

“Sakoa narealize nako na dapat jud dili jud dapat mi maghiwalay kay para sa among anak kinahanglan kompleto jud diay ang pamilya kay ang bata man gud makaluluoy kay labi nag kanang mo anhi mo adto didto mo anhi napod dire ang bata mura dili maka focus ug hunahuna nga unsa may iyahang sundon kay lain man disiplina didto lain pud disiplina diri.” (SF2. P42.)

“I realized that me and my wife should not separate because it's for our son. The family must be complete because the child is pitiful, especially when there are different people who discipline my child. My child cannot focus on which one he will follow and which one is right and wrong.”

“Na realize nako na pait jud diay kaayu mag isa hahaha ma raguyd pait jud mag isa kay wala kay ma sumbongan imong problem solo hon ra nimo nay tanduay didto inom pud ka tanduay ahhh mao rato problem mawah rapud pagka ugma napud balik napud.” (SF10. P4.)

“I realized that it was so hard hahaha that everything is hard when you're alone because you don't have any companions and you take all the problems and sometimes, I drink Tanduay yet, the problems always come back right now.”

“Akong na realize happy ma realized nako happy proud nga as a solo parent I can provide my children, in ana ko ka proud.” (SF4. P110.)

“I realized that I'm happy and I'm proud to be a single father who can provide for my children, that's how proud I am.”

“Bahalag kulang atleast buo mong tulo okey na kaayu na sa akoa.” (SF4. P112.)

“Even if there are some things that are lacking, as long as you're complete, it's okay for me.”

Chapter 5

DISCUSSIONS

This chapter entails a thorough discussion of the themes produced from the statements gathered by the researchers. The themes were then supported by the emerging related literature found in various sources that can be found in Chapter 2 of this research paper. Themes are provided for each Statement of the Problem that summarizes the codes and meanings of the participants' statements.

Experiences of Solitary Fathers in: Parenting, Employment, and Mental Challenges

Guidance Grit discusses the parenting difficulties that were experienced by the Solitary Fathers when it comes to fulfilling both roles of a mother and father, how they sacrifice and endure amidst workloads, and the emotions that they felt throughout their journey as sole-parent. This theme is supported by various sources such as the study of Edris, Barnars and Bauyot (2018), who wrote that single fathers faced numerous challenges after their wives left, including preparing children for school while managing domestic tasks, handling various household activities, and dealing with hunger and their struggle with late-night responsibilities like preparing milk for their young children. Emotionally, they experienced a mix of feelings, finding it difficult to adjust to newfound responsibilities and feeling overwhelmed by the immense burden. Despite the difficulties, they also expressed joy, fulfillment, pleasure, and pride in caring for their children.

In addition, as highlighted in the studies of Dery (2020) and Hines and Holcomb-Mccoy (2013), the participants embraced a blend of masculine identities, combining elements of traditional hegemonic masculinity with non-hegemonic expressions. This involves acknowledging their roles as providers. The results indicate that the participants endeavor to move away from traditional patriarchal notions regarding parenting and masculinity, which narrowly define men solely as financial providers.

As a result, the study of Kabongo and Malose (2023), showed that fathers are equally capable of juggling the traditional roles of both motherhood and parenthood as mothers are. Likewise, the formation of paternal identity, the challenges arising from the new role of fatherhood, and the negative emotions and concerns associated with it were identified as factors impacting the mental well-being of first-time fathers as they transitioned into parenthood. Fathers often encountered stress due to the constraints of their role and the lifestyle adjustments they had to make (Baldwin, Malone, Sandall & Brick, 2018).

Research on single-father households has transitioned from qualitative studies focusing on paternal welfare to quantitative investigations examining children's outcomes and the diversity within fatherhood experiences, with suggestions for further research outlined in Coles' (2015) article. Meanwhile, paternal perinatal depression (PPND), although less common than maternal perinatal depression, significantly impacts family functioning and well-being, presenting with milder symptoms alongside other mood disorders (Bruno & Celebre, 2020).

To also add, interest in fathering has surged after years of neglect, with Greif (2014) noting a significant increase in the number of fathers raising children alone post-separation or divorce, according to Census Bureau data. The literature on single custodial dads, previously understudied, now encompasses both large and small sample studies, often utilizing comparison groups to explore various aspects of single father households, reflecting the growing attention and understanding of this demographic over recent decades.

While feeling devastated by how the participants obliged their role as single fathers' they have also experienced many struggles in providing financial support and employment difficulties. The statements that correlate with their struggle financially are themed **Financial Tenacity**. The study by Crettaz (2013) highlights that low salaries are just one aspect contributing to in-work poverty among single fathers. Factors such as fixed-term agreements, common among young and unskilled single fathers, particularly during economic downturns, exacerbate the situation. Additionally, zero-hour contracts and unstable employment conditions make it challenging to attain sufficient annual income and increase the risk associated with employment by Nieuwenhuis & Maldonado (2018).

The emerging adult single fathers were mostly undergraduates which makes them meet limited opportunities. Compared to fathers who were in partnerships, a greater proportion of single fathers had lower educational attainment and were more likely to be self-employed, non-regular workers, or jobless (Stack & Meredith, 2018). For Solitary fathers, parenting is challenging, as limited and insufficient support from the government is also a struggle for the participants (Arboleda & Singson, 2022). To also add the study of Li and Avendano (2023) stated that despite their minor negative impacts on adolescents,

employment search requirements for families have conflicting results, casting doubt on the notion that they enhance young children's and adolescents' developmental outcomes.

Research often neglects the challenges fathers face in parenting, especially in low-income urban areas, as highlighted by a qualitative study in Addis Ababa, Ethiopia, revealing fathers' emotional connection with their children amidst internal struggles and external pressures. Meanwhile, the impact of parental leave reforms, such as the 1995 daddy-month reform, on fathers' leave-taking patterns has been limited, with subsequent reforms showing minimal effects due to entrenched gender norms, where fathers earning less than mothers are disproportionately represented among non-leave takers, emphasizing the necessity for policies addressing these norms to promote paternal leave uptake (Berhane & Tewahido, 2023; Aldén & Boschini, 2023).

The **Mindscapes Odyssey** outlined in the third theme of statement of the problem 1 depict solitary fathers' perceptions of their responsibilities, often likened to being the sole provider or "ina-tay" for their children. These perceptions shed light on the complex emotional and psychological challenges faced by solitary fathers as they navigate their roles and obligations within the family structure. According to the study by Simpson and Flaud (2018), some fathers despite their love for their children, experienced a decline in self-worth, physical abilities, and mental sharpness during their child's illness, leading to feelings of agitation, fear, loneliness, and helplessness due to the lack of support. Top of Form The study by Chaplin, Turpyn, and Fischer et al (2021) found that the Parenting Mindfully (PM) intervention improved parent mindfulness, reduced aspects of parenting stress, and improved present-focused emotional awareness in parenting and parent-

adolescent relationships. Mindfulness interventions have the potential to reduce parent stress and improve parenting behavior and parent-child relationship quality.

Klein (2023) highlights fathers' lower participation levels in their children's treatment compared to mothers, emphasizing the need to explore therapist perspectives on father attendance and engagement, given the significant impact of provider attitudes on treatment outcomes. Simpson and Bambra (2023) note the limited understanding of how structural factors, such as social security reforms, influence intergenerational mental health patterns, indicating that benefit reductions have adverse effects on adolescent mental health in dual-parent households regardless of adolescent and parental characteristics, emphasizing the importance of considering these impacts in future policy formulation and assessment.

Coping Mechanisms of Solitary Fathers in: Mental, Parenting, and Employment Challenges

Emotional Armor unveils their stories of experiencing mental health difficulties and their mechanisms for maintaining their mental stability. This is supported by the study of Shorey and Pereira (2022) which talks about the single-parent families led by fathers are an increasing demographic globally. Furthermore, single fatherhood is associated with poorer self-reported health and mental health, lifestyle practices and habits, increased health complications, psychological symptoms, hospital admissions, and higher mortality.

In addition, the respondents of Jepkoech (2022) describe their personal experiences of how the church helped them, including visits from the pastor, counseling, and prayer, as well as conversations with youth and spiritual support. Wolf and Chavez (2015) found that

fathers often drank to relax, although they negotiated decisions around drinking with parenting responsibilities. To also add, the experiences of men in Benoit and Magnus' (2017) study believed substance use can interfere with parenting in both financial and emotional ways. They can better understand what they are going through because they have shared similar experiences thanks to such sharing. A study finding indicated that the use of problem-focused coping methods decreases as the severity of the symptoms and contributing factors to stress increases, however, there is a correlation between the usage of emotion-focused coping strategies and stress levels (Aziz, 2023).

Meanwhile, the study of Dhungel and Kato (2021), shows the comparison between single and partnered fathers reveals notable variations in several factors. Single fathers demonstrate a higher prevalence of psychological distress (8.5% compared to 5.0% for partnered fathers), tend to be older, have lower education levels, and are more likely to be non-regular workers or self-employed. They also exhibit differences in health behaviors such as lower rates of medical examinations, less drinking, but higher rates of smoking compared to partnered fathers.

The study of Spurr and Danford (2023) witnesses that there is a growing number of children living with chronic health conditions, impacting family dynamics, relationships, and parental caregiving. Research suggests that while increased father involvement in caring for their chronically ill child can enhance family functioning, it may also lead to elevated anxiety and distress, decreased self-esteem, and a greater need for support.

Family Flexibility is defined as the mechanisms of sole fathers to adapt and engage in parental responsibilities and actions as they indulge themselves to take control of their child and the child's well-being. Sole fathers, confronted with the multifaceted challenges of single parenthood, encounter not only practical difficulties but also navigate through significant social and personal struggles. It sheds light on the nuanced experiences of these fathers as they diverge from traditional masculine roles and embrace a more nurturing, motherly role (Cable, 2017).

Fathers who implement positive parenting styles are likely to form good parent-child relationships (Skinner, Gurdal, Chang, Oburu, and Tapanya, 2022). This claim was also supported by Mikolajczak and Roskam (2020) as they also discuss that it improves their parenting self-efficacy, and reduces the likelihood of parental burnout. One single father experienced happiness as a model to her daughter. As a father, he desired to become a good model to ensure his daughter would demonstrate appropriate behavior despite his imperfections. This experience of becoming a role model may lead single fathers to experience greater happiness, subjective well-being, and psychological need satisfaction (Nelson-Coffey, 2019).

According to Nemet (2021), the relationship between the parenting style and the involvement in housework and child care shows that fathers who are more actively involved are more likely to demonstrate an authoritative parenting style as such style is characterized not only by making demands on a child (according to the child's age) but also by parental care, thus taking more responsibility for care and activities with children.

In families engaged with the Child Protection System, fathers often exhibit deficient parenting practices, leading to inadequate stress management and heightened vulnerability, while tailored strategies to address these deficiencies are necessary. Concurrently, the coexistence of maternal depression and antisocial personality disorder (ASPD) poses a risk for children's psychopathology, necessitating an understanding of the underlying mechanisms. Studies underscore the importance of enhancing parental training to improve co-parenting practices, which positively impact child development and family functioning (Sanchez & Socias, 2023; Russotti & Swerbenski, 2023).

Monetary Maneuvering is the third theme formulated which entails how single fathers balance their financial needs and problems. Single-parent households face increased pressure to attain sufficient incomes due to the lack of an additional earner, rendering them more vulnerable to the impacts of temporary job loss. In the absence of another caregiver in the household, work-family conflict may lead to tag-team parenting arrangements. In summary, the absence of a partner not only constrains caregiving, earnings, time, and flexibility but also highlights the deeply gendered nature of single parenthood (Nieuwenhuis & Maldonado, 2018). According to the study of Stack and Meredith (2018), their participants viewed their responsibility for feeding their children as essential and non-negotiable. They expressed a commitment to ensuring their children never went hungry, often sacrificing their own food intake and well-being in the process. This included skipping meals to prioritize paying utility bills or avoiding accumulating debt related to expenses.

Meanwhile, Gómez-Ortiz (2023) highlights the lack of validation for the Spanish version of the Parental Stress Scale (PSS) within the Spanish population and the absence of consensus in existing literature regarding gender disparities in parental stress and its correlation with life satisfaction. To address this gap, the study examines the potential protective role of secure base scripts against concurrent externalizing problems and cumulative family stress escalation. Furthermore, Orellana and Schnettler's (2023) research emphasizes the comparatively lesser focus on family-to-work conflict compared to work-to-family conflict, revealing that higher levels of family-to-work conflict are associated with reduced job and family life satisfaction. They underscore the importance of implementing family-oriented workplace policies with a gender perspective to improve satisfaction for workers and their families.

Life realizations of Solitary Fathers

Pater Wisdom defines as the backbone of their children's development. Notably, the majority of the lone parents used social, spiritual, and physical coping mechanisms to address their parenting challenges alone. The majority of them stayed busy with their hobbies, social media, hanging out with friends, and spiritual coping mechanisms, which included family and neighborhood support groups (Dagupon & Garin, 2022). The study of Patnaik (2020) discusses the direct correlation between employment and financial assistance, or an indirect correlation indicating that certain interpersonal skills might bolster both a stronger connection to the workforce and a heightened sense of accountability for fulfilling child support duties.

In this area, this entails the **Existential Epiphanies** of the single father which was supported by the study of Cariño (2023) single fathers encounter numerous challenges, especially in juggling their focus and time for the child alongside efforts to generate income for meeting necessities. Despite the hardships, they maintained an optimistic perspective regarding their future and acknowledged the valuable lessons gained throughout the experiences. While according to Yogman and Garfield (2016), increased father involvement correlates with enhanced cognitive development, social responsiveness, independence, and gender role development, especially in girls, expanding their role from traditional stereotypes to encompass caregiving, companionship, teaching, parenting modeling, and spousal support.

Lastly, the studies of Chen and Chen (2023) and Jang and Bang (2023) focuses on gender-awareness education for children in single-parent households, and how single fathers struggle against muscular norms which can be considered as an area that has been underexplored. Thus, their researches suggests the importance of supporting single fathers in navigating their relationships with their children. Increased awareness and promotion of parent-teaching support programs, along with reforming guidelines and policies to enhance their participation in judicial and social assistance services,

The provided articles explore several key themes related to the experiences of sole fathers, including their life experiences, coping mechanisms, and personal realizations. As single parents, these individuals confront numerous challenges and stresses, particularly as they navigate non-traditional gender roles while simultaneously fulfilling nurturing parental responsibilities. Factors such as poorer physical and mental health, limited educational backgrounds, and financial difficulties further compound their struggles, often

resulting in lower income due to barriers in employment and time management between work and parenting duties.

Moreover, research indicates that solitary fathers often adopt unique parenting styles, adept at balancing traditional gender roles while nurturing their children. It is suggested that supporting single fathers in enhancing their relationships with their children is imperative. This entails increasing awareness and promoting parent-teaching support programs, reforming guidelines, and implementing policies to facilitate their greater participation in both the judicial system and social assistance services. Such measures can ultimately contribute to the well-being and success of both single fathers and their children.

Chapter 6

IMPLICATIONS AND CONCLUDING REMARKS

This chapter provides a thorough discussion of the potential implications as well as concluding remarks taken from the research paper. Also, this section attempts to provide a deeper understanding of the significance of the research findings by carefully examining the data and analysis provided in the study, highlighting their applicability and possible influence on the field of study.

Implication

In addressing the challenges faced by solitary fathers, various coping mechanisms emerged, as observed in the study. One such strategy involves the consumption of alcohol, which solitary fathers may resort as a means of temporarily alleviating stress, diverting attention from their difficulties and substance to sleep immediately. Also, faith plays a significant role, with solitary fathers placing trust in a higher power to navigate through their adversities. Moreover, companionship in the form of a pet serves as a source of solace, offering emotional support and serving as a stress reliever for some solitary fathers. Furthermore, the motivation derived from their children serves as a powerful inspiration, prompting solitary fathers to remain focused and resilient amidst their struggles.

In addition, exercises in self-control and concentration are instrumental, enabling solitary fathers to maintain composure and effectively manage their parental responsibilities. In terms of addressing financial challenges, solitary fathers demonstrate remarkable resilience by actively seeking employment opportunities, displaying a strong work ethic, and being willing to undertake any available job to meet the needs of their children.

From the research results it is clearly shown that solitary fathers do experience hardships that mothers can. Single fathers are also prone in having stress and depression due to the pressure they felt in facing responsibilities alone and the worry that they may not be able to support their children which often leads to the thought of suicide. Thus, in order to avoid scenarios such as suicide to occur in our solitary fathers, it is essential that different organizations or companions must give attention and support in order to address the single father's needs and necessities.

Concluding Remarks

The researcher had established that in the urban setting of Davao City, single fathers struggle with significant challenges in meeting the needs of their children. The absence of a supportive partner exacerbates their predicament, leaving them isolated in their struggles. Consequently, solitary fathers experience heightened levels of stress and depression, with some even contemplating surrendering to the overwhelming burdens they bear.

In the face of adversity, solitary fathers often resort to unhealthy coping mechanisms such as alcohol consumption, albeit realizing the counterproductive nature of such actions. Nevertheless, amidst their tribulations, these individuals draw strength from their unwavering commitment to their children's well-being. Indeed, the resilient spirit exhibited by single fathers underscores their determination to persevere through life's trials, fueled by an enduring sense of purpose and faith in a higher power.

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Appendix 1a: Letter of Permission



HOLY CROSS COLLEGE OF CALINAN, INC
Davao- Bukidnon Highway, Calinan Poblacion, Davao City

December 13, 2023

Sr. Cherie Eloisa L. Garrote, PM
 School President
 Holy Cross College of Calinan, Inc.

Dear Sister,

Cordial wishes of concord and harmony!

We are writing this letter to inform you that we will be conducting a research study entitled: **“SOLITARY FATHERS: PARENTING, EMPLOYMENT, AND MENTAL CHALLENGES”** as the major requirement in our Practical Research 1 and 2. The objective of our study is to explore the world of single fathers by disclosing the story full of wonders and obstacles that they encounter such as adapting parenting strategies, financial problems, mental health issues, and their coping mechanisms while captivating the complete obligation of a spouse to their children. An interview meeting will be arranged to gather data from the single fathers within Davao City.

In line with this, we would like to ask permission to conduct an interview with the single fathers around Davao City in relation to the research that we are conducting. This is to further broaden our knowledge with regards on what specific conflicts that they have experienced, how they handle the challenges, and what overviews or realizations that these experiences have given and/or influence them. During the interview process, we will be under the supervision of our research adviser. In the absence of our research adviser, we will be accompanied by our parents or trusted adults who will be responsible for our safety and security.

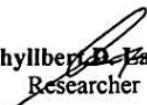
Participation in this study is completely voluntary, therefore, participants are free to withdraw from the study at any time without moral obligation to the researcher and to the school. Personal information from the participants will be kept private to keep the ethicality of the paper and observe the rights to privacy of our participants. Further, the participants have the rights to verify the data to be included in the final manuscript.

Should you wish to know more about the study, please feel free to contact:
| Hilarie C. Echavez | 0963 313 6056 | hilarieechavez@gmail.com |
| Ethyll D. Lantad | 0909 363 3475 | dumandanlantadethyll@gmail.com |

Thank you very much.

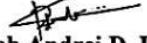
Very truly yours,


Hilarie C. Echavez
Researcher


Ethyllber D. Lantad
Researcher


Trixia Mori C. Yadao
Researcher


Jhanna Rechell P. Seno
Researcher


Rebb Andrei D. Dinalo
Researcher


Jhennis P. Deiparine
Researcher

Noted by:


Mrs. Idyl Mae L. Malaque
Research Adviser

Approved by:


Sr. Cherie Elisa Garrote, PM
School President

Complaints about this research:

The Holy Cross College of Calinan requires that all the participants are informed and if they have complaints regarding the manner in which the research is conducted, it may be given to the researcher, or if an independent person is preferred, to the Research and Publication Head, Research Office, Holy Cross College of Calinan with the following numbers: 295-0797 or 09491985644.

Appendix 1b: Letter of Permission



HOLY CROSS COLLEGE OF CALINAN, INC
Davao- Bukidnon Highway, Calinan Poblacion, Davao City

December 13, 2023

Ma. Corazon C. Sunga, PhD.
Basic Education Principal
Holy Cross College of Calinan, Inc.

Dear Dr. Sunga,

Cordial wishes of concord and harmony!

We are writing this letter to inform you that we will be conducting a research study entitled: "**SOLITARY FATHERS: PARENTING, EMPLOYMENT, AND MENTAL CHALLENGES**" as the major requirement in our Practical Research 1 and 2. The objective of our study is to explore the world of single fathers by disclosing the story full of wonders and obstacles that they encounter such as adapting parenting strategies, financial problems, mental health issues, and their coping mechanisms while captivating the complete obligation of a spouse to their children. An interview meeting will be arranged to gather data from the single fathers within Davao City.

In line with this, we would like to ask permission to conduct an interview with the single fathers around Davao City in relation to the research that we are conducting. This is to further broaden our knowledge with regards on what specific conflicts that they have experienced, how they handle the challenges, and what overviews or realizations that these experiences have given and/or influence them. During the interview process, we will be under the supervision of our research adviser. In the absence of our research adviser, we will be accompanied by our parents or trusted adults who will be responsible for our safety and security.

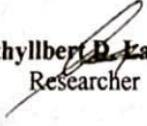
Participation in this study is completely voluntary, therefore, participants are free to withdraw from the study at any time without moral obligation to the researcher and to the school. Personal information from the participants will be kept private to keep the ethicality of the paper and observe the rights to privacy of our participants. Further, the participants have the rights to verify the data to be included in the final manuscript.

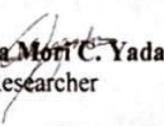
Should you wish to know more about the study, please feel free to contact:
| Hilarie C. Echavez | 0963 313 6056 | hilarieechavez@gmail.com |
| Ethyll D. Lantad | 0909 363 3475 | dumandanlantadethyll@gmail.com |

Thank you very much.

Very truly yours,

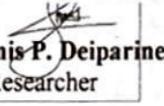

Hilarie C. Echavez
Researcher


Ethyllbert D. Lantad
Researcher


Trixia Mori C. Yadao
Researcher


Jhanna Bechell P. Seno
Researcher

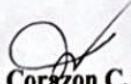

Rebb Andrei D. Dinalo
Researcher


Jhennis P. Deiparine
Researcher

Noted by:


Mrs. Idyl Mae L. Malaque
Research Adviser

Approved by:


Ma. Corazon C. Sunga, PhD.
Basic Education Principal

Complaints about this research:

The Holy Cross College of Calinan requires that all the participants are informed and if they have complaints regarding the manner in which the research is conducted, it may be given to the researcher, or if an independent person is preferred, to the Research and Publication Head, Research Office, Holy Cross College of Calinan with the following numbers: 295-0797 or 09491985644.

Appendix 2a: Letter to the Validator



HOLY CROSS COLLEGE OF CALINAN, INC
Davao- Bukidnon Highway, Calinan Poblacion, Davao City

December 13, 2023

Ms. Vallerie Joy T. Escolano
Subject Area Coordinator
Holy Cross College of Calinan, Inc.

Dear Ms. Escolano,

Cordial wishes of concord and harmony!

We, Hilarie C. Echavez, Ethyllbert D. Lantad, Trixia Mori C. Yadao, Jhanna Rechell P. Seno, Jennis P. Deiparine, and Rebb Andrei A. Dinalo, enrolled in the class of Practical Research 2 and conducting a research entitled: "**SOLITARY FATHERS: PARENTING, EMPLOYMENT, AND MENTAL CHALLENGES**". This study aims to discover the obstacles that single fathers encounter such as adapting parenting strategies, financial problems, mental health issues, and their coping mechanisms while captivating the complete obligation of a spouse to their children. The following are the research questions to be addressed in this study:

1. What are the experiences of the solitary fathers in?
 - a. Parenting;
 - b. Employment; and
 - c. Mental State
2. How do solitary fathers cope with the challenges in?
 - a. Parenting;
 - b. Employment; and
 - c. Mental State
3. What are their realizations as single fathers?

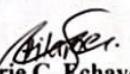
May we request your kind assistance in validating the questionnaire of the study. Would you please fill up the attached validation sheet and give suggestions/comments for the improvement of our research questionnaire.

Should you wish to know more about the study, please feel free to contact:

| Hilarie C. Echavez | 0963 313 6056 | hilarieechavez@gmail.com |
| Ethyll D. Lantad | 0909 363 3475 | dumandanlantadethyll@gmail.com |

Thank you very much.

Very truly yours,


Hilarie C. Echavez
Researcher


Ethyll D. Lantad
Researcher


Trixia Mori C. Yadao
Researcher


Jhanna Rechell P. Seno
Researcher


Rebba Andrei D. Dinalo
Researcher


Jhenris P. Deiparine
Researcher

Noted by:


Mrs. Idyl Mae L. Malaque
Research Adviser

Approved by:

 12/13/2023
Ms. Vallerie Joy T. Escolano
Subject Area Coordinator

Complaints about this research:

The Holy Cross College of Calinan requires that all the participants are informed and if they have complaints regarding the manner in which the research is conducted, it may be given to the researcher, or if an independent person is preferred, to the Research and Publication Head, Research Office, Holy Cross College of Calinan with the following numbers: 295-0797 or 09491985644.

Appendix 2b: Letter to the Validator



HOLY CROSS COLLEGE OF CALINAN, INC.
Davao- Bukidnon Highway, Calinan Poblacion, Davao City

December 13, 2023

Mrs. Jovelyn M. Bangcot
Subject Area Coordinator
Holy Cross College of Calinan, Inc.

Dear Mrs. Bangcot,

Greetings of peace and solidarity!

We, Hilarie C. Echavez, Ethyllbert D. Lantad, Trixia Mori C. Yadao, Jhanna Rechell P. Seno, Dennis P. Deiparine, and Rebb Andrei A. Dinalo, enrolled in the class of Practical Research 2 and conducting a research entitled: "**SOLITARY FATHERS: PARENTING, EMPLOYMENT, AND MENTAL CHALLENGES**". This study aims to discover the obstacles that single fathers encounter such as adapting parenting strategies, financial problems, mental health issues, and their coping mechanisms while captivating the complete obligation of a spouse to their children. The following are the research questions to be addressed in this study:

- 1) What are the experiences of the solitary fathers in?
 - a. Parenting;
 - b. Employment; and
 - c. Mental State
- 2) How do solitary fathers cope with the challenges in?
 - a. Parenting;
 - b. Employment; and
 - c. Mental State
- 3) What are their realizations as single fathers?

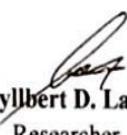
May we request your kind assistance in validating the questionnaire of the study. Would you please fill up the attached validation sheet and give suggestions/comments for the improvement of our research questionnaire.

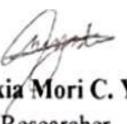
Should you wish to know more about the study, please feel free to contact:
 | Hilarie C. Echavez | 0963 313 6056 | hilarieechavez@gmail.com |
 | Ethyll D. Lantad | 0909 363 3475 | dumandanlantadethyll@gmail.com |

Thank you very much.

Very truly yours,


Hilarie C. Echavez
 Researcher


Ethyllbert D. Lantad
 Researcher


Trixia Mori C. Yadao
 Researcher


Jhanna Rechell P. Seno
 Researcher

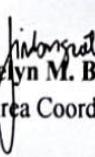

Rebba Andrei D. Dinalo
 Researcher


Jhennis P. Deiparine
 Researcher

Noted by:


Mrs. Idyl Mae L. Malaque
 Research Adviser

Approved by:


Mrs. Jovelyn M. Bangcot
 Subject Area Coordinator

Complaints about this research:

The Holy Cross College of Calinan requires that all the participants are informed and if they have complaints regarding the manner in which the research is conducted, it may be given to the researcher, or if an independent person is preferred, to the Research and Publication Head, Research Office, Holy Cross College of Calinan with the following numbers: 295-0797 or 09491985644.

Appendix 3a: Interview Guide



HOLY CROSS COLLEGE OF CALINAN, INC.
Davao- Bukidnon Highway, Calinan Poblacion, Davao City

INTERVIEW GUIDE

SOLITARY FATHERS: PARENTING, EMPLOYMENT, AND MENTAL CHALLENGES

This interview protocol is designed to deeply understand the different challenges, coping mechanisms, and life realizations you encounter as a single father raising your child on your own. Rest assured that your responses and insights to the queries will be dealt with with the utmost care and confidentiality. If you have concerns about this protocol or the study as a whole, please do not hesitate to call our attention. The interview will be done when you are ready and at your most convenient time and place.

Thank you very much.

The following are the research questions to be addressed in this study:

Research Question #1: What are your experiences as a single father in terms of: parenting, employment and mental challenges?

- 1.1. How would you describe your experiences as a single father? (*Unsaon nimo pag hulagway ang imong mga naagian isip usa ka solo nga amahan?*)
- 1.2. What are your experiences in providing the financial needs/support of your child/ren? (*Unsa ang imong mga naagian sa paghatag og pinansyal nga suporta/kinahanglon sa imong/mga anak?*)
- 1.3. Have you ever experienced being mentally challenged as a single father? Could you tell us about it? (*Naa bakay mga naagian nga problema sa imong kaugalingong panghuna-huna isip usa ka solo nga amahan? Unsa sud kini og pwede ba nimo ni maingon suamo?*)

Research Question #2: What are your coping mechanisms as a single father in terms of: parenting, employment and mental challenges?

- 2.1. When you think about your current situation of being a single father, how do you maintain your mental health? What certain actions did you take? (*Kung makahinumdom ka sa imong sitwasyon karon isip usa ka solo nga amahan, Gi unsa nimo pagmintinar sa imong sariling panghuna-huna nga mahimo kining lig-on? Unsa imong ginabuhat aron kini mahimong lig-on?*)

- 2.2. How do you deal with parenting issues with your child/ren? (*Gi unsa nimo pag-atubang o atiman sa imong mga pang ginikanang problema para sa imo mga anak?*)
- 2.3. How did you manage the financial demands of the family? (*Gi unsa nimo pag pangita ug pamaagi o pagcontro! sa pinansyal nga kinahanglanon sa imong pamilya?*)

Research Question #3: What are your realizations as a single father?

- 3.1. Is there anything else you would like to share about your experiences as a solitary father? (*Naa paba kay gusto ipaambit o tingon sa amoamahitungod sa imong mga kinaagi isip unsa ka soio nga amahan?*)
- 3.2. What are your realizations of being a single father? And what suggestions do you have for improving the support available to solitary fathers? (*Unsa imong mga na amgoan/narealize sa tanan nimong naogian isip usa ka solo nga amahan? Ug unsa ang imong maingon sa pag lambo sa suporta nga anaa sa nag-solong mga amahan?*)

THANK YOU VERY MUCH AND GOD BLESS!!

Appendix 4a: Participant Information Consent



HOLY CROSS COLLEGE OF CALINAN, INC.
Davao- Bukidnon Highway, Calinan Poblacion, Davao City

PARTICIPANT INFORMATION CONSENT

I, _____ agree to participate in the study in which purpose is to explore the world of single fathers by disclosing the story full of wonders and obstacles that they encounter such as adapting parenting strategies, financial problems, mental health issues, and their coping mechanisms while captivating their complete obligations of a spouse to their children, and their realizations throughout their experiences. I am fully aware that the study will be conducted by Hilarie Echavez, Ethyllbert Lantad, Trixia Mori Yadao, Jhennis Deiparene, Jhanna Seno, and Rebb Dinalo and will be supervised by Mrs. Idyl Mae L. Malaque, their research adviser.

Before the onset of the study, the researchers explained to me the nature and extent of my involvement in this project. Also during the orientation, participants were informed of the following:

- a. that there are no known risks in our participation;
- b. that my participation will involve either face to face or online interview about the parenting, employment and mental challenges of Solitary Fathers;
- c. that the information they obtained from me will be kept confidential and that only them and their research adviser will have access on it; and
- d. that my name and the organization where I am connected will never be mentioned in the final report.

For possible queries and complaints regarding the conduct of the study, contact details of the researchers and their adviser, Mrs. Idyl Mae L. Malaque are provided.

In this study, my participation is entirely voluntary and I am free to withdraw at any time without affecting my relationship with the researchers and Holy Cross College of Calinan.

Participant's signature

12/23/22

Date



HOLY CROSS COLLEGE OF CALINAN, INC.
Davao- Bukidnon Highway, Calinan Poblacion, Davao City

Hilarie Echavez
 Researcher's signature

December 15, 2023
 Date

Ethylibert Lantad
 Researcher's signature

December 15, 2023
 Date

Trixia Mori Yadao
 Researcher's signature

December 15, 2023
 Date

Jhenmis Deiparene
 Researcher's signature

December 15, 2023
 Date

Rebb Andrei Dinalo
 Researcher's signature

December 15, 2023
 Date

Jhanna Redhell Seno
 Researcher's signature

December 15, 2023
 Date

Should you wish to know more about the study, please feel free to contact:
 | Hilarie C. Echavez | 0963 313 6056 | hilarieechavez@gmail.com |
 | Ethyll D. Lantad | 0909 363 3475 | demandanlantadethyll@gmail.com |

Complaints about this research:

This project has been approved by their research adviser. Should you have concerns about your rights as a participant in this research, or should you have a complaint about the manner in which the research is conducted, please feel free to contact Dr./Miss/Mrs. Idyl Mae L. Malaque through her number 09381015724 or email her at idylmae_05@gmail.com. Alternatively, you can direct your queries to the school's Research and Publication Officer through number: 2950797.

Appendix 4b: Participants Information Consent



HOLY CROSS COLLEGE OF CALINAN, INC.
Davao- Bukidnon Highway, Calinan Poblacion, Davao City

PARTICIPANT INFORMATION CONSENT

I, _____ agree to participate in the study in which purpose is to explore the world of single fathers by disclosing the story full of wonders and obstacles that they encounter such as adapting parenting strategies, financial problems, mental health issues, and their coping mechanisms while captivating their complete obligations of a spouse to their children, and their realizations throughout their experiences. I am fully aware that the study will be conducted by Hilarie Echavez, Ethylbert Lantad, Trixia Mori Yadao, Jhennis Deiparene, Jhanna Rechell Seno, and Rebb Andrei Dinalo and will be supervised by Mrs. Idyl Mae L. Malaque, their research adviser.

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In this study, my participation is entirely voluntary and I am free to withdraw at any time without affecting my relationship with the researchers and Holy Cross College of Calinan.

Participant's signature

12/21/23
Date



HOLY CROSS COLLEGE OF CALINAN, INC.
Davao- Bukidnon Highway, Calinan Poblacion, Davao City

Hilarie Echavez
Researcher's signature

December 15, 2023
Date

Ethylbert Lantad
Researcher's signature

December 15, 2023
Date

Trixie Mori Yadao
Researcher's signature

December 15, 2023
Date

Jhenmis Deiparene
Researcher's signature

December 15, 2023
Date

Rebb Andrei Dinaio
Researcher's signature

December 15, 2023
Date

Jhanna Redhell Seno
Researcher's signature

December 15, 2023
Date

Should you wish to know more about the study, please feel free to contact:
 | Hilarie C. Echavez | 0963 313 6056 | hilarieechavez@gmail.com |
 | Ethyl D. Lantad | 0909 363 3475 | dumandanlantadethyll@gmail.com |

Complaints about this research:

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Appendix 4c: Participant Information Consent



HOLY CROSS COLLEGE OF CALINAN, INC. Davao- Bukidnon Highway, Calinan Poblacion, Davao City

PARTICIPANT INFORMATION CONSENT

I, _____, agree to participate in the study in which purpose is to explore the world of single fathers by disclosing the story full of wonders and obstacles that they encounter such as adapting parenting strategies, financial problems, mental health issues, and their coping mechanisms while captivating their complete obligations of a spouse to their children, and their realizations throughout their experiences. I am fully aware that the study will be conducted by Hilarie Echavez, Ethyllbert Lantad, Trixia Mori Yadao, Jhennis Deiparene, Jhanna Seno, and Rebb Dinalo and will be supervised by Mrs. Idyl Mae L. Malaque, their research adviser.

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For possible queries and complaints regarding the conduct of the study, contact details of the researchers and their adviser, Mrs. Idyl Mae L. Malaque are provided.

In this study, my participation is entirely voluntary and I am free to withdraw at any time without affecting my relationship with the researchers and Holy Cross College of Calinan.

Participant's signature

01/05/23
Date



HOLY CROSS COLLEGE OF CALINAN, INC.
Davao-Bukidnon Highway, Calinan Poblacion, Davao City


Hilarie Echavez
Researcher's signature

December 15, 2023
Date


Ethyll D. Lantad
Researcher's signature

December 15, 2023
Date


Trixia Mori Yadao
Researcher's signature

December 15, 2023
Date


Jhenmis Delparene
Researcher's signature

December 15, 2023
Date


Rebb Andrei Dinaio
Researcher's signature

December 15, 2023
Date


Jhanna Redhell Seno
Researcher's signature

December 15, 2023
Date

Should you wish to know more about the study, please feel free to contact:

| Hilarie C. Echavez | 0963 313 6056 | hilarieechavez@gmail.com |
| Ethyll D. Lantad | 0909 363 3475 | dumandanlantadethyll@gmail.com |

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Appendix 4d: Participant Information Consent



HOLY CROSS COLLEGE OF CALINAN, INC.
Davao- Bukidnon Highway, Calinan Poblacion, Davao City

PARTICIPANT INFORMATION CONSENT

I, _____, agree to participate in the study in which purpose is to explore the world of single fathers by disclosing the story full of wonders and obstacles that they encounter such as adapting parenting strategies, financial problems, mental health issues, and their coping mechanisms while captivating their complete obligations of a spouse to their children, and their realizations throughout their experiences. I am fully aware that the study will be conducted by Hilarie Echavez, Ethyllbert Lantad, Trixia Mori Yadao, Jhennis Deiparene, Jhanna Rechell Seno, and Rebb Andrei Dinalo and will be supervised by Mrs. Idyl Mae L. Malaque, their research adviser.

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In this study, my participation is entirely voluntary and I am free to withdraw at any time without affecting my relationship with the researchers and Holy Cross College of Calinan.

Participant's signature

January 08, 2024

Date



HOLY CROSS COLLEGE OF CALINAN, INC.
Davao-Bukidnon Highway, Calinan Poblacion, Davao City

Hilarie Echavez
 Researcher's signature

December 15, 2023
 Date

Ethyll D. Lantad
 Researcher's signature

December 15, 2023
 Date

Trixia Mori Yadao
 Researcher's signature

December 15, 2023
 Date

Jhennis Dejparene
 Researcher's signature

December 15, 2023
 Date

Rebb Andrei Dinaio
 Researcher's signature

December 15, 2023
 Date

Jhanna Redhell Seno
 Researcher's signature

December 15, 2023
 Date

Should you wish to know more about the study, please feel free to contact:

| Hilarie C. Echavez | 0963 313 6056 | hilarieechavez@gmail.com |
| Ethyll D. Lantad | 0909 363 3475 | dumandanlantadethyll@gmail.com |

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Appendix 4e: Participant Information Consent



HOLY CROSS COLLEGE OF CALINAN, INC.
Davao-Bukidnon Highway, Calinan Poblacion, Davao City

PARTICIPANT INFORMATION CONSENT

I, Jenistie Suncano, agree to participate in the study in which purpose is to explore the world of single fathers by disclosing the story full of wonders and obstacles that they encounter such as adapting parenting strategies, financial problems, mental health issues, and their coping mechanisms while captivating their complete obligations of a spouse to their children, and their realizations throughout their experiences. I am fully aware that the study will be conducted by Hilarie Echavez, Ethyllbert Lantad, Trixia Mori Yadao, Jhennis Deiparene, Jhanna Rechell Seno, and Rebb Andrei Dinalo and will be supervised by Mrs. Idyl Mae L. Malaque, their research adviser.

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For possible queries and complaints regarding the conduct of the study, contact details of the researchers and their adviser, Mrs. Idyl Mae L. Malaque are provided.

In this study, my participation is entirely voluntary and I am free to withdraw at any time without affecting my relationship with the researchers and Holy Cross College of Calinan.


Participant's signature

01/27/23
Date



HOLY CROSS COLLEGE OF CALINAN, INC.
Davao-Bukidnon Highway, Calinan Poblacion, Davao City

Hilarie Echavez
Researcher's signature

December 15, 2023
Date

Ethyl D. Lantad
Researcher's signature

December 15, 2023
Date

Trixia Mori Yadao
Researcher's signature

December 15, 2023
Date

Jhennis Deiparene
Researcher's signature

December 15, 2023
Date

Rebb Andrei Dinaio
Researcher's signature

December 15, 2023
Date

Jhanna Redhell Seno
Researcher's signature

December 15, 2023
Date

Should you wish to know more about the study, please feel free to contact:
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Appendix 4f: Participant Information Consent



HOLY CROSS COLLEGE OF CALINAN, INC.
Davao- Bukidnon Highway, Calinan Poblacion, Davao City

PARTICIPANT INFORMATION CONSENT

I, [REDACTED], agree to participate in the study in which purpose is to explore the world of single fathers by disclosing the story full of wonders and obstacles that they encounter such as adapting parenting strategies, financial problems, mental health issues, and their coping mechanisms while captivating their complete obligations of a spouse to their children, and their realizations throughout their experiences. I am fully aware that the study will be conducted by Hilarie Echavez, Ethylbert Lantad, Trixia Mori Yadao, Jhennis Deiparene, Jhanna Rechell Seno, and Rebb Andrei Dinalo and will be supervised by Mrs. Idyl Mae L. Malaque, their research adviser.

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Participant's signature

Dec. 31, 2023
Date



HOLY CROSS COLLEGE OF CALINAN, INC.
Davao-Bukidnon Highway, Calinan Poblacion, Davao City

Hilarie Echavez
Researcher's signature

December 15, 2023
Date

Ethyl D. Lantad
Researcher's signature

December 15, 2023
Date

Trixia Mori Yadao
Researcher's signature

December 15, 2023
Date

Jhenris Deiparene
Researcher's signature

December 15, 2023
Date

Rebb Andrei Dinaio
Researcher's signature

December 15, 2023
Date

Jhanna Rechell Seno
Researcher's signature

December 15, 2023
Date

Should you wish to know more about the study, please feel free to contact:
| Hilarie C. Echavez | 0963 313 6056 | hilarieechavez@gmail.com |
| Ethyl D. Lantad | 0909 363 3475 | dumandanlantadethyll@gmail.com |

Complaints about this research:

This project has been approved by their research adviser. Should you have concerns about your rights as a participant in this research, or should you have a complaint about the manner in which the research is conducted, please feel free to contact Dr./Miss/Mrs. Idyl Mae L. Malaque through her number 09381015724 or email her at idylmae_05@gmail.com. Alternatively, you can direct your queries to the school's Research and Publication Officer through number: 2950797.

Appendix 4g: Participant Information Consent



HOLY CROSS COLLEGE OF CALINAN, INC.
Davao- Bukidnon Highway, Calinan Poblacion, Davao City

PARTICIPANT INFORMATION CONSENT

I, _____ agree to participate in the study in which purpose is to explore the world of single fathers by disclosing the story full of wonders and obstacles that they encounter such as adapting parenting strategies, financial problems, mental health issues, and their coping mechanisms while captivating their complete obligations of a spouse to their children, and their realizations throughout their experiences. I am fully aware that the study will be conducted by Hilarie Echavez, Ethyllbert Lantad, Trixia Mori Yadao, Jhennis Deiparene, Jhanna Rechell Seno, and Rebb Andrei Dinalo and will be supervised by Mrs. Idyl Mae L. Malaque, their research adviser.

Before the onset of the study, the researchers explained to me the nature and extent of my involvement in this project. Also during the orientation, participants were informed of the following:

- a. that there are no known risks in our participation;
- b. that my participation will involve either face to face or online interview about the parenting, employment and mental challenges of Solitary Fathers;
- c. that the information they obtained from me will be kept confidential and that only them and their research adviser will have access on it; and
- d. that my name and the organization where I am connected will never be mentioned in the final report.

For possible queries and complaints regarding the conduct of the study, contact details of the researchers and their adviser, Mrs. Idyl Mae L. Malaque are provided.

In this study, my participation is entirely voluntary and I am free to withdraw at any time without affecting my relationship with the researchers and Holy Cross College of Calinan.

01/27/24

Date



HOLY CROSS COLLEGE OF CALINAN, INC.
Davao-Bukidnon Highway, Calinan Poblacion, Davao City

Hilarie Echavez
Researcher's signature

December 15, 2023
Date

Ethyllibert Lantad
Researcher's signature

December 15, 2023
Date

Trixia Mori Yadao
Researcher's signature

December 15, 2023
Date

Jhennis Deparene
Researcher's signature

December 15, 2023
Date

Rebb Andrei Dinaio
Researcher's signature

December 15, 2023
Date

Jhanna Redhell Seno
Researcher's signature

December 15, 2023
Date

Should you wish to know more about the study, please feel free to contact:
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| Ethyll D. Lantad | 0909 363 3475 | dumandanlantadethyll@gmail.com |

Complaints about this research:

This project has been approved by their research adviser. Should you have concerns about your rights as a participant in this research, or should you have a complaint about the manner in which the research is conducted, please feel free to contact Dr./Miss/Mrs. Idyl Mae L. Malaque through her number 09381015724 or email her at idylmae_05@gmail.com. Alternatively, you can direct your queries to the school's Research and Publication Officer through number: 2950797.

Appendix 4h: Participant Information Consent



HOLY CROSS COLLEGE OF CALINAN, INC. Davao- Bukidnon Highway, Calinan Poblacion, Davao City

PARTICIPANT INFORMATION CONSENT

I agree to participate in the study in which purpose is to explore the challenges faced by fathers, particularly those who are single parents. I understand that they encounter such as adapting parenting strategies, financial problems, mental health issues, and their coping mechanisms while captivating their complete obligations of a spouse to their children, and their realizations throughout their experiences. I am fully aware that the study will be conducted by Hilarie Echavez, Ethyllbert Lantad, Trixia Mori Yadao, Jhennis Deiparene, Jhanna Rechell Seno, and Rebb Andrei Dinalo and will be supervised by Mrs. Idyl Mae L. Malaque, their research adviser.

Before the onset of the study, the researchers explained to me the nature and extent of my involvement in this project. Also during the orientation, participants were informed of the following:

- a. that there are no known risks in our participation;
- b. that my participation will involve either face to face or online interview about the parenting, employment and mental challenges of Solitary Fathers;
- c. that the information they obtained from me will be kept confidential and that only them and their research adviser will have access on it; and
- d. that my name and the organization where I am connected will never be mentioned in the final report.

For possible queries and complaints regarding the conduct of the study, contact details of the researchers and their adviser, Mrs. Idyl Mae L. Malaque are provided.

In this study, my participation is entirely voluntary and I am free to withdraw at any time without affecting my relationship with the researchers and Holy Cross College of Calinan.

Participant's signature¹

01/27/23

Date



HOLY CROSS COLLEGE OF CALINAN, INC.
Davao-Bukidnon Highway, Calinan Poblacion, Davao City

Hilarie Echavez
Researcher's signature

December 15, 2023
Date

Ethyll D. Lantad
Researcher's signature

December 15, 2023
Date

Trixia Mori Yadao
Researcher's signature

December 15, 2023
Date

Jhennis Deiparene
Researcher's signature

December 15, 2023
Date

Rebb Andrei Dinaio
Researcher's signature

December 15, 2023
Date

Jhanna Redhell Seno
Researcher's signature

December 15, 2023
Date

Should you wish to know more about the study, please feel free to contact:
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Complaints about this research:

This project has been approved by their research adviser. Should you have concerns about your rights as a participant in this research, or should you have a complaint about the manner in which the research is conducted, please feel free to contact Dr./Miss/Mrs. Idyl Mae L. Malaque through her number 09381015724 or email her at idylmae_05@gmail.com. Alternatively, you can direct your queries to the school's Research and Publication Officer through number: 2950797.

Appendix 4i: Participant Information Consent



HOLY CROSS COLLEGE OF CALINAN, INC.
Davao- Bukidnon Highway, Calinan Poblacion, Davao City

PARTICIPANT INFORMATION CONSENT

I agree to participate in the study in which purpose is to explore the world of single fathers by disclosing the story full of wonders and obstacles that they encounter such as adapting parenting strategies, financial problems, mental health issues, and their coping mechanisms while captivating their complete obligations of a spouse to their children, and their realizations throughout their experiences. I am fully aware that the study will be conducted by Hilarie Echavez, Ethyllbert Lantad, Trixia Mori Yadao, Jhennis Deiparene, Jhanna Seno, and Rebb Dinalo and will be supervised by Mrs. Idyl Mae L. Malaque, their research adviser.

Before the onset of the study, the researchers explained to me the nature and extent of my involvement in this project. Also during the orientation, participants were informed of the following:

- a. that there are no known risks in our participation;
- b. that my participation will involve either face to face or online interview about the parenting, employment and mental challenges of Solitary Fathers;
- c. that the information they obtained from me will be kept confidential and that only them and their research adviser will have access on it; and
- d. that my name and the organization where I am connected will never be mentioned in the final report.

For possible queries and complaints regarding the conduct of the study, contact details of the researchers and their adviser, Mrs. Idyl Mae L. Malaque are provided.

In this study, my participation is entirely voluntary and I am free to withdraw at any time without affecting my relationship with the researchers and Holy Cross College of Calinan.

02-02-2024

Date

(Signature)



HOLY CROSS COLLEGE OF CALINAN, INC.
Davao-Bukidnon Highway, Calinan Poblacion, Davao City

Hilarie Echavez
Researcher's signature

December 15, 2023
Date

Ethyl
Resear

December 15, 2023
Date

Trixia Mori Yadao
Researcher's signature

December 15, 2023
Date

Jhennis Deiparene
Researcher's signature

December 15, 2023
Date

Rebb Andrei Dinaio
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This project has been approved by their research adviser. Should you have complaints as a participant in this research, or should you have a concern in which the research is conducted, please feel free to contact Ms. Malaque through her number 09381015724 or email her at msmalaque@calinan.edu.ph. Alternatively, you can direct your queries to the school's Research and Publication Officer through number: 2950797.

Appendix 5a: Validation sheet



Holy Cross College of Calinan, Inc
Davao-Bukidnon Highway, Calinan Poblacion, Davao City

Research Assessment Tool and Validation Sheet

Name of Evaluator : Jovelyn M. Bangcot

Degree : Masters of Art in Theology

Position : Subject Area Coordinator

Institution : Holy Cross College of Calinan Inc.

To the Evaluator: Please check the appropriate box for your ratings.

POINT EQUIVALENT: 1 - Poor 3 - Good 5 - Excellent
 2 - Fair 4 - Very Good

	Criteria/ Indicators	1	2	3	4	5
1	CLARITY OF DIRECTIONS AND ITEMS The vocabulary level, language structure and conceptual level of questions suit to level of respondents. The test directions and items are written in clear and understandable manner.					
2	PRESENTATION/ ORGANIZATION OF ITEMS The items are presented and organized in logical manner.					
3	SUITABILITY OF ITEMS The items appropriately represent the substance of the research. The questions are designed to determine the condition, knowledge, perception and attitudes that are supposed to be measured.					
4	ADEQUATENESS OF ITEMS PER CATEGORY The items represent the coverage of the research adequately. The number of questions per area category is representative enough of all the question needed for the research.					
5	ATTAINMENT OF PURPOSE The instrument as a whole fulfills the objectives for which it was constructed.					
6	OBJECTIVE Each item question requires only one specific answer or measure only one behavior and no aspect of questionnaire suggest bias on the part of the researcher.					
7	SCALE AND EVALUATION RATING SYSTEM The scale adapted is appropriate for the items.					

Comments and Suggestions: _____

Evaluator's Signature

Appendix 5b: Validation sheet



Holy Cross College of Calinan, Inc
Davao-Bukidnon Highway, Calinan Poblacion, Davao City

Research Assessment Tool and Validation Sheet

Name of Evaluator : Vallerie Joy T. Escalano
 Degree : _____
 Position : Subject Area Coordinator
 Institution : Holy Cross College of Calinan Inc.

To the Evaluator: Please check the appropriate box for your ratings.

POINT EQUIVALENT: 1 – Poor 3 – Good 5 - Excellent
 2 - Fair 4 – Very Good

Criteria/ Indicators		1	2	3	4	5
1 CLARITY OF DIRECTIONS AND ITEMS	The vocabulary level, language structure and conceptual level of questions suit to level of respondents. The test directions and items are written in clear and understandable manner.					
2 PRESENTATION/ ORGANIZATION OF ITEMS	The items are presented and organized in logical manner.					
3 SUITABILITY OF ITEMS	The items appropriately represent the substance of the research. The questions are designed to determine the condition, knowledge, perception and attitudes that are supposed to be measured.					
4 ADEQUATENESS OF ITEMS PER CATEGORY	The items represent the coverage of the research adequately. The number of questions per area category is representative enough of all the question needed for the research.					
5 ATTAINMENT OF PURPOSE	The instrument as a whole fulfills the objectives for which it was constructed.					
6 OBJECTIVE	Each item question requires only one specific answer or measure only one behavior and no aspect of questionnaire suggest bias on the part of the researcher.					
7 SCALE AND EVALUATION RATING SYSTEM	The scale adapted is appropriate for the items.					

Comments and Suggestions: _____

Evaluator's Signature _____

Appendix 6a: Raw Data

SF/PARTICIPANT NO.1

Transcribed by: dinalo

Translated by: yadao, dinalo, & deiparene

Unsay kaning morag unsay dahilan tay nga wala natay partner karon? (*so what is the reason why you don't have partner right now tay?*)

sig tambay og laing tao day oy maulaw pud ta sauna makoan ko naa bayay mag anhi anhi nako duh aka buok nya ni lagging mawaw sad ta basin watay ika buhi ba kay gagmay ang bata pag ka hitabu nila nya kanang akong ga ojt nga police morag first year pa man guro na. (*they always stay at other people, and im shy before because 2 people come over here then I'm shy because I don't have any budget to give them a snacks or feed them, because back then my children is still a kids and I proved that is taking his ojt is first year college before*)

So morag nakita nimo tay imong partner kay ni ano sa pikas (*so you see your partner is not focusing in you but focusing in other people?*)

Namatay sya na stroke kuan iyang edad pagka nahitabu 42 pa (*she died of stroke in the age 42*)

SOP1

1. **So karon sugdan ma gyud nato ang mangutana gyud mismo kay background ano lng mn to sya tay ang unang pangutana kaning unsaon mn nimo pag hulagway ang imong mga na agihan isip unsa ka solo nga amahan** (*So let's start to question you po tay about your background po, the first question is how can you view your experiences being a single dad?*)
2. **Sauna mora ko og na naguol ko nag hunana basin d nako ma buhi akong mga bataba gagmay pa mao gani gusto ko mo uli og buhol nya kani akong mga bata d mn mo sugot kaay mag uban mn daw kami morag kuan pana pag ka hitabo niya first year college pa mn guro to nya mao tong pag human niyag kuan human niyag criminology dugay baya to ang kanang exam nya maotong didtog buhol nya wla pa mn toy hiring sa police pag hiring na didto na ni kuan sya ni balik napud sya diri... kana akoang police sa Cagayan wako kay dakong gasto ana varsity mana ang gasto lng nako pag dako kato pag training na kay ma... naa mn syay baynte akoa cash gyud to gi hatag niya traynta mao tong pag human ka duha mi balik balik og Cagayan gikan pag graduate niya human na pud training nila sa Bisoc diha na pud mi sa... sato...diha sa kanang morag sakop anang... dli didto sa kanang kuan sa... kanang balanghuyan dira sa bikidnon satoy tawag ana manulokpot mao diha pa ubos... (Back then, I was sad and frustrated because I was thinking about how can I nurture my kids since they're still young, that's why I want to go to bohol but my children won't allow me because they want us to stick together, I think it happened when my first child is still a first year college and when he got finished in criminology, he took an exam that takes so much time, then in bohol since there is no hiring in police yet, then my child who is in Cagayan have cost a lot of money to support her sibling, then he's also a varsity and it also cost a lot of money because of training)**
3. **Lisod gyud diay sya tay na morag ikaw ra ang isa nga mag tabang sa imong mga anak pa skwela** (*is it really hard that you're the only one who is providing your children's especially in they're school?*)
4. **Lisod oy kay may mag naa tay trabahu nya ako mag uuma raman ko... mao tong pag human niya kana kato napod akoang arketek... nya kay ni undang mn galagot mn ko**

ni undang nya akoa bay a tong gasto tanan na ni undang pila ka exam niya secong year ni undang nag lagot ko d mato toy nay income didto sa akoang basakan mo halin mn ko didtog tag 60 50 kapin ahh gipang sugal ra nako... nag lagot mn ko d karon gusto na pud mo skwela nya kay wa mn gi ingana mn diay ang kanang mag skwela ka first semester pwede diay nim na e pa kuan didto kanang unsay tawag ana (*yes its very hard, if only I have a good job but im only a farmer, that's why when he got finished, my architect student, but unfortunately she stopped, I got mad when she stopped studying, my income in my rice fields earned by only 60 or 50 pesos, then only use the money for gambling. I got mad but right now that she wanted to go to school again, but because of what she did in first semester, it can be...what is it called again?*)

5. **Epa enroll? (enrolled?)**
6. **D kanang imong ipa erace ba didto mag bayad mn diay ka ana sa isa ka semester nya** kay ni ingon lagi ang maguwang nga pa skwelahan kana akong ma guwang na bae diha kay duha mn sila ka bae magulang igsoon pag ingon niya na pa skwelahan... pa skwelahan as mn tag I bayad anang 17mill... d wakoy ma abono oy liman kag 17 pag tarong paka nya imo ra diayng ipa ahhh dropp ipa drop dayun to nimo kay baryunon... wana naka human na unta na ron karon na minyu na sa ula... na iyang anak na ron Dubduban applyedo sa iyang asawa. (*no like you want to remove her from the list, also we need to fee every one semester then the oldest told us that he wants to continue supporting the tuition of the oldest but where could we find 17 million. Then I wont have enough supply of fertilizer who wouldn't think that would be 17 million? So my daughter chose to not finish her study and right now she's officially married and the last name of his husband is DUBDUBAN*)
7. **Kwartahan pud baya ng iyahang asawa ay kuan seaman man pero mao lagi mao ng** akoang mga bata day dko mo sugot mag seaman. (*her husband earns a lot of money because he's a seaman. That is why some of my children wants to be a seaman but I don't want them to*)
8. **Ngano man tay? (Why is it tay?)**
9. **Basig ma pareha ana iyang asawa nga seaman lagi perting maningkamot sa laki 50** mil ang bulan dai...niya saiyang familia nya karon pag uli niya imbis tulo na iyang anak na upat na HAHAHAHAHA (*Because they might turn out to be the same, yeah he earns 50 thousand per month...yet instead of him habing only 3 children, he came home having 4 HAHAHAHAHA*)
10. **Ang ako nalipay man pud ko karon nga bisag naa ga tapok na gurong asawa na wapa** (right now im happy because even they have a little time now they still come here and gather)
11. **Kay ako raman dani katong gagmay na nabilin nya kani wala pani kana akoang bae** didto mao nang karon paalamt nlng pud ko nga naka naapoy naka human ba kuyaw na silag kuan dai kay ang ang nganong akong anak og klaro pa duha ra unta akong anak puros bae og nisugot pako pag lagiton sya atong pag anak anang ika duha kanang naa ... nya wala man ko ni sugot mao tung nay laki ahhdd ni ingon man ang doctor ato naman ning lagiton kay di naman manganak og laki kay nakuhang sudlanaan sa laki akong hunahuna nganong mo anak og laki lonlon bae, baig laki karang mo anak og ika duha ba.... Aw sunod dayun tung tulo kabuok laki...ah wala nako gipa liget oi onse gani sila kabuok...Pito ka lake og pat ka bae (*It's only me when the little one's left behind, then my daughter. That's why I'm thankful now, because some of them finished school; they are different dai my children, and it's clear that I only have two daughters if i agreed that my wife will be ligeted. but then I didn't agree thaths Why we have a boy, that time the doctor said "Let's liget this because she didnt give birth to a boy". im thinking that's why give birth to a boy then many daughters, girl and boy that give birth twice. then after that, 3 boys. Ah, I didn't agree to legit, so now there are 11 boys and 4 girls.*)
12. **Ah so mao gyud to kol kay morag lisod gyud sya kay daghan mn kaayu kag mga** anak... (*Ahh so it looks like it very hard since you have so many children...*)

13. Oo... pakanon lng na nimong unsi ka buok kapin pa baya ng sauna abot mi diari bohol mn mi gikan akong anak didto sa buhol walo na ka buok sila didto... (*Yes, you need to feed the 11 childrens, before we got here from bohol we still have just 8 kids...*)
14. Nuh pag abot na diri unsi (*and when we moved here we have 11 childrens*)
15. Na dungagan diri og tulo nay na tao diri kuan tulo ka buok... naa mn dira ang kina manghuran nga babae na diraa oh tagsa na lng mn pud mo gawas pag nay tao dli mn mo gawas (*When we moved here we had additional 3 childrens... my youngest daughter is over there she only comes out often specially if there's a lot of people*)
16. Kato imong 13 years old tay? (*is it your 13 years old tay?*)
17. Lake mn to kana 15 bae na kina manghuran upat pa pud na sya ka tuig pag ka hitabo... (*nope it's a boy, my youngest daughter is 15, shes only 4 yrs.old when it happened*)
18. So ika duha na pangutana tay kaning kaning unsa ang imong mga naagiahan sapag hatag og penansyal na suporta or kinanghanon sa imong mga anak? (*so my second question is what are your experiences whenever you give a potential support or the needs of your children.*)
19. Ka buang maam oy kay may tag nay trabahu unya amo nay inkamon... ang kanang walong tao kwaso mahi nga morag kada tuig mga ka duha ra mana nya okay rata pang lubi pud kay mahal mahal kay sauna sus tag 2.5 pesos sa ang kilo. (*it's funny maam because if I have work, I only get low income... and the 8 people but in every 2 years it only took 2 persons to be settled, its fine if it is coconuts but right now its so expensive not unlike back then its only 2.5 pesos in every kilos*)
20. Barato ra tay (*it is cheaper tay?*)
21. Ohhh nya mao tong usahay nay ika hatag unsahay pud wa nya na apil kanang kinamagwangan nako aw kanang ni graduate nakog OGT day na pulis kana ray mao manay apil mn ko sa 4p's (*Yes, that's why when I have something to lean then I give but if I don't have then I don't, my oldest is member in 4p's*)
22. Nya mao na syay naka karon naka human na kay morag first year pa mn ata na siya nag sugod (*That's why right now he already finished his career, then I remember he was first year collage when I become a member of it*)
23. Nya kana akong Aldrin nga tua didto sa iyang maguwang maoy ga bantay sa iyang kuan sa iyang apo aw pag umangkon ni bale mao na usahay mo ari na mo anha... (*Then my aldrin, he lives in his older brother and takes care of his nephews...that is why they sometimes come here*)
24. Ahhh so na tabangan diay gyapon ka sa mga programa diri sa gobyerno sa pag ka ngitag pinansyal (*ahh sometimes some organization or program in government, have helped you with your financial matters?*)
25. Dako kog pasalamat oy kay dakó kaayu og tabang pero sauna kanang tag 300 to sauna day kanang ang limta ray tag 300 nya karga mn ang tulo de sa ato pa ang imohang bulan 900 pag imohang bata og dli 80% ng aka skwela makwahaan na sila sa kuan imbis ma dawat nimo 300 ahh dina ana lng minusan (*im so thankful because it helps us and also a big help on us way back before it's 300 and my 3 children got benefits because they are a member with it so it's all 900 when it's your kids... and if there isn't it will get deducted to 80%*)
26. So unsaon mn nimo sya pag hulagway sa imong pinansyal na kinanghanon tay kaning nag lisod baka or wla mn kaayu? (*How can you describe your financial experiences? Have you experienced having a hard time or not?*)
27. Wa pud kaayu day kay naa mn pud koy gi trabahanan nga basakan didto (*ahh I don't have a hard time because I have job in rice fields*)
28. Mao ng adtong pag pandemic morag wanako ganahi kay dakó kaayug gasto nya mga bata d na kay manabang pud kag nag sige na lng m nog silpon kay silpon na baya to ang gamit na ato model mn nya d na managabang maotong mora natug akong lihok akoang sugot akoang tunong kay akog patabangon d na mn manabang ahhh palukat nako prinda ra mn to (*way back during the pandemic, I los my energy because I have cost a lot to my children... That time my children were lazy because we're in pandemic and they*)

use phones that is why if I have something to ask for them it would be not done because they were lazy...that is why I sell my land)

29. **HHAHAHAHHA**
30. **Palukat pa nako karon ga mahay mahay pud ko pero dko ingnon mahay kay naa mn akong handomanon na bilin nya naka human na pud ning karon mahuman na mn ni akong ga ojt pud mao ng lipay ra gyapon bisag muna mona (im gonna get it now i blamed myself but its not like that because i have things that left then he already finished ojt, thats why im happy even though that's it)**
31. **Sige so sa ika tulo nga pangutana tay kay kaning naa bakay mga na again na mga problema sa kaualingong pag hunahuna isip us aka solo nga amahan unsa sad kini og pwede bani nimo ma ingon sa amo (for the third question, do you experience a problem in your body or do you have any mental illness, as a single dad, can we know what is it?)**
32. **Ako wamn koy mga ga problema ko sa akoang kaugalingon kay sukad pag ka kuan nako og problema nya hisgutan wamn pud ko sukad pag ka kuan nako day kanang ingon nila nga sukad sa imong pag ka kuan wa baka mo agi og ka hospital kaluy on sa diyos wa gyud sukad pag ka kuan nako di sukad pa sa pag mat on nakog buot (Me? I don't have any health problems in my self, when I started being like and if we discuss about problems in my health, I don't have that, they asked have I ever become sick? I tell them no. I don't come regularly to hospitals, thank god for this)**
33. **Ahhh wla gyud ka na hospital tay? (ahhh so you never came to hospitals tay?)**
34. **Pero sa gamay pa daw ko sakiton daw ko nya karon pag mat on nakog buot morag wamn normal ram n ng kalintorahon ko pero mora kaun ra mana morag dali ramn... Dali ra mn dli mn pareha anang uban nga tag dugay oh pero ako wamn... (But when I was a kid, I used to go to hospitals but now when I started growing old... having a fever is normal, it just heals in a matter of time, not same in other people that really lasts)**
35. **Ahhh wla pud ka kaning pag naa kay problema tay ka kaning wla mn kaya ka nag lisod og kaning pag cope sa imng mga stress og sa imong mga gi hunahuna nimo na problema? (so you never have a problem towards your mental health issues? have you struggle on coping of your stress and thinking of your problems?)**
36. **Aw wla ram n nako na day kanang ingon problema d mana nako hunahunaon morag ako ramn ning palapos pikas Dungan nko kay og naa kay kuan kaistoryaha usahay bisag nia na akong mga bata mo istorya ko ana og unsa an problema.... kay may mag tanan panahon naa tay kwarta in ana ra mn pero og wa kanang d laing importante d ko mag kuan oy balewa ramn nako... (its nothing for me if theres a problem i just never think of it... if i have someone to talk to sometimes... even if my children is here I will tell them what my problem is... not every time we always have money thaths it... if its not important or relevant matter i just never think of it)**
37. **Pero katong katong pagka matay sa imong partner pud tay kay wala pud ka na guol ato or na unsa ba jnsa mn pud imo reaction ato tay? (but when your partner died have u ever felt sad or what happend to you? whats your reaction?)**
38. **Mao gani no morag mo uli unta gani kog bohol kay unsaon nako nipag buhi na gagmay paning mga bata duh aka tuig ako pa gani ning kugos kuguson nya naa pudi na akong apo masakiton mana nya karon maotong gida gani na sa Cagayan na akong apo masakiton mana pag kanana sa taas oh naulian rana sa diri na akong gipa maintain og hilot kay kadto ra diay hinundan nga gi ambakan sya dira naa mn ako double deck dira nya kaning iyang kababata pud dari ari mn mang laag sus gi ambakan diay kaning diri niya oh... karon morag na ulian na mn uwa na mn gani og basketball (that's why I am eager to go back to bohol because how can i survive while my children was to young, it was 2 years i have always carry my child then my grandchild was very weak back then now my grandchild was brought to Cagayan and that one whos in there I advised to maintain massage and the reason of it was when his still young he jumps on a double deck that Is why he's bones seems to disallign and now its look like his okay because he plays basketball)**

1. Ahahhaha basketball player pud day na tay sige tay so sa kani pang isa namo ka pangutana tay kay kong maka hinomdom ka sa imong mga sitwasyon karon isip solo na amahan gi unsa nimo pag maintainance sa imong sarili na pang hunahuna nga mahimo kining lig on og unsa pud imong hina buhat aron ma cope imong mga stress (*ahhhh he's a basketball player, okayy and this is our one question... if you remember your situation now in being a single father how do you maintain your self thinking to make it and what do you do to cope your stress?*)
2. Ako kanang ingnon og stress hisgotan ray wa kanang og unsay morag problem nako sa ako rang kaugalingon morag I hangad ram n nakos ginoo nga mao na nga tabangan unta ko nya mawa raman pud dayun d gyd ko ingnon nga mag batong anang stress wa hantod karon (*if we talk about stress... sometimes if I have problems i just look above to God and hopes that he will help me resolve my problem and my problems do immediately go...*)
3. Dli nimo hunahunaon imong mga stress tay (*you don't think of your stress tay*)
4. Ay d ko mag hunahuna ana day stress ko kita ra may gi alangalang og mag stress stress ta mao ng ako sukad sa pag ka wa niya mora man gyapog ultaw gyapon ko...d parehas sauna nga lain maning kuan aatong asawa grabe pud baya to sa selosa (*yes I do not think of being stressed because if I think that way it would just ruin me, that is why ever since my wife is gone it seems like I am single again...unlike before when my wife's still here she's really possesive*)
5. Hahahahaha
6. Gwapa to day mora mn tog amerkana mao ng ako mauwaw ko mag selos selos sa iyaha may pug gwapo ta (*she was very beautiful like an american... that is why I get shy if I get jealous, because im not that handsome*)
7. HHAHAHAAH
8. Lagi trabahu mn kog pure foods mao ratoy awayan namo kay katong kauban nako mag trabahu didto bae og lake nya kay mora pug paminaw nato atong mga baeha mga igaton pud ba pirting sukoa mao ra pud gi awayan namo maotong sigeg apura pabalikon ko didto aw wanako oy bahalag wanakoy kwarta mao rang gi awayan namo kay tungod pag ka selosa (*yeah before when I work at pure foods the reason why we always argue is because of my co workers...they were girls and boys and my wife feels like my co worker that is a girl flirts with me...she got really furious and we always fight about that, she insisted that I would go back to my workplace and I chose not to even if I don't have money because I don't want to make our argument a big deal*)
9. Kay dli ka mag hunahuna sa imng mga problema? (*you do not think of your problem?*)
10. Ay wakowako mag hunahuna ana mao tong pag ka kuan niya mo adto kog tibal og naa igsoon didto gagmay pani akong mga bata kada September fiesta mn didto mo adto ko didto hing ana ra wamm ko ingin na hay hinoon plinger mao ratoy ma sakitan lage kay wamm tay kauban lahi ramn tong sa naa nya karon ingon wana mnko nag minyu wla pa Ing tay ma buhi (*Well I don't think of that when my wife passed away because at that time we went to tibal og since my siblings are there and they celebrate because there's a feast and my children were still young at that time...I was not used on going there all alone because I used to go at the place with my wife*)
11. HAHAHAHAHAH wla mn kay ka kay bisyo nga gina duol pud kung abot kag problema ana wala kay bisyo tay? (*HAHAHAHAA so you don't have any vices when it comes to coping your problems tay?*)
12. Inom rako gamay ana ra (*I do drink but just a small amount*)
13. Ahhhh
14. Kana ra bisyo mga manok mga pagkaonkaon pero sa diha pa akong asawa wamm ko mag buhid manok... (*well my vices are my chicken I would feed them unlike when my wife was still alive I did not raise any chicken*)
15. Pero imo ra diayng gina buhat tay mag atiman sa imong mga manok sa imong mga farm? Sa ika duha na pangutana tay gi unsa nimo pag atobang o pag atiman sa imong mga panginikanang problema para sa imong mga anak? So for example tay naay mga sa skwelahan kaning mga meeting sa imng manga anak kaning daghan gyud og

- kaning mga parents nga kailangan ano gina unsa nimo na tay pag handle? (but all you just did was maintaining your chiken in your farm? So for the second question how do you face or maintain your problem to your child? For example, there is meeting in school for your son there was a parents in there how can you handle it?)**
16. **maynag kanang kaga buwan na meeting mao ramana tambongan ra nako didto mag ka puliki gani ko didto kay kada ron imo adtoho ln kay mo pirma ka nya lima baya sila kabuok** (everytime there are meetings held in school, i always attend. however, i am always occupied because my kids are five in total)
 17. **HAHAHAHAHA daghan kaayu (HAHAAHAHA so many)**
 18. **d gani nako ma kuanan ang uban may pud kay mo adto pud ni akong maguwang kay sya na may nag kuan diari mo apil ko** (couldn't help others, it's better because may older child encourage me to join)
 19. **ay gina pa tabang nimo imong maguwang tay? (do you seek help from your eldest son?)**
 20. **naa mana diari kanang anak sakong ginamag wangan ba apo nako** (yes, my eldest son's child is here too)
 21. **gina tabangan pud ka tay pag mag naay mga problema about sa mga in ana (so do they help you whenever you encounter this kind of problem?)**
 22. **og kanang tanan aw nako morag wa gyud koan ah igo ra pud ko mo istorya pero og naa mo hatag pud sila** (well, if i feel they don't have something to give, i'll just tell them. But if they have something to give, they give)
 23. **ahhhh so pag for example tay kaning sa pang ginikanan na problema kay kaning kaning gina unsa nimo pag handle sa mga batasan sa imong mga anak or like kaning parenting nimo ba** (ahhh! So for example, how can you handle your child's attitude or maner whenever you encounter about parent's issue, how's the parenting tay?)
 24. **kani akong mgaa anak pag klarong pag ka istorya di gyud mag pareha og batasan lagi kay naa gud ni akoang pag kani akong kuan ron basketball player pud kanang grade 11 mao ni pinaka sagoy nako na bata may gani karon kay na but an but an na nya kuyaw na pud nag kanang abeda kay kay panday mason welder pa mao gani nga ako rang pasagdan wanako mag sauna kaduha na sila gipang laparo nako ba gagmay pa kay tua ra man sa kumpyuteran nya ilang nawng morag halos dli na ma mo stapo ras skwelahan nya tua ra diay sa kumpyuteran ka duha nako na gi laparo pero pag ka dagko na sagdan na nako oy igo ra nako gi istoryaha** (if we talked about my children's attitude, they don't have the same attitude.i have here my son who play basketball and my grade 11, before he is very arrogant unlike of his siblings, but now he is improving to be more kinder. He also has a part-time jobs he works at mason welder he is one of the carpenter. Sometimes I ignore them, back then I hit them 2 times because they went in the computer shop instead of going to school. But now I usually ignore them and just tell them about there doings)
 25. **so pag pag abot awad sa mga behavioral issues mga anak tay gina istoryahan gyud nimo sila** (when it comes to behavior issues, you discipline them politely?)
 26. **may na lang pud na maka bati silag mga istorya basig ma usab pa kay lain lain mn satong mga sakong mga bata daghan baya lain lain og batasan gud pero og imoha rang istoryahan mo sabot mn pud** (yes, its good and normal to discipline them, so that they realized that they're doing is not good and they hopefully understand it)
 27. **dli mn pud kaya ka stikto pag mangasaba tay?** (are you not so strict po whenever it's time to confront them?)
 28. **ah d oy kaning akoang kuan gagmay wa gyud na na ka tilaw nakog sakit kay tan aw nako og ga study sagdan ra nako maong akong sugo akong sugot mora mora kog** (ahh no! My youngest didn't experience being hit because i know he is doing well in his study, and also he helps me here in the house)
 29. **HAHAHAHAHA**
 30. **og bae pa maid morag maid maid ba nya lake mn boy** (if girl maid, if boy, boy)
 31. **na adopt na gyud nimo ang trabahuon sa mama tay?** (so tay, you adopt the work of the mother napo?)

32. aw oo ikaw mama tatay pa (*ah yes! Father and also a mother*)
33. so lisod ma himong mama og tatay tay no? (*it is hard to be a mother and a father tay?*)
34. ay lisod gyud og labi nag ga palit og bugas kay importante bugas bahalag wanay sud an basta kay naay bugas in ana ra mn ang akoang kuan (*ah yes, so hard, especially when it comes to buy rice, rice is important for us, even we don't have dish atleast we have rice, that's only i can afford to buy*)
35. sige ahh sa isa pa namo ka question tay kay gina unsa nimo pag pangita og pama agi og pag control sa pjnansyal na kinahanghanon sa imong pamilya? (*sigeeee! We have another question po, how can you manage to find a way and control the finance of needed in your family po?*)
36. ah ako dli mn ko mga og ako ako pa gyung gi saligan og panday pa panday pa panday mn ko panday mason nya welder pud nya pag basak na ako ng gi byaan tung kuan (*ahh me, im not... for now I only trust being a carpenter and a welder in mason, then I have a rice field, when it's time for harvest season I'll leave*)
37. pag panday? (*for being a carpenter?*)
38. oh kay mas dako pa mn kog d pako mao ra may i hago nimo pag tanom pag harvest in ana d kay sa panday halos tanan adlaw dikit man gyud ka ana mn gyud pwedeg imohang biya byaan didto wawaka ana mao tong ako rapung gi na kaya ra mn pud nako (*yes because the income is greater, it is not hard compare for being a carpenter, you'll just plant then harvest, compared for being a carpenter it take's how many days to be finished, you can't leave or go somewhere but I can handle the 2 jobs*)
39. ahhh nag trabahu kas imong uma tay (*ahhh! So your working in your rice field po tay?*)
40. yes, look over there it's also a rice fields (*Yes, over that rice fields*)
41. Oo kay gani gani basakan pud na diha oh nya karon d pag humansakong katong pulis ni loan mn syag tag 500 gi hiram to diri tong morag 200 ako mang gipa bag o na mao pud na problema ko kay sa bbc maguba kay ila mang gi dak an pag morag ni atras na sila daan Wla na mag daghan kog istorya pero ang akoang gi kuanan dira kay sigeg trabahu nya pag ingon nila na doublehan nila ag imbornal bisag mo kuan ko nilag isa ka metros pag human nilag kuha sa lube karon gibyaan tura naa dira oh mao bitaw ng gi naa diha ng imbornal ratang uban oh kanang double mao ng kaduha na (*yes, that... rice fields then now my son police, he loan 500 some borrowed it, maybe its 200 I told to change that is the problem because in bbc it will ruin because they enlarge it and it seems to be they already backout. i dont say but I (kuan) because it always work then if they say that double it the imbornal even it (kuan) i ask them meter after they (kuan) the coconut . now i left it, that, it there thats why it have a imbornal that's double, that is the second*)
42. ah sayanga day oy (*ahh! What a waste*)
43. mao ng harvesonon unta akonh pantat..... ang akoang ginagmay na kwarta na wasout ra pero balewa ra mn nako day pi a bitaw tong diari 10 mil tong mga tag singko says ana katong diri isa says syete ana kato isa didto ma harvesonon (*that's why i want to harvest my pantat... my small amount of money had gone but it didn't bother me there a (day pi a ambot) here 10 million the 5 each, 6 they said 6, 7 they said harvest their*)
44. pero pag for na abot bakas part na tay na nag ka pundok pundok ang imong mga utang tungod sa imong mga anak? (*But did you experience having a lot of taxes because of your children?*)
45. d kay ko mo kuan anang utang day wa gyud ko mo kuan kuan ana (*I'm not really into taxes, I don't care about taxes*)
46. dli ka mo kuan anang utang? *So you don't loan in taxes tay?*
47. ma uwaw mn kog sig pangutang mangutang rakog og importante naa man puy maka pa hiram nako pero og wa kanang dli ahh d ko nag kuan anang utang (*I'm shy for asking to lean me money, I'll just ask whenever It is important then some people give money but if they don't have any extra money then I won't force*)
48. gina likayan gyud nimo ang pag utang tay? (*So your avoiding taxes tay?*)
49. diari d ka dka kadungog og naay mga tindahan dira d ka ka dungog nga naa koy utang dira (*In this place, if you go to sari-sari or any store you can't hear any words that I have taxes*)

SOP 3

1. sa karon tay sa ika tulo nanamo ni sya ng pangutana tapos ang unang pangutana kay naa bakay gusto ipa ambit o iingon sa amoaa mahitongod sa imohang mga kina agi isip usa ka solo na amahan? basig naa kay e share (*For the 3rd question, do you have any message to the youth, then would you like to share your experiences being a single dad?*)
2. wa mn koy laing ika pa ambit malipayon ko bisan ako ra isa nga nag kuan akong mga bata na d na kaayu sila kuan nya naka muhan na pud ni akoang naa puy pero kaning kamagwnagan nakong bae ay ikaw duhang bae mi human pud na kuambra lagi tong duha ka tuig ra nga kumpyuter science didto manag bohol pero kami gyapoyy ga gasto isa gyud sya sa bohol (*I don't have any message but im happy raising my kids as a single dad then im happy because some of my children is already graduated. But my second child which is girl she also graduated as a computer science. She's in bohol right now but we still provide her needs even she's in bohol*)
3. pero sa pag skwela sa imong mga anak tay ikaw ra gyud mismo ang nag gasto wla gyud kaning morag nag tabang sa imoha (*So you provide everything in their education? No one helps you?*)
4. oo oy kinsa mn guy mmag tabang nato ka kita ra mn gani (*Yes, no one wants to help us*)
5. sa unsi nimo ka anak tay pila namn ang ni graduate? (*In your eleven children tay, how many children have graduated?*)
6. kuan ah tulo ra ning kuan pa kay katong isa sunod aning marie kanang ga ogt kani laging gamatoy mana sauna day binoangan ra pud diha og mga parente mo undang pag ka sunod balik na pud ana gasto akong ni graduate og grade 12 kay morag watoy undang undang tag as tag as kay mga bata day (*3 have graduated because next in marie the one who is ojt, he is a very small that's why some of our relatives bully him, then after he wants again to school then after he want to stop,then my grade 12 the one who graduated, we have so many cost about it because he's focus on school also he's tall*)
7. tag as? (*Tall?*)
8. oo kay katong asawa taas pa mn tos akoa (*Yes, because my partner is also tall*)
9. so kaning ma ingon gyud nimo tay na na imonh mga experience isip solo nga amahan kay morag dli sya kaning ma d ka mo ingon na malipayun ka kay naa man puy nga times na mag lisod gyud ka (*So what can you tell tay about your experience as a single dad because we can't see that your happy because we know that sometimes your experiencing a bad day or a tired day*)
10. oh usahay mag lisod ko pero wa mn pud ko ingonon ga lisod kaayu day morag tamatama ra pud ba morag kuan maka kaon ana nya pang gastos sa ilaha d mn ka d mn ka basta kay morag balewa ra nako nako ng nga problema ay balewa ra (*Yes, sometimes it's hard but were able to survive as longas we can eat then we can provide their needs, I don't care about my problems anymore*)
11. kaning ma ingon pud nimo tay na kaning mag lisod gyud ka kay mag carry gyud nimo ang grabahuon sa mama? (*So you can say sometimes that your having a hard time to carry on the mother's work tay?*)
12. bisag karon akoy mag lung ag buntag sayu udto panihapon ana kay og d nako ignon d mn mag nilung ag tan aw nako na wa wani dli na lng ko mag istorya usahay akknh ingnon day pag lung ag day ana kay sa sige pag klase day akong suguon naa pamn koy gibuhat pa d wa kanang ga ojt nako nga police na d gyud na arang brayt baya na mao ng pag tan aw nakog ga study d nana disturbuhon (*Even right now, im the one who cooked foods from breakfast to dinner, because if I don't ask them to do these task, then they don't work with it. That's why I choose to be quiet but sometimes I'll just ask my student to cooked but they respondd "I still have a work to do pa" then my police who is taking ojt, he's smart then if I see him busy in study we don't disturb him*)
13. kay na ning kamot imong mga anak (*Because you have a hardworking children tay*)
14. oo naning kamot mao ra ganing ambot karon og klaro pabang nibalik pa akoang kuan sa 4peace kay kanang ako namang gi ingnan kay kuan na gud mi trese na ka tuig maoto akong gi ingnan amoang city link na maam akona lamang e uli ni amoang d na

mn ma ma kuan bata mo kaon bata nako ni ingon mn pud tong nga ayaw lng kay basig ipang hatag sa gobyerno maka dawat pata wa pud ko mag mahay sa gi hatag bisag unsaon kog wagyud ko mag mahay sa akoang mga bata na na apil kay naka human mn sila kay katong na sulod d mn pareha diari nya tulo dungan dungan mi sus waka adtug high school sila naning kamot mn da eh kita ginikanan igo ra mag tabang (*yes, I don't know right now if it's true that my 4 peace comeback because I said that it's already 13 years, that's why I said it in our city link that "maam i'll just give this back", my child also says that "don't because if government have something to give, we can receive it." I don't regret all the help of the government I don't regret having kids involve with this because they already finish schools*)

15. **Mas ma ingon nimo tay na swerte gyud ka sa imong mga anak kay naning kamot pud sila** (*You can already say that tay and your lucky because your kids didn't give up and also they are hardworking*)
16. **oo kay naning kamot mn kay og wa aww pait kaayu day** (*Yes, because if they don't hardwork then they're lives will be so poor*)
17. **so last question nato tay unsa mn ang imong mga na amgohan or na realized na tanan nimong na agihan isip solo nga amahan unsa pud imong ma ingon na para ma lambo ang pag supporta nga naa sa solo na amahan or like unsa mn imong ma ingon sa gobyerno na tagaan og focus ang mga solo na amahan knowing mga mama ra mn mostly ang solo diribsa pilipinas** (*Last question po tay, what did you realized about all the experience you've been through, what can you say about the single dad's so that they're strong and have support, or what can you say about the government that give a little focus of the solo dad knowing that mostly here in Philippines have single mom?*)
18. **ako wa mn ko mag kuan anang in ana solo na amahan day ka pag kato akong asawa nako bantay na sa akoa didto mao tong pag dako mn kog baryunon pa sa ngadto timing pud nga dugay na na dawat akoa mao tong mao ning pag bayad sa skwelahan dira sa UM mao ng say na agian mora pud kog ah balewa ra mn nako ng problema kay naa gyud panahon day maka kwarta ka gikan sa kanang gi tabang sa imoha basta kay mo sampit kag ginoo tinood gyud na ang imohang problema morag wa ra mao ng ako kay sus mo ingon mag nganu wa mn ka ah hatagan mn gani mo bilin d ma kit an ede kitay mag buot satong kinabuhi pero dli mn kitay ga buot igo rata agad agad unsay i hatag sa ginoo nato ning kamot ning kamot ka hatagan ka og d sige rakag lingkod lingkod, inom d gyud ka tagaan... mao ra pud ng akong ika kuan kita ni agi mn tag dli pud ingog ga pait gyud og maayu kanang nag pait tamtong pait nya mora pog paminaw ba morag nag pait nya ma wa pud ana nya pulihan napog ingana ba akong hunahuna (*I don't care about the solo dad, but my wife guides us, that's why whenever I have a bill in school it's lucky because I have savings then I'll pay it to the school in UM. That's why whenever I'm having problem or difficulty I'll just don't care because I know, the day will come and I can have money that from the good people, just trust the God, its true that your problem just fade away. Some people say that "why didn't you receive anything?". we can't decide in our life were just following what gods plan for us*)**
19. **ikaw morag nag salig gyud kas ginoo?** (*Your praising god?*)
20. **aww wamay laing maka tabang gyud nato** (*Aww yess! No one can help us except for God*)
21. **na realize nimo tay wa gyud dli gyud nimo ma buhat tanan og wla gyuy ginoo** (*You realized tay that you can't do this if God don't exist*)
22. **mga sa mga tanan panahom naay mga kuan sampit gyud kag ginoo d mn pareha ang uban mo sampit ra mn og mag sakit na pero akoa mao ra kada ana mora og basta kay balewa ra nako day mga kuan in ana kay basta kay ko sampit lng kag ginoo ra tinood gyud** (*Some people only praise god whenever they have pain or having problems, but me I don't give attention on my problem as long as I praise God*)
23. **bahalag lisod kinaagi tay basta naa kay ginoo sa imong kilid ana tay** (*Even your situation is not good and hard tay, we know that god is here*)

24. **morag wla gyud impossible basta mo salig kag ginoo** (*Theres no impossible as long you believe in God*)
25. **unsa mn ang imong mga ma ingon tay para ma improve ang soporta para sa mga single na papa pareha nimo** (*What can you say to be improve and have support for the sinle dad, like you?*)
26. **ah igo rako mo istorya og kanang mag meeting meeting mi tabangan mn ko nila didto kay lake meeting meeting** (*Ahh I'll just say word and if we have meeting about this, they help help me*)
27. **so ma ingon gyud nimo tay dapat participative gyud, di gyud patakag sulti** (*So, you can say, sir that we have to be participative and don't say anything rubbish.*)
28. **ah di man pareha sa uban nga "ahh di ko mo adto ka hago hago" ikaw pay gi hatagan sa gobyerno ikaw pay pilosopo. pilosopo manang in ana di ka mo meeting og di ka mo meeting minusan baya tong imong og 500 tung imoha kwaan tog 200 ahh mao ray adtohon nimo meeting kag isa ka adlaw dali ra mn mao nang ang uban daghan sapakero.** (*oh, unlike the others who will say "ahh, I won't go, it's tiring" you are the one who was given by the government, yet you are still being pedantic. Not attending the meetings is considered as pedantic. If you will not attend the meeting, your 500 pesos will be deducted with 200 pesos. That's the only thing you will do, attend the meeting for one day. That's so easy that's why there are some who are defiant.*)
29. **pag naa gyud i hatag ang gobyerno ninyu tay dapat gyud mo binipisyoo sad mo** (*If the government has something to give to you, sir, you also have to benefit from it.*)
30. **oh kay di man pud di man pud mo koan ang mora man og ma bad shoot ka og dli ka mag kuan kuan sa i hatag sa gobyerno... ambot lang kaha karon kay maka balik bako kay dugay na baya to og naka dawat baya ko og 3400 atong ah karon mn guro tong bulana to december basig naa pa basig mao pay pag sud ani akong duha pero ako wa nako mag laom na maka sulod pako dira oy kay naka human na mana akong tulo.** (*Yes, because if you will not do something about the government's offers, you might be unfavorable by them... I don't know if I can still go back now because it's been so long because I have received 3,400 pesos I think this month I think it was on December maybe there are still left. maybe my two just got in, but I won't expect that I can still enter because my three children have graduated already.*)
31. **basta kay maningkamot lng gyud tay** (*As long as you will just hardwork, sir.*)
32. **ning kamot kay og dli maning kamot asa may imong ma pala.** (*Work hard because if you don't, what will you gain?*)
33. **sige tay so mao to amoang interview naa paba kay gusto iington tay sa mga solo na parent dinha pareha nimog sitwasyon.** (*Alright, sir. That was our interview, are there things that you would like to share to those single fathers that are in the same situation like you?*)
34. **ah ako, igo ra man ko mo ingon na dapat sulian pud na ninyu inyuhang na apil man mog kuan sa gobyerno. kuwang pud lagi ang ano ang mga bata. mora kita, di na man ta ingnon mga bata. ang bata mismo ang morag o kuwang ba kayag kuan kuan sa ginikanan. morag daghan pud ta aning kuan ba, mga wa gyuy naka human nga apil sa 4P's. ako di man pud ko ma uwaw sa akoa kay ako naka human na man pud mao na mao nay akong gi kuan sa ilaha kay naningkamot mn nya kita og naa poy e kuan sa gobyerno mao ng atong abagan kuan pud tabang in ana... mao ra pud ang ang ipa ambit day mao ng maning kamot pud ta sa gihatag sa gobyerno aron di sad ta kuan ba ma unsay tawag ana** (*Oh, personally, I just tell them that they need to reciprocate what the government has offered to them because they are beneficiaries of it. Also, the lack of children like us, we are no longer a child. Maybe the child itself lacks of parenting. There are also lots of people who did not graduate that's also part of the 4P's program. Personally, I don't get shy because my children already finished college that's what I told them because I saw their hardwork and if the government will offer something, I will just wait because it is also a big help for me... That's all I can say that's why we need to work hard of what the government has provided for us so that they will see that we really deserve it.*)

35. ma bad shoot mag lisod (*You'll be unfavorable you'll suffer*)
36. oo, kay lisod pud kaayug kung maka naay mag hatag sa gobyerno kang gipang inom kaun gipang sugal ang uban gani day ang ilahan ATM ilang gi prinda mao man tong nanga wa ang mga kauban namo kay gipang prinda sa davao tag 15 mil ahh na hibal an mn nila sa 4P's (*Yes, because it's difficult if the government will give something, but you only spend it in alcohol and in gambling. Some even mortgaged their ATMs and that is the reason why some of our associates were removed because they mortgaged their ATMs in Davao for 15 thousand pesos and the people from 4P's found out what happened.*)
37. ahh sa city gyud na hibal an ra kay ang ilahang ATM tua na man dadto kay kuan sila na may mo kobra condision naa na didto kay ila na mang gipang prinda d na sila ka dawat og... ako wako ingon na ga prinda ana akong ATM og wako mo ingon ra pud na akong wakoy ika bayad (*The city knew because their ATMs were there. The lenders are the one who are getting the money and my associates cannot take any money from their ATMs anymore because they mortgaged it already. Personally, I cannot say that I have mortgaged my ATM as well because I never did it. If I don't have money to pay for my bills, I will just tell them that I don't have enough money.*)
38. di gyud ka mo sulod anang loan loan? (*So, you won't apply for any loans?*)
39. ahh sa pag naa pa akong asawa mo loan to mo loan mn pud unta ko day sakong st.peter kay dugay ra gud mahuman kay ni ingon mn tong st.peter katong ga kuan sauna na pag abot og lima ka tuig adtoa ni sa didto sa kuan kay i hatag na sus kay pag adto ni ingon mn kuan mn wamn ka ni abot na pud og kinse ka tuig ky gi bali kay 15 ra mn ka tuig ibalik ra mn to imong gi butang didto nya atong pag napo ang kuan napo ka tuig lagi kibale napo na mn ka tuig ay aw napo na lagi kay 12 na gani ohh 12 na kapin ni ingon mn ko ipa kuha didto pag human nakog hatag didto mo kuan mn ka atong unsay tawag ana certificate d ni ingon mn dayun na akong bata na e loan na pa sus akoa pung kwaon eh h mo hatag og unsi mabalik nimo syete ra dako kaayug gi kuha ba ahh awa nako wanako mag loan oy nahh oh karon ambot mi kuan unsa pila ka tuig duha ka tuig na lmg kapin (*Ahh, during when I still have my wife, she does loan. I was planning to loan also for my st. peter, it happened a long time ago because the employee from st. peter said that after five years, I can claim it, but when I arrived in their office, they said I won't be able to claim it because I am not around when they are distributing it. It reached up to 15 years because they will just give back how much money I funded before. After 10 years, no, after 12 years, I told my child to get the money from st. peter after I can claim it, you have to get a certificate then my child told me to loan the money and when I got the money back, they gave me 11 thousand but I only got 7 thousand in total because they took a big amount for some excess payments that I still have to pay. Ahh, I did not get a loan again after that. I don't know what is the situation of my st. peter now, but there's almost 2 years left anymore.*)
40. kwaon gyapon nimo tay? (*Will you still get it, Sir?*)
41. aahhww kwaon gyapon oy katawa gani ko kay akong kwaon ni kay akoang sss noon day kaduha rako naka bayad duha raka semester morag ka duha rako nag kay daghan mn kog gi gipang apilan kana karong freedom tag 470 pud baya pud may pato sauna tong aw hinoon kuan mn to sauna 600 pila to 650 (*oh, I will still get it. It's funny because I will get my sss but I only paid twice, I only paid for 2 semesters because I have joined a lot of programs. Now, I am paying for my freedom for 470 pesos. Before was better because... oh but it costs at least 600 or 650 pesos.*)
42. so naa puy mga programa ang gobyerno ninyo tay no naa ra sa inyuha og mo lihok gyud mo mo apil gyud mo (*So, there are programs that the government offers for the people like you, right, sir? It will only depend on you if you will do something about it or not.*)
43. katawa gani ko pag ari namo gi interview mn mi daan day sa kuan DSWD morag tulo mn sguro tog kuan diari mi nag hitalok tanan morag strit to sila mga pila ka adlaw pag human morag naa mn puy morag kanang kuan didto moraa bitawg po mog naay closing ba ka ka kaon sila ah hasta namong biboha diari (*it's funny because when we arrived, the DSWD interviewed us first I think there are three people who went here. We*

all talked here. I think it lasted for three consecutive days and after that, we had a closing program and they also prepared lots of food for us to enjoy and we had a great time.)

44. **hahahahaa**
45. **mao laging d mo apil ang uban pila kay taas atong mga unom ra mao ng dugay kay maka tawag dugay kaayu na human kay kanang kuan sa akoa anang mga bata ang nataw han kuan ani morag lain na mn ning kita ray mo koan kay morag ma kaun ka tuig pina ka tuiga nana mora manag na sag o ra pud ba sa kadaghan usahay day maka limot ko kana akong andy ba kinsa nan toy ahh katawa gyud nila** (*That's why the others won't stand in line because it is too long. That's why it takes some time to be called because it takes too long. Because what my children told me, sometimes, it is uncomfortable to be the only one to you know, even if it is already in the past years, i would still forget. That is why me and andy would just laugh.*)
46. **Hahahaha (hahahahaa)**
47. **kinsa mn gyud toy kuan sakong kina manghuran** (*who was my youngest's partner*)
48. **Hahahahah (Hahahahaa)**
49. **kalimot ko ba** (*I forgot.*)
50. **nag lisod ka usahay tay?** (*do you struggle sometimes, sir?*)
51. **usahay karon gani mora ganig kuan usahay og naay gusto kuanon unsa gani to in ana ay d katawa bitaw silam ana tinood mn pud day ah kung basin mag meeting² mi mga farmer tinood sad ng ma ingon nga mora ramag ka edad na malimot kung gusto kwaon ih unsa gani tong kwaon ginomdom hng ka atong imong gi huna huna an pero ma hinomdoman na mn pud** (*Sometimes, if you need to do something, I just laugh because it's true if we, the farmers, need to attend meetings, it's also true that others can say that you're just the same age with other people who forgets what I want to get.)*
52. **lisod gyud tay pag daghan og anak tay?** (*Is it hard to have many children, Sir?*)
53. **aw o pero sa akoa mora mag balewa ra pud dagko na mn sila d na gani ko mo sugo nila mao tong mo ingon to akong police sa Cagayan nga nganung mo trabahu pa mn ka ay mo hago pa mn ka pag puyo na dira mao ra gyapom kinsa ra mn imong kuanon dira halos dli na mo sugot sugoon kay turas silpon ahh daghan kaayug mga barkada nila diari pud mag silpon silpon mag duwa duwa** (*Oh, yes, but it feels like it's nothing to me because they are all big that I don't even command them anymore that's why if my child who is a police in Cagayan will say that "why do you have to work, you will just exhaust yourself, you should just relax and rest. Who else will you work hard for? they can hardly even be ordered anymore because they are always on their phones, they have lots of friends who also play their phones here".*)
54. **lahi ra gyud ang panahon karon tay no kesa sauna** (*the time before is really different from today, right, sir?*)
55. **oo lahi ra parehas sauna na wapay silpon nga na tabang mn ka karon ahhh silpon pag sugoon ka d ka mo ayaw hmg sa kay wapa na human** (*yes, it's really different because before, there are still no cellphones that are helpful in our lives, but if you command them, they will just ignore you and say "Later will do, I'm still not finished yet."*)
56. **ikaw na lay lihok tay?** (*so, you are the one who will do the job instead, sir?*)
57. **mao akong sugo akomg sugot** (*right, even if I am the one commanding them, I will end up doing the job instead.*)
58. **so mao rato tanan among pangutana tay salamat tay ha samalat kaayu tay ha** (*so, that's all of our questions for you, sir. Thank you, sir. Thank you very much.*)
59. **maayu kay na abtan ko ninyu adto takog simbahan.** (*It's good that you still able to see me here. I was planning on going to the church.*)
60. **dara among kuan tay haha ay inyuha nani tay** (*here's our small token of appreciation, sir. This is for you.*)

Appendix 6b : Raw Data

SF/PARTICIPANT NO.2

Transcribed and translated by: lantad

1. **Pila na pod imohang edad sir?** (*How old are you now sir?*)
2. **Sa karon 47** (*Right now i'm 47*)
3. **Pila imohang anak karon?** (*How many children do you have?*)
4. **Isa** (*I only have one*)
5. **Pila na sya ka tuig sa imoha?** (*How many years has your child been with you?*)
6. **Unom** (*6 years*)
7. **Nganong kanag na single ka sir** (*how did you become single?*)
8. **Ahm tungod ahm kaning kuan wa nag kasinabot ba tungod sa kanang family problems, financial, napoy mga prolema nga kuan kaning sa mga mag asawa...** (*because my wife and I don't understand each other, we have many family, financial and marital problems*)
9. **So dre ta sa main questions namo sir Unsaon nimo paghulag imonghang na agian isip usa ka sulo na amahan** (*So let's now proceed to our main questions sir, how would you describe your experiences as a single father?*)
10. **Akong ma sulti na lisod man pero akong paningkamotan kay tungod nkoy anak ba...Ang akong panginabuhi daha ko nag kuha ug source of income para sakong anak** (*I can say that it's hard but I'll try because it's my child...My job is to get a source of income for my son*)
11. **Unsa day imong trabaho ron sir** (*What is your job today, sir?*)
12. **Ako nag kuan ko dati nagtinda tinda ko dre ug kwek kwek unya mendjo ni balhin ko didto sa palengke ni taang ko sa akong inahan hantod naka pwesto ko ug tindahan ni try ko paninda ug mga gulay gulay pero murag di murag dili nko sakop ba ang palengke na maninda ug gulay kay murag dili kaau halinan s akoa so nag kuan ko ug kannag trycle mao akong gigamit karon dive drive ko** (*I used to sell food and vegetables, but then, it's kind of... I moved to the market of my mom, until i get my own place there, I tried to sell vegetables, but it seems that I don't cover the market, to sell vegetables because the customers don't seem to want to buy to me, and so I bought a tricycle, that's what I'm using now on my daily source of income*)
13. **So uns aimong naagian sa paghatag ug dinancial nga suporta sa imong anak sir** (*So how did you go about giving financial support to your son, sir?*)
14. **Unsa gani tu** (*What is it again?*)
15. **Unsa imong mga naagian sa pag hatag ug support sa imong anak** (*What are your experiences in providing support to your child?*)
16. **Ang akong na agian daghan oui kay sa source of income lang medjo kapos ba pero ako ong gi kuan maynalang ba nay ka kuan ba makuhaan ug income knaing trycle ug katu pong naa pod kay alam sa pag negosyo pod kaysa wala ...** (*I have a lot of income from the source of income, but it's a little bit, but I'm the one who knows where you can get income from the tricycle and what you know about doing business is better than nothing...*)
17. **Okey so naa ba kay na agian sa imong kaugalingong pahunahuna isip usa ka single dad ug unsa po kani sir pwede ba nmo ma hibal an?** (*Okay...Have you ever experienced being mentally challenged as a single father? Could you tell us about it?*)

- 18.** Naa, usahay mahunahunaa nko akong... Akong asawa mas maau mn unta tung duha mi nuh kay kanang naay ka timbang sa among panginabuhi... kay among financial naay mabilin sa balay niya ako kampante ko mag trabaho kay ang lalaki mn gud focus ra nas trabaho, ang trabaho sa babaee naa ra mn jod sa pamilya jod, naa ra sa balay (*yes, sometimes I think... of my wife, it would be better for us both if she's here because i will have someone to slit responsibilities with and someone will take care of our child while i'm working...i will be able to focus at work, because mother's job is to take care of the family while i will take care of them financially*)
- 19.** **Pag mo trabaho ka kol imong anak ra dre isa** (*When you go to your work sir, your son will be left here alone?*)
- 20.** **Akong anank usahay madala dala nko inig mag trabaho ko...** mabilin na mn sad nig sya nalnag pod isa di pariha atung sauna na gamay pa sya ginadala dala ko ni katung nagtrabho ko sa palengke umua katung nag tind atinda pako dre sa balay naa ra ko dre naa ra mi dre mabantayan nko sya ma subaybayan sad nko sya kay knang naa ra mn akong negosyo dre sa balay (*My son sometimes, i take him with me when I go to work. But now i can leave him at home na unlike before he was just little i always take him with him...., and when i started my business here at home it was easy for me to watch him, and monitor him because I have business at home*)
- 21.** **So kung maka hinumdom ka sa imong situasyon karon sir isip usa ka solo na amahan, gi unsa pod nimo mag mintinar sa imong srailing pagnghunahunanga mahimo kining lig og < unsa imong ginabuhat aron mahimo kining lig on** (*When you think about your current situation of being a single father, how do you maintain your mental health? What certain actions did you take?*)
- 22.** Ang akong ginahimo salig lang gyud sa taas di nko na e set aside nuh ang dyos naa ra japon sya, sya ra japon atung kapitan ba. So maningkamot lang gihapon ko bisag ginagmay lang na kita maka provide mn gihapon ko sa akong anak makakaon mn gihapon mi ika tulo sa is aka adlaw (*What i really do is that i only trust god and his plans for me, never set it aside, god is there, he's there, he's the captain, isn't he? So I'll just keep trying even it's just a small amount, just to be able to provide for my son, at least be able to eat three meals a day*)
- 23.** **Naka try ba ka ug kaning bisyo sir para ma cope nimo ang stress or kaning mga problema** (*Have you tried a habit, sir, to cope with stress or problems?*)
- 24.** Kuan ra man mag inom ra mn ko..... kanang panagsa ra inom lang ug naay problema kay pag naka ainom mn gud ko maka tulog rako dili inon na mag wala ana...ang gusto lang nko mawa sakong hunahuna ug uns atu mga problema niya makatulog ko...pagka ugma another kuan na pod mga trabahoong nko (*I just drink... I only drink occasionally when i have problems because when I drink I can sleep well... I just want to take my mind off of my problems so I can sleep... then the next day I'm going to work again*)
- 25.** **Katung time na nag separate nmao sa imong partner sir unsa pod ang mga [rolema nimo atu na naagian? Na stress ba ka atu, na depress ba ka atua??** (*When you separated from your partner, sir, what were the problems you went through? Are you stressed, are you depressed?*)
- 26.** **Ohh na depress ko atu stress kaau kay ni anhi mi dre sakong lola bakasyon lang mn unta tu pero wala nko na kuan kay s aside niya nana mn diay gihimo na lain day didto mao tu akong gina kuanan na stress ko didto na depress kog taman murag naghunahunaan na gud nko didto na murag ba murag mag pakamatay na gani tungod sa ahmm... Kuan ang akong asawa naghimo ug dili**

maau so mao tuy dahilan namo na nag hiwalay mi niya nag fucos nlanag sad ko sakong kong anak ako lang gitanaw ako anak sya akong ginakuhaan ug insparation.... Wala ko nagpadala sakong gibati ba... (*Ohh, I'm depressed, I'm stressed, I went here, supposed to be on vacation, but I don't have anything to do with her she made her decision, she's doing a sin, that's when i was so stressed, and depressed. It's like I'm thinking that it's like I'm going to kill myself because of ahmm... my wife is doing something wrong, so that's the reason why we broke up...I focus on my son, my only child i watch him and i get inspiration from him... I didn't let my emotions control me...)*

- 27. Pagkabalo nmo kol na nana saimoha ang bata gi unsa ninyo pag decision ug aha ang bata** (*When you and your wife decided to separate, how do you decide what to do with the child?*)
- 28. Wala man sya nag kuan gikuan jod niya sakoa katung pag uli nmo dre gipadala mna niya...kay gusto lang pod niya na magsolo sya didto ba para maka fucos eguro sya sa iyan mga gusto buhaton para murag ingnon nalnag pod na murag single lang jod sya pasagdahan lang pod nko... (*she didn't do anything about it, but when i came back here, she sent it to me...because he just wanted to be alone there so he could get focus on what she wants. just take it easy...)*)**
- 29. Gi unsa pod nimo pag atubang ang imong mga pangginikanan na mga problema para sa imong anak sir** (*what did you do when dealing with your parenting problems for your son sir?*)
- 30. Tanan ginahimo nko ug unsa trabaho sa balay trabaho sa inhan trabaho sa amahan ginahimo nko**
- 31. (I will do anything, anything even household chores, even women and men's job anything, I do it all)**
- 32. Mao na sa kuan pagpangita jod ug negosyo...mao na akong gikuan daghan kog gipangita ug source of income namo pang adlaw adlaw kaning pang starting nko kwek kwek naka kuan mn pod ko atu naka survive mn pod mi atu kay dre mn gud pangitaon mn pod dre labi na mga batan-on dre mo anhi mangaon...mao tu nawala lang ang kuan nibalhin nkog palengke ni try lang kog palengke, tanaw nko maka kuha kog dako dako na kita kay kinahanglanon mn sad nmo kay para sa mga... Kanang pag abot sa future nana kay matigum para ra man pod na sa iyaha** (*that's where I've been looking for a source of income.... I started selling kwek kwek at home and teenagers for visit me her to but and eat her... that's why I just lost the kitchen, I moved to the market, I just tried to go to the market, I'll see if I can get it from anywhere, I need you, I'm sad for you... That's when as far as the future is concerned, you can save it so that it can be hers*)
- 33. Kuan sir ma consider ba nimo na sa imong sitwasyon karon naglisod jod kag pang supporta sa imong anak or pagpangita ug kwarta** (*Kuan sir, can you consider that in your current situation, it is difficult for you to support your child or find money?*)
- 34. Wala mn wa mn nko na kuanan na naglisod ko basta maningkamot lang ta wa may ingon na lisod ang lisod lang kannag mga tapolan** (*I don't have anything to blame for my hard work, as long as we try hard, it's not that hard, it's only hard for lazy people*)
- 35. So naa pa ba kay gusto na iingon sa amoaa sir mahitungod sa imong mga kinaagi isip iusa ka single dad** (*So is there anything else you want to tell us, sir, about your experience as a single dad*)

- 36.** Ang ako lang dapat bilang mag-asawa magsinabtanay jod unya kanang sa pang adlaw adlaw na kinabuhi kuan ra mn gud temporary lang mn jod na kinahanglan magsinabtanay jod kay kung magsinabtanay mo naa naman ng mga pangngakwarta ninyo kay naa ra mna nang... dali ra ang pagpangawarta ninyo kay naa mn mong duha na mga tinabangay... Ang akoa lang di lang pod ko gusto na mapariha pod mo sakoa nuh kay medjo lisod, lisod kong di nimo kaya pero para sa imong anak kayanon jod nimo kay labi nag naa kay mga anak oky lang ug wala kay pwede lang mn cguro ng wala kay panginabuhi wala kay kuan maglaroy laroy ka diha kay imo ra mang sarili imong gikuan...mangita lang ka....makakaon lang kag isa duha sa isa ka adlaw oky na (*for me, for all of the married couple you should understand each other because everything is only temporary, because if you understand each other, you will have each others back to support the family...family problems are already there...i tell you, i don't want you guys to experience what i've been through so as much as you can save your relationship, understand each other..... I know it's hard to raise a child alone but do it for your child*)
- 37.** Pero sa imohang point of view sir unsaon nimo pag narrate ang imohang story sa mga tao sas single father lisod ba sya or unsa ba naa ba kay mga challenges unsa ay kalisod nimo na naagian na ikaw lang isa ang napadako sa imohang anak (*But from your point of view, sir, how do you narrate your story to people as a single father, is it difficult or what challenges do you have?*)
- 38.** Sakoa namay lisod, namay lisod pero kapit lang sa ginoo na di na nimo ma wala karon sa akong anak gina disciplina nko na nga naa lang gihapon ang tradisyon namo na pagpalo pero dili todo so ang kannag financial [pod basta maningkamot lang bisan ginagmay basta naay pirnaninteng kakuhaan ug source of income maka kaon oky na ug naay kinahanglanon sa iyang skwelahan makabayad mn sad ko, lisod jod, ay di mn lisod ug di nimo hunahunaon ang kalisod kinahanglan fucos ka sa imong anak, kuhaan nimo ug insperasyon imong sarili sa imong anak ba nga naa kay anak na matagaan nimo ug mga kinahanglanon niya mao ra na akong makuan (*It's hard for me, it's hard, but you'll have to trust god... I'm disciplining him, so we still have the tradition of beating him lightly, and about financial matters, as long as your doing your best, give your all i will always have source of income, and if there is a need for his school to pay for, i can still provide his needs, i was able to support his education , it is difficult,but it is not difficult if you don't think about the difficulty, you must focus on your child, take inspiration from yourself and your son because you have a son that you need to take care of and provide his needs*)
- 39.** Naa ba specific na challenge or scenario sir na didto jod ka nalisod ug giunsa pod tu nimo pag overcome (*Is there a specific challenge or scenario, sir, that you had a hard time with and how did you overcome it?*)
- 40.** Sa amoang kuan samong kuan pamilya dre naay usahay na wa mi magkasinabot usahay ang akong anak dili ma...murag... Ma set aside ba or mabiyaan kay tungod naa pod silay anak niya naa mn pod usahay na mga bata mag away so di sila gusto na mo adto akong anak didto sa ilaha so napoy inana na makuan ko ba mao nang sa akoa pasagdaan lang nko bisag sakit kay mga igsson kona inahan....bisan usahay akong inahan mag away mi tungod sa wa koy... walay freedom ba ug unsa imong buhaton ba bantayan, ingnan ka kasab an ka tungod kay gusto nila padalion ka ug pangita ug maau unsay makuan dara niya sa imong sarili gusto nimo ba dili ka ma force ba ngagusto nko hinay hinay nga cgurado mao na akong gikuan karon hantod karon medjo naa mi

kuan pero sagsi lang ang ako nalang sakong anak maka provide kog mga financial nmo akahatag mn pod ko naa mn koy panginabuhian bisan ginagmay mao ra mn na akong gikuan wana koy wa na koy kuanan kay ug hinahunan mn pod nimo gud ma stress na pod ko so pasagdahan nalnag kay mga igsoon ra mn japon di mana lain tao kay awayon nimo (*In our family, sometimes we don't get along, sometimes my son doesn't seem to be able to... it's like... he was left behind because they also have their child to take care and sometimes our children will fight and we can't avoid that happened, so they don't want my son to go there and of course as his father that hurts me but i just let them because they're not strangers, they're my family too, sometime i had fight with my mom because she's not giving me the freedom to be on my own, whatever i don't she will always have something to say because they want you to get thing done in a short period but you yourself want to take it easy step by step, until not we still have bit of complications but it's okay i need to focus on my son, and provide his needs, even its just a small amount of money from my job, i was able to provide...*)

- 41. So unsa pod imong mga na realize sir sa imong tanan na naagian ug unsa pod imong ma ingon sa uban pod single father** (*So what are your realizations sir from everything you've been through and what can you say to other single fathers?*)
- 42. Sakoa narealize nko na dapat jod day dili jod dapat mi maghiwalay kay para sa among anak kinahanglan kompleto jod diay ang pamilya kay ang bata mn gud makalolouy kay labi nag kannag mo anhi mo adto didto mo anhi napod dre ang bata mura dili maka fucos ug hunahuna nga uns amay iyahang sundon kay lain mn disiplina didto lain pod disiplina dre kay ug didto mn gud ni sa iyanag inahan pinangga kaau ni niya ug unsayiyang pangayuong hatag dayun gasto mn dayu sakoa di mn dili nko gusto nga e tolerate niya nga inana gani kinahanglan makahunahuna sya na mali jod diay tu iyang ginuhat ug di pod sya maanad sa iyahang mga unsay gusto pangayuong ang ma ingon lang nko nuh sa tanan single parent tibay ng loob nalnag ug pwede ng padulong pang mo mag lalis kanang paingon na maghiwalay pugngi storyahi ninyo ug maaug para dili jod ma putol ang inyohang relasyon para nalnag pd sa inyong anak kay ang bata maoy louy kay ako di pod ko gusto anang wala iyang mama gusto mn jod nko na komplito mi sa karon murag dili naman s'akuan kay unom naman gud katuig mi nga bulag na gi try nko sya na balikan pero ni react mn sya na mao ra mn gihapon mag sge ra mn tag away.... Bag o lang gi try nko na kuan through tawag ingon sya nga trabaho lang s'adaw sya fucos lang sa daw sya didto pero akong hunahuna kay naa naman nasugdan naman niya didto ug atung ni agi murag wala na an akong hunahuna ba naa na syay kauban didto so ako lalaki mn ko mangita lang gihapon kog kuan ba kaagapay para sa sarili para sa pamilya na future (*I realized that, my and my wife should not separate because it's for our son, the family must be complete because the child is pitiful, specially when there are different people who discipline him the child cannot focus on which one will he follow, which one is right and wrong. His mother has another way of disciplining him, whatever he wants his mother will give him, she's tolerating the child but i want my son to think and he must work hard to get what he wants because that's the reality when he grows up, that's life. All I can say to all single parents, be strong and if you can still save your marriage, save it, just don't let your relationship broke, think about your child, even me I don't want him without his mother. I tried to get her back, but she reacts that it's still the same, we're going to fight again.... I just tried to call her through the phone, he said that she wants to focus on working, and for herself but I think that she has started***

- something there, i think she's with other guy now.....still I'm a man, I'm still looking for someone to be a mother for my son and my family in the future)*
- 43. Hangtod karon ba kol naa ba japon kay mga bisyo** (*Until now, do you still have any bad habits?*)
- 44. Wala wala koy mga bisyon nga mga kuan dati naa manigarilyo inom pero giundang nko ang sigarilyo tungod sakong anak sugod atung nag buntis na tanggal nko ahh karon mo inom ko pero tanagsa nalang kay lagy kay nagkuhan ko s akwarta ba kay lisod pod pangitaon ang kwarta nuh kay unsa may gastoson nimo anang inom daha para nalang s akuan tigum kog kwarta para sakong anak ug unsa kinahanglanon niya sa skwelahan... (*no i don't but i used to smoke and drink, but I quit smoking because of my son, when my wife got pregnant, I quit. But sometimes i drink when, but now I'm saving money for my son and what he needs in school...*)**
- 45. Oky so naa pa kay kaning uns aoa mn imohang ma ingon sir na kaning naa ba** **kay specific challege na kaning gikauban nimo imong anak sir ba murag** **kaning scenario na kauban nimo imong anak na naglisod kag taman taman** **para ma ano s aimohang anak** (*Ok, so do you still have something to say, sir, do you have a specific challenge that you and your son faced, sir?*)
- 46. Wala man, wa mn ko nagkuhan na pero naa mn pero dili as in na lisod kaau ba** **kay maningkamot mn sad ko ug unsay maaung panginabuhian...** **sa pag** **disiplina lang medjo maskaitan ko kung naay lain mo disiplina sakong anak** **niya mamunal masakitan jod ko gusto nko ako lang kay ako may amahan** **kabalo mn kog unsay kuan...** (*I don't but if there is it's not that difficult, because I'm trying to make a good living... when it comes on disciplining my child, it hurts me when someone is trying to discipline him. I'm the father so i should be only one disciplining him.*)
- 47. Dswd???...dswd? Oum nagahatag mn silag kuan para sa bata...nagahatag mn** **silag tung niaging tuig naga hatag sila ana....6k aw 5k aw 3k mn eguro tu, 3k** **pero kuan tu murag voucher ba paliton nimo sya sa mall sa nccc ug sa gaisano** **daras turil... didto ra ang kuan...mao ra man tu ilang gihatag** (*Dswd???...dswd? yea, they give financial support for the child...they gave it last year they gave....6k aw 5k aw 3k I'm sure it's 3k but it's like a voucher for you to get to the mall in NCCC and malls... that's all i received?*)
- 48. Oum kaning murag mga pareha sa 4p's pr css wala jod ka ana sir?** (*yea, like the same ones in 4p's or css, your part of those sir?*)
- 49. Wala ko ka kuan anang 4p... wala ko ana** (*I don't have that 4 p... I don't have that*)
- 50. Pero kaning unsa man maingon nimo sa gobyerno sir na kaning mas mapano** **gud matagaan**
- 51. ug atensyon ang single fathers ug mga programs** (*But what can you say to the government, sir, to make it better and give attention to single fathers and help them?*)
- 52. Naa mn sila ana dre sa barangay pero wala kay kuan ba** (*They have here in our barangay, but it's not that...*)
- 53. Implementation** (*Implementation*)
- 54. Oum wala kaau, wala kaau implement na gihatag ba nga kuan** (*yea, they don't implement it well*)
- 55. Pero unsa man maingon nimo ana sir para mas ma implement nila, samay** **maano nimo?** (*But what can you say, sir, so that they can implement it better, what do you have to say?*)

- 56.** Unta sila kung... kung siryoso sila ana makita mn pod nila nga inteviewhon nila ang tao ug tanawon nila makita mana ug unsay sitwasyon sa tao...cguro mao tuy tagaan nilag atensyon kay naa mn pug single dad na kaya mn pod maka provide mn pod ug ilaha...bahala sila way trabaho kay naman silay kwarta namay medjo arangan mn ug kinabuhi jod pero ug ingani na ug di ka maningkamot.... **Wa jod ka...** (*I wish they would...if they are serious, they can see people who are really in need of their support and interview the person, they can see what the situation is with the person... that's why they have to pay attention to the fact that there is single dad who can provide for their family....and single fathers who don't have a job because they have money they have a decent life but there are also father who really need support financially...if they don't work, they'll suffer*)
- 57.** So unsa pa may mingon nimo sir kaning naa ba kay discrimination or like kaning compare compare na nadungog like na ano sa journey nimo as a single father like gi compare ka na mas better ba ang mama kaysa sa papa (*So what else do you have to say, sir, have you experience discrimination or can you compare that the mother is better than the father?*)
- 58.** Wa di man kay diman nko ma compare akong sarili sa akong asawa depende ra mn na sa ug kaya nimo buhion imong anak kay sakoa ug naa sakoa ang bata mao manany makuhaan nkog insperasyon gud kay ang akong anak maka kuan jod ko maningkamot jod ko bahala nag ginagmay basta maka palit ko ug unsa iyahang gusto... Mangaon gani mis gawas usahay sa tricycle mi, sakay sakay pod nas ako, uban uban mana sakoa...niya ug naa na koy kwarta maka jolibee mi, mapalitan nko sya, drivetru lang dara lang mi mangaon sa tricycle, ug maka spaghetti lang ug fried chicken awh malipay nana oui hahah (*No, I can't compare myself to my wife, it just depends on you and if you want to raise your child with me or whatever... I get inspiration from my son, I can do my best, I'll do my best, I'll take care of it.... I will provide even my salary is not that big, as long as I can provide his needs and what he wants.... Sometimes we even eat outside in our tricycle, and when I already have money to buy jollibee, just drive thru We'll just eat on the tricycle, and we'll just have spaghetti and fried chicken, awh, he'll be happy hahah*)
- 59.** Ma consider ba nimo imong sarili sir as mama ug papa sa imong anak? (*Can you consider yourself, sir, as a mother and father to your child?*)
- 60.** Ohh, murah ana jod kay trabaho sa mama traaho nko, pagluto, panglaba, karon gani nanglaba ko niya gi text tamo nga naa ko nanglaba ko dre pero wala lagy natigum ng isa ka week labhunon kay pirting daghana wala pa joy washing, kuan lang na handwash lang na...kaya mn, kaya oui di lang hunahunaon ang kalisod...naa mang kalisod dara aylang hunahunaa, ay lang fucos dara kay mapildi jod ka (*yes, because I do the household chore and take care of my son which is the mothers job at the same time i'm working to support my child. cooking, laundry, i did it all. today I did the laundry, that was a lot and there's no washing machine yet, that's just a handwash...that's okay, that's why don't just think about the difficulty....no matter how difficult it is, don't think about it, it's just focus or your you'll lose*)
- 61.** Sir unsa may maingon nimo sir kannag coping mechanism nimo ba para ma ano ka sa imong stress like ginakuan lang nimo imong anak like unsa imong ginabuhat? Naa kay diba niington ka na dili nimo hunahunaon gina hunsa mn nimo pag dili hunahuna ang mga problema nimo (*Sir... what is your coping mechanism for your stress? Because you said that you don't think about it, what do you do to not think about your problems?*)

62. Ohh mag kuan ko, kay ug mag stay mn gud kas balay ang hunahuna nimo naa didto sa stress mas maayong ng mo gawas jod ka... maaau bitaw kay naa ning tricycle makagawa gawas... Unya usahay ibilin nko kong bata dre sakong mama...makig halubilo sad ko sakong mga amigo sa gawas para kuan lang ba, matanggal lang ang stress hahahh, lakaw lakaw lang gawas gawas ka ayaw pundo aning balay kay ang tanang stress naa dre balay kay naka fucos mn ka sa kuan nuh kay naa ra imong hunahuna sa stress ug naa ra ka dre sa balay di nimo mapagawas ba...mas maaau mn tung naka sa gawas kay ug unsay makita nimo kay murag mawala ba, ma relax ka, mag jamming jamming ba ka sa imong mga amigo daha sa gawas, inom inom ba dara malipay mn pod ta at least **mahimasmasan atung problema** (*Oh, if you're going to stay at home your mind is in stress, it's better to go out, this tricycle had help me a lot i can go out sometimes... Then sometimes I leave my child to my mother...I hang out with my friends outside just to get rid of the stress hahah, just go out, go out, don't just stay at home, all the stress in your house, you are Fucos on your stressors, you are only thinking about stress...is it better to be outside because what do you see outside helps you to relax, hangout with your friends go out, have a drink and be happy, at least we can take care of ourselves, mentally*)

Appendix 6c : Raw Data

SF/PARTICIPANT NO. 3

Transcribed and translated by: seno

Mag sugod sa ta sa kining back ground information nimo kol kaning usay pangalan nimo kol? (*we will begin with your background information. What is your name, sir?*)

Nestor dela tore kay naa paman akong senior (*Nestor Dela Torre because i still have my senior*)

Kaning pila man kabuok anak nga naa sa imong kamot ron kol? (*how many of your children is with your care?*)

Isa (One)

Pila naman siya ka tuig sa imoha? (*how many years is your child with you?*)

11 years

Pila diay edad sa imong anak ron kol? (*how old is your child now sir?*)

11

Sukad pagka anak diay niya kol naan a sa imoha? (*does it mean that your child is under your care since birth?*)

Bali kuan man gud kanang nag buag mi sa iyang mama edad siyang 5 (*Me and my partner separated when he was just 5 years old*)

Ahh

Nya nag abroad mana iyang mama ako gyd ga kuan sa iyaha ga atiman gikan sa 6 hanftud nag 11 human ako tig hatud perm isa skwelahan ug wakoy trabaho naa rako perm isa balay katong naa pa ang Negosyo namo ako gyud permi ga hatag kuan gyud ko kaning ako gyud kanang naga (*his mother went abroad, I was the one who took care of him from 6 to 11 years old. I am the one that takes him to school whenever that I have no work. I just stayed at home when my business was still running. I am always the one who, I am the one that...*)

Naga hatud sundo sa iyaha? (*takes him to school and pick him up?*)

Oh naga hatud sundo katong naa pay Negosyo nga kanang gina dala dala nako diri (*yes, I accompany him from the school to our house, especially since we still have our business here that I am carrying with*)

Unsa poy Negosyo Ninyo? (*what's your business?*)

Kuan man to katong ga deliver kog gasolina ba sa mga petron nay supplier namo (*it was, I used to deliver gasoline in petron, we have our supplier.*)

Ahh

Nya naundang man tungod sa pandemic mao to nga kuan naang ko ron appky pakog trabaho mao n inga byahe byahe ko driver (*it stopped because of the pandemic that is why I am gonna apply for work now, that is why I am driving, driver of a truck*)

Ang dahilan nga nag nag bulag mo sa imong asawa kol nag bulag gyud mo mismo? (*What's the reason you and your wife separated, did you really separated?*)

Ang dahilan kay kato lang pag abroad niya na kuan among komyonikasyon ba na daot gyud kay syempre siguro sa kalagyo mao mana ingon nila gud basta mag abroad daw nsa 100 percent daw nga ibutang nato sa kuan posento 90 percent gyud dawn a bungkag de na apil gyud ko sa 90 precent (*the reason is when she went abroad, our communication was ruined maybe because of the distance that is what they say, when going abroad 90 percent out of 100 percent were ruined. I was included in the 90 percent, right?*)

Sa 90 percent? Hahahahahaha (*at 90 percent? Hahahahahaha*)

Oo mao nang lisud ma abroad lisud ning kanang mag bulag gyud nga mao nang kamo ug halimbawa nga mag minyo2 mo puhon paningkamot lang gyud nga dimo mag long distance kay lisud ning long distance naa gyud diha ang mga temptasyon (*yes, that is why going abroad is difficult, it is really difficult when you separated that is why when you will get married in the near future, try your best that you will not be in long distance because long distance is hard, it has all the temptations.*)

SOP1

1. **Hahahahaahaha okay sa unang pangutana namo kol, unsaon man nimo pag hulagway ang imong ang imong mg ana agihan isip nga isa ka solo nga amahan** (*hahahahaahaha okay, to our first question sir, how would you describe your experiences as single father?*)
2. **Pag hulagway? Lisud oi syempre mo mata kag buntag sayo mag atiman ka sa iomng ana kunya pag human hatud sa skwelahan nya pag human byahe napud ka sa imong trabaho human kapoy pero murag kanang diman pud ingon nga walay kapoy murag kanang naa pud kay kuan ba insperasyon syempre sa imong anak mao na wankay laing hunahunaon para sa iya nalang pong ka ugmaon** (*to describe? it was hard, you will wake up early and take care of your child then take him to school after that, go back to work. Tiring, it is not that it is not tiring, it seems like you have an inspiration of course to your child that is why you don't think of anything but for his future*)
3. **Kini kol sa ika duha kay, unsa man imong mga naagihan sap ag hatag ug pinansyal na support or kinanglanon sa imong anak?** (*this one sir, for our second question. what was your experiences for providing financial support or the needs of your child?*)
4. **Bali sa pinansyal ako gyud ga kuan sa iyaha ga palit ug gamit sa iyang skwelahan pinansyali wala gyud ako gyud mo kuyog** (*financially, I am really the who one who supports him, buys his school supplies. financially I am the one*)
5. **Mangita gyud kag trabaho kol?** (*Would you really find a job, sir?*)
6. **Oo mangita gyud ug trabaho aron halimbaha kailangan man gyud siyang finansyal support** (*Yes, I must find a job in order...for example he really does need financial support*)
7. **Budget?**
8. **Oo budget balon sa kswelahan nya mga ila pang mga amotan kinahanglan gyud nga naa kay income kaada adlaw aron imo gyud siyang ma supportahan financialy mao na siya** (*yes, budget for allowance as well their contributions that is why it necessary that you have income every day in order for you to really support him finnacially, thats it*)
9. **Diba na mention man nimo gaina kol nga naa kay trabaho nga gina applyan? Naa ba kay kalisud nga gina experience during atong pag apply nimo sa trabaho?** (*You have mention a while ago that you are applying to a work? Did you have hard experiences in applying for that work?*)
10. **Naa gyud labin na sa kini karong akoang sitwasyon sa kuan labina sa atong pag alagad syempre mamili man gyud tag trabaho no nga dili gyud ta maka kuan lapas kay ug di pud sila mo sugot nga di pud ko mag lihok sa sabado kay diman pud ko mag trabaho disato pa mura pog nay tubag ang ginoo sa akoa tong pag pandemic syempre Nawala na atong Negosyo nya mayo gyud pud ang ginoo diay kay mag hatag pud siyang guide ba nga hatagan pud ko niyag amo nga had lang gihapon kanang naka ila mo ana kanang mga sinahon diha sa kuan myembro mana sila sa kamos diha sa oh mag kamos na sila myembro mao na akong na amo pag apply nakog trabaho ah nadawat pud ko niya sa company driver** (*Of course there is considering my current situation especially in serving, we will choose a job wherein we cannot violate cause if they won't allow that I won't work in saturdays and it seems like the Lord have an answer for me because he also gave me guidance, he also gave me that kind of guidance that I should just stick to what I know about those things, those members there in the group, they are members of the committee there in kamos, they're already part of the committee, so that's what I applied for, I also got accepted as a company driver*)
11. **Ahh wala man kaha silay mga requirements nga nag lisud ka kol ug kaning kuha?** (*Ahh, don't they have requirements that you are having a hard time getting?*)
12. **Waman nuon kanang God's grace gyud gi tabangan gyud ko wagyud ko nag lisud** (*No, I didnt, God's grace really helped me, I was not in a difficult situation*)
13. **Wala silay kaning murag educational nga kailangan nimo mahuman kag grado ingana mao ni mao na kol?** (*They don't have this kind of education that you have to finish a grade or so and so forth?*)
14. **Wala pud kay murag silbi siguro sa generasyon pud nato isa rata ba murag wala na kaysila gud pag mga kuan man siya dili man pud siya ingon nga dako dako nga kompanya bali kuan man siya kanang construction lang iyang kuan ba nya ako bali**

gi himo lang ko niyang private driver sa mga tanan nga materyales ako tig purchase
(It's not like it's a service for our generation, it's like we are one, It's like they don't exist anymore. It's not like it's a big company. It's just construction. They made me as their private driver for all materials and I am the one who purchase.)

15. Ahh
16. Ana lang na siya (*It is just like that*)
17. Siga sa ikat ulo nga pangtana kol naa ba kay naagihan nga problema sa imong kaugalingon nga pag hunahuna isip usa ka solo nga amahan? Unsa sad kini ug pwede b animo ma ingon sa amoaa kining naka agi ba kag depression and stress? (*For the third, have you ever had a problem with your own way of thinking as a single father? What is this and can you share to us if you have gone through depression and stress?*)
18. Naa gyud labin na kanang tong 1 year mi nga asawa permero namo pag ingon nga storya nga bulag nagyud murag diko ka dawat, murag one year gyud ko ato di ka move on grabe depress gyud kayo ko ato down gyud kayo ko, kay syempre di gud ko maka tuo nga makig bulag siya sa akoa maong stress ko ako nalay nahimo gyud nga mao gyud ni akong kapalaran nga syempre dawat2 pasalamat gyud ko sakong anak kay mao na (*The first time we talk like we would really separate, it's like I can't accept it, it's like it's a year that I can't move on, I'm really depressed, I'm really down, because of course I can't believe that she's going to be break up with me, that's why I am so stress. I have done something that is my destiny and just accept it and of course I am grateful to my son for that*)
19. Naka experience ba ka nga gi compare ka nga mas mayo pa mahimong mama ang mag bantay kesa sa papa kol or ingana nga storya? (*Have you experienced being compared, that it is better to have a mother to watch over your child more than the father, sir or something that?*)
20. Naay nag compare sa akoa nga mga naka storya sa ako? Wala pa naka compare sa akoa anak kay syempre akong anak naa ra sa akoa permi gyud naa sa akoa nya naa pud iyang mga tita diri, kini iyang lola ug lolo di mani niya tawag ga lola ug lolo, nanay ug tatay iyang tawag naa man pud sila pud murag medyo kuan lang pud sa akoa (*Has anyone compared me to those who were able to talk to me? There is no comparison with my son because of course my son is always with me, he always has his aunts here, his grandmother and grandfather, he doesn't even call them grandma and grandpa, he calls them "nanay" and "tatay", they are here*)
21. Sa katong time nga ni ingon ka kol ng ana depress ka sa katong wala moy komyonikasyon sa imong partner kaning naunsa to pag apekto sa imong pag bantay sa imong ana o sa pagpa dako sa imong anak? (*At that time when you said that you were so depressed when you didn't have any communication with your partner, how did it affect the way you watch or raise your child?*)
22. Bali wala man gyud kayo epekto kay syempre akong anak diman nako gina apil2 gyud kung unsa akoang mga problema sa akoa rana kay priority man gyud nako akong anak ako man gihapon siyang gina alalayan ug kuan pero sa semle sa trabaho nako usahay ma kuan ko mawala ko sa pasing ba manimalos ko sakong mga gipang himo mao na kay syemrpe kay mag hunahuna pagyud ko sa sitwason nga nagka bulag mi, didto rako na medyo sakong hunahuna gyud nga sa akong anak medyo kuan nako oi ako ragyud nga padayon lang gyud nak bisag wala na imong mama mao ragyud to akong kuan grabe Nakong struggle sa akong kuan label sakong kinabuhi bago pero karon medyo naka move on naman, nalingaw rapud ko kaabot bisa asa labin na sakong trabaho karon lagyo man pud akong ma abotan sambuanga, misamis, bakulod, nya kuan man kining mga wing van akong mga gina dala dala ba (*It doesn't have any impact because of course my son, I don't really include him with my problems because my son is my priority, I still take care of him, but in my work, sometimes I get lost. I take revenge for what I did, that's why and I think about the situation that we are already separated, I just tell my son to keep going even though your mom is gone, that's why I struggled with labeling my new life but now I'm a bit able to move on, i really enjoyed*)

travelling everywhere, especially my work now, I can also go far away like sambuanga, misamis, bakulod, and these wing vans are what I'm bringing)

SOP 2

1. Sa research question number 2 namo sir uhm kung maka hinumdom ka sa imong sitwasyon karon isip isa ka solo nga amahan gi unsa nimo pa mintina sa imong sarili nga pang hunahuna nga mahimo kini ug ligon ug unsa imong gina buhat para kanang, ingon diba ka sir nga rest ka for 1 year unsa man imong buhaton para maligon ka sir ba para ma balik ka sa imong pasing? (*in our research question number 2, sir uhm, if you can remember your current situation as a single father, what do you do to maintain your own mind that it will remain strong and what are you doing for that, you said, sir, you would rest for 1 year, what will you do to make you strong, sir, so that you can return to your normal self.*)
2. Unang una akong kaugalingon lang gyud ingon ko nga laban lang gyud ko ani nya isa pud nan ga numero uno wagyud gyd ko nawadan ug pag laom ampo sa ginoo nya hinay hinay pud ko nga kada sabado adto sa simbahan pero diko ka adto byernes, merkules, pero sabado akoa gyud nang gina paningkamotan nga maka simba gyud ko kay para isa man pud na sakong hunahuna gud nga mawala sakong depression basta naa ko sa simbahan maka kita sa mga igsoonan maka dungog sa mga minsae, kanta, daghan pud ko maminaw bahalag yabag kog tingogg (*First of all, myself, I would say to myself to continue fighting. Here is also number one, I dont lose hope when I pray to the Lord and I slowly go to church every Saturday, but I don't go on Fridays, Wednesdays, but on saturday I really try my best to go to church because I think that it will help me get rid of my depression as long as I'm in church, I can see my brothers and sisters, I can listen to the messages, songs, and I like to listen even though I have a bad singing voice*)
3. Hahahahaha
4. Basta ganahan gyud ko maminaw ug mga kanta, music (*I really like listening to songs, music*)
5. Wala pud ka anang mga bisyo2 kol wala ka ana? Wala? (*You don't have those vices either, don't you? Nothing?*)
6. Duty man pud ko pagka kuan, nay kanang bisyo siguro katong pagka backslide nako pero dili pud kayo lala kanang lala usahay kanang para dipud ko ma ignorante ba kanang madala dala ko sakong mga classmate ingon nga tistingi gud tor para ma kuan ka, tisting tisting nya human ay wala digyud ko digyud ko ganahan gyud bisag unsaon bisag unsaon gyud ug tisting nila mao na ha digyud ko wala gyud koy bisyo gyud ry try lang para wala di ma ignorante ba (*I also have duties, there was a vice maybe when I back slided but it is not drastic but drastic sometimes just so that I will not end up ignorant and I was influence by my classmates, they would say you should try this and that. I tried but i dont like it it and after all, I don't have any vices. I just tried it in order not to be ignorant.*)
7. Hahahaha try try lang pero wala gyud nimo na bisyo? (*Hahahaha, just trying, but do you really not have any vices?*)
8. Ah wala wala gyud na bisyo, bali kuan lang ba kung sa kuan pa pilahon lang (*Oh no, I really don't have any vices. It's just that when it comes to certain things, I'm selective.*)
9. Ahhh
10. Sigarelyo tilaw kainom gamay tilaw pero wala gyud na bisyo ana kay para dipud ta ma ignorante unsa pud na sila nga mga immonon, kuan pud na isa pud na sa maka daot satong ka ugalingon diba maong wala gyud ko sa sigarilyo ilimnon diba diman gyud na healthy gyud labin na mag kuan na atong mga kuan diha mao nang na ko sa inyoha pud bisag ingani rani akong lawas ah wapud koy sakit sakit pud mao na nagpa medical ko normal tanan (*I've tried smoking, drinking a little, but those aren't really vices for me because I don't want to be ignorant of what they are, the negative effects of those drinks, you know. It's also harmful to our behavior, right? That's why I don't smoke or drink. It's not healthy, especially considering our age and the responsibilities we have.*)

- (That's why even though I'm in your company, even if this is how my body is, I don't have any illnesses. I've undergone medical check-ups, and everything is normal.)*
11. **Sa ika tulo kol, gi unsa man nimo pag atubang o atiman sa imong mga pang ginikanan nga problema sa imong anak?** (*For the third question, how do you face or handle your parents' problems with your child? How do you handle it?*)
 12. **Gi unsa pag atubang?** (*How to face it?*)
 13. **For example sa skwelahan kanang nay mga meeting or kaning mga wala naba kay oras sa imong anak?** (*For example, in school, when there are meetings or when they no longer have time for your child? How do you handle that situation or behavioral issues with your child, how do you handle it?*)
 14. **Gina unsa mana nimo nga sitwasyon or behavioral issue sa imong anak, gina unsa mana nimo pag handle?** (*What specific situations or behavioral issues do you encounter with your child, and how do you handle them?*)
 15. **Kuan lang ako lang siyang gina advise usahay mag dula2 siya mabilin niya iyang bag lisud kaayog ma bilin mawala iyang mga bag ingon ko naunsa naman ka nak gina bilin naman nimo imong mga bag mga wala nang gamit nimo, kuan lang gyud storya mga para pampahinumdom lang gyud sa iayaha sa insakto nga tama nga buhaton syempre bata maminaw man pud na** (*I just advise him sometimes when he plays around and forgets his bag. It's really difficult when he forgets his bag and loses his things. I tell him, 'What's wrong with you? Why do you always forget your things?' Just a conversation to remind him to do the right thing, of course, children also need to listen*)
 16. **Wala pud behavioral issues imong anak sir? Like sipay grabe ka sipay ana?** (*Doesn't your child have any behavioral issues, sir? Like being overly stubborn?*)
 17. **Naa usahay kay kuan daw kusog mag yaga yaga sa iyag mga classmate mga mo ingon nga labin naming mga babae iyaha dawng kuanon ingon ko ikaw gyud cj ha bantay lang ka sa akoa, kuwang mana siyag kuan pamilya** (*Sometimes, there are situations where my child might be labeled as aggressive by their classmates, particularly saying that it's more common among girls, and they feel like they're being singled out. I would advise to keep an eye on her and provide support, as she might be lacking something in her family environment.*)
 18. **Dili pud ka mo kolata sa imong anak kol?** (*You won't also scold your child, sir?*)
 19. **Ahh dili, usahay kung ma sobraan na kusion ra nako na iyang dunggan ana mao na siya** (*I don't usually scold my child if things get excessive, I just talk to her about it, that's all.*)
 20. **Pag when it comes sa imong trabaho ug anak gina unsa man nimo pag balance ang imong oras?** (*When it comes to balancing work and taking care of your child, how prioritize by setting boundaries and making time for both?*)
 21. **Ang oras sa kuan lang pag halimbawa ang human nako sakong trabaho nako nag naa ko diri sa balay ana akoa kang siyang sunduon sa skwelahan perog wala gyud ko digyud ko ka sundo2** (*After I finish my work, I'm here at home to pick him up from school, but I never actually pick him up myself when i'm not home*)
 22. **Wala juy adlaw kol nga dapat dili nimo ma hatagag oras imong anak dapat hatagan gyud nimo siyag oras?** (*There's never a day when you shouldn't give your child time do you always make sure to give him time?*)
 23. **Tagaan gyud nako siyag oras taga adlaw pero ug naa ko karon pareha ani nga sitwasyon oh kami mag byahe bali disad mi usahay mag kuyog lagi mao nang nga lisud ning kuan ka mautro imong sitwasyon sa panginabuhi lahi ragyud ning perminti mo mag kuyog ba** (*I do make sure to give her time every day, but if I'm currently in a situation like this or we're traveling separately, there are times when we can't be together. It's challenging when your life situation makes it difficult for you to always be together.*)
 24. **Sa ika tulo kol kay gi unsa nimo pag pangita ug pama agi ug pag control sa financial nga kanilanghanon sa imohang anak?** (*Thirdly sir in terms of providing for and controlling the financial needs of your child, what steps have you taken?*)
 25. **Dili pud nako siya ingon nga kanang ug unsay gudsto niya pangayuon financially, halimbawal ganahan siyag selpon dayon mao nang dili paman ka pwede mag silpon2**

kay bata paman kayka oi gusto naman gyud siya mag silpon de ana ko unya nalang ug maka graduate ka sa grade 6 tagaan nalang nakog silpon labon nag maka grado ka dagko imong mga grado ihatag gyud nako nang silpon saimoha sige nagud pa akong mga classmate naa man gani sige na pahulam hulamon gud taka sakong silpon gud (*I won't say to him directly, like if he wants something financially, for example, if he wants a cellphone right away, then I can't just give him a cellphone just like that because he's still a child. I'd tell him that once he graduates from grade 6, then I'll give him a cellphone. Even if his grades are high, I'll give him that cellphone. He always say "even my classmates have their own cellphone, i will let you borrow my phone"*)

26. **Gina limit gyud nimo imong anak?** (*Do you really set limits for your child?*)
27. **Kay lisud man pud ug imo na siyang pasugtan ma kuan na siya ma spoil dba lisud na** (*Because it's difficult if you let them have everything they want, they might become spoiled, right? It's challenging*)
28. **When it comes to sa inyohang balay mismo kol kanal supply sa pagkaon gina unsa man nimo nap ag control o budget imong kwarta para ana?** (*When it comes to the food supply in your own home, how do you control or budget your money for it?*)
29. **Bali gina kuan kuan man gud naa man gud akong mga parents diri mao py ga kuan ba support na tabangan na sakong mga budget ihatag Nanako sa akong mama mao ni budget sa iya nay, sa mga pagkaon, balon tanan naka kuan naka specific nana iyang balon para dili na ma problema iyang kuan iyang lola iyang nanay** (*I see, since my parents are also here, they provide support by helping with my budget. I give the money to my mom, and she manages the budget. For food, groceries, and everything else, she has a specific budget allocated so that my financial support won't be a problem for her. It's her responsibility to manage it, her grandma, her mom.*)

SOP 3

1. **So ang ika tulo namo nga question sir naa paba kay gusto ipa ambit o sa iingon sa amoan tungod sa imong mga kaagi isip sa usa ka solo nga amahan?** (*So, for our third question, sir, is there anything else you'd like to share or tell us because of your experiences as a single father?*)
2. **IPA ambit? Sa inyoha? Ang mapapabit nako sa inyoha kung ma halimbawa kamo man gyud dimman gyud na nga mahimo nga dimo mahimo nga dimo maka kitag partner tagsa raman siguro sa mga kuan ron babae nga mabalo kasagaran mga mawadhan gyud ug partner ang ako lang mapa ambing kung naa namo mga kuan partner diha sunod paningkamotan lang Ninyo ang time gani importante gyud kayo na sa kining sa isa ka relasyon kay isa na sa guilty man pud ko sa time, kulang man pud kog time sa akoang** (*Share? With you all? If ever I were to share something with you, it would perhaps be this: for those of you who might find it difficult to find a partner, especially since most women nowadays might hesitate or find it challenging to commit. My only suggestion would be, if you already have a partner, to make the effort to prioritize your time wisely. Time is indeed crucial in any relationship, as I also feel guilty sometimes for not having enough time for my partner*)
3. **Partner?**
4. **Oo parftner mao nang siguro nangita siyag lain kay katong nag kuyog pami nga diverse sa mga uban time gyud akong kulang sa iyaha kay focus man gud ko sa Negosyo stress na focus gyud ko sa Negosyo ana deliver pero ana sa kwarta wala gyud problema gina hatag tanan pagkaon tanan naa pay kulang gyud diay** (*Yes, a partner might seek someone else because during the times when we were together, my focus was mainly on business. I was stressed and entirely focused on business operations, making sure everything was delivered on time, but when it comes to finances, there were indeed no problems. I provided everything, including food, but there was still something lacking time*)
5. **Oras**
6. **Oo oras didto naka palit kog sakyanan pundar pero wala lng gihapon kulang lang gihapon diay gyud gasto gyud diay ang time gyud bisan pag unsa ninyo ka daghan**

ang kwarta basta ang time gyud kulang ka sa imong partner kulang ka sa imong pamilya sa gyud na sa maka kuan murag dili gyud na mo ligan inyong relasyon (*Yes, indeed. I spent buying a car from my savings, investing, but there was still something lacking. It's true, no matter how much money you have, if you lack time for your partner or your family, especially for your children, your relationship will suffer.*)

7. **Sa imong kinaagi as single father kol unsa may mga like unsa man imong na realize sa imong mg ana again isip usa gyud ka solo nga amahan?** (*In your experience as a single father, what are some of the things you've come to realize about your children, considering you're solely a single father?*)
8. **Kuan kanang sa himuong lang gyud mao gani tong sulti nako sa inyoha ug halimbawa inyohan ma minyo sunod puhen kuan lang gyud isa pud guro sa kuan pangayuon pud sa ginoo ug partner kay murag kining ako a kay dali2 lang kalit2 wala nako na kuan ba napangayo sa ginoo mao nang na realize nako nga ang gina dali2 diay nga kaminyuin kay kuan pud kay dali lang man mi nag uyab ana mga 3 months lang tapos bali naa may nahitabo ah di mao to mao nang kamo ila ilahon sa gyud Ninyo mga partner Ninyo** (*What I meant by 'just ask' is that, for instance, if you're single now but plan to get married someday, just ask if it's also one of God's desires for you to have a partner because it seems like for me, it was just too quick and sudden. I didn't even ask God for it, that's why I realized that rushing into marriage is not advisable. Maybe it's because we were just quickly in a relationship, like, we were only together for about 3 months and then something happened, and it didn't work out. So, that's why you should handle your relationships with your partners properly.*)
9. **Para dimag lisud?** (*So it won't be difficult to handle?*)
10. **Oo dili mag lisud kay lisud na** (*Yes, so it won't be difficult because it's already difficult.*)
11. **Kay ikaw nalang isa?** (*Because you're alone?*)
12. **Oo halimbawag diman gyud na malikayan mabuntis mo nya ikaw mabyaan mo kay syempre one year nan aka ila ila ang lalaki diay mao nan ga ma okay na ila ilahon gyud ang partner** (*Yes, for example, it's really hard to avoid getting pregnant, and then you'll be left alone because, of course, after one year, the guy will leave anyway. That's why they really have to take care of their partner.*)
13. **Ila ilahon gyud ang partner** (*We should really get to know them more*)
14. **Oo ila ilahon gyud** (*Yes, know them more*)
15. **Kay pag ikaw nalang isa sir kay maglisud nagyud kag sabay tanan sa responsibilidad Lisud gyud, may nuon mo support lang siya mao lang naa mi diria ron dinagyud mo support** (*Because when you're alone, sir, it's really difficult as you have to handle all responsibilities at once. It's really hard, but if you have someone supporting you, that's the only time we're really getting by*)
16. **Sige ika duha sir unsa man imong mg ana amgoan o na realize sa tanan nimo na agihan usa ka solo nimo nga amahan unsa sad imong maingon para sa pag lambo ug supporta para sa single nga parents or single nga father?** (*Alright, for the second question sir, what have you dreamt of or realized from all your experiences as a single father? What can you say about the growth and support for single parents or single fathers?*)
17. **Kuan nalang gyud maningkamot nalang gyud kay para sa ika human sa imong anak ug focus nalang gtud ka sa iyaha bas a karon oh bahalag liskud nya karon naa pud koy target goal nga karong 2024 kaloy an lang ihatag sa ginoo maka balik kog business mao lang gyud na siya para maka pa skwela nako akong ana kunya maka human gyud.** (*Just keep striving because for your child's future, you just have to focus on him even though it's hard. But now, even if it's difficult, I also have a target goal for this 2024, God willing. I'll be able to return to business, that's just it, so I can provide education for my child until he finishes.*)
18. **Unsa may maingon nim sa gobyerno para mas mapa amgo ang supporta para sa inyoha pud mga single father?** (*What can you say to the government to further emphasize support for single fathers like yourselves?*)

19. Wala man kayo koy kuan ana kay part na sa gobyerno kay murag naa lang storya nila naa lagi daw sa mga single father single mother naa lagi daw mag support ba pero wala paman ko naka avail kung naa man gali pasalamat unsa ko ana kay para mag dabot ko sakong anak wala pud ko naka kuan ana naka avail sa ilahang mga kuan (*I don't have anything to say about that because it's already part of the government's responsibility. It seems like they just talk about it, saying there's support for single fathers and single mothers, but I haven't been able to avail any of it. If there is, I would be thankful because it would help me support my child. But I haven't received any support from them.*)
20. Pero ug naa kol? Mo apil gyud ka? (*However, if there is, sir? Will you really participate?*)
21. Mo apil gyud oi ug halimbawa naa may mga inana ihatag sa gobyerno labon nag scholarship sa anak ah dako na kayo na nga tabang oi sa mga solo parent ana nya applyan dayon (*Of course, I would definitely participate! For example, if the government provides things like scholarships for children, that's a huge help for solo parents. I would apply for that immediately*)
22. Maningkamot gyud nga maka apil (*I will definitely strive to participate*)
23. Oo (Yes)
24. So imoha isa pud ba sa imong mg ana realize kol na kaning lisud gyud mahimong single father? (*Was there also something you realized, sir, that being a single father can indeed be challenging?*)
25. Lisud gyud oi lisud gyud kayo kay ikaw ra isa mag alalay sa imong anak (*It's really difficult, extremely difficult, because you're the only one providing for your child*)
26. Mao rapud gani sa realidad pud sa mama sa mama kanang sa klase imbis ang mama m kuyog mamalit ug kuan maka kita gud ko sa mga mama ang kusog mag sig pamili ug notebook nya ako ako ray laki didto mag sig pamili ug notebook ana ko unsa mani nak oi ako raman usa nak usahay nay complete makita nako nay complete ang isa nya parehas anak duha sila okay ra pero kasagaran ang mama gyud makita nako mao ranang problema nako (*That's also the reality for mothers. Instead of the mother attending the classes, it's the father who goes shopping for school supplies. I often see mothers who are good at choosing notebooks, but it's only me, the father, who does the shopping. What I notice is that sometimes, one mother buys a complete set of school supplies while I only see one set. If they have two children, that's fine, but most of the time, it's the mother who takes care of it. That's my problem*)
27. Unsa may Nakita nimo nga kaning, makita ba nimo sir nga rare angcae sa single father kesa sa single mama? (*What have you observed, sir? Do you think it's rarer to see single fathers compared to single mothers?*)
28. Pareha ra siguro dili gyud siguro ingon nga kuan kay ang mga mama ma single kuan man pud na strong pud na kay syempre ila pud nang buhaton tanan kay para ilang anak ilahang ma atiman ug tarong skwela ana man pud na dili pud na sila kuan pud mopa sagad (*It's probably the same. It's not really about being rare because single mothers are also strong; they have to do everything for their children to provide proper care and education. It's not easy for them either*)
29. Para saimoha kol unsay maingon nimo nga kalahian between sa parenting sasingle mother ug sa single father? (*For you, what would you say is the difference between parenting as a single mother and as a single father?*)
30. Ah lahi gyud siguro ang kuan naa gyuy kalahian syempre sa single father labina ang Manahan ang lalaki manarbahos sa layo nya ang bata mabilin lisud lisud oi, sa bagay ug sa mama mao ra gihapon sitwasyon lisud gyud basta kay lisud gyud ang sitwasyon diay adjust nalang gyud mao nalang nang rason wanatay ma himo emotional ni (*Ah, there's probably a difference, especially for single fathers, especially when the man has to work far away and the child is left behind. It's really difficult, but the situation is still the same for mothers, it's really tough. But when the situation is difficult, you just have to adjust, that's the reason why we don't become emotional.*)
31. Mao rato among question sir, salamat sir (*That's all our question, sir. Thank you, sir.*)

Appendix 6d: Raw Data

SF/PARTICIPANT NO 4

Transcribed by: Jhennis Deiparine Translated by: Trixia Mori Yadao

- 1. Mag ask ko first og kaning background information nimo to add some details po sa imohang statement or to add some back up ano ahm, first is** (*I would like to ask first about your background information to add some details in your statements or to add some back up informations. First is:*)
- 2. How old are you napo?** (*How old are you?*)
- 3. 46 (46)**
- 4. Pila po ka children or child ang naa sa imo karon?** (*How many of child/children are with you right now?*)
- 5. 2 daughters (2 daughters)**
- 6. Pila kabuok sir?** (*How many, sir?*)
- 7. 2 (2)**
- 8. Unsa edara nag sugod ang bata sa imo sir?** (*How old were the children when you started to take care of them?*)
- 9. Since Birth (Since Birth)**
- 10. Since Birth? (Since Birth?)**
- 11. Oo (Yes)**
- 12. Sa imong eldest or sa imong youngest?** (*With your eldest or with your youngest?*)
- 13. Both (Both)**
- 14. Pero kaning unsa rason sir na kaning nag separated mo sa imong partner?** (*But what was the reason why you and your partner separated?*)
- 15. Ahhh..... passed away 5 years ago** (*Ahhh..... she passed away 5 years ago*)
- 16. Ahhh? (Ahhh?)**
- 17. Due to brain tumor** (*Due to a brain tumor*)
- 18. Ahhhhh.. Okey so ahm pils namay edad sa imong mga children karon sir?** (*Ahhhhh.. okay . So, how old are your children now, sir?*)
- 19. 12 (12)**
- 20. 12 og? (12 and?)**
- 21. 10 (10)**
- 22. Ahh so ever since na Nawala na imong partner sir kaning ikaw nalang jud ang nag ta guyod sa imo children alone sir?** (*Ah, so ever since your partner has been gone, you are the only one who took care of your children alone?*)
- 23. Yes ako na (Yes, I am)**
- 24. Kaning wala kay katabang?** (*Don't you have someone to help you raise them?*)
- 25. Wala (None)**
- 26. Oki so first research question #1 nato sir which is about experiences lang ni sya naga focus** (*Okay, so the first question focuses only on your experiences only. So first is, How would you describe your experiences as a single father?*)

SOP 1

- 27. So first is unsaon nimo pag hulagway ang imong naagian isip usa ka solo nga amahan?** (*Okay, so the first question focuses only on your experiences only. So first is, How would you describe your experiences as a single father?*)
- 28. Ahh as solo nga amahan mag depende ra kay in behalf nga naa pakay ah wife then after that nakalitan raka na wala nakay wife then maka ingon ka nga sobra, super sya ka pait lisod og nag suffer ka** (*Ah, as a single father, it just depends if your wife is still with you then after that, you will be shocked that you don't have a wife anymore. Then you can tell that it is too much, it is super hard and you are suffering.*)
- 29. Lisod jud sya sir?** (*So it is really hard, sir?*)

- 30. Unsa man sya nga klase kalisod og asa pud ka nga part sa parenting experience nimo nag lisod sir? Ahh move on** (*What kind of hardship and which part of your parenting experience do you find difficult?*)
- 31. Lisod mag move on?** (*Is it hard to move on?*)
- 32. Yeah mas dugay ang pag move on** (*Yeah, moving on is much harder.*)
- 33. Pero wala man kaha ka nag lisod or nag lisod baka sir kaning atiman mismo sa imong mga anak?** (*But you did not struggle or do you struggle taking good care of your children, sir?*)
- 34. Dili wala nako nag lisod kay before ahh.. a after nanganak sya hands on naman jud ko oo, maong after mawah sya mao tung ready nalang sya didto sa akong ig agaw uban mga anak tas kay almost 3 years? maka move on sa iya kadugayan na realized nlang nako nga dili jud diay abandona akong mga anak man dyang naka decide ko nga mag focus kog balik.** (*No, I did not struggle before because, after my wife gave birth, I was already hands on in taking care of them, yes. That's why after she passed away, she was ready to go to my cousin's with my other children because after 3 years of me finally moving on, after a long time, I realized that my children should not be left abandoned. That's why I decided to focus again.*)
- 35. So ahm ika duha sir is unsa ang imong naagian sa pag hatag og pinansyal na suporta or kinahanglanon sa imong anak?** (*So the second question, sir is What are your experiences in providing the financial needs/support of your child/ren?*)
- 36. Ahh.. naa gyud panahon na unexpected nga karon diay nay bayronon tas wala diay nimo gi istorya daan before pa, lahi man ta mo istoraya diba? 1 week, 1 month man ta before ka istorya nga naa diay bayronon at least naka Andaman then makuratan lang ka pag mata nako pagka buntag going school na sila then mo ingon sila nga "OY daddy naa man diay ta bayronon" diha ka maka kuan na oyy "daddy promisorry note pwede ugma nalang siguro"** (*Ah. There are really times where there are unexpected bills that you have not discussed first before, we are different when we talk, right? 1 week or 1 month before the deadline, you should inform me that you have bills to pay so that, at least, I can prepare some money to pay for it. Then we will be shocked when we wake up in the morning when they are preparing to go to school and they will say "Hey, daddy. We have something to pay" that's the time where you can say "Daddy, the promissory note can be done tomorrow, maybe" It looks like it's really hard to find some money... This is the hardest part, looking for money.*)
- 37. Lisod jud sir** (*It's really hard, sir.)*
- 38. Kanang unsa imong trabaho nga kuan karon?** (*What is your job right now, sir?)*
- 39. Farmer karon** (*Farmer)*
- 40. Farmer?** (*Farmer?)*
- 41. Oo** (*Yes)*
- 42. Unsa ng klaseng farmer po?** (*What kind of a farmer are you, sir?)*
- 43. Ahhh naa mi na mi farmlet** (*Ah, we have a farmlet)*
- 44. Ahhh...** (*Ahhh...)*
- 45. tas naa syay durian, lubi, cacao.** (*And there are Durians, Coconuts, and Cacaos)*
- 46. Unya kaning under baka sa isa ka ay sa company sir? Or...** (*Are you under in any companies, sir?)*
- 47. Dili individual, oo self employed** (*No, Individual. I am self-employed)*
- 48. Unsa manang mga kalisod na imong na experiensiahan during ana na trabaho sir.** (*What are these difficulties you are experiencing during that job, sir like farming?)*
- 49. Nga kaning pag ano sa mga farm?** **Ah kanang mag palit abuno tas kanang ting ulan na mao syay abunohan para maka provide sya og mga fruits dili ka ka provide tungod kay wala kay kwarta ika palit abuno.** (*Ah, when you buy fertilizers and it's the rainy season already, that's the time you will have to put the fertilizers in so that it can provide fruits, but you can't afford buying fertilizers because you don't have the money.)*
- 50. Pero kaning murag sa imong employment man kaha sa imong trabaho sir wala man kaha ka nag lisod kay individual lang man ka?** (*But when it comes to your job, are you not struggling? because you are self-employed just like you said, sir)*

- 51. Wala (Wala)**
- 52. Sige sa ika ulo sir kay naa bakay mga naagian nga problema sa imong kaugalingong pang hunahuna isip usa ka solo nga amahan? Unsa sad kini og pwede ba nimo ni iingon sa amo? (Okay, the third question is, have you ever experienced being mentally challenged as a single father? Could you tell us about it?)**
- 53. Ay, dili ko ingon nga naa koy naagian na ingana kay before man gud ko mo decide how many times nako gi balik balik og tama ba or dili maong diko gusto magka mali. (Oh, I can't say that I have experienced such things because before I decide, I think about it and repeat it many times if it is right or wrong. That's why I don't want to make mistakes.)**
- 54. So, kapag when you have a problem sir kay kining unsa mna imong buhaton? (So, when you have a problem, sir, what do you do?)**
- 55. Relax (Relax)**
- 56. Relax? (Relax?)**
- 57. Oo just pray (Yes, just pray.)**
- 58. Tapos na mention nimo kaganina sir kay kaning diba katong sa financial nimo pag imong mga anak dili mo storya dayun, naa bakay king murag kalisod sap ag handle sa behavioral sa imong mga ank? (And you also mentioned a while ago, sir regarding to your financials, if your children will not inform you ahead of time, do you have difficulties in handling the behavior of your children?)**
- 59. Naa sometimes ma palo man gani nimo kay dili nimo masabtan tapos isa sa side effect sa cellphone is maka bungol nimo dina ka dungog. (Yes, sometimes. I even hit them because I can't understand them. Also, one of the side effects of too much usage of cellphones is that it makes them deaf. They can't hear you when you talk to them.)**
- 60. So gina unsa man na nimo sila sir para ma cope nimo ang ilang kuan? (So, what do you do to cope with their behavior?)**
- 61. Before mi matug is istoryahan nga kato imong gihimi dili na maayu para maka mata sa buntag ugma pagka ugma maka realize na sila ba na dili to maayu ilang gibuhat. (Before we sleep, I talk to them and tell them that what they did was wrong so that when they wake up in the morning, they will realize about their poor behavior.)**

SOP 2

- 62. So, next question sir is kung maka hinumdom ka sa imong sitwasyon karon isip usa ka solo nga amahan, gi unsa nimo pag mentinar sa imong sariling pang huna-huna nga mahimo kining lig-on og unsa sad imong gina buhat aron kini mahimong lig-on? (So, the next question, sir is when you think about your current situation of being a single father, how do you maintain your mental health? What certain actions did you take?)**
- 63. Ahh, gi buhat nako nag focus ko para sa akong mga anak para sa ilang future. (Ahh, What I did was to focus on my children for their future.)**
- 64. Unsa nga kining klaseng focus imong gina buhat? (What kind of focus did you do, sir?)**
- 65. Ahhh, mag permi mag, mag depende kung maka put up kay unsa may dapat anko I put up para interm nga college na sila the dili najud pwede mag lisod kay before pa, before pa gipangandaman na daan. (Ahh, It depends if I can put up the things that I have to put up so that when the time has come and they have to go to college, you cannot suffer anymore because even before, you have prepared it in advance.)**
- 66. Ahh, So kaning unsa man nng klase na kaning murag, naa bay specific scenario sir nga kining naka hunahuna ka nga murag nag lisod jud ka after atong na passed away imong partner? (Ah. What kind of specific scenarios that you have that you are really struggling with after your partner has passed away?)**
- 67. Daghan (There's a lot.)**
- 68. Unsa man pud sir? (And what are those, sir?)**
- 69. Kanang mo ingon ka nga pwede naka, mo lisod ka pwede naka mo surrender, ana, ngano nabuhat mani saaakoa? Nganong in ani mani? Sa kadaghan tao ngano ako pa?**

(Like you'll say that "It's tiring already, you can now surrender." like that. "Why did it happen to me?"")

70. Gi unsa man to nimo pag cope ato na time sir na kaning murag, para mabalik ang imong sarili self confidence, kaya kaya nako ni, wala na lain maka tabang sa akoa gawas sa akoa galingon (What are your ways to cope up so that you will get back your self confidence, "am I able to do this?", "no one will be able to help be except my self". Did you use vices like alcohol and cigarette?)
71. Naa bakay kaning mga bisyo nga kaning gi gamit ato na time sir ? or... (Did you use any vices during that time, sir?)
72. Bisyo ahh.... I use to be drinking oh... ahh (Vices, ahhh... I used to drink)
73. Kaning unsa man puy rason sir nga kining naka drink ka? (What was the reason why you drink, sir?)
74. Ahh, para lang maka tulog tapos makalimot kadali (Ahh... for me to be able to sleep and forget my problems even for a short period of time.)
75. So murag gina gamit nimo ang kining alcohol para dali maka tulog tapos ma... (So, you use alcohol to be able to sleep quickly and...)
76. Oo, tapos murag ma ano (ma relax) (Yes, and also to feel relaxed)
77. Ngano in ana man ang feeling nimo nga kaning gusto ka mag sege alcohol pag daghan kag problema kay para maka makalimot gud pero naka decide ko nga, naka decide ko nag dugay na dili diay sya mao. dili diay sya mao nga ifucos nato sa inom para maka limot ta pwede nalang jud I fucos nalang jud sa mga anak para maka, at least naka, maka limot naka, maka tabang paka sa ilaha. (So that I can forget, but I decided that it is not good. It is not good to focus and use drinking to forget your problems. Instead, we should focus on our children so that, at least, you will be able to forget and at the same time, you will be able to help them.)
78. Pila naman pud ka katuig nga wala na nag alcohol ro sir? Or naga alcohol japon ka ron? (How many years since you have stopped drinking alcohol, sir? Or do you still drink up to now?)
79. Panagsa Oo (Sometimes, yes)
80. Occationally nalang sir? (Just occasionally, sir?)
81. Yes (Yes)
82. So, next question is gi unsa nimo pag atubang o atiman sa imong pang ginikanang problema para sa iong mga anak sir? (So, next question, how did you deal with parenting issues with your child/children)
83. Ahh... gi ako nang syang gi kuan, akong mga anak gi atiman jud tapos gi kuan lang nako syag kang maaayung pang maayung pang binuhatan og pag respeto sa isig ka tao
84. (Ahh... what I did is to take care of my children and I taught them good manners and respect towards other people.)
85. So for example sir butang nato sa sitwasyon na nay kining murag sa school sir ba, school setting nya imohang anak naa behavioral, naka try bag behavioral nga kining ano imong anak sa school sir? Gina unsa man nimo nap ag face ana na challenge? (So, for example, let's say that there's a situation inside the school wherein your child has behavioral issues, have you tried experiencing such situation, sir? And how did you face that challenge?)
86. Ako wala ko ka try nga kay akong na try lang nga ma adto ko sa stage mag (taod daw og medal) kuha kog certificate og medals sa akong mga anak. (I havent tried that. What I only tried was to go up on stage and hang the medal and give the certificate of recognition to my children.)
87. Ahh so sa ano pud sir kaningm kaniing naa ba kay na face na challenge where you where compared to sa iyahang mother og sa imohang kind of parenting sa iyang mother nga kind og parenting og sa imoha? (Ahh... Also, have you faced a challenge where you were compared to your child's mother and to the kind of parenting of your child's mother compared to your kind of parenting?)

88. Ahhh maka kukuan wala dili manka mo compare ato ang imo nalang mag focus nalang ka then maka realize nlang ka usahay nga ngano nabuhat mn sila, ngnao na in ani man ko? Og naa pasya dili unta mi ma in ani (*Ah... no, I wont be compared to my child's mother. What you have to do is to focus and sometimes, you will realize that why was my child being brought to life? what happened to us? Only if she's here, this won't happen to us.*)
89. Ahhh so wala ka kadungog ana sir gi compare ka nga lahi imong kind og parenting sa imohang asawa? (*Ahh... so you haven't heard that you are being compared because of the difference of how your way of parenting compared to your wife's way of parenting?*)
90. Wala, kinahangkan dili man ka mang hilabot sa imong isig ka tao ahhwahwa wala man sad ka ng hilabot sa ilaha pasagdi nalang pud mi kay wala man mi nang hilabot sa inyo. (*No, it is needed that you should not interfere to other people's business. They did not interfere in your life, so leave us alone also because we are not interfering with you.*)
91. Kining gina unsa man nimo sir para ma meet nimo ang kani gung kind of parenting nga na experience sa imong mga anak gikan sa iilang mama karon nga wala naman sila nga ikaw naman nag atiman? (*What do you do to meet the kind of parenting that your child has experienced from their mother, now that their mother is gone and you are the only person who takes care of them?*)
92. Mag meet lang mi didto tas then pag nay mga ocasyon, adto sila si jammy, gina pasabay nako akong mga anak ingon ko nga dili nalang ko mo kuyog kamo nalang ana lang sya ka simple. (*We just meet and if there's also occasions, they will go. My child, Jammy, I will let them come and I will just tell them that they will just come instead of me. Just simple as that.*)
93. Ahhh dili nimo sila gina stricto sir? (*Ahh so you're not strict to them?*)
94. Wala, open ko sa Ilaha, wala nako, bisan pag away mis mga igsuuon, wala may labot ang mga bata, parents parents, child wala kay labot didto ka finansyal ahhh bisag asa ka mo adto (*No, I am open to them, I don't. Even if we fight with my siblings, My children has nothing to do with it. What's withing the parents should be dealt by the parents alone. You have nothing to do with the financial anywhere you go.*)
95. Sige, so another question sir is gi unsa nimo pag pangita og pamaagi og pag control sa financial nga kinanganlanon sa imong mga pamilya? (*Alright, so, another question, sir. How did you manage the financial demands of the family?*)
96. Ah gi sabihan sya na na ahh naa man goy income gamay tas naa pud syay ahh... GSIS og isa sa SSS saiyang kuan ang naka benepisyko ako. (*Ahh... tell them that I have my income, so does my partner. One of the programs that benefits me is my GSIS and SSS membership.*)
97. So gina hatag jud na nimo sa imong mga anak sir? (*So, do you give it all to your children, sir?*)
98. Oo, gina puy unsa ilang paliton maka maka kwarta lain sa kuan sa iyahang iii perman unsaon mao tung gina gaahin nalang nako sa ila. (*Yes, if they will need to buy something, I want them to tell me ahead of time, but at the end, I will just give it to them.*)
99. So naka face pud kag problem sir, where kaning kaning na financially challenge jud mo sa imong anak? Na financially challenge jud mo sir? (*So, did you face a problem where you have financial challenge with your children? Were you financially challenged, sir?*)
100. Ahhhm, ignon a sa imong anak na "daddy next next month palit ta in ani ooh ana sya ma daddy palit ta in ani" "sege palit ta" human next month at least naa allowance dili,dili dili on the spot na pangayuan ka para palit diretso. (*ahh, my child will say "daddy, next next month, let's buy this" and I will just tell my child "Okay, let's buy that" and next month, at least I have an allowance. You should not ask for something on the spot cause i can't buy it directly.*)
101. Pahibaw on jud ka daan sir ahm ehm so ahm another question is naa ba kay gusto ipa ambit or iingon sa amoaa mahitungod sa imong mga kina agi isip usa ka solo na amahan? (*You should be informed ahead of time, sir. Another question, is there anything else you would like to share about your experiences as a solitary father?*)

102. Aw advice sa inyoha as a student ako lang iingon sa inyoha study hard, tapos focus, focus lang tas you did a great job then, savings. (*aw, my advice to you, as students, is to study hard, just focus, do a great job, and save money.*)
103. Savings jud sir, ngano maka ingon man ka sir nga kaning mag save jud sir? *Savings is really important, sir. Why did you say that you really have to save up, sir?*
104. Para sa future, yeah (*For the future*)
105. Based on you experience sir ngano na ingon mana nimo sa Kabataan kaaron? Ngano? Unsa? What encourages you to say that para sa amo? (*Based on your experience, sir, why did you say that to the youths of today? Why? How? What encourages you to say that for us?*)
106. Lisod matigulang nga wala kay ipon... dapat naa kay ipon , ana rana sila ka simpli (*It's hard to grow old without any savings... you should always have savings. As simple as that.*)

SOP 3

107. Sege sir so last question is unsa ang imong mga na amgo or na realize sa tahan nimong na agian isip usa ka nag solo nga amahan og unsa sad imong maingon sa pag lambo sa suporta nga anaa sa mga nag solo nga amahan? (*Alright, sir. Last question, Is there anything else you would like to share about your experiences as a solitary father?*)
108. Pardon (*Sorry?*)
109. Kining unsa ang imong mga na amgo or na realize single father sir? (*Like, what are your realizations from all of the experiences you have encountered as a single father?*)
110. Akong na realize happy ma realized nako happy proud nga as a solo parent I can provide my children, in ana ko ka proud. (*I realized that I'm happy and I'm proud to be a single father who can provide for my children, that's how proud I am.*)
111. Tas maingon pud nimo, maingon pud b animo sir na bahalag Isiod basta kay maning kamot jud? (*Will you be able to say that even if it's hard, as long as you work, it's fine?*)
112. Labi na sama-sama mo buo inyo pamilya bahalag kulang atleast buo mong tulo okey na kaayu na sa akoa (*Specially that you are all together, your family is complete. Even if there are some things that are lacking, as long as you're complete, it's okay for me.*)
113. So ahm unsa man sad imong ma ingon sir para mapa lambo ang supporta sa sa mga solo parent dihaa especially sa single fathers (*So, what can you say to the government for the solo fathers like you so that they will be enhanced and developed?*)
114. Aahhh dapat sa government, dapat sa government tagaan nila og priority when as a solo parent dapat kung kinsa tuy ilang anak nan ga nag iskol pa dapat naan aa untay supporta nga gipa abot as a solo parent, pero wala naman na gihimo sa gobyerno. (*Ahh the government should give priority to the single fathers like me. As a solo parent, who still has a child that goes to school, the government should give support to us, but now, they dont do that anymore.*)
115. Ahh so unsa man imong ma ingon sir para malambo jud na sya? (*Ahh, so what can you say so that it will really be developed and will be given attention?*)
116. Ahhm malambo rana syadapat ipag laban, naa balaod, nay katungod, ang solo parent para ma depend niya ang iyang sarili (*ahmm.. It will only be developed if it will be fought, there will be a law, and the solo parent should have the right so that he will be able to defend himself.*)
117. But dili lang pud para sa anak kundi para pud sa sa inyo sir? (*But not only for your child, but also for yourself, sir?*)
118. Kay dili mahimo ang mga bata kung wala ang parents kung wala supporta sa parents solo parent mag unsa nlang mga bata, ok ra untag membro kag IPs kay bisag nag lingcod lingcod gina tagaan naka diba (*Because the child cannot be born without the parents. If the solo parents will not give support to their children, what will happen to*

- them? It would be better if you are a member of 4P's because even if you're just sitting there, doing nothing, you will still be receiving financial support.)*
119. **So naa paba kay laing ma igo sa amoaa sir to add up some answer to all of our questions** (*So, do you have something to say to us, sir? Just to add up some answers to all of our questions.*)
120. **???** (**????**)
121. **Naa paba kay maingon or other kaning, kaning unsa pa imong ma ingon sa amoaa to add up nalang po pud sa mga question namo?** (*Do you have something to say or other things to add for our questions.*)
122. **ahhh akong ma ingon sa inyo is ma tanan ninyong gipang kuan gipang question oki rana sya pero dapat naa pamo idea ng unsaon gyud pag palambokaeon student mo dapat na realized pud Ninyo nan ga what if kaya solo parent ma himo kong working student diba mahimo pud kag murag pud kag term nimo nga ikaw pud ang solo parent kung ikaw ang working student** (*Ahh... All I can say to you is all of the questions you have asked me, but of course, you should also have other ideas on how to develop it more. You are students, you should have realized that what if I became a working student, right, you will also feel like you are a single parent when you become a working student.*)
123. **sa ano sir pwede bako mag question sa imong asawa between relationship?** (*Can I ask you a question about your wife in between the relationship?*)
124. **Ok** (*Okay*)
125. **So kaning murag pila man mo ka years na sa imong asawa sir?** (*So, How many years have you been together with your wife, sir?*)
126. **Karon? Mag 16 years pero nag passed away sya is ... Ehem 9 before sya nag passed away** (*Now? Around 16 years, but she passed away 9 years before she passed away.*)
127. **So how would you describe your relationship with with her sir** (*So, how would you describe your relationship with her, sir?*)
128. **Enjoy happiest** (*Enjoy. Im in my happiest state all the time.*)
129. **Ngano maka ingon man kag happiest?** (*Why would you say so?*)
130. **Kasi every week drive suroy bisan asa tapos kung nay problema isstoryahan raw ala niya gi dagko ba wala ni agi hissing wala ni agig mga kuan.** (*Because every week, we will go for a ride and go to different places and if there will be some problems, we will talk it out and not make it a big deal.*)
131. **So maingon nimo sir nga healthy ang inyo relationship** (*So, will you be able to say that your relationship with her is healthy?*)
132. **Naga taod najud sya nga sa iyaha na butang tung sakit** (*She's been accepting the truth that of all people, she's the one who got the disease.*)
133. **Ehm s0 after ato nag to after ato pag ka balo ato sir ng ana syay sakit na unsa m naka** (*Uhmm... so, after you have discovered that she is sick, what did you do?*)
134. **Before sya naka annsa sa sakit nag syrine dina mo pansin pa operahan og gasto then after 1 month sa davao doc 1 month pag balik lain nasya iyang hunahuna** (*Before we discovered about her sickness, she will just ignore us if we tell her to have an appointment for checkup and we will be the one to provide for all the bills. then, after a month of staying at the Davao Dictors Hospital, she's been indifferent ever since.*)
135. **Mao nato nga pag pa check up namo sa DMSF mao to nakitaan nasya nga naa nag** (*That's when after we went to DMSF for a checkup, we found out that she has a tumor.*)
136. **Tumor?** (*Tumor?*)
137. **Tumor. Tapos rare sa tunga pajud sa iyang utok wala sa gawas, sa ilalom pa jud sa iyang utok** (*Tumor. It was a rare condition because the tumor was located in the middle of her brain. not outside, but underneath her brain.*)
138. **Katong time na find out Ninyo tung result sa iyang brain sir na unsa man ka ato** (*That time when you found out the results regarding her brain tumor, what happened to you sir?*)
139. **Ang?** (*the what?*)

140. Naunsa man ka atop ag kabalo nimo sa result sa check up? (*What happened to you after you found out the results of the checkup?*)
141. Wala, wala nako sya gi surrender gi istorahan namo sa doctor nga wala kasigarodohan. last, last option is... korea (*Nothing, I didn't surrender. Rather, I talked to the doctor that there's no certainty and the last option will be Korea.*)
142. Korea? (Kore?)
143. Yeah mao pay last shock louy kaayu last option, ingon ko I estimate daw kung pila so almost 2 million life line 6 months, di wala nalang giapawas ang katong kabalo naman ko na mamatay gyapon sya wala nako gi share up after 10 days sa DMSF nag one on one mi didto mi ni doctor ana sya nga imong asawa bisan pag sa on pag gasto nim ana sa DMSF mamatay jud mamatay kay nag pasaka iyang patay nag ikan sa iya tiil giakn sa tiil tapos wala nako syay gi give up dapat 15 days amo nasyang I gawas kay sa balay ra sa upload peres ana wala na pero ni abot pastya og 49 days sa DMSF ... (*Yeah, it was pitiful because of the last option. I told them to estimate how much we will be paying and it reached upto 2 million, life line at 6 months. that's when they decided to not discharge her. I already knew that she will eventually die, but i didn't share it to the DMSF upto 10 days. We had a one on one conversation with the doctor, he said that even if how much I will be paying here in DMSF, my wife will still die no matter what, but I didn't give up on her because we were supposed to stay there for 15 days and will be discharged the day after, but we stayed there for 49 days.*)
144. So was it hard for you to face all of the that knowing na mao na ang kind of scenario nga Nakita nimo sa imohang asawa sir nga dili man sya in ana sa una? (*So, was it hard for you to face all of it knowing that that's the kind of scenario you are witnessing towards your wife, sir? that she used to be not like that before*)
145. Yeah, ayaw gyud I give up there were a miracle, miracle nasya bwenas kung wala ana nagyud sya dawat naka ana ka simpli ayaw pang hinyang sa kwarta makita rana ang hinayang ang iyang kinabuhi (*Yeah, do not give up because there will be miracles. it is a miracle if she will survive, but if not, then I will just accept it, as simple as that. do not regret the money you have spent because it will just come back eventually rather, regret the life that wont come back again.*)
146. Oo (yes)
147. Pero diha ramn sya taman edi oki (*But that's all she can go for, and that's okay.*)
148. Tung time nga over najud ang iyang life sir na unsa man ka atoo? What was your reaction then? (*That time when her life is totally over, what happened to you? What was your reaction then?*)
149. Kuan na sya dili nasya mo kuan, hands on jud ko ato ang sunod ato dili nasya mo lihok, dili nasya mo buka sili nsya mo istorya mga pag kaon niya gatas nalang, kanang mag punas? Naranasan nako na kanang mag popo sya ako ako mag hugas hugasan nko na wipes ana 49 days sya wala ko na, wala biyabiya sa DMSF ... himo na namn tung kuan didto gani nag BD akong duha ka anak (*I was very hands on in taking care of her because she can't move on her own anymore. She can't open her mouth when we try to feed her and all she consumes is milk. I experienced cleaning her personal waste for the past 49 days when we were staying at DMSF, I never left her on her own. Even my children were staying with us that time.*)
150. Oohh kung time najud siguro na Nawala imong partner sir sakit jud guro? (*Ohh... if it's already her time, sir, does it really hurt?*)
151. Libog ka libog kaa matulala ka kay mag hunahuna ka nga naa kay anak ... ana ra ka simpli (*inaudible*) galingon nga maka nganon maka pangutana ka sa ginoo nga ngano ako paman daghan sa tao ngano ako? Dire pamn jud amo na hitabo na gagmay pa kaayu among mga bata. Ushay sometimes mo adto ko simbahana sulod sa DMSF mohilak ko "ngano ako paman" (*You'll be confused, you'll space out because all you do is to think that you still have your children. As simple as that (*inaudible*). I even asked God why does it have to be me? of all people. Why does it have to be happen now that my children are still young. Sometimes, I go inside the DMSF church crying and ask God "why does it have to be me?" .*)

152. So unsa may life realization nimo sir? As an individual not as a single father man?
153. Mag... Kumbaga alagad ka sa ginoo mag simba ta mag hinunnsol, ienjoy nimo imong life, dili ienjoy nimo anang life sa bisyo ienjoy nimo ang life nga with your family anaaa ienjoy nio kay pagka wala sa isa diha nimo ma realize na nga kulang pa diay to. (*Like you will serve God, go to church, repent. Enjoy your life, don't enjoy it with your vices. Instead, enjoy it with your family. Enjoy it because once they will be gone, that's the only time you will be able to realize that all the memories you've had was still not enough.*)
154. Kulang pa ang time... (*The time is till not enough*)
155. kulang pa ang time... nga kulang pa ang time na dapat in ani pa unta sya pero wala na (*The time is still not enough... it's not enough because you should have done this and that, but she's already gone.*)
156. Wala natay mahimo sir sege sir so mao nato tanan sir.....salamat kay sir ha (*We can't do anything about it, sir. Alright, that's all, sir... Thank you so much, sir!*)

Appendix 6e: Raw Data

SF/PARTICIPANT NO.5

Transcribed and translated by: Deiparene

1. **Pila kabuok imohang anak kol?** (*how many children do you have sir?*)
2. **kini ra isa** (*only one*)
3. **so pila may edad nimo karon kol?** (*how old are you now sir*)
4. **54 (54)**
5. **ahm pila naman katuig sa imo nga naa si johana kol sukad pagkawala sa imong partner** (*since you and your partner separated how many years that johana is in your care*)
6. **kuan na 10 yrs naman siguro ah 10 yrs na** (*maybe 10 yrs, yes 10 yrs*)
7. **pila diay edad nimo dai?** (*how old are you dai?*)
8. **16 (16)**
9. **kining pwede ko maka nalo kol kung unsay rason nganong na separate mo sa imong partner?** (*can we know sir the reason why you and your partner got separated?*)
10. **kuan naman sila gibiyaan nako sila oiii** (*i left them away*)
11. **ahm ahm**
12. **gibiyaan nako** (*i left them*)
13. **kining unsa puy naka pag decision nga sa imoha si johana** (*what encourages you to be the one who's encharge in taking care of johana*)
14. **ako syang di dala** (*i took her*)
15. **so karon kol mangutana mi sa kaning main question namo sa among research kol mao ni sila ang kining mga pangutana ang una nakong pangutana kol is unsaon nimo pag hulagway ang imong naagian isip usa ka solo nga amahan?** (*so now sir we will ask for our main question in our research sir this is the question our first question is... how do you describe you experiences as single father?*)
16. **ahm kuan rq ah** (*is that....*)
17. **unsaon nimo pag describe ang imohang experience as a single father?** (*how do you describe your experiences as a single father?*)
18. **experience nako ang panginabuhi nako na naa sakoang bata na kami ra duha kaya nako sya na buhi** (*my experience is in livelihood is my child is with me and i can provide for her*)
19. **kining unsaman imohang, naa bakay specific na naagian kol unsa man diay naagian nimo sauna** (*what is your, do you have specific scenario of what do you experience?*)
20. **no wa man koy trabaho** (*no i dont have job*)
21. **ehmm (ehm)**
22. **bantay kos iya, didto katrabaho-trabaho pag dako na niya** (*i was taking care of her, when she's old enough that time i can go to work*)
23. **unsa naman diay imong trabaho karon kol?** (*what is your job right now sir?*)
24. **namanday naman kog bangko diri** (*carpenter of chairs*)
25. **unsa man ang imong naagian pus sa pag hatag ig pinansyal na supporta sa imo anak kol?** (*what are the challenges you encounter in providing a financial support to your child?*)
26. **wala kanang ngita rapud kog trabaho sideline nako na para maka kwarta pud** (*no i was just looking for a job, sideline for earning*)

27. unsa man pud nang sideline imong nakuanan kol? (*what kind of sideline sir?*)
28. mag labor (*doing labor*)
29. naka try bakag apply sa isa ka trabaho kol nga kining, kining tanaw nimo na ipit jud ka (*have you tried applying sir then you realize that it's complicated*)
30. sauna katong naa koy trabahu sauna pero karon wala na (*before when i had a job but now, i don't have a job*)
31. nganong nawlaa man tung trabahu sir? (*why did you lose your job sir*)
32. gikan nako ani pag skwela nako sa iyaha (*from her when she starts going to school*)
33. unsa pud to na klase nga trabahu sir? (*what kind of job sir?*)
34. kuan raman to dayo ko sauna cashier sauna trabaho na so lingap ko 80 per day (*well before I was a stranger to the place, I worked as a cashier and in the lingap I earned 80 per day*)
35. ahhh sapag apply nimo ato nga companya sir naa bakay experiyna kining gi limit ka sa imong mga requirements or unsa baka nag lisod baka sa imong requirements? (*ah in applying in the company sir do you have a struggle in their requirements or did thay limit you in your requirements*)
36. kuan raman to sauna wala man toy requirments sauna (*before there were no requirements*)
37. wala toy requirements sauna, dili to pareha karon naa nag requirement (*there are no requirements before, unlike now that they have requirements*)
38. unsa man pud to na requirement kol? (*what is that requirement kol?*)
39. kuan raman to sauna biodata lang nga gi kuanan lang (*before we just used biodata to apply*)
40. naa bakay na agian nga problema sa imong sariling pang hunahuna sir? isip unsa ka amahan? (*do you encounter problem in your mental health sir? as a single father*)
41. sauna karon wala na (*before, but now it gone*)
42. unsa man pud to sir (*what it is sir?*)
43. kuan problema sa pamuyo ana ba ginagmay man to (*a little problem in living*)
44. kung maka hinomdom ka sa imong sitwasyon sir isip unsa ka single dad gi unsa man nimo pag mentinar ang imong sariling pang hunahuna nga mahimo kining lig on (*when you remember your situation as a single father how do you maintain your mental health? that it will become firm*)
45. wala concentrate lang (*no just concentrate*)
46. unsa pud nga klaseng concentrate imong ginabuhat sir? (*what kind of concentrate do you make?*)
47. maayu na manarbahyo nya manginabuhi (*to be good at work then in find ways to live*)
48. ah kaning naa bakay bisyo sauna kol na kining inim sigarilyo ba ana? (*do you have vices sir like alcohol or smoking?*)
49. naa sauna (*yes, before*)
50. ngano nimo na na try? (*why do you try?*)
51. kuan man ko sauna sigarilyo (*before i used to smoke*)
52. pang pawala sa imong stres? (*to decrease your stress?*)
53. katong ni ingon ka kol nga kining maproblma ka sauna gi unsa man to nimo pag like pag ayo gud nga mahimo kang balik napud pag mentinar pang hunahuna kol? (*when you said that before you have a problem in your mental health how you solve that scenario that you'll be back and maintain your mental health*)

54. concentrate lang jud sa kuan sa pang hunahuna ba aron mawala (*just concentrate in my mental health to vanish the problem*)
55. naa bakay na realize ato kol? (*do you have any realization that time sir?*)
56. naa pud kuan lang concentrate lang (*there is also just concentrate*)
57. gi unsa pud nimo pag pag atubang sa mga pangkinikananag problema sir isip usa ka single dad (*how do you face your parenting challenges as a single father sir?*)
58. kanang ahh, unsa gani to dai, kalimot ko oi (*can you repeat it, i forgot it*)
59. gi unsa nimo pag kanang gi unsa nimo pag atubang or pag atiman sa imohang panginikanang na problema para sa kmong anak? (*how do you, how do you face or manage your problem in parenting*)
60. ah kuan lang normal lang kuan hunahuna (*just a normal thinking*)
61. ok so gi unsa nimo pud nimo pag pangita og pamaagi para ma control nimo sa financial nga kinabanglan sa imong familya (*what strategies you do to control the financial needs of your family?*)
62. gi kuan trabaho (*by working*)
63. unsa pud na klaseng trabahu ang imohang gi apilan sir? (*what kind of job you encounter sir?*)
64. mag construction labor2 pud usahay panagsa (*by doing construction, being a labor sometimes*)
65. wala pud ka katry anang mamaligya (*haven't you tried selling?*)
66. namaligya oi namaligya ko sauna (*selling yes, i sell before*)
67. unsa pud na? (*what are you selling sir?*)
68. ahh kanang mga in ani sala set (*like some sala set*)
69. ahhmm maingon ba nimo kol na sa pamaligya nimo masustentohan nimo inyoha (*you can tell sir that in selling is you can sustain your child*)
70. oo (*yes*)
71. naa bakay kining kalisod sa pag earn og money ato ka human sa kmong kwarta (*do you have any challenges in earning money*)
72. naa oi (*yes i had*)
73. unsa man pud to siya (*what it is sir?*)
74. usahay mamaligya naapoy di naa moy usahay dili naapoy usahay dili naapoy usahay mahalinan naa puy usahay dili (*sometimes i sell, there is also times i don't sell, something i gain money and there are also time im not*)
75. gi unsa man pud ti nimo pag pursige jud sir na mahalin jud ba (*how do ou perceive sir that you should earn money*)
76. mag ampo nalang, kuan gaan og pag kaon (*just pray, that He will give food*)
- SOP 3
77. Naa paba kay gusto ipa ambit o iingon sa amo a mahitungod sa imong kaagi isip usa ka single father? (*do you have anything to say sir in your experiences as a single father?*)
78. kuan oi, lisod sad oi bata nako sauna kanang gamay pasya lisod sad oi kanang walay maka bantay ba liaod pud. (*It's hard... it's hard because in taking care in my children when she was little nobody can take care of her, its hard*)
79. naka try pud ba kol nga ibilinbilin pud si Johana (*have you tried sir that you left johana for the mean time?*)
80. wala,wala nako na gibilin, ako rang daladalahan nako sauna gamay pa sya (*no, i dont left her, i just bringing her with me when she was little*)

81. unsa man sa pagpadako nimo kang kohana kol unsa may kining kalisod nimo isip sa pag padako jud nimo? (*in taking care of johana sir what are the challenges problem in taking care of her?*)
82. kuan raman to naagian namo pag eskwela ramam niya sugod ba (*it is just my experiences is when she start going to school*)
83. ahh.unsa diay nahitabo ato kol? (*what happened that time sir?*)
84. wamay maka bantay a kyaha (*no one can take care of her*)
85. aahhh giunsa man to nimo pag pangitag paraan kol? (*how do you manage it sir?*)
86. diskarte (*strategy*)
87. ah kuan ko unsa pud imong na realize sa imong kaagi sir isip unsa single father? unsa pud imong maingon atong uban single father pud (*this sir, what are your realization in your experiences as a single father? what can you tell other single father*)
88. kuan (*cough*) dead airdog howl) last nani dai? aw daghan pamog kuanon (*is that.....(cough) dead air (doghowl) is this the last one?*)
89. ahy last nani kol ahm unsa man ang imong na realize as single father (*this is last sir what are you realization as a single father*)
90. (**dead air**)
91. ahm naa koy pangutana kol ahm kini part vaka sa government nga kining government nga financially aid kol kining mga hinabang sa governo nga sss, pag ibig 4ps? (*i have a question sir are you part of a government that is financially aid air you get a relief in the government like sss, pag ibig ang 4ps*)
92. **wala** (*no*)
93. **naka dawat naja hinabang gikan a governo kol nga as if unsa ka single father?** **wala pud?** (*did you receive any relief from the government sir as if a single father? no?*)
94. **wala** (*no*)
95. **ahm so unsa may maingon nimo sir para ms ano pa matagaan pansiñ ang mga singke father sa government?** (*what can you say to the government to make them aware about the situations of a single father*)
96. **unsaba daw to gang** (*can you repeat it*)
97. **unsa iming mainong para matagaan og focus ang mga single father pareha nimo kol sa governo kol?** (*what can you say sir to the government to make a focus on single father like you sir?*)
98. **ahh a kuan governo** (*is that government should*)
99. **ehmm**
100. **wala pud koy wala man gud ko ka agig sulay og in ana ba** (*i have nothing to say because i don't experience being in that stage*)
101. **ehhh so unsa man maingon nimo kol para mas masulayan pud nimo o maapil ka ana** (*so what can you say sir to the government to experience that kind?*)
102. **depende sa governo kay on kuan sila.** **wala man gud ko kaagi ana soma ba** (*it depends on the goverment if they..... i don't experience that kind of program in the government*)
103. **sa tibuok nimong experience sa pagpadako nimo kay johana ko unsa mga imingna realize** (*in your whole experience in taking care of johana what do you realize*)
104. **sa pagpanginabuhi?** (*in livelihood*)
105. **sa pag padako sa iyaha** (*in taking care of her*)

106. **kuan lang ko kanang maning kamot rajud ko trabahu pud** (*just strive hard in the job*)
107. **unsa man sad ang maingon nimo aa bauban pud nimo nga single father sir** (*what can you say to you co single father*)
108. **kuan lud sila** (*laughing*) (*they should (laughing)*)
109. **unsa pud, unsa pud imong ma advice?** (*what, what can you advice to them?*)
110. **diskarte rapud gud silag ilah aron ma buhi lisod mn pud karon panahona dita mag kuan hunahuna** (*they should also have strategy to survive because in this time it's hard if we dont have healthy mindset*)
111. **mao rato ooo** (*that all*)
112. **sege dau dalamat dai** (*ok dai thankyou*)
113. **salamat kayu kol na sa pagtugot** (*thankyou sir for letting us.*)

Appendix 6f: Raw Data

SF/PARTICIPANT NO.6

transcribed and translated by Echavez

1. Iintroduce sa diay nako akong sarili kol ha... ako diay si hilarie echavez ang research leader para ani na research tapos mao na siya si mori, trixia mori **Yadao kauban namo** (*So I will introduce myself sir, I am hilarie echavez the research leader for this research and that is mori, trixia mori Yadao, my co-researcher*)
2. **Yadao? Apilyedo? Taga Malagos?** (*Yadao? Surname? From malagos?*)
3. **Opo kol** (*yes sir*)
4. **Tig unsa mo ni sir Yadao?** (*how are you related to sir Yadao?*)
5. **Apo ko niya kol** (*Grandchild sir*)
6. **Ahh...** (*Ah...)*
7. **Tapos kato sila ethyl lantad ug kauban namo kol kay isa rami, pareha rami kauban. Tapos ang unang pangutana sir kay unsa imong pangalan ug pila na imong edad** (*and those others sir are my co researchers which means we're in a same group, ethyll lantad. And the first question sir is what is your name and how old are you now?*)
8. **Kuan... nagsingkwenta ko karong May 4... 1974 man ko natawo** (*Uhm...I'll be turning 50 in the fourth of may... I was born in 1974.*)
9. **So... Pwede ko mangutana kol kung unsa ang rason nga kaning ikaw nalang isa karon?** (*So... can I ask sir if what is the reason why you are now all alone?*)
10. **Kuan... wala nami nagkasinabot sa akoang asawa, siyempre lisod man mag tipon nga di magkasinabot ... nag iya nalang mi ug panginabuhi** (*Uhm...my partner and I can't understand each other, of course it is hard to live together if you cannot understand each other*)
11. **So pila naman ka katuig na ikaw nalang isa ron kol?** (*So how many years that you are single sir?*)
12. **Katorse (14) anyos** (*14 years*)
13. **Ah 14 years na....** (*Oh already in 14 years...)*
14. **Oo 14 years** (*Yes, 14 years*)
15. **So tanan ba anak nimo kol naa sa imoha karon?** (*So does all of your children with you, sir?*)
16. **Naa sila sa balay sa ilang inahan... didto sila... ako ray nagpuyo diri... naa naman silay balay sad didto sa ilang inahan mao nang didto sila** (*Uhmm they're with their mother...they stay there...I am the one who stays here...They have house there in their mom's place*)
17. **Pero naga suporta man kaha ka sa ilaha kol?** (*But do you support them sir?*)
18. **Kung naa koy kwarta naa koy ikahatag sa ilaha, pero ug wala koy kwarta wala koy mahatag...** (*If I have money I'll give it to them, but if there's not I can't give anything*)
19. **Ah... maingon ba nimo kol na ikaw ang nagpadako sa ilaha o ikaw ang nagabantay sa ilaha?** (*So...can you say that you are the one who raised your children sir or you are just the one who babysits them?*)
20. **Oo sukad palang pagbiya sa ilang inahan upat (4) palang kabulan ang akong kinamanghuran...** (*Yes ever since their mother left my youngest was still four (4) months old*)
21. **Kinsa may kamanghuran nimo dria kol?** (*Who's your youngest here sir?*)

- 22. Si princess...naa ddto sa talomo** (*It's princess...she's in talomo*)
- 23. Pila man nimo sya ka tuig giatiman kol?** (*How many years do you foster her sir?*)
- 24. Tulo ka tuig gikan sa akoa, gikuha sa inahan** (*Three (3) years, she was taken back from her mother*)
- 25. Ah sige sige kol... pwede ko mangutana kung unsa imong trabaho karon?**
(Oh alright sir...Can I ask sir if what's your current job right now?)
- 26. Manghurnal, mamunot... mao rana akong trabaho...**
(Labor, Coconut Husk remover... that's just my job...)
- 27. Makaingon baka kol na kaning dako... kaya ra sa imong sweldo para sa sustento sa imong mga anak?** (*Can you say that it has big...or is your salary enough to sustain your children's needs?*)
- 28. Ah usahay oo usahay dili, kay manghurnal raman akoang trabaho**
(Ah sometimes yes, sometimes no, because my only job is to labor)

SOP 1

- 29. So magsugod nata sa amoang pinakauna na question sir... So unsaon nimo paghulagway ang imong mga naagian isip usa ka solo na amahan?** (*So we're going to start to the first question sir... So how can you describe your experiences as a single father?*)
- 30. Hmmm? (Hmmm?)**
- 31. Unsaon nimo paghulagway ang imong mga naagian isip usa ka solo na amahan?**
(How do you describe your experiences as a single father?)
- 32. Nga kuan? ... hmmm... panghuna-huna?** (*What?... hmmm... mentality?)*
- 33. Ay imong naagian jud mismo kol** (*Your literal experiences sir*)
- 34. Kuan...**
- 35. Kanang sa pagatiman, pangwarta ug huna huna** (*About your parenting, job and mentality sir*)
- 36. Ay kuan...manghurnal ko intawn mamunot ug walay bunot mag stambay ko** (*I labor sometimes and often remove coconut husks but if there's no job, I'll just stay*)
- 37. Maingon ba nimo kol nga lisod imong kinaagi kay ikaw ra isa?** (*Can you say that your experiences are hard because you are alone?*)
- 38. Lisod oy!** (*It is hard!)*
- 39. Ngano man?** (*Why?*)
- 40. Kay usahay labaw na inig problema nimo, dili ka kakuan sa imong kasarili, dili ka ka storya2 didto nalang ka sa imong barkada... malingaw ka mawala sa imong huna huna** (*Because sometimes if I have problems, I can't focus on myself, I can't openly talk to someone and just often hangout with friends...I have fun when Im in my friends and forget my problems*)
- 41. So ikaduha kol kay... unsa man imong mga naagian sa paghatag og pinansyal nga suporta/kinahanglanon sa imong mga anak?** (*So the second question sir is... what are your experiences in providing financial support/needs for your children?*)
- 42. Aw katong makapanghurnal ko maka pamunot ko... unya makapalit ug kunsomo nako... ug nay sobra ihatag sa akoang mga anak...** (*Aw when I labor or do remove husks... I can buy groceries for myself...if there is some left I'll give it to my children)*

- 43.** Tas... kaning unsa man imong mga naagian pud kol nga kaning... para sa paghatag nil aba except sa panghurnal (*What are your experiences sir...in giving support except labor?*)
- 44.** Aw kanang ington ko nga usahay mga siligan diha o nay kaila na nay ipatrabaho... trabahuon nako bahalag bisag unsa lang (*Well, sometimes when my neighbors tell me they have something to do for me...I will do it whatever it is*)
- 45.** Nakatry ba ka ug experience kanang gi kaning... nakatry ba ka ug apply sa isa ka trabaho? (*Have you tried applying for a job?*)
- 46.** Aw wala ko ana dai... kanang sa kompanya? Wala ko ana, farmer nuon (*Oh I did not...in the company? No I haven't, I just did farming*)
- 47.** Tas kaning murag... mangutana ko kol ha kung... nakahuman ba ka ug highschool kol? (*Then, can I ask sir if... have you finished highschool?*)
- 48.** Wala dai...grade 4 rako... pait kayo ang panahon sauna hahahaha (*No...I just finished grade 4...life back then was really hard hahahaha*)
- 49.** Maingon ba nimo kol na sa karon maglisod jud kayo mu apply ug trabaho? (*Can you say that right now it is really hard to apply a job?*)
- 50.** Oo oy! Kay wala man koy grado... Lisod oy kung wala kay mga grado ron... lisod kayo muapply ug kompanya ron ug wala kay grado...lisod kayo... diha raman jud ta taman di man ko ka kuan ug trabaho kay wala man koy grado (*Yes! Because I don't have grades...It is difficult to apply in companies if you don't have grades...My capabilities are just over there because I don't have a grade*)
- 51.** So naa bakay mga naagian sa imong kaugalingong panghunahuna isip us aka solo na amahan? (*So do you have experiences in handling your mental health as a single father?*)
- 52.** Naa oy! (*Yes!*)
- 53.** Unsa man sir? Pwede nimo na ma share samo? (*What is it sir? Can you share it to us?*)
- 54.** Kuan kanang solo na amahan? Problema sakong mga anak kanang mangasakit... kung aha ko mangitag kwarta muduol ko sa akong mga igsuon... oh ug ma hospital ako mga anank ddto ko muduol mangayo ug tabang sakong mga igsuon (*As a single father? Well, if my children get sick I really get stressed in finding money and sometimes I'll ask my siblings to ask for financial support*)
- 55.** Pero kaning sa imoha mismo kol, kaning sariling panghunahuna nimo... kung naa kay problema na maagian nakaagi b aka anang depression or unsa ba? (*but on you own sir, in your own mental health...do you have problems that you have experienced sir? Depression or any kind?*)
- 56.** Kanang pang sa sarili lang? (*on my own?*)
- 57.** Oh kol (*yes sir*)
- 58.** Muutong nalang ko dili nalang... iluom nalang nako dili nalang nako igawas...iluom nalang nako... di nalang nako I share sa uban... wala na iluom nalang nako (*I sometimes keep it to myself...I don't share it to anyone...*)
- 59.** Maingon ba nimo sir na naa kay kalisod? (*Can you say that you had a hard time?*)
- 60.** Naa oy! Oo! Tanan Lisod maagian... (*Yes! Definitely! There are hardships...)*
SOP 2
- 61.** Ah...so... kung makahinumdom ka saimong sitwasyon karon isip us aka solo na amahan giunsa man nimo pagmintinar sa imong sariling

- panghunahuna para maligon?** (*Oh... so... can you recall your situation right now as a single father about how you handled your own mental well-being?*)
- 62. Kanang kuan mana... ginakuan lang nako I lingaw² lang nako nga aron murag mawala sakong huna huna...usahay mag inom² ug ilimnon para malimtan ang problema** (*Well...I just entertain myself so that I could forget it...sometimes I just drink alcohol to forget my problems*)
- 63. Para mawala imo problema?** (*So that you can forget your problems?*)
- 64. Oh kanang ma... ma realize nako ba nga...nga kanang nay mga problema** (*Yes... I just drink if I realize I have problems*)
- 65. Kana pung pagsigarilyo kol?** (*does that include smoking sir?*)
- 66. Oh!** (*Yes*)
- 67. Hmmmm....**
- 68. Naga edad palang ko ug onse anyos (11 yrs old) naga sigarilyo nako** (*I was 11 years old when I started smoking*)
- 69. Ngano mana kol?** (*Why is that so?*)
- 70. Kanang bisyo na siguro sa tao** (*You know just some addiction of a person*)
- 71. Sige so giunsa man nimo pag atubang o pagatiman sa imong mga pang ginikanang problema para sa imong mga anak?** (*So how do you face or take care of your own parenting issues for your children sir?*)
- 72. Hmmmm?**
- 73. giunsa man nimo pag atubang o pagatiman sa imong mga pang ginikanang problema para sa imong mga anak?** (*How do you face or take care of your own parenting issues for your children?*)
- 74. Aw kuan kung unsay mga problema...mangita kog solusyon nga unsaon pag sulbad** (*Oh if I have problems...I find ways for it to be resolved*)
- 75. Hmmmm... kaning maingon ba nimo kol nga kaning imong mga anak sa pagpadako sa ilaha nya kaning mura mga sipat imong mga anak... ginaunsa mana nimo paghandle?** (*Hmmm...can you say sir that your children or when it comes to parenting them... specially if they're acting so extra...how do you handle those?*)
- 76. Aw ginastorya lang nako... pasabton lang nako aning mga inana...oh pasabton lang nako nga dili sa sila mag sigeg away... natural manang inana kanang away²... Aw kanang kulata? wala ko ana... wala ko ka try anang pasakit sa bata...mustorya lang... unya pasabton** (*Oh I just tell them...I will tell them and make them understand that they don't have to fight... well, fighting with your siblings are natural...but in harming them to learn a lesson? No I haven't tried that...just telling them and make them understand*)
- 77. So naka try pud baka ug experience kol nga ginacompare ka sa ... mas maayo ang mama keysa papa?** (*So have you also experienced that you were ever compared in terms of the kind of parenting sir?*)
- 78. Aw wako kaagi ana... wako kaagi** (*No I haven't*)
- 79. Pero ka realize pd ka kol nga mas mayo ang mama muatiman kesa sa imoha?** (*have you realized about that sir?*)
- 80. Depende siguro... depende siguro... sa sa babae? O lalaki? Depende siguro sap ag atiman** (*well it just depends... in mothers? Or fathers? Well it just depends on how they take good care*)
- 81. Ahh... sige so ginaunsa man nimo pagecontrol sa mga pinansyal nga kinahanglunon sa imong pamilya?** (*so how do you control the financial needs of your family*)

- 82. Mangita kog pamaagi nga maka support ko sa ila** (*well, I find ways to support them*)
- 83. Hmmmm.. ginaunsa mana nimo kol?** (*How sir?*)
- 84. Mangita kog trabaho... nga bisan unsa na klase na trabaho nga mahatag nako sa ilaha** (*I'll find a job...any jobs so that I can give them the needs they ask*)
- 85. Ka try baka anang utang2 o 4pc ana kol?** (*have you tried borrowing money? Or are you a part of the 4pc sir*)
- 86. Wala ko ka try ana kanang utang2? Wala ko ana... kanang loan2? Wala ko ana...kanang sss?... wala man koy beneficiary...** (*Borrowing money? No I haven't tried that...loaning money? And becoming a part of sss? I don't even have a beneficiary*)
- SOP 3**
- 87. Sige so... sa next question, naa paba kay gusto ipaambit o iingon sa amo a mahitungod sa imong mga kinaagi isip us aka solo nga amahan?** (*next question sir is, do you have something to tell us in accord to your expriences as a single father?*)
- 88. Nga kuan? Ang ako lang ikaambit sa inyoha.. ayaw jud mog sundog sa uban... nga lain kaayog pamatasan... ang atoa lang kung unsa ang tumong sa ginikanan tumanon gyud ninyo...** (*Well, what I can say is...don't be like others...you know those attitudes that are really worsk...all we can do is to follow what our parents tell us, you have to follow it*)
- 89. So unsa may maingon nimo sa relasyon... unsa may na realize nimo sa relasyon sa imong partner sir? Sa imong mga naagian ato ba?** (*So what can you say about your experiences in you last relationship sir*)
- 90. Aw mura wala naman sa akoa siguro sa kadugayon na... perosa bag o pa mura sakit pa kayo... pero sa madugay murag ma reali- realize naman nimo nga makadawat naka** (*Well, what happened way back then was nothing to me now... but he time when we just recently decided to separate it was so painful...but you know time passes, you can just accept the situation*)
- 91. Unsa pud imong mga na realize kol karon nga ikaw ang nag atiman sa imong mga anak o sa imong anak?** (*so what are your realization now sir that you are the only one remained to take care of your children?*)
- 92. Aw kani sila dri dili mani sila permi dri... dri raman ni sila dai ug mingawon sila sa akoa... Dili jd ni sila mag stay dri** (*Oh well, my children they stay here often...they just come here if they miss me...)*)
- 93. Sige so unsa may na realize nimo ana kol?** (*so what are you're realization for that sir?*)
- 94. Kanang kuan ko...nga ang akoa lang kaning malipay ko nga mauli sila...muduaw sa akoa mao ranay ma kuan nako** (*well, I just remained happy if they'll come here... they visit me when they have something*)
- 95. Maingon ba nimo kol nga mas mayo gyud nga ahmm...dili jud walaon sa responsibilidad sa mga papa sa ilang anak?** (*can you say that it is better if fathers don't neglect their responsibilities to their children?*)
- 96. Oo! Naa gyud na sila naa gyud na dapat ang amahan para sa ilang anak kay katungod mana nimo... ikaw man ang ginikanan...** (*Yes! It is necessary to have fathers in a children's lives because it is your responsibility, you are the parent*)

- 97.** Sige so... ahemm... unsa man ang imong naamgoa o narealize sa tanan nimo naagian isip us aka solo nga amahan? (*so...what are your realization in all of your experiences as a single father?*)
- 98.** Aw lisod oy! Daghan!... nga karon nga kanang maka huna2 huna ka ug unsa.. unsay buhaton nga ma kuan sa imong mga anak (*well its hard! There are a lot! Right now I can only think of something for my children*)
- 99.** Pwede nimo na maingon sa amo a kol? (*Can you share it to us sir?*)
- 100.** Aw labi nag usahay nga mga pait na panahon... kanang mangita ka ug trabaho nya wakay tarong na trabaho... pait... usahay manghinuktok nalang ka ug aha nasad ka mangita trabaho...usahay mkahuna2 ka aha asad ka magkuha ug bugas hahahaha... lisod kayo... usahay mag sige nalang kag ngal2 ug aha nasad ka mangita ug bugas pangunsumo (*Specially sometimes when times get rough...when I look for jobs then I can think that my job is not yet enough...I sometimes think where could I get some rice grains to eat hahahaha it is really hard...sometimes I just stare and think where could I get money to buy rice grains...*)
- 101.** Hmmmm.. so unsa man sad imo maingon para sa paglambo sa suporta nga ania para sa mga solo na amahan kol? (*Hmmmm...so what can you say for the improvement of the support for single fathers?*)
- 102.** Aw maningkamot rapod ko na naa koy makuan sa ilaha (*Well I would do my best to provide for them*)
- 103.** Ay unsa pd imong maingon sa mga gobyerno para mapalambo ang suporta para sa single father ba? (*What can you say to the government about the improvement of support for single fathers?*)
Aw sa single father? Kanang kuan lang pd sguro oy... dili pd ta makaingon nga mahatag nato tanan sa ilaha...kay waman koy tarong trabaho... Aw ug unsay kuan sa gobyerno dawaton rapod nako oy... ug sa akong kapait...kay d man gyud ko ka trabaho ug mga kompanya kay waman jud koy grado (*Oh for the single father? Well, all I can say is... I can't say that they should give everything for us...because I don't have a proper job...if the government gives us anything I'll just have to accept it...since I'm really striving...I can say that I can really benefit from that because I don't have a grade*)
- 104.** Hmmm... kanang gusto ba nimo kol nga kaning tagaan p dog opportunity na mga single father? (*Hmmm...do you want to state that they should also give you single fathers an opportunity?*)
- 105.** Aw oo! Kung unsay ikatabang nila sa akoa o amo a dawaton ra nako... daapat tanawon nila unsa kapait sa is aka tao... (*Oh yes! If there is something they can help I would just like to receive it...but they should also interview the individual*)
- 106.** Tapos naa paba kay lain maingon sa amo a kol bahin sa imo experiences or answers karon? (*Do you still have something to say to us in regards to your experiences or answers?*)
- 107.** Wala nakoy lain ikastorya mao rana hehehe (*I don't have anything to say now hehehe*)
- 108.** Wala na? (*none?*)
- 109.** Oh... (*yes...*)
- 110.** Sige mao rato kol... (*okay, that is all sir thank you!*)

Sige lamat! (*Sure, thank you*)

Appendix 6g: Raw Data

SF/PARTICIPANT NO.7

1. **Bisag unsa lang klaseng trabaho dili lang kawat kay bawal gyud na sako, kamo taman sa mahimo** (*Any job would do, just not stealing, work hard as much as you can*)
2. **Sige mag sugod ta sa among mga basic mga questions so pila imohang anak kol?** (*Okay we'll start in ourasic questions sir, so how many child do you have?*)
3. **Upat man namatyan kog isa tulo nalang puro bae** (*Supposedly 4 but I died so there are 3 ramain her*)
4. **Hmm pila man pud sila ka tuig sa imoha nga ikaw lang gyud isa nag buhi sa ila?** (*How many years have you been taking care of your child since you become single*)
5. **Pag mata gyud nila diha ako na nag gunit sa ila** (*Since they were born, i'm the one who took care of them*)
6. **Ahh so ano kol** (*Ahh so sir*)
7. **Pagpa skwela ana gikan sa kinder sila hangtud karon nga minyo nana sila gani ha** (*Since they were kinder until now that they have their own lives i'm the one took them*)
8. **Ahh so ang nganong na ano kol ikaw nalang isa nag buhi sa ilaha?** (*So what's the reason your single sir?*)
9. **Kanalang naa naman guy di nato ma tala ang basta babae temptation ba panarbahao sa babae abi nakog tarong pero lain na diay tirada maong ako nalang gi tugtan sige basta dili lang ko sinamokon nimo** (*we can tell that a woman was tempted from work we thought they were just working but to them they're already doing something wrong but i just let her e but don't mess with me let me be*)
10. **Wala na diay suporta ilang mama sa ila kol?** (*Does their mother supports them?*)
11. **Aw mo supporta man pud** (*Well, she supported our children sometimes*)
12. **Hantud karon?** (*Until now?*)
13. **Awg maka kwarta ambot lang aw wa naman mo hatag aron siya nalang gina hatagan namo** (*Ohh, if there's money, i don't know but right now she don't if there is our daughter receive it*)
14. **Aha man diay siya karon kol?** (*Where is she now?*)
15. **Ambot sila raman naka balo kay diman ko ga kuan sa iya kato lang na doctor ko siya nag atiman sako pa doctor kaisa tong na admit ko sa spmc katong gi ataki kog highblood katong luya paman ko atong nag interview ta ato tong nag kita ko** (*I don't know, i don't really communicate with her but our daughter does, last week when i was hospitalized my daughter took care of me, i was admit to the spmc because of highblood, that's when you talk to me*)
16. **Ayy ohh** (*Ohh, yes*)
17. **Ay na interview na diay ninyo siya?** (*Did you already interview him?*)
18. **Kuan te kaisa tong nag perma lang** (*How many times have you just permed?*)
19. **Ahh** (*Ahhh*)
20. **Perma lang kay dipa man ko kaya ato mo tubag bon kay murag luya paman ko** (*I just signed the agreement but that time i can't answer you because I seem to be weak*)

SOP #1

21. Okay proceed ta satong main questions kol, so unsaon nimo pag kanang describe imong naagihan isip isa ka single father (*Okay, let's proceed with our main questions, so how would you describe what you went through as a single father?*)
22. Pait gyud single father kay ikaw ramay ta usahay naa may mo tabang pero lahi gyud nang ikaw gyud kay imoha gyud nang mga anak imoha manang tinubagon daghan pud kog naagihan sakong mga bata oi (*It's really bitter as a single father because you are solo, sometimes you need help, but you are really different because your children are yours and your responsibility...., I have been through a lot with my children too.*)
23. Unsa pud na nga mga experience kol? (*What are your experiences?*)
24. Paningkamot tanan trabaho gi sudlan nako gawas lang lagi sa kawat kay diko mangawat pud mao ray pakaon ninyo sa pamilya ingon pangawa sugal wala na nako (*I put in all my efforts to work, but never steal, so you have to feed the family even gambling, I don't have those anymore*)
25. So unsa pud ang imong na agihan sa pag hatag ug financial support sa imong mga anak kol? (*So what have you gone through to give financial support to your children?*)
26. Na kana laging kuan pag buhi ana pa educar nila tanan akong na agihan (*when they start their studies , I've been through everything*)
27. Unsa pud to nga mga trabaho imong na sudlan kol? (*What kind of jobs have you been doing?*)
28. Hmm ni sulod kog dabko tanan kompanya na sudlan nako sa winis sauna greg pa nag dala gi binuangan lang ming greg wa gipang release SSS ah katong among mga SSS ba (*Hmm, i tried big companies in winis but unfortunately i was scammed the company didn't pay our SSS*)
29. Hmm so didto sa dabgo kol unsa pud imong trabaho didtoa? (*Hmm, what is your job there?*)
30. Kanang maintainance raman ko ato kanang sa dermatory area (*I only maintain the dermatory area*)
31. Hmmm (*Hmmm*)
32. Lima ka buwan to ga pugong ko kay murag ma kuyapan pud ko sa pinyahan oi tungod saka init mao rana akong naagihan sakong mga anak (*For five months I was enduring because I feel like I'm going to faint in my work place Which is because of the heat, that's all I went through with my children.*)
33. So naa bakay mga naagihan nga problema sa imohang sa imohang sarili nga pag hunahuna kanang sa mental gud nimo kol? (*So do you still have challenges to share with us? Regarding to your mental health*)
34. Murag na wala man mapugngan ang gi bati (*I think there's none, we can't stop our feelings*)
35. kanang stress ka? (*are you stressed?*)
36. Oh kana natural na kanang ma blangko ko kanang samay buhaton nako para sa pamilya nako no mao nay lisud bahala na mao may kapalaran nako alangan may ipang labay nako akong mga anak maniguro rakog ako ako manang mga panilya mao nagyud ni edi karon rako naka ginhawa2 nga karong ingani nani sila perog diri pana sila nako ah grabe akong paglisud sa ila pagskwela pangita kay wala pud koy yuta (*Yea, that's natural when my mind is blank, what ever I do for my family like my responsibilities, that's*

the difficult part of being a single father, it would be a sin if I throw my children and leave them anywhere, that's my destiny, to take care of them. At the end of the day they're my children and recently my life got better because my children are already old enough and have their own family. But when they're still young it's difficult for me to take them to school and I still don't own land.)

SOP #2

37. **Ahh so sa katong sa imong nga stress kol gi unsa man to nimo pag cope gi unsa man to nimo siya pag kuan murag para ma tabangan nimo imong sarili pag buhat?** (*Ahh, so how did you cope with your stress like how do you help yourself not to be stressed, what do you do?*)
38. **Kuan maningkamot tawon (inaudible) dagit lang mao ratoy mo kuan sako hatag silag bugas tig isa ka sako ana ako napoy mo tinada anang mga kuan perog sakong asawa wala nako nag gunit niya kay samok na** (*Just work hard, keep working (inaudible) that's it, they give me a sack of rice each, but my wife, I don't disturb her because I don't want to mess with her anymore*)
39. **Naa bakay mga na agihan nga mga bisyo kol mga yosi inom?** (*Have you ever tried drinking and cigarettes to cope with your stress?*)
40. **Oh palahubog kayko** (*Yea, I'm really a heavy drinker*)
41. **Hangtud karon kol?** (*Until now?*)
42. **Ah ni undang nako ron sigarilyo lang nuon mag sigarilyo ko** (*Ahh i stopped smoking*)
43. **Kana bang pag panigarilyo nimo kol naka tabang ba siya nimoha?** (*Does smoking help you to feel better?*)
44. **As on sa pag karon wala na kayko nagka kuan sa ilaha ako nalang ilang gina tabang tabangan parehas ana ni rosan naa naman toy trabaho kay mo ah naa natoy kuan ah dina kaayo ko kaya ba perog ma uli ulian siguro ko nah maka tabang gihapon ko sa ilaha** (*As of now, I haven't received any help from them. I'm the only one helping them, just like Rosan. She already has a job because she can. It's not that I can't, but maybe I'll be able to help them again when I'll get better.*)
45. **Sauna kol katong bata pa sila nag skwela pa sila gi unsa pud nimo sila pag atiman** (*In the past, sir, when they were still young and attending school, how did you take care of them?*)
46. **Oh tanana trabaho gi sudlan nako kanang mananggot kanang lubi bisag unsa lang mang uma pamunot ug lubi para lang maka kaon maka skwela sila** (*yes, all sorts of jobs, I filled with those. From gathering coconut husks to simply husking coconuts, just to provide food and schooling for them*)
47. **Nag lisud baka kol ug kanang balance kol sa imong trabaho ug sa pag atiman sa ilaha** (*Did you find it difficult, sir, to balance your work and taking care of them?*)
48. **Oh impossible maglisud gyud oi pero balanse lang gyud nimo nga murag mamasak nga murag managat gyud ka kanang bangka nga mag patakilid na kailangan kabalo ka mo balance patunga ka permi ayaw gyud pa pagpa dala matumba kanang balance imong bangka kay ug mabalitad ka ma tabunan ka sa imong bangka may gyud nang concentrate ka tanang problema ayaw ayaw ipa dala imong sarili sa imong problema focus gyud ka dika magpa daog kay ug magpa daog ka hala gyud ka** (*Oh, it's really impossible, but you just have to balance it like you're driving, like you're fishing on a boat that's tilting. You need to know how to balance, always keep yourself*)

- centered, don't let yourself get distracted. If your boat tilts, you'll get buried under it. You really have to concentrate, don't let yourself be carried away by your problems. Focus, don't give in, because if you give in, you'll really lose)*
49. **Kanang gi unsa pud to nimo pag balance kol unsa pud imong mga gipang buhat ato** (*When you talk about balancing, sir, what were the things you did at that time?*)
 50. **Aw gani kanang trabaho lang gud para mapa kaon mi maka pa skwela ko sa ila mangita ko unsay mang hiring ko ba kanang pag mata nako sa buntag kanang asa kaha ko paingon ron kanang naa pay akong baon pa nyag lain mo adto kog walang wala** (*Well, I just focused on finding work to provide food and schooling for them. Every morning when I woke up, I wondered where I was headed next. I still had some savings back then, because it's difficult to go without any extra*)
 51. **Ah pila diay edad nila kol katong ikaw nalang isa nag atiman sa ilaha** (*Oh, how old were they, sir, when you were the only one taking care of them?*)
 52. **Ah gikan gyud sa pa sa gagmay sila pagka tao gyud nila** (*Ah, they were really young when I started taking care of them, until they grew up.*)
 53. **Kanang ikaw nalang ba** (*When you are the only one*)
 54. **Ay mga pila nami ka tuig sa imong mama nag bulag bon** (*How many years ago did me and your mom separate bon?*)
 55. **Mga ten guro akong edad kay 24 naman ko ron** (*I think when i was 10, because i'm already 24 right now*)
 56. **Aw ten years na guro gikan ato kay single ako nay nag kuan sa ilaha** (*Now then it was 10 years when i'm already single and the only one taking care of them*)
 57. **Ahh so gi unsa nimo pag pangita ug pamaagi or pag control sa financial nga need sa imong pamilya kol** (*Ah, so how did you go about finding ways or controlling the finances needed for your family, sir?*)
 58. **Lisud gyud dili gyud ka magpa taka naa kay kita ug naay kita nga 500 palit ka bugas kanang sa ilang pag skwela daan baon nila** (*It's really difficult, you really can't hesitate when you have earnings. If you have 500, you buy rice for their school allowance in advance).*

SOP #3

59. **Naka experience naba ka kol nga naay ni kuan sa imoha ni tabang sa imoha diria kanang dswd** (*Have you ever experienced, sir, receiving assistance from DSWD (Department of Social Welfare and Development) here?*)
60. **Wala oi walay ni tabang nako** (*No, no one helped me*)
61. **Like gikan sa gobyerno kol walay kuan** (*Like from the government, sir, without any aid?*)
62. **Wala gyud** (*None at all*)
63. **Naa bakay kaisa kol nga ni duol ka sa ilaha didto nangayo ug tabang** (*Did you ever approach them directly to ask for help?*)
64. **Wala pud** (*No, i didn't*)
65. **Kuan naa paba kay gusto nga iingon sa imohang about sa imohang sarili kol sa imong na experience oh sa imong na tunan sa imong past** (*Is there anything else you'd like to share about your experiences or lessons learned from your past?*)
66. **Para sa unsa paman nga storya na nga kuan** (*For what other specific story or topic would you like to share experiences about?*)

67. **Unsa imong na tunan experience nimo na tunan nimo sa mga naagihan nimo** (*What experiences have you learned from your past?*)
68. **Grabe gyud akong naagihan sakong pamilya di kay tuon tuon lang kung baga sa pag niligwasay gyud na arang arang tong naa kay mahimo naa kay kaya ba pero ug walang wala kumbati gyud ko** (*I've been through a lot with my family. It's not just about studying, it's about surviving. When you have something, you manage, but when you have nothing, you really fight.*)
69. **So unsa pud imong maingon sa ubang nga single father kol** (*What can you say about other single fathers like you, sir?*)
70. **Aw ang uban single father kung ang pag dala nila sa ilang anak kuang sila kanang murag wala silang concentration ba nga mo buhi sila kung naa may pag buhi nila kanag tapaw tapaw lang mag salig lang sa tabang mali na kanang ikaw gyud mismo kumbati gyud ka ayaw padala sa imong mga pang hatag mga uran sa silingan mag hatag sanina dili mana malikayan nang ingana pag baon sa silingan kay ako diman ko tig pangayo gyud** (*Ah, some single fathers, when it comes to taking care of their children, seem to lack concentration as if they're just living aimlessly, relying solely on help. It's not right; you should really take charge and not depend too much on others for support. Avoid giving your neighbors the impression that you're relying on their assistance constantly because I, for one, don't like asking for help either*)
71. **Unsay mabati nimo kol kung maka kita ka ug pamilya nga naay mama kauban kanang ang bata naay mama kauban naay papa kauban kanang** (*What do you feel when you see a family with both parents together, with the child having both a mother and a father by their side?*)
72. **Kuan akong kanang masakitan gyud pud ko ba kanang pamilya nga naay asawa naa akong maka kuyog mi tanan ba dili kay magka bulag2 gipangayo man sa panahon kay ug kuan lisud gyud pasalamat gyud siya wako nag pa dimanda niya wala ko nagpa preso niya kay ug gipa preso nako siya naa pa siya karon sa kulongan looy pud ko sa mga bata kay mo hangyu man ayaw lang pa looy pud si mama** (*I feel really hurt when I see families where there's a spouse. I used to be with my partner all the time, not just physically but emotionally as well. It's difficult because time requested separation, it's really tough. She should be grateful I didn't sue her or send her to jail because if I did, she would still be in prison now. I also feel sorry for the kids because they miss her too they would say "Pa please don't we felt sorry for mama"*)
73. **Wala na siya ga adto diria kol** (*Does she still visit here, sir?*)
74. **Mag adtoan man pero ako dinako mag likay nakog storya2 magka syorya nang mata lang magkuan nalang ko** (*She often visit here but i alway avoided her to also avoid those gossip about us*)
75. **Kasal mo kol** (*Are you married, sir?*)
76. **Oh kasado mi** (*Yes, we are married*)
77. **Wala mo nag divorce** (*Did you both got divorced?*)
78. **Wala** (*No, we didn't*)
79. **Ahh**
80. **Walay budget haha walay budget** (*There is no budget for that haha*)
81. **Pila na diay edad nimo karon kol** (*How old are you now, sir?*)
82. **57 nako mag 58 karong tuiga** (*I'm 57 now and i'm turning 58 this year*)
83. **Ahh sa kuan kol pag maintain sa imohang health nimo kol naa moy naga tabang sa imo like pa hospital pa check up** (*Ahh so when it comes to*

- maintaining your health sir? is there someone who will help you being in the hospital or with the hospital bills?)*
84. **Katong pa hospital ko bon ni bangka ra** (*When i was in the hospital recently she help a small amount for the bill*)
 85. **So kanang naay mga pangayo pangayo imong anak kol mahatag pud nimo kanang pangayo pangayo example sa ingani sa skwelahan kailangan sila papaliton ug ingani pa bayron ug ingani** (*So when your child asks for things, you also give in to their requests? For example, if they need something for school, you buy it for them?*)
 86. **Aw oh** (*Ow, yes*)
 87. **Di rapud ka mag lisud sa imong pag ano** (*Have you ever been difficult for that?*)
 88. **Aw gani maka utang utang pud ko pero kana akong pag pangutag gina trabahoan kona sakong amo kinsa man diri sakong amo akong ma trabahoan mabalika ng kwarta** (*Oh, I also borrow money sometimes, but I work hard to pay off my debts. I always prioritize repaying my work first. Once I receive my salary, I can pay back the money I owe.*)
 89. **Dili raka maglisud ana sa pag maintain ana sa mga gastuhonon pud ana diri?** (*Are you having any difficulties in maintaining with the expenses here?*)
 90. **Mag lisud pud oi dili pud lalim usahay mag kaon nalang kog ginamos lain walay sudan agwanta lang ko sakong mga bata maka kuan lang dili lalim basta akong maingon gyud dili lalim single father ka maytong naa pa imong pares kay magtinabangay man mo kay ug mag abot ang orasyon edi alangan pud ug singol lang ka** (*It can be tough sometimes. It's not easy. Sometimes, I just eat salted fish without rice, endure it just for my kids. It's not easy. But as a single father, I have to be strong. Even if you have a partner, you still help each other out. If trouble comes, it's hard to face it alone.*)
 91. **So ma consider ba nimo imong sarili kol as mama ug papa sa imong anak** (*Do you consider yourself as the Mother at the same time the Father of your kids, sir*)
 92. **Hmm**
 93. **Ma consider ba nimo imong sarili ngamama ug papa ka sa imong mga anak at the same time ba** (*Have you ever considered yourself as the Mother and the Father of your child?*)
 94. **Oh mao nalang gyud na mama ug papa maka kita ko sa mga tao unsaon man mao naman gyud ni** (*That's just how it is, having both a mom and a dad. I see other people like that. It's just how things are.*)
 95. **Usahay pud kol maka pangita pud imong mga anak sa ilang mama** (*Sometimes, does your children also look for their mother?*)
 96. **Ohh tig arian man ilang mama usahay** (*Yes, Sometimes their mother would come and visit here*)
 97. **Ahh unsa moy mabati nimo kol ug pangitaon nila ilang mama** (*Ah, what do you feel if they look for their mother?*)
 98. **Masakitan gud ko mao ganing mag likay nalang ko usahay gani ug maka dungog ko ug ingana mag lakaw lakaw nalang ko** (*I feel hurt, that's why sometimes I just avoid it, especially when I hear things like that, I just walk away.*)
 99. **Maong palahubog ko sauna mao toy kuan nako murag ma kuan ko ba patinako maka kuan ko ba murag ma tingkuling ko oi gusto ko mangitag patay ah sila mag pugong sako nga ayaw di maong usahay ma hubog nako**

ma blangko ko kuan man pud ko basta dili lang hilabtan (*Back then, I used to get drunk, that's why I acted like that. It's like I'm a pot that can be easily overturned. Sometimes, I feel like I'm spinning. I want to look for trouble; they'll regret messing with me. Sometimes, I get so drunk that I become clueless. I can also be like a pot, just don't mess with me.*)

100. **So mao lang to kol naa pakay ma dungag nga storya kol about sa ma advice nimo sa amoaa mga batanon kol** (*So that's it, sir, Do you have any additional stories or advice for us youngsters, sir?*)
101. **Para sa inyo sa ma bana ninyo akong storya ninyo paningkamot lang gyud mo nya ug ma minyo man mo planohon gyud ninyog maayo usa mo mo sulod anang butanga dili lalim na kay sa hangtud sa hangtud forever nagyud ka diha kay ug ma sipyat kag pamili sa inyong ipares sa sarili ninyo kinabuhi pamilya wala nagyud nah bahalag pangit maoy ingon nako bahalag pangit basta ma saligan ninyo ayaw pamili ug gwapo ug gwapo kay wala na diha ang gwapo wala na (*For you, to your future husband, my story to you is just to strive hard and if you decide to get married, you should really be careful. You should be good to each other, and when you enter into that commitment, it's not easy because it's until forever, truly. And if you make a mistake in choosing your life partner, your family life will really suffer. It doesn't matter if they're not good-looking. As I always say, even if they're not good-looking, as long as you can trust them, don't choose based on physical appearance because good-looking people won't always be there.*)**
102. **Di gyud ka mag base sa dagway** (*You really shouldn't depend based on appearance.*)
103. **Gwapog gwapa ug porma pero walay buga ana kasagaran sa mga gwapo nag salig sa ilang ka gwapo ang mga babae mo gukod nila aymo ana bahalag pangit** (*Handsome and beautiful in appearance, but empty inside. Most handsome men rely on their good looks, but women, even if they're not good-looking, still take care of them.*)
104. **Ug gwapo daghag kailog** (*If they're attractive there are also a lot of people that are attracted to them*)
105. **Ohh aymo pag tuo ang tanan tao ma minyo ma kitag pares kay gina buhat na sa dios sa kalibutan kung wa pamo nag abot** (*Oh, it's not true that everyone is meant to get married and find a partner because it's what God intended for the world, if you haven't met each other yet*)
106. **Aymo pag dali** (*Don't rush*)
107. **Dili mag dali tanan tao maka tilaw man gyud ug minyo pamilya pero pero sa sa inyo nag skwela pamo paningkamot sa mo kay kamo mahimo mog abugada ikaw abogado paka edi sayon na ang pag minyo ninyo dili na lisud kay ang kwarta dili lalim dili na lisud sa inyo kay tumoy lang sa ballpen kwarta na kana lang akong tambag ninyo paningkamot lang gyud mo** (*Not everyone rushes to marry and start a family, but unlike others, you are focused on your education because you can become a lawyer. Once you become a lawyer, getting married will be easier for you because money won't be a problem anymore. It's not difficult for you because money is just like the ink of a pen, unlike for others where money is hard to come by. My advice to you is to just keep working hard.*)
108. **Sige kol salamat kol mao lang to amoang interview kol** (*Okay thank you sir that's all for our interview*)

109. **Naa pud diay mi hatag kol naa mi hinabang kol ginagmay lang** (*We also have relief goods to give you sir it's not that much*)
110. **Salamat ha** (*Thankyou*)
111. **So basin mga next week mag kuan mi ay next month maka balik mi diri para ipa correct ug tabang bato among na sulat didtoa** (*Maybe next week sir we'll be back to clarify and check our interview if it's correct*)
112. **Sige lang** (*It's okay*)
113. **Salamat kol** (*Thankyou, sir*)
114. **Sige salamat te ha** (*Okay, thankyou*)
115. **Amping mo always kol** (*Take care always sir*)
116. **Oh** (*Yes*)

Appendix 6h: Raw Data

PARTICIPANT 8 (MATINA)

Transcription and Translation: Trixia Mori C. Yadao

1. **kaning, pwede mangutana kung pila na imong edad sir?** (*May I ask how old are you, sir?*)
2. **59, mag 60 nako karong february 24** (*59, going 60 this February 24*)
3. **wow, hapit na** (*wow, it's nearly coming*)
4. **oh karong february, mag 60 nako. 59 pako karon pero hapit naman akong birthday.** (*Yes, this coming February 24, I'm going 60. I am currently 59 years old, but my birthday is near.*)
5. **happy birthday, tay! pila naman ka katuig nga ikaw ra isa nag ako sa imong anak tay?** (*Happy birthday, sir! How many years have you been taking care of your child on your own?*)
6. **kuan, kay 11 naman na ron, 4 years (old) pana siya. nya karon 11 nana siya.** (*he's 11 now, when he was still 4 years old, and now he's 11.*)
7. **Hmm... (hmm...)**
8. **oh, 11 na siya. mag 12 nana siya karong kuan, april pud.** (*yes, he's 11 now. He's going 12 this april.*)
9. **unsay rason tay nga kaning ikaw nalang isa nag atiman sa imong anak?** (*What was the reason why you are the only one taking care of your child?*)
10. **kuan kanang gi mingawan man gud to akong asawa sa akong gi puy-an gud kay niuli sa kay gimingaw sa iyang mama nya wa na nibalik siya upat pa ka tuig then duha man among bata then gidala ang isa, ang babae. ang laki kay dad-on unta niya pero wala nisugot akong igsuon maong gibilin sa akoa kay layo baya tong Cagayan no nya ingon to akong maguwang na di na siya mubalik... di na siya mubalik kay layoan man.** (*She got bored where I am living so she went to her hometown and brought our daughter when she was still 4 years old and never came back. My wife wanted to bring our son also, but my sibling didn't agree that's why my son was left to me. Cagayan is far and my older sibling told me that my wife will not come back anymore... she won't come back anymore because Davao city and Cagayan is far from each other.*)
11. **hmm... layoan siya sa davao?** (*hmm... she finds Davao far?*)
12. **oh, Cagayan man to siya.** (*yes, she's in Cagayan.*)
13. **Ahh... sigi so uhm mangutana ko tay kung naa ba kay, unsay imong laing trabaho or kaning ginakuhaan og kwarta sa karon?** (*ahh... alright so, uhm may I ask if do you have, what other job do you have or any other source of income now?*)
14. **kani ra, sikad. driver ko sa sikad, mga 20 nako ka tuig nag sikad.** (*I only do sikad. I am a sikad driver for 20 years, this is my only job.*)
15. **wala ka, ay kaning before sa sikad, tay, unsa man imong trabaho?** (*Don't you have, um, before becoming a sikad driver, sir, what other jobs you used to do?*)
16. **sauna? ah timonel ko sa barko. pero naka undang lang ko kay nag sakit man gud ko gud.** (*before? Ah I am a helmsman in a boat, but I stopped because I was sick.*)
17. **unsa diay sakit nimo, tay?** (*what is your sickness, sir?*)

18. katong wala ko naka tindog ba, nabugnawan ba, kaun man gud to na barko akong gi timonelan sauna, fishing boat gani, mangisingda ba. o kaning dagko kaayo na barko na bisaon asa lang dunggo. mao nang ma biya-biyaan nako akong asawa kay tungod bisaon asa rami. Leyte, Samar, Cebu, ana kaning Tagbilaran, Bohol. Abot mi diha, mangisda lang. (*That time when I couldn't stand, I used to be a lemsman in a fishing boat, a fisherman. Yes, those really big boats where we go to different ports. That's why I left my wife from time to time because we go to different places. Leyte, Samar, Cebu, like that, Tagbilaran, Bohol, We go to those places just to get fish.*)

SOP 1

- 19. sigi, so magsugod nako sa una namo na pangutana, tay ha, kaning naa sa among papel diria kaning unsaon nimo pag hulagway ang imong mga naagian isip usa ka solo nga amahan?** (*Alright, so I'm going to start with my first question, sir, the one that's in our papers. How would you describe your experiences as a single father?*)
- 20. Huh? (Huh?)**
- 21. unsaon nimo paghukagway ang imong mga naagian isip usa ka solo nga amahan?** (*How would you describe your experiences as a single father?*)
- 22. hulagway, kanang?** (*Describe, like?*)
- 23. idescribe nimo tay ba** (*You describe it, sir*)
- 24. aw, kanang sa akoang pagka kuan?** aw, giantos ra nako akong pagka amahan na ako ra isa. nag solo ko, nga mabuhi nako akong bata, na mapa eskwela nako pamaagi sa akong trabaho na driver og trisikad. mao rapud na akong paningkamot kay ako, nag abang man ko karon og balay. nag arkila ra kog balay karon, wala koy kaugalingong balay. naa koy kaugalingong balay, tua sa Bohol. gibilin nako sa akong mga anak kay ikaduha ko naman to na asawa pud. nagbuwg ra pud mi ato tungod lagi ani akong trabaho nga bisag asa ba. langyaw langyaw. (*aw, I endured being a single father, that I can take care of my child, that I can give him education through my job as a driver of a trisikad. That's my only hard work because I pay for my house. I only rent a house right now, I don't have my own house. I have my own house in Bohol. I left it to my other child because I have my other child from my second wife. We also separated because of my work that goes anywhere.*)
- 25. so maingon ba nimo tay nga ang imong kina agi isip usa ka solo nga amahan kay lisod or unsa ba?** (*So, would you be able to say that your experience as a single father is hard or what?*)
- 26. aw, lisod jud kay ako ra isa. ako tanan paningkamot.** lisod jud kay ako ramang paningkamot at least makaya jud nakog buhi akong anak mao ganing akong gi ano akong anak nga paningkamot og ikswela kay tiguwang na raba imong papa, basig maka kuan raka, maka kuan sa kuan, makatabang naka nako. 60 na baya ko. then akong gi kuan akong pag trabaho sauna, wa pa gyud nako nakuha ang SSS. gi follow up nako, wala man diay nila gi hulogan, ang akong SSS. mao nang, wala gyud ko. ang ako nalang karong ang pension nako og kaning sa kuan, kaning inig mo abot nako og 60, akong ifollow up nalang sa gobyerno nalang nako ibalik akong pension ana. **sa pagka senior.** (*Aw, It's really hard because I am alone. I have to do all the efforts but at least I can provide for my child that's why I always tell my child to strive hard with his education because I am already old, maybe*)

you will be able to help me. I am already 60 then with my work before, I wasn't able to get my SSS that's why I don't have anything. What I only have now is my pension and when I turn 60, I will follow up my senior citizen for the pension to the government.)

27. **didto nalang ka mag ano tay?** (*That's where you will depend, sir?*)
28. **oo, didto nalang, pero kaya paman nako mo drive ko bisag dako nakog edad.** (*Yes,, but I can still drive even if I am already old.*)
29. **sigi, sa ika duhang pangutana, tay. Unsa ang imong mga naagian sa paghatag og pinansyal nga suporta/kinahanglon sa imong/mga anak?** (*Alright, in my second question, what are your experiences in providing the financial needs/support of your child/ren?*)
30. **wala, wala pa. wala man koy kanang kuan wala man koy kuan sa akong anak. ako ra gyuy naningkamot. wala koy kanang ingon ana nga... kana ra gyung sa solo parents ra nako akong gi followup nga maka tabang nako sila pero pila pud ka bulan bago maka kuhag foodpacks na, foodpacks ra gud ang makuha. mga tinapa, mga napulo, then tulo mga upat ka kilo na bugas, gatas, sabon, mao rana ang natabang sa ako sa gobyerno sa pag apply nako sa solo parents nako. (*(None, I still have none. I don't have something for my child. I am the only one who works hard. I don't receive any benefits or help for my child, I only follow up the solo parents benefit to help me, but it takes months before they can give foodpacks, I only receive foodpacks. 10 pieces of canned sardines, three or four kilos of rice, milk, soap, that's all the help I get from the government in applying for the solo parents.)*)**
31. **Kaning sa karon tay, kay unsa man imong naagian sa pag hatag na pinansyal na suporta like kaning sa pag trabaho, kaning unsa man imong mga experiences sa pag apply og trabaho kay diba niington ka nga nag ano ka sa barko, unsa may naagian nimo ato?** (*for now, sir, what are your experiences in giving financial support in working, like what are your experiences in applying a job because you told us earlier that you used to work in a boat, what are your experiences with it?*)
32. **Experience lang nako ato, experience lang kay lansa raman na siya. Sa isa ka barko namo, 30 ka polante (crew) mi na trabahante. Experience lang nako nang pag panarbahو namusakay ko ba, musakay ko then ana then nakabalo nako tanan tanan then ako mang gipanikingkamutan na makabalo ko anang mga trabahoa. Mao nang gisaligan ko sa among kuan kapitan na gikuha ko og timonel kung kaya ba nako kay naa may kaning compass na kaya man pud nako na mag timon ko kada gabii. (*Only my experience. Only my experience because it's only a ferry. In our other ships, we are 30 crews working there, using only my experiences in working. I ride then I was able to learn everything then I really worked hard to know and learn that kind of job. That's why our captain entrusted me to be a helmsman if I can do it because we have a compass and I am able to be a helmsman everynight.)***
33. **Kaning sa pag apply nimo ato nga trabaho tay, unsa may mga naagian nimo ato? Unsa may experience nimo sa pag apply ato nga trabaho?** (*In applying that job, sir, what was your experiences?*)
34. **Kuan lang, biodata lang.** (*Only biodata*)
35. **Wala silay kaning murag educational attainment nga kaning required ba?** (*don't they required educational attainment?*)
36. **Ah, wala. Walay requirements na ing ana. Kuan lang amoа kanang kuan kaning ID lang ka and biodata nimo mao lang nay ipasa lang nimo didto**

- then pag apply nimo nga mao na nga kuan naka sa trabahante naka sa lansa na maka trabaho ka. (*ah, no. there's no requirements like that. We only passed our IDs and biodatas then after applying, you're already a worker in a ferry.*)
37. Hmm.. so unsa man pud ang imohang mga kalisod sa pag pangita og laing trabaho human atong sa barko tay? (*hmm... so what are your hardships in finding other jobs after being a helmsman in a ship?*)
38. Aw wala man ko nag lisod ato kay sakto man mig kuan. Pag undang lang nako katong pagsakit na nako ba, wa nako naka kuan. Mao nang gipauli ko diri sa akong mga igsuon. Naa man koy mga igsuon sa (*inaudible*) subdivision mao nang gipauli ko diri. Sa daan na nako nga asawa kanang akong bata, kanang gamay pa, tulo pa ka tuig. Pag upat ka tuig anang bata nako, niuli sila didto sa Cagayan na akong asawa og akong anak na isa kabuok. Mao rana akong naagian pero ako, naningkamot ra pud ko nga maka kuan ko, maka kuan ko maka pa skwela ko sakong anak. Mao rana akong paning kamot, mag drive ani (trisikad) kay maka kwarta man gihapon ko ani, mag drive ko. (*Aw, I didn't find it hard. Only that time when I stopped working because I got sick, I wasn't able to go back to work. I have siblings living in (*inaudible*) subdivision that's why they told me to go home here. I have a child with my old wife, when he was still a child, he's still three years old. When he turned four, my wife and my other child went to Cagayan. That's the only experiences I have but I worked hard so that I can provide education for my son. That's my only hard work, driving this trisikad because I can still earn by driving this.*)
39. Sigi, so sa ikatulo namo na pangutana, tay Naa bakay mga naagian nga problema sa imong kaugalingong panghuna-huna isip usa ka solo nga amahan? Unsa sad kini og pwede ba nimo ni maingon saamo? (*Alright, in our third question, have you ever experienced being mentally challenged as a single father? Could you tell us about it?*)
40. Ah, daghan oy. Kanang masakit akong bata, ana. Then, usahay pud kanang magsakit pud ko kay di man nato pirmintihon nga labi na tong nagpa injection ko nga kuan tulo ka murag tulo ka semana to wala ko ka trabaho. Didto lang ko niuli sa akong igsuon. Pag injection nako, hapit ko matay ato katong pag injection nako ato. Katong gihilantan man ko atong pirmero nya kadugayan nawala na. Wa tingali kasukol akong dugo ba mao tong gihilantan ko. Mao toy akong gikaproblemahan kay akong bata ato, gaskwela pa og kanang grade 2 man tingali to akong bata. Murag duha ka tuig na sukad atong nag pandemic no? Duha na, o tulo? Basta kay grade 5 na akong bata karon. (*ah, there's a lot. When my child gets sick, like that. Then, sometimes, when I get sick because we can't constantly specially when I took an injection, I couldn't work for like almost three weeks. I stayed in my sibling's house. When I had the shot, I almost die because I got fever first then eventually, it stopped. Maybe my blood wasn't able to handle the shot that's why I got fever. That's what I worry about because my child was still going to shool that time, I think he was still in 2nd grade. I think it's been 2 years since the pandemic happened, right? Two or three? I don't know, my son is in 5th grade now.*)
41. Sa imong panghuna huna tay, kaning na depress ba ka or kaning na stress ba ka. Kaning naka agi ba kag problema? (*In terms of your mental health,*

sir, did you experience depression or stress? Have you experienced any problems?)

42. **Ahh daghan...** (*ahh... there's a lot*)
43. **Nya naunsa lang man imong panghuna huna?** (*Then, what happened to your mental health?*)
44. **Wala lang nako gi kuan ang mga problema, wala nako gi kuan gyud nga natural man gyud ta nga naa tay problema. Dili man nako idibdib. Ipalabay lang nako na. (*I didn't mind my problems. I didn't mind it because it's only natural for all of us to have problems. I don't worry about it. I just let it pass.*)**
45. **So, kaning maingon ba nimo tay nga katong imohang mga problema, naka ano pud kag stress? In ana** (*So, would you be able to say that all of your problems, you experienced stress? Like that?*)
46. **Oh, mao gani.** (*yes, that's what Im talking about*)

SOP 2

47. **Sige, sa ika upat na pangutana tay Kung makahinumdom ka sa imong sitwasyon karon isip usa ka solo nga amahan, Gi unsa nimo pagmrintinar sa imong sariling panghuna-huna nga mahimo kining lig-on? Unsa imong ginabuhat aron kini mahimong lig-on?** (*alright, in our fourth question, when you think about your current situation of being a single father, how do you maintain your mental health? What certain actions did you take?*)
48. **Aw gi huna huna gyud nako nga tabangan rako sa ginoo nga maayo kog lawas kay aron maka suporta ko sa akong anak hangtod para makapa edukar ko sa iyaha, makapa eskwela ko sa iyaha. Mao rana akao.** (*Aw, I just always put in mind that God will help me have good health so that I can support my child until I can give him education, I can send him to school. That's all for me.*)
49. **Wala ka ka try anang inom inom para ma ano ang problema tay?** (*haven't you tried drinking alcohol to ease your problems, sir?*)
50. **Aw natural manang inom kay mo inom man gyud ko. Kanang inom pang katulog ko lang na kada gabii gani, kay kanang kapoy gani sa lawas kay di man ko katulog magbuntag kung dili ko ka shat, maka inom. Mo inom gyud ko.** (*aw, it's only natural to drink because I do rreally drink. I only drink so that I can sleep because my body is sore and tired and when I can't sleep, I will be awake until the next day if I can't take a shot. I do really drink.*)
51. **Pero pag naa kay problema tay, mo inom pud ka?** (*but when you have problems, sir, would you also drink?*)
52. **Ah, di man ko. Kada gabii ra ko mo inom. Ang kanang problema, dili ko mana iinom ang problema nako. Pagka gabii mo inom ko ana inig di ko makatulog ba. Mao nay akong problema, kanang dili ko katulog ba. Kapoy baya na among trabaho, kanang mag sikad. Maong kada gabii mag inom kog isa ka shat, isa ka lapad pero og naa koy kauban, mahubog gyud ko kay dungagan man. Ingon ana rana.** (*ah, I don't. I only drink every night. I don't drink out my problems. Every night, I only drink if I can't sleep. That's my problem, when I can't sleep. Our job is hard, when you pedal all day. That's why every night, I drink one shot. One bottle, but if I have someone to drink with, I will get drunk because we will add another bottle. That's all.*)

- 53. Ikalima na pangutana tay, gi unsa nimo pag-atubang o atiman sa imong mga pang ginikanang problema para sa imo mga anak? (The fifth question is, how do you deal with parenting issues with your child/ren?)**
- 54. Ako gyung gi, akong gi kuan, nga mabuhi gyud nako siya, ako gyung giatiman siya og insakto. Mao ni akong gina ingon sa iyaha nga mo eskwela gyud og pag-ayo kay aron, basta kay makaya ra nako, pa eskwelahan gyud tika. Makaya man nako aning drive og sikad kanang eskwela niya. Labin na karon nga grade 5 na siya. Bisan lagi og unsay kuan niya kanang mga kuan sa eskwelahan, wala siya nabitin kay ako man gyung kuanon siya. Kanang mga kuan niya, gown gown sa skwelahan, kaning mga unsay ngalan ana niya, mga costume. Apil na siya sa skwelahan, ako nang paningkamotan bisag 500 ang abang. Maka apil gihapon siya, mao gani karon akong bata, di gyud na mo tubag nako og kasab-an na, maminaw gyud na siya sa akoa. Di gyud na mo tubag nako og kasab-an nako siya kay gitarong man nako siya bisag wala siyay inahan.** (*I think about it real hard. That I can really take care of him, I took care of him really well. That's what I'm telling him that he has to take education seriously because as long as I can provide for his education, I would send him to school. I can provide for his education by just driving sikad. Specially now that he's already in 5th grade. Whatever he needs in school, he never lacked because I really try my best to give everything to him. All those costumes, he's always part of the programs in their school. I will workhard for it even if they need to pay 500 pesos. He will still join that's why my child will never talk back to me if I will scold him because I really took care of him even if he doesn't have a mother.*)
- 55. Tama gyud na tay...hahahah (That's true, sir hahaha)**
- 56. Dili gani mangita sa iyahang mama, mo ana ko sa iyaha “Boy, ihatod tika sa imong mama” mo ana ra siyang “di ko oy!” kami ramang duha sa akong kuan (anak) kay nag abang man kog balay diri sa akong bata, kami ra gyung duha lima ka tuig nami nag abang sa balay. Dos mil akong abang sa balay, dos mil otso ang bulan nako. Nakaya man nako, kani ra akong pag drive og sikad.** (*he won't even look for his mom when I tell him that “boy, I will send you to your mother” he would just say “I don't want!” It's only me and my child because I rent a house here with my child. We've been renting a house for five years now. I pay 2,000 pesos per month for the house. I was able to do it by just driving sikad.*)
- 57. Sige tay, pero pag kaning about sa behavioural sa imong anak tay, sa batasan sa imong anak. Giunsa man nimo pag handle siya sauna na 4 years old pa siya karon nga mag 11 na man siya sa imoha? (Alright, sir, but when it comes to the behavioral attitude of your child, when it comes to his attitude, how do you handle it before when he was still 4 years old up until now that he's turning 11 years old?)**
- 58. Ah sa gamay pa na siya, mag uban uban na sa akoa. Sigeg kuyog gyud sa akoa bisag mag drive ko, mag sakay sakay sa akoa. Pagkadako na niya karon kay dili na. Mo anhi nalang na siya diri pag mo kaon. Mo ana “pa, gutom nako, pa.” tagaan dayon nako siyang kwarta. Naa man gud koy gina kan-anan nga karenderya kay dili man ko mag luto og pamahaw, paniudto, panihapon. karenderya rami mangaon sa akong bata no. pamahaw, paniudto, panihapon, meryenda. mga karenderya nako diha, lain sa pamahaw, paniudto, lain sa gabii. ma gabii, mag kuan na akong bata, mag sisig na didto sa santo niño. kani ra akong gi drive'an kay mo income man**

pud ko anig mga usahay 500, 600 (*Ah, when he's still a child, he would always come with me. He always come with me even if I am driving, he will ride with me. When he grew up, now, he's not doing it anymore. He would only come here to eat. He would say "dad, I am hungry now" I would give him money, we always eat in a cafeteria because I don't cook breakfast, lunch, and dinner. We only eat at different cafeterias for breakfast, lunch, and dinner. Everynight, my child would go to santo niño to eat sisig. I would gain a 500 to 600 as an income everyday just by driving trisikad.*)

- 59. Kada adlaw? (everyday?)**
- 60. oo, mao nay akong gi kuan. mao ra gani nay akong gi kuan no sa akong balay.** (*Yes, that's where I get my money to pay for my house.*)
- 61. sige tay, sa isa pa nako ka pangutana tay, Gi unsa nimo pag pangita ug pamaagi o pagcontrol sa pinansyal nga kinahanglanon sa imong pamilya?** (*alright, sir. My other question is, How did you manage the financial demands of the family?*)
- 62. aw, mag budget jud ko nga pagka ugma, naa jud mi kan-on, ana ba. alang alang og imong ihurot, lisod pud kaayo og imong bata mangayo bayan nag pagkaon na. gawas nato mga dagko kay makaya nato nga wala tay kaon og wa tay kwarta. kana, gina budgetan gyud nako na akong anak nga mabinlan nako sa karenderya aron inig mata niya maka kaon na dayon siya. binlan lang man nako daan siya og pagkaon kay human naman ko og kaon. karon, natulog paman akong anak (*aw, I budget everything for the next day so that we have something to eat, like that. Of course if you will spend everything, it's hard if your child will ask for food and you have nothing to give, they will starve. Unlike us, adults, we can hold our hunger when we don't have money. I always have budget for my child, I leave money at the cafeteria so that when he wakes up, he can eat already. I just leave him food because I already ate. Now, my child is still sleeping.*)**
- 63. ay hahahaha (ay hahaha)**
- 64. dugay paman na mo mata akong anak, tig alas 10.** (*He wakes up late, around 10 am.*)
- 65. ahh hahaha (ahh hahaha)**
- 66. dugay na mo mata kay sigeg cellphone gani nya akong cellphone naguba na gani ni kay tungod sa iyang ambot kg giunsa ni niya, gibundak man tingali niya ni.** (*He wakes up late because he's always on his phone. My phone's already broken, I don't know what he did to my phone, I think he smashed it.*)

SOP 3

- 67. sige, karon tay, umm naa pa ba kay gusto ipa ambit o iingon sa amoamahitungod sa imong mga kina agi isip usa ka solo nga amahan?** (*alright, now, sir Is there anything else you would like to share about your experiences as a solitary father?*)
- 68. huh? (huh?)**
- 69. naa ba kay gusto ishare sa amoamahitungod sa imong mga kaagi?** (*do you have something to share or to tell to us with regards to your experiences and hardships in life?*)
- 70. kanang mo kuan sa akong bata?** (*when I do with my child?*)
- 71. oh kaning murag summarize na nimo tanan tay ba sa imong mga naagian.** (*yes, like a summarization of all your experiences.*)

- 72. naagian? (experiences?)**
- 73. like sa tanan nimong naagian, unsa imong mga narealize, mga realisasyon sa kinabuhi** (*like with all of your experiences, what are your realizations in life?*)
- 74. aw, daghan man kaayo** (*aw, there's really a lot.*)
- 75. pwede ka mag share bisan gamay lang tay?** (*can you share even just a small detail, sir?*)
- 76. daghan man kaayo oy. daghan man akong naagian** (*There's a lot, I have lots of experiences.*)
- 77. hmm** (*hmm...*)
- 78. basta kay ako mo share ko sa akong kinabuhi gyud sauna nga maayo pa ko og kuan, trabaho. kana akong bata karon, sa ikaduha gyud nako na nga asawa. hmm, mao rana nga kayo akong kuan, 30 anyos pato akong asawa karon, niuli didto sa cagayan then kana akong bata karon, 11 nay edad ana then ahh 60 naman ko, katunga naman nako tog edad kay pag minyo nako adto, baynte iyang edad nya ako kwarenta. hmm, then ako 60 nako then 30. pero di gyud nako to siya pinakaslan akong bata karon nga asawa. ang pinakaslan nako, katong tua sa bohol. nag buwag man mi tungod niya. siya may naka among ato sa akong asawa, mao na akong ga agi sa akong kinabuhi. (*I will share my life before when I still have a decent job. That child of mine, now, I had him with my second wife. Hmm, my second wife is still 30 years old now, she went to Cagayan then my son, whose with me now, he's 11 years old then, I am 60 years old no. my wife's age is half of my age when I married her. She was 20 years old before and I was 40. Hmm, then I am now 60 and she is 30. But I didn't marry my second wife. I married the one who's in Bohol now. We broke up because of my 2nd wife, she's the reason why my former wife and i broke up. That's my life experiences.*)**
- 79. unsa man imong narealize ato nga experience ato sa imong naagian nimo ato, tay?** (*What have you realized with those experiences you have, sir?*)
- 80. na kuan gyud ko, nag basol gyud ko gud na nganong nabuhat nako tong ingon ato kay di naman ko kauli sa amo a kay patyon man ko sa akong asawa kay waray baya to akong asawa** (*I really regret why I did that because I can't go back there because my wife would definitely kill be because she's a Waray.*)
- 81. ay mao pud diay, bantog hahaha** (*ow, that's why hahaha*)
- 82. then wa nako kauli didtoa sa bohol ba pero naa koy balay sa bohol. akong bata ron ang nag puyo nga nag edad og 27** (*Then, I wasn't able to go back to Bohol but I have a house there. My other child is living there, she's 27 years old now.*)
- 83. hmm** (*hmm*)
- 84. maoy nag puyo kay wa naman ko niuli didto kay naa naman koy na kuan diri. dugay naman pud ko diri, kuan na gud ko diri, 40 akong edad karon mag 20, 20 nako ka tuig diri pag anhi nako diri sa davao kay langyaw man gud ko sauna gud sa kuan pako kanang nag trabaho pako og barko, bisan asa mi dunggo. mo dunggo mig bohol, mo dunggo mig cebu, mo dunggo mig leyte, mo dunggo mig negros, daghan kaayo among ka dunggoan then mao na akong asawa sa pirmero, ma biya biyaan nako pirmente siya gyud akong ma biya biyaan.** (*she's the one living there because I didn't go back to Bohol because I have my own life here now. I am living here for long now, when I was still 40 years old, I've been living here in Davao for 20 years now because*)

I'm an outsider before when I am still working in the boat, we go to different ports. We go to Bohol, Cebu, Leyte, Negros, we go to a lot of ports that's why my former wife will always be left by me all the time.)

85. **sige, sa last namo na pangutana tay, Unsa imong mga na amgoan/narealize sa tanan nimong naagian isip usa ka solo nga amahan? Ug unsa ang imong maingon sa pag lambo sa suporta nga anaa sa nag-solong mga amahan?** (*alright, for our last question, sir. What are your realizations of being a single father? And what suggestions do you have for improving the support available to solitary fathers?*)
86. **ah kuan, og naay hinabang sa gobyerno, kanang labi nag dako na akong edad, ang akong gusto unta kanang tabangan akong bata og suporta bisag ikuan ra siya bag kanang unsay ngalang ana, 4P's kay aron maka sugakod kog pa eskwela anag college kay dako na baya kog edad. mao ra gud ni akong trabaho nga kuan. ang ahoa, naay makatabang unta sa ako pagpa eskwela sa akong anak. mao rana ahoa kay di man pud gud na mo biya sa ahoa gud nang bataa na bisag pangutan-on ninyo ning mga kauban nakong driver no, kabalo na sila ba og unsa ka pinangga nako akoang anak.** (*if there's a help assistance from the government, especially that I am old now, what I want is to help my child to be part of the 4P's to receive support for his college because I am old now. This is the only job I have. What I want is to have someone to help me provide education for my child. That's all for me because my child wont leave me even if you ask my co-trisikad drivers, they all know how much I love my child.*)
87. **babae imong anak tay? (is your child a girl, sir?)**
88. **laki (boy)**
89. **laki? (boy?)**
90. **oh, pinangga nako kaayo oy, akong anak. papilion ra gud nako nag sud-an sa karenderya no pero maningkamot pud lagi kog drive na aron maka kaon akong anak, maka, di magutman ba. mao rana ahoa** (*yes, I love my child so much. I just let him choose any viand he wants in the cafeteria, but I have to drive just so my child can have something to eat, so that he won't be starved. That's all for me.*)
91. **sige, so naa pa ba kay maingon sa amo a tay para additional nalang na statement pud para sa amoang ano** (*alright, so do you have anything to say to us for some additional statements for our paper?*)
92. **ah, daghang salamat sa inyong kuan pag kuan nako, pag interview ninyo. ingon ana ra** (*ahh, thank you so much for interviewing me. That's all.*)
93. **sige, mao rato tay. karon tay, naa mi gamayng hinabang ihatag sa imoha tay.** (*alright, sir, that's all. Now, we have a small token for you, sir.*)

Appendix 6i : Raw Data

SF/PARTICIPANT NO.9

transcribed and translated by dieparine

sa mga background information lang nimo. Ahm pila na imohang edad karon karon sir. (*to you background info. ahm how old are you right now sir?*)

42 (42)

42. ahh pila ay pila man ahy edad pila edad sa imohang anak karon (*42 ahm how many how old are your children right now?*)

15 (15)

Pila naman sya katuig sa imoha kol? (*how many years that your children are with you?*)

Sukad sya atu 13 (*since when she's is 13)*

13 yrs. Unsay rason kol nga ikaw nalang isa ang nagatiman sa imong anak karon? (*13 yrs. what is the reason why you are the only who is taking care of your children?*)

wa mi nag ka sinabot sa among kuan di nag bulag (*we had a misunderstanding then we separate*)

Soooo ahm unsa ang imong panginabuhian para maka supporta sa imong anak kol? (*so what is your job to support your children?*)

Labor lng (*only labor*)

Unsa klase na labor kol? (*what kind of labor sir*)

Mang labor diha sa palengke, agdag mga saging dayun mo trabaho og mga construction (*labor in the supermarket, selling bananas then work in the construction*)

SOP 1

4. **Soo ahhh pwede ko maka balo ahy so sugdan nato sa pangaln sa pangutana kol ha ahhh UNSAON MAN NIMO PAGHULAWAY ANG IMONG NA AGAIN ISIP USA KA SOLO NG AMAHAN? (SOP 1 #1)** (*so ahmm cam i know.... so lets start in our question HOW WOULD YOU DESCRIBE YOU EXPERIENCES AS A SINGLE PARENT?*)
5. **Sa man man ehheehhe** (*how would I ehehehhe*)
6. **Unsa on nimo pag describe ba as a single father uns aimong na again unsaon nimo sya pag explain "mori** (*how so you describe sir as a single father your experience, how do you explain it*)
7. **Ako kanang maning kamot kog ano aron ma kuan akonng mga anak, manginabuhi ngitag paraan na aron maka kwarta, aron maka buhi sa mga anak mao rana akoa** (*for me.. i strive hard to provide for my children, I will find ways to have a job so that i can provide for my children*)
8. **Pero tanan nimo na again kol unsa man imong ma ingon ato? Lisod basya? Or unsa ba ba?** (*but in all your experience sir what can you say about it? it is hard? or what?*)

9. Ahw lisod kaayu oi, pait, pait mangitag pangawat doh ikaw ra isa dayun samot na imong mga anak gagmay pa kaayu. Trabaho ka dali dali kay imong mga anak gagmay pa kaayu byaan gud mao lang (*its very hard, difficult, difficult to earn money to provide for my kids specially if they are still young. I'll work fast because my children are still little and i cant left them behind*)
10. So asa man ka na part sa imong kaagi na lisodan kol? (so which part were you challenged?)
11. Na kang lisodan nako, kanang trabaho na kaning pait jud mang constructions para maka kwrta maka buhi saakong pamilya, mao lang (*i had difficulty, ah work it is so difficult in construction to earn money and to provide my family, that[s all]*)
12. Sige so sa ika duha kol kay UNSA MAN IMONG NAAGIAN SA PAG HATAG OG PINANCIAL NA SUPPORTA OR KINAHANGLNON SA IMONG ANAK(SOP 1 #2(*ok so the second sir is what are your experiences in providing financial support or the needs of your family?*))
13. Sa pag eskwela (*in education*)
14. Ehmmm gina unsa man nimo pag, unsa man imong kinaagia sa pag hatag og pinansyal na supporta sa ilang pag eskwela (*sa pinancial ‘mori*) (*how do you, what are your ways in providing the financial support for your children for thier education?*)
15. Pinansyal man mang manguan manarbahos aron para mahatagan akong anak, aron mahatagan og kuan ba pangarta kailanagn, kailangan sapag skwela, kay daghan biya kaayu ron samot na karon kay project daghan kaayu perting mahala pajud. Mao lang to (*ah financial ahm go to work to provide for my children, to give their needs and to thier education, because nowadays there are so many projects and it was expensive . that's all*)
16. So naka try pud lag apply og trabaho kol? (So sir, have you tried applying for a job?)
17. Apply ko pero construction rapud ehehhheheheh dikoka apply kay waman koy grado grade 4 rama ko tamanmao nang pina ka pait wah diay tay grado (*i had applied but that was construction worker ehehhheheheh i can't apply because i only finished grade 4 that's was so hard.*)
18. Mao nang isa pud sa rason ngano mag lisod kag pangitagrabaho kol? (*that was one of the reasons why you had difficulty in applying for a job?*)
19. Mao pud na isa kaykong naa patay... naa patay grado pwede man man ta mang ngapply anang gwapo na trabaho. Waman tay grado di igo ragyud ta taman sa labor og construction lang (*that it is, if we still have.... degree we have the right to apply a decent job. so i dont have a grade so labor and contruction is my only job.*)
20. Sige soo ah follow up question lang kol sa pag padako sa imong anak unsa man ang imong gika lisodan ? sapagatiman ba niya or sa....(*okay so ah follow up question sir in taking care of your children what are your difficulties? in parenting or....*)
21. Lisod jud kaayu nga iaw ra isa mag atiman sa imong anak kay ikaw paman mangita og pangkwarta, imo raman tanan mang laba mag palit og kuan unsay mga palit bugas dayun trabaho ikaw raman isa mao rajud nang ka paita jud kining duha kaabuok imong anak imong atimano nga gamay pajud di masugo bintaha nag ani ron kay dagkona. mao ra (*it so hard because i'm the only one taking care of my children im and in the other hand i*

need to earn money, all the chores are mine like laundry and buying rice then work. Because you are alone it is so difficult that you have 2 children that you're taking care of and they are still young and I cannot command them unlike now that they are grown up. that's all)

22. **Ehhh so ikatulo na pangutana kol NAA BAKAY MGA NA AGIAN NA PROBLEMA SA IMONG KAUGALINGON PANG HUNAHUNA ISIP USA KA SOLO NGA AMAHAN? UNSA PUD KINI OG PWEDE BA NIMO NI MAINGON SA AMOA?** (*ih so third question sir DO HAVE ANY PROBLEM IN YOU MENTAL HEALTH AS A SOLO FATHER? WHAT ARE THESE AND CAN YOU SHARE IT TO US?*)
23. **Problema ambot oi problema jud. perting daghana problema** (*problem i don't know it was problem. so many problem*)
24. **Pwede baka mo share sa amo (di na klaro tingog ni mori) if oki ra sa imoha** (*can you share it to us (mori) if that was oki to you?*)
25. **Problema sa akoang mga naagian. Unsa gani to giiehhhehhahhaah.**
Mao ra japon to sa kuan nako ganina na nga pamilya japon pinaka pait nya mag isa mag inusara lang usahay mag wandred mag sakit ka wana nakayika kuan kay mag naningkamot mao nay bisag nag lain imong lawas nag kalintura ha ahh trabaho ra japon para sa imong mga anak mao lang (*the problem in my experiences. what it is ehehhehehhehe. just like i said a while ago my family is the most challenging then i'm all alone sometimes (unaudible) i'm in pain i can't bare with it but still pursuing to even though i'm sick i still go to work for my children that's all*)
26. **So kol sa naka agi baka anang stress or depression?** (*So sir, have you encountered stress or depression?*)
27. **Ahh agi oi** (*of course i encounter*)
28. **Ehhehhehhehhe** (*Ehhehhehhehhehhe*)
29. **Mura gani tag mabuang ehhahhahahaha samot nag ang problema maoy mo kuan sa imoha mura nakagmabuang wala naka sa imong sarili. Mao nang mag inom aron mawala pagka ugma ah problema lang japoneheheheheh** (*sukad atong iyang asawa gi byaan sya sa iyang asawa na ngita syag lain na asawa mao to gibyaan ni siyagagamay pa ilang mga anak *ante kauban ni angkol sa work*) lisod jud diay maag ahaha abroad aylang mog abroad eehehehehehe mag abroad wala ayu padung rag bulag.
- SOP 2
30. **So next question kol KUNG MAKAKA HINOMDOM KA SITWASYON KARON ISIP USA AMAHAN GI UNSA PUD NIMO PAG MENTINAR IMONG SARILING PANG HUNAHUNA NA PARA MAHIMO NING LIG ON ?** (*so next question sir WHEN YOU REMEMBER YOUR SITUATION AS A SINGLE FATHER HOW DO YOU MAINTAIN YOU MENTAL HEALTH TO MAKE IT FIRM?*)
31. **Ahw nag kuan rako saakoang sarili nga mali man diay ni imong gbuah og sala nga mag kuan ka sa imong sarili mag hikoghikog mali mana ng imo ragyng barugan naMakaya nimog buhi imohang pamilya mao nalang na imong kuanon kay kanang istorya nga wala nakay salig walankay kuan**

sa imong pamilya wad an nakag sapag kuan sa imong hunahuna dili diay na pwede diay mali diay na dapat kombisog jud ka arun ma kuan ba mawala ang kuan sa depress ba imong lingawlingaw imong seryosog trabahosa mga trabaho arun ramaka buhi raka sa imong pamilya ana ra (*ah i just (control) my self that this is wrong and it is a sin if you were putting you self unto suicide that is wrong, you stand that you can do it you can provide for your family thats all you (think of) that you gossip that you don't trust you don't have anything to you family you lost in something in on your mind it shouldn't be, it should be its wrong you must convince you self, hae fun so that the depressed will be gone and you should be serious in your jon to provide for your family thats it*)

32. King ahhh maiingon pud ba ahy isa pud ba sa imong coping mechanism kol ang kaning pag inom para mawala imong problem ? (*can you tell... is drinking alcohol sir is one of your coping mechanisms?*)
33. Isa mawala pero pagka ugma balik namn pud mao gani ang inom pud dili pud na ingon na maka unsa lisod pud kaayu ng inom kintahay maka sakit ka samot nantuon wala nay mo kuan sa imoha (*one it will disappear but in the other day*)
34. Ehhhm (*ehhhm*)
35. Wala nay mo tabang sa imong anak kay wala naman nag sakit naman ka kay segeg inom. (*no one will help your children because you are sick because of too much drinking alcohol*)
36. Sege so sunod na pangutan kol GI UNSA MAN NIMO PAG ATUNAMG O ATIMAN SA IMONG PANG GINIKINAN NA PROBLEMA PARA SA IMONG MGA ANAK (*okay so next question HOW DO YOU FACE OR HANDLE TO YOUR PARENTING PROBLEM TOWARDS YOUR CHILDREN?*)
37. Pag atubang sa maong kuan pang ginikanaan naproblema karon ahhh isip jud ko nga ginikanan nga akong gi buhi akong anak (*in facing the parenting problem now is im thinking that i'm a parent i need to provide for my children*)
38. Ehhh (*ehhhh*)
39. Manarbahio jud aron naa man kay anak murag silbii ika duha rakang kuan ba ehehhahahahaah (*to work hard because you have children it seems that you are second (kuan) ehaahahahahahahahaah*)
40. 2 in 1 (*2 in 1*)
41. 2 in 1 ba ehehe ana gyud (*that's right 2 in 1*)
42. So ahm kaning ingon nimo kol nga ikaw na nag atiman sa imong anak gikan pag gagmay hangtod dagko gi unsa man pag ahm pagtarong og atiman sa para ma ingon nimo wala ka nag kulang? (*you said sir that you are the only one taking care of them since they were young and until right now how do you.... Take care of them so that you can say that you are not missing anything?*)
43. Ahw kana oh mao na akong tricycle naa nakoy tricycle akong anak kuan pa tulo ka tuig “diha ramo tulog” biyahe ko sa kalsada sege kog drive ang lalaki ahmm maguwang naa sa likodmao na mamasaahero arong maka kuan kwarta ma tug raman akong anak in ana in ana ra karon nag dalaga nalang una bitawngano mao nay trabaho nako drive kog tricycle tung naa nakoytricycle kana akong kuan akong drivan nya akong babae naa saatubangan nya pag matulog mag ana, mag ana rako (*ohh that, (pointing at his tricycle) that is my tricycle my children when they were 3 “just sleep*)

there" i was driving in the road my eldest son is in the back the reason im driving to earn money, my children will sleep in the tricycle that it but now they two are both grown up, that is my job when i have a tricycle then thing i was driving in then my daughter is in front sleeping (showing position) i'm in that way.)

44. Heehhehehehehehhhe (*hehehehhheheheheheheheh*)
45. Aron di ma hagbong di pait akong kuan oi kinabuhi
46. (*in order not to fall, my life was not that difficult.*)
47. **Murag wala jud nimo kaning gina bayaaan imohang mga anak?** (*its look like you dont abandon you child*)
48. **Wala oi. Bisan asa mi mag maabot wala gyud di jud nako na pasagdaan akong mga anak. Matigulang bataa ani** (*no anywhere we went i dont abandon my children. get old child this*)
49. Ehemmmmm (*ehemmmmm*)
50. **Matigulang ta maabot ta anang edara ma byoda nata atonganak atong kuan kay wala man nato pasagdi sila mao lang** (*when we get to this age were old them were widow our child is our that because we dont leave them that's all*)
51. **Sege sa sunod na pangutana kol GI UNSA MAN NIMO PAG PANGITA OG PAMAAGI O PAG CONTROL SA FINANCIAL NGA KINAHANGLANON SA PAMILIA** (*okay so next question is HOW DID YOU WAYS TO OR CONTROL THE FINANCIAL NEEDS OF YOUR FAMILY?*)
52. **Control? Unsaon sapag? Unsa to sege usaba daw ?** (*control? How do you? how? okay can you repeat it?*)
53. **Ahhh gi unsa nimo pag pangita og pamaagi o pag control napinancial na kinahanglanon sa pamilia control?** (*ah how do you find ways or how do you control the financial needs of your family?*)
54. Manarbaho (*work*)
55. ehhmmm (*ehhmmmm*)
56. **manarbaho kay dili man ka ingon mag kanang mag kuanman gud kuan gud ko gibyaan sa akoang kuan wla sya naga(dinako masabtan) siyam ahh siyam ka bualn bato ahh wala judmi wala mi kwarta hantod karong nag bulag name hantod karonwala jud** (*go to work because you not like (ambot sa kuan) my wife left me she doesn't (unaudible) almost 9.... months we dont have..... money until now that we're separated we still dont have)*)
57. ehhhhhhh (*ehhhhhhhh*)
58. **siyam ka bulan ra ako ra isa na bantay saaakong anak oi** (*9 months im the only one who's taking care of my children*)
59. ehhhhhhh (*ehhhhhhhh*)
60. **gikan sa pag larga niya siyam ka bulan, nya pag human kuhaon napong mga anak kay basi kuan jud dalaon sa ilahanya ako napoy kuan kuhaon napud nako** (*since her flight 9 months,then after that i she take the children then bring it to their place then i will take it from them*)
61. ehhehhehhahhhha (*ehhahahahhahahahahah*)
62. **lagi, karon na nanag ko ahh sege nag anhi dire sa akao** (*yes, now that their older they will always come to me*)
63. ehhmmm aha naman sila karon kol (*ehhmm where are them now sir?*)
64. naa pa sa saloy (*in the saloy*)
65. ahh taga saloy diay ka kol ? (*ahh so you are from saloy sir*)
66. oooo (*ooooooo*)

67. layua nimo kol oiii ehhehhehheh (*your so far sir*)
 68. saloy ko oii sa centro jud sa saloy (*i was from saloy.. in the main place of saloy*)
 69. ehhhmmmm (*ehhhmmmm*)
 70. tua pud gipaskwela nako sila didto (*i endrolled them their*)
 71. layua oiiii (*its very far*)
 72. oo layu layyuuu inyoha again raman na in yuha calinaraman (*yes its far....we will just pass by your place its calinan right*)
 73. lamanan ko kol (*im from lamanan sir*)
 74. lamanan pa inyoha ahahhahhhahhh dalia ra oii amoaa agipag inayanan (*ah so lamanan Hahahahaha ah its close by, ours is we will passby inayangan*)
 75. megkawayan ? (*megkawayan*)
 76. pa ana pa didto pa ubos (*still go to the lowest part*)

SOP 3

77. layu kaayu ehhehhehhe sege s sunod kol NAA BAKAY GUSTO IPA AMBIT O IINGON SA AMOA MATINGOD SA IMONG KA AGI ISIP USA KA SOLO NGA AMAHAN ? (*its to far hehehhehhe okay so next sir DO YOU HAVE ANYTHING TO SAY TO US ACCORDING TO YOUR EXPERIENCE AS A SINGLE FATHER?*)
 78. ahh ma ambit lang nako sa inyoha ayaw jud puon makaanak man mo di ano ramo atubanga ra ninyo mga problema in ana maabot man jug na dili man ta ingon na dili man ta makaingon an dili na abot sa atoa ma abot mana kay dili man pudnato matag na ma abot nas akoa atubangon nalang nimo imongpamilya imong mga anak para sa kaayuhan mao ra. (*ah all i can say for you is dont someday you will be having a child just face all the problem that youll be encountering we cant say that it will not come to us we cant predict it, if that will happened just face it to your family your children for their good. that all*)
 79. Sa last na pangutana kol ahhh UNSA MAN ANG IMONG MGA NA AMGOAN OR NA REALIZE SA TANAN NIMONG NA AGAIN ISIP USA KA SOLO NGA AMAHAN? (*last question sir WHAT ARE YOU REALIZATION IN ALL EXPERIENCES AS A SINGLE FATHER?*)
 80. Na realize nako na pait jud diay kaayu mag isaahhahahahaha ma raguyd pait jud mag isa kay wala kay ma sumbongan imong problem solohon ra nimo nay tanduay didtomin pud ka tanduay ahhh mao rato problem mawah rapud pagka ugma napud balik napud. oohh is aka adlaw rapud ahhh diliwalay trabaho mahimo ana basta sege kuan. Karon ganimanarbahko gani sa babaw o mang cntructions napud ta ani kay tungod sa kapait lagi nga wala man tay grado naa tay grado ahhnaa na ta ta karon sa kuan Saudi ehehehhehhehheh ngitagtrabaho kay dagko man pangawarta didto dire gamay man (*I realize that it was so hard HHahahahhah thats all is so hard when your alone because you dont have any companion and you take all the problem their a tanduaay ahhh thier you'll take the tanduay then the problem will be gone but i will comeback. yes it only take one day we dont have any work to do if we will still drinking. right now we will work at the market or construction because because we dont have grade if we will have grade maybe we are now in... saudi ehehehhehheh finding job that has a big salary thier but here it so little.*)

- 81. Sege kol ahhh unsa man imong ma ingon para mapa lambo ang supporta nga naa sa para sa solo na amahan?** (*okay sir what can you say to enhance the support that there's in a solo father?*)
- 82. Lambo? Ahm maningkamot aron mo lambo ta** (*grow? ahm strive hard ro shape us*)
- 83. Para sa governo unsa man imong ma ingon sa ilaha?** (*to the government what can you say about them*)
- 84. Ahh sa governo karon muragg ahh malibog ko** (*ahh in the government now i seem like it so confusing*)
- 85. Ehehhhehehhehheh** (*ehhehehehhehheh*)
- 86. Ngano ang mayor mao mupa hawa sa president kay ingongud ko nga dapat ang president mao tingog sa tanan karon angmayor may mao ni tingog nga hawaon ang presidente unsa man gyud hinongdan na in ana no ali maka libog ba.** (*tingog niante)dili ngano man mang husga ang moyor sa presidente na angpresident mao may mayor sa pinaka ka ulo. Mao gani ehhehheehno lisod kaayu no* (*why the mayor what the president to be kick, it should be the president that the voice to all right? but now tha mayor is the one who's what the president to be kick what is really the reason right it so confusing.(ante) no why the mayor is judging the president that the president is the head to all. that is ehhehehehheh is so difficult*)
- 87. Unsa man imong ma ingon kol para ma lamboan pud ang kuanba supporta sa inyoha single father?** (*what can you say sir to increase the support in you, single father*)
- 88. Ohh dapat mag ayu sa sila tanan moo mag isa ra unta silaba dili unta mag sege dinaotay arong ma tabangan ang mga taosamot na karon sege baha sege landslide mag away pa sila unsanalang kuan sa mga tao wala na silay ma tabang kay mag away namn sila** (*diba naka bantay mo karon na wala nay pang hataglahi rajud bo kung si duterte*) **si duterte ray** (*s bmm wala gyudgipang hatag ron sa nabahaan wala mga pinanacial diba lahi ramas lahi ragyud si bongbongmarcos ron kaysa mga duterte*) **kay sauna na amo baha pag ka ugma ahhh naa nay mga hinabangperting daghana mga sinina mga bugaskaron ultimo lugaw walapud, mao puy gi kasuk an guro tingali ning mayor nato dire kay wala murag walay lihk ba awa ragung nang na bahaan sa amoadihaasa maa o kusog kayng baha matina perti nilsng bahaan pila ka adlaw to wala jud donasyon bisag pag kaon lang dihaa pila to ka adlaw na ulan baha mo dagan upat ka adlaw dayun pag himlosa mga lapok ba isa ka simana na tingali mao donasyon, walamay trabaho** (*they should fix it and they shouldn't spread any gossip against each other to help the people especially now that it always flood, landslide then they are arguing what can they help if they are always like that, they doesnt help anyone (have you notice theres no relief good it so differen from duterte) because duterte(bmm does not give anything no financial its so different bongbong marcus and duterte) because when our area is in flood the next day there are so many relief goods like cloths, rice but now even lugaw there is none, i think that is reason why our mayor is mad at him cause it seems like no actions, look at our area in maa theres is heavy flood and in the also in matina there is heavy rain, 4 days then after that there is so much mud, almost 1 week that donation, no job*)
- 89. So sa karon kol unsa man imong ahy naa paba kay last ma ingon regarding sa imong experience as a single father?** (*so this time sir what are your... do you have anything to say in regards to your experiences as a single father?*)

90. sa akoang sarili? ma ingon nako ahh maning kamot lang kay aron para sa mga anak wala nakoy lain gi hunahuna ako rang mga anak aron mabuhi mo skwela wala nay lain ma kuan jud ma storya (*to my self? i can say.... strive hard because to your children i cant think anything else only my children to provide their need and to their education. thats all i can say*)

91. so mao rato tanan kol mao rato tanana ahhahahahaah (*so that all sir..... hahahahahaha*)

Appendix 7a: Parent Consent

BEd Form 6 – Parental Consent

HOLY CROSS COLLEGE OF CALINAN, INC.
CALINAN, DAVAO CITY

PARENT CONSENT FORM

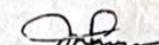
Date: December 21, 2023

I, the parent/guardian of _____ of _____, allow him/her to
 (Name of Student) (Grade and Section)

participate in the Research Data Collection (Interviews) to be held at _____
 (Name of Event or Activity) (Place of Event / Activity)

on _____, from _____ to _____. They will be accompanied by _____, one of the
 (Date of Event or Activity) (Time start) (Time End) (Name of Parent/Guardian)
 parents/guardians of the students during the data collection process to ensure their welfare and safety.

Considering the benefits that will be derived from the participation of my son/daughter in this activity, I voluntarily waive
 any claim against the organization, sponsor and all authorities in charge for any untoward incident that may occur beyond
 their control, after all precautionary measures and exhaustive efforts have been taken by said authorities.

NAME AND SIGNATURE OF STUDENT	NAME AND SIGNATURE OF PARENT/GUARDIAN
 <u>MR. CRIS DAN R. MAKILING</u> Practical Research Subject Teacher	 <u>MA. CORAZON C. SUNIGA, PhD</u> Basic Education Principal
 <u>SR. CHERIE ELOISA L. GARROTE, PM</u> School President	

Appendix 8a: Curriculum Vitae

CURRICULUM VITAE**PERSONAL DATA**

Name : Hilarie C. Echavez

Nickname : Lang-lang

Age : 17 years old :



Date of birth : November 9 2006

Place of Birth : Davao City

Address : Purok 1-D Barangay Lamanan, Calinan, Davao City

Civil Status : Single

Citizenship : Filipino

Religion : Roman Catholic

Sex : Female

Father's name : Allan Echavez

Occupation: Policeman

Mother's name : Teresita Echavez

Occupation: Social worker

EDUCATIONAL ATTAINMENT**SCHOOL****YEAR GRADUATED**

Senior High School : Holy Cross College of Calinan Inc. 2023 - 2024

Secondary: Lamanan National High School 2021 - 2022

Primary: Lamanan Elementary School 2017 - 2018

CONTACT INFORMATION

Email: hilarieechavez@gmail.com

Phone Number: 09633136056

Facebook: Hilarie Echavez

CURRICULUM VITAE

PERSONAL DATA

Name : Trixia Mori C. Yadao

Nickname : Mori

Age : 18 years old



Date of birth : September 8, 2005

Place of birth : Davao City

Address : Purok 2B, Malagos, Baguio, District, Davao City, Philippines

Civil Status : Single

Citizenship : Filipino

Religion : Roman Catholic

Sex : Female

Father's Name : Homer P. Yadao

Occupation : Military

Mother's Name : Tiffany Joy C. Yadao

Occupation : House

Wife

EDUCATIONAL ATTAINMENT

SCHOOL

YEAR GRADUATED

Senior High School: Holy Cross College of Calinan Inc. 2023-2024

Secondary: Holy Cross College of Calinan Inc. 2022-223

Primary: Malagos Elementary School SpEd Center 2017-2018

CONTACT INFORMATION

Email: yadaotrixiamori@gmail.com

Facebook: Trixia Mori

Phone Number: 0992-571-7617

CURRICULUM VITAE

PERSONAL DATA

Name : Ethyllbert D. Lantad

Nickname : Thyll

Age : 18 years old



Date of birth : February 12 2006

Place of Birth : Davao City

Address : Purok 1-F Barangay Lamanan, Calinan, Davao City

Civil Status : Single

Citizenship : Filipino

Religion : Roman Catholic

Sex : Female

Father's name : Gilbert Lantad

Occupation: Company Driver

Mother's name : Anna Rose Lantad

Occupation: House wife

EDUCATIONAL ATTAINMENT

SCHOOL

YEAR GRADUATED

Senior High School : Holy Cross College of Calinan Inc. 2023 - 2024

Secondary : Lamanan National High School 2021 - 2022

Primary : Lamanan Elementary School 2017 - 2018

CONTACT INFORMATION

Email: dumandanlantadethyll@gmail.com

Phone Number: 09093633475

Facebook: Ethyll Lantad

CURRICULUM VITAE

PERSONAL DATA

Name : Jhennis P. Deiparine

Nickname : Nice

Age : 18 years old



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Date of birth : February 11 2006

Place of Birth : Davao City

Address : Purok 2, Lacson Calinan, Davao City

Civil Status : Single

Citizenship : Filipino

Religion : Seventh Day Adventist

Sex : Female

Father's name : Dennis Deiparine

Occupation : Driver

Mother's name : Mary Jane Palaca

Occupation : OFW

EDUCATIONAL ATTAINMENT

SCHOOL

YEAR GRADUATED

Senior High School : Holy Cross College of Calinan Inc. 2023 - 2024

Secondary : Sahmyook International Academy 2021 - 2022

Primary : Lacson Integrated School 2017 - 2018

CONTACT INFORMATION

Email: jhennisd11@gmail.com

Phone Number: 09977488110

Facebook: Jhennis Palaca

CURRICULUM VITAE

PERSONAL DATA

Name : Rebb Andrei Dinalo

Nickname : Debbie

Age : 17 years old

Date of birth : October 23 2006

Place of Birth : Davao City

Address : Purok 6 Dacudao, Calinan Davao City

Civil Status : Single

Citizenship : Filipino

Religion : Roman Catholic

Sex : Male

Mother's Name : Marife Tamakawa

Father's Name : N/A



Occupation: Factory Worker

Occupation : N/A

EDUCATIONAL ATTAINMENT

SCHOOL

YEAR GRADUATED

Senior High School : Holy Cross Collage of Calinan Inc.	2023-2024
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Secondary : Dacudao National High School	2022-2023
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Primary : General Roxas Central Elementary School	2017-2018
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CONTACT INFORMATION

Email: rebbandredinalo.23@gmail.com

Phone Number: 09856020655

Facebook: Rebb Andrei Dinalo

CURRICULUM VITAE

PERSONAL DATA

Name : Jhanna Rechell P. Seno



Nickname : Chell

Age : 18 years old

Date of birth : April 1 2005

Place of Birth : Tagum City

Address : Purok 2-B, Malagos, Baguio District, Davao City

Civil Status : Single

Citizenship : Filipino

Religion : Roman Catholic

Sex : Female

Father's name : Jonnie C. Seno

Occupation: Company watchman

Mother's name : Rosalia C. Piamonte

Occupation: OFW

EDUCATIONAL ATTAINMENT

SCHOOL

YEAR GRADUATED

Senior High School : Holy Cross College of Calinan Inc.

2023-2024

Secondary : Assumption Academy of Monkayo Inc.

2021 - 2022

Primary : Davao Holy Trinity Academy

2017-2018

CONTACT INFORMATION

Email: jhannaseno69@gmail.com

Facebook: Jhanna Seno

Phone Number: (0994) 814 4157





