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**RESILIENCE IN SINGLE PARENTING: UNDERSTANDING
THE CHALLENGES FACED BY SINGLE PARENT
WHILE RAISING THEIR CHILDREN**

A Qualitative Research Study
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the Faculty of
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Abstract



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Single parents face numerous challenges, including financial strain, emotional struggles, and difficulty balancing work and childcare responsibilities, often leading to increased stress. This qualitative study explores the experience and challenges face by single parents in raising their children, examining the impact on child well-being . A purposive sampling strategy recruited 24 single parents from diverse backgrounds and circumstances, who participated in depth semi structured interview. Thematic analysis revealed significant financial, emotional, and social challenges, including struggles to make ends meet, feeling of isolation and lack of support and concerns about the impact on their children well being. The study identifies potential strategies for supporting single parents, including increased access to financial assistance, parenting support programs and social connections, informing the development of policies and programs promoting child well being. This study will recommend to those single parents to understand what the challenges of single parents are and how they can overcome them in everyday life.

Keywords: Single parents, children, challenges, parenting styles, financial, emotional stress, education, child development, time management.

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CHAPTER 1

THE PROBLEM AND ITS SOLUTION

This chapter presents the background of the study, the statement of the problem, the scope and delimitation, the significance of the study, and the definition of terms used.

Introduction

A family is happy if each member is complete, here a person can build better communication and strengthen the love of each family member . Nowadays, there a many broken families, so some are left a single parents to raise their children. This situation is difficult for a single parent because there a many challenges they face for the life of their family, just like the financial problem one of this a problem because as a single parent it is difficult to work if only one parent guides the children. Even single parent still has a big role in a family to better support the children for their development. Being a single parent is not an obstacle just because they cannot support their children, there are many ways to help single parents for their child development.

Background of the Study

Single parenting is becoming increasingly in the society; single-parent families face significant challenges and circumstances. Single parents raise their children to support them in their daily lives. Some



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support systems for single-parent families that governments provide include financial assistance, parenting programs, and flexible work policies. Community-based initiatives like support groups, mentorship programs and youth activities can foster resilience (Aloro, 2024). There is a negative impact on single parenting on child development; children may experience reduced academic performance and motivation. Effective parenting to support the children is providing a emotional support and fostering a positive parent-child relationship that can mitigate negative impacts.

World Health Organization surveys reveal that the Philippines has 15 million single parents, the vast majority (95%) of whom are women. These women face significant economic hardship due to the challenges balancing work, childcare and household responsibilities (Pinugu, 2024). Most struggle to meet basic needs and save for future of their children. The sole responsibility of raising children, without the support of a parent, adds to their burden. Furthermore, cultural influences and various factors like income and education affect child-rearing practices, including crucial aspects like nutrition. Authoritative parenting is frequently viewed as the most effective style due to its blend of warmth and adaptability while clearly establishing parental authority (Nelson, 2023). This may help addressing these issues.



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Single parent households face a similar challenge globally; the age distribution of single parents on the different cities of Cavite is 41-49, which got the percentage of 42.37%, and the lowest percentage was ages 25-32, which got 15.65% (Pandaya, 2023). There's a law that can support for the single parent, the RA 8972, also known as an act providing for benefits to solo parents and their children, appropriating funds therefor and for other purposes, that can provide a solo parent with the necessary resources and to support their children despite different circumstances (lawphil.com, n.d). The capacity to establish and maintain relationships establishing and preserving wholesome connections, as well as having some cooperation and communication skills are just some of the needed supports from single-parents in maintaining child development.

This study investigates the effects of single parent's resilience on the development of children in Silang, Cavite in order to help parents overcome obstacles that may impact their children's emotional and social development. Children in single parent households may experience particular developmental difficulties, such as diminished parental participation and unstable finances. With this, it is very crucial to understand the undertakings of single-parents in raising children nowadays.



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State of the Problem

This study aims to identify the effects of single parenting on child development in Silang, Cavite.

Specifically, this study tries to answer the following questions:

1. What are the parenting styles of single parents in Silang, Cavite?
2. What are the effects of being a single parent on child development?
3. What challenges do single parents in Silang, Cavite encounter raising their child?
4. How do single parents in Silang, Cavite address these challenges raising their child?

Scope and Delimitation

The scope of the study will focus on the resilience of single parents and its influence on child development outcomes. The participants who are involved are the 30 single parents and 10 children who live in the selected barangays in Silang Cavite, such as Munting Ilog, Tibig, Hukay, Malaking Tatiao, and Balite. The single parents and children participants will be included in the research regardless of their age.



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This study will not include other single parents not living in Silang are not included in this study. This study also does not include those who are not single parents. Single parents living in other barangays will also not included.

Significance of the Study

This study will give knowledge on how the single parent and children faced challenges and circumstances that they encountered toward the development of their children.

Specifically, this study will benefit the following.

To the single parent. They will know or understand the resilience factors, improved parenting skills, and how to boost their confidence. Also, effective management of emotions promotes healthy relationships and to avoid stress, anxiety, and depressions.

To the children. They will know the experience of the single parent, and to have a stronger bond with their parent that can heighten connection can provide emotional support; it will also lead to the development of maturity.



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To the other parents. They will know valuable insights regardless of their family structure. This research can empower all parents to foster resilience and well-being in their children

To the future researchers. They will gain access to a comprehensive understanding of the role of single parenthood on child development. It acknowledge the challenges that are faced by single parents and their children.

Definition of Terms

To facilitate the understanding of this study, the following are with this definition to understand and clarify the terms used in the study.

Academic Performance. Academic performance is defined as student's ability to carry out academic tasks, and it measures their achievement across different academic subjects using objective measures such as final courses grades and grading point average (Busalim, et.al, 2019).

Anxiety. It is a group of mental health conditions that cause fear, dread and other symptoms that are out of proportion to the situation (American Psychiatric Association.org, 2023).



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Child Development. Child development refers to the growth and development, that is, to the physical, cognitive, emotional and social changes an individual experiences from infancy through to adolescence (Levin, 2011).

Circumstance. It is a fact or condition connected with or relevant to an event or action (Merriam-Webster, 2025)

Communication. Communication is the process through which we express, interpret, and coordinate messages with others (Verderber, et.al, 2015).

Emotional Problems. The psychological problems that occur due to the inability to manage the stressful situations in one's life or any other problem in interpersonal life or professional life (Singh, 2019).

Financial Problems .Situation in which people are not able to meet their bills on time or afford necessary basic needs (Igi-gloal.com, 2015).

Resilience. The process and outcome of successfully adapting to difficult or challenging life experiences, especially through mental, emotional, and behavioral flexibility and adjustment to external and internal demands (American Psychological Association.org, 2024).



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Single-parent Families. It is a parent who lives with a child or children and no husband, wife, or partner (Merriam-webster.com, 2025)

Social support. Often identified as a key component of solid relationships and strong psychological health. Essentially, social support involves having a network of family and friends whom people can turn to in times of need (Cherry, 2024)

Stress. The natural reaction that the body has when changes or challenges occur. It can result in many different physical, emotional and behavioral responses (American Psychological Association.org, 2022).

Support system. Refers to a network of people – friends, family, and peers – that can turn to for emotional and practical support (Socialwork.buffalo.edu, 2024).



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CHAPTER II

REVIEW OF RELATED LITERATURE

This chapter presents the relevant literature and studies that the researchers considered in strengthening the claim and importance of the present study.

Related Literature

Foreign

Single Parenting

A single parent may raise a child by themselves without assistance from a partner for a variety of reasons. Maybe they were in a relationship



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that didn't last. In some situations, a partner may have died, and in others, other parents may choose to raise their children alone (Brennan, 20202).Single parenting usually happens because of situations like divorce or losing a partner, and it brings special challenges, especially for single mothers who must handle tasks that two parents would normally share. Common problems include less money to live on, feelings of loneliness, trouble managing children's behavior, alone judgment from society, and not having enough time for self-care. Being a single parent can feel very hard and often makes it difficult to enjoy the good parts of raising kids (Smith 2023).

In particular, the period of use for single-parent residential welfare facilities for a parent who is about to give birth or has a child under the age of three was extended from one year to one and a half years; the period of use for single-parent residential welfare facilities supporting parenting for children under the age of six was extended from two to three years; and the period of use for such residential facilities that support general living for single-parent families with children under the age of eighteen was extended from three to five years. These facilities, which have 122 locations nationwide, offer housing support, counseling and therapy, medical assistance, parental education, and employment assistance to families making 100 percent or less of the median income (Jeong-Yoon, 2023). Nearly a quarter of children in the US live with just one parent, making single-parent families common. Raising happy, healthy children in single-parent households is the ultimate goal. The majority of single parents are



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single women, who have financial difficulties and devote a sizable amount of their salary to childcare. Even though there are obstacles, there are strategies to overcome them and give kids a loving atmosphere (“Single Mom Is Not a Coupon Code Exposes Entitled Parents,” 2024).

Additionally from Instituto De Investigacion Marques Valdecillia (n.d.) said that in 2019, single-parent families constituted 3.2% of all households in Europe, prompting significant interest from researchers and policymakers regarding the economic and demographic implications of this trend. A study conducted by IDIVAL analyzed micro data from the European Health Interview Survey (EHIS) across 20 European countries, revealing that both single mothers and fathers encounter more severe economic challenges than their partnered counterparts. This includes lower education levels, reduced income, and adverse economic conditions, which are prevalent among single parents. Single parents generally experience poorer physical health compared to cohabiting couples. This suggests that single parenthood negatively impacts overall health, necessitating additional support, particularly since approximately 75% of these households are led by women. Additionally, social support networks for single individuals differ significantly from those of partnered individuals. Single parents reported having less supportive relationships compared to cohabiting couples, further emphasizing the unique challenges they face (Innovacion, 2023).

Single parenting style



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Globally speaking, it shapes the country and makes it possible to identify the problems that teenagers in other nations experience. As a result, parenting style is a metric that reflects national customs rather than being an individual characteristic. Additionally, it is passed on to children raised overseas by immigrant parents, who in this instance are no different from their peers who remain in their home country (Shen et al., 2018). Usually communicating in a one-way fashion, authoritarian parents set rigid guidelines that their children are expected to abide by without question or discussion. Children are expected to full fill high standards and make no mistakes, yet these rules are rarely communicated. Punishment for mistakes is common. With their rigid standards and lack of flexibility, authoritarian parents are typically less nurturing. Because of the repercussions for misconduct, children of authoritarian parents frequently behave well. They also have a tendency to accomplish their objectives more successfully by adhering to clear directions (Mendez, 2022). Authoritarian parents set high standards for their kids but offer little in the way of nurturing or feedback.³ Mistakes are often met with severe consequences. Feedback that is given is frequently unfavorable (MSEd, 2023).

Due to their often hands-off style, uninvolved parents give their kids a great deal of independence. Even though they might provide for their child's basic requirements, they continue to be emotionally distant and uninvolved in their life. Compared to children raised in other parenting styles, children of uninvolved parents frequently exhibit resilience and may be more self-



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sufficient. But these abilities are usually acquired as a result of need. They might also have trouble controlling their emotions, use less successful coping mechanisms, suffer in school, and find it challenging to uphold or foster social ties (Mendez, 2023). Uninvolved parenting is a parenting style in which parents don't attend to their child's needs or wants beyond the necessities of clothes, food, and shelter. It is also known as neglectful parenting, which is obviously associated with more negative connotations. It's also simple to criticize these parents because it's a contentious parenting approach. However, it's crucial to keep in mind that this parenting approach isn't always deliberate, regardless of whether you're an uninvolved parent or you know someone who is (Higuera, 2019).

Permissive parents are usually loving and caring, and they frequently have low standards for their kids. They let their kids handle things on their own because they don't enforce many restrictions and keep lines of communication open. Because permissive parents tend to act more like friends than traditional authority figures, this lack of expectations typically results in infrequent disciplinary actions. Inadequate regulations may cause kids to acquire bad eating habits, especially when it comes to snacks, which raises their chance of obesity and other health problems in the future. These kids have a lot of autonomy; they choose their own bedtime, homework, and computer and TV screen time. This kind of freedom might lead to bad behaviors because parents don't always provide them advice on moderation (Terrence et al., n.d.). Although the majority of parents who engage in



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permissive parenting are generally kind and loving toward their children, the absence of restrictions and boundaries can eventually have unexpected repercussions. However, there are some positive aspects to permissive parenting! Positive traits of permissive parents include being emotionally receptive and sensitive to their kids, which increases the likelihood that they may engage in instinctive parenting (Perry, 2024).

Effects of single parent on child development

There are both positive and negative effects of solo parenting on a child's development. Notwithstanding the potential impact of single parenting, children can develop into contented, successful, and well-adjusted adults. Successful children with outstanding social and emotional development can be raised by single parents with extra attention (Brennan, 2020). Compared to cognitive attainment, the emotional outcomes of children in single-mother households and those with coupled parents differ more, are more pronounced, and are more difficult to explain. The family traits that can observe at age 11 play a much smaller role in mediating the impact of single motherhood on emotional well being. Nonetheless, there are probably a number of additional variables that are unable to control that have a far greater impact on kids' emotional development. Compared to cognitive attainment, the emotional outcomes of children in single-mother households and those with coupled parents differ more, are more pronounced, and are more difficult to explain. The family traits that we can observe at age 11 play



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a much smaller role in mediating the impact of single motherhood on emotional well being. Nonetheless, there are probably a number of additional variables that are unable to control that have a far greater impact on kids' emotional development(The Triple Bind of Single-Parent Families, n.d).

The number of single parents in the US and other nations has increased within the past 50 years. The United States does little to help single-parent families, and as a result, they do poorly when compared to other high-income nations (“A Comparative Perspective on Policies to Support Single-parent Families,” 2022). It can might anticipate changes in the association between single parenthood and child outcomes over time for two key reasons. First, as single parenthood has become more prevalent, it might anticipate changes in the selection for single parenthood; for instance, it might have become more prevalent among women from all socioeconomic backgrounds. Secondly, the prevalence of single-parent households has increased to the point where it is now considered a social norm, which may reduce the stigma attached to single parenthood and benefit the development of children (The Triple Bind of Single-Parent Families, n.d).

Children raised by a single parent frequently encounter particular difficulties in school. Their grades may suffer as a result of limited access to educational materials due to financial limitations. Emotional strain



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brought on by parental absence and family disturbances might impair focus and general performance. A child's educational experience may also be impacted by a lack of parental involvement brought on by job and domestic responsibilities (Perfectionist, 2023). It discovered that students' academic performance is not significantly harmed by single parenting. Additionally, it's discovered that the association between students' academic performance and single parenting is mediated by personal achievement drive, with community support acting as a moderator. Single parenting has the biggest impact on students' academic performance when compared to two-parent households. As a contribution to knowledge, it endorses the Self-Determination Theory (Hiko, n.d).

Local

Single parenting

According to the findings of the Department of Health (DOH) and the University of the Philippines-National Institutes of Health, there are up to 15 million single parents in the Philippines, including 95% women. Parenting alone is really difficult. This adage, "It takes a village to raise a child," may be universally true, but the majority of single parents face the challenges of raising a child alone. It's really difficult to be a single parent. The adage, "It takes a village to raise a child," may be universally true, yet the majority of single parents face the challenges of raising a



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child alone (Gutierrez, 2024). There isn't Philippine system that aids in differentiating single-parent households with two parents. Consequently, when in disasters, a single-parent household could not possibly benefit greater government assistance than the other families with higher incomes. In general, everyone receives aid. As stated by Yeung, Duncan, and Hill (2001) and McLanahan (2009), single mothers typically experience common issues (Collado & Arpon, 2021).

The World Health Organization estimates that half of the 15 million single parents in the nation are below the poverty level. (De Layola, 2025). Under Republic Act 11861, the Philippine government has expanded its services and benefits for single parents, according to the National Council for Solo Parents. A pregnant woman who provides sole parental care and support to the unborn child, as well as any relative within the fourth civil degree of consanguinity or affinity of the parent or legal guardian who takes on parental care and support of the child or children due to the parents' death, abandonment, disappearance, or absence for at least six months, are now covered by the law as solo parents (Untalan, 2024).

According to PhilHealth's Circular 2024-0020, the Expanded Solo Parents Welfare Act, also known as Republic Act 11861, automatically enrolls single parents and their kids in the National Health Insurance



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Program (Villanueva, 2024). These PhilHealth benefits are in addition to the monthly cash subsidy for single parents making minimum wage or less, as well as a 10% discount and exemption from the 12% value-added tax (VAT) on certain essential purchases already provided by law. Individuals over 22 who are unable to take care of themselves or protect themselves from abuse, neglect, cruelty, exploitation, or discrimination due to a physical or mental disability or condition also qualify as dependents of single parents. Qualified single parents are also entitled to the same privileges when purchasing branded or generic medications, vaccines, and medical supplements, as long as they are prescribed by attending physicians for the prevention or treatment of diseases, illnesses, and injuries (Panti, 2024).

Parenting style

In order to protect their children's wellbeing, a social professional advised the parents to exercise caution in their parenting (Gasingan, 2024). Parenting practices have a big influence on the family's quality of life and set the emotional tone for interactions between parents and kids. Based on the overall point average of their grades across the four quarters of the 2018–2019 school year, school performance is defined as the adolescents' ability to engage with the school environment. This study looked at how parenting practices affected the academic achievement and self-esteem of senior high school students in Tubigon,



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Bohol, Philippines. The research employed the descriptive normative survey approach to collect data on respondents' parenting styles and self-esteem using a standardized survey instrument (Arcay et al., 2019).

The authoritative parenting style is the most widely used parenting approach in the Philippines, according to a study titled Parenting in the Philippines: A review of research literature from 2004 to 2014 (Bunag, 2019). When it comes to promoting children's emotional and psychological wellbeing and offering protective factors against risky behaviors, the authoritative parenting style is thought to be the most effective. In actuality, several parenting philosophies are found depending on a family's location, socioeconomic status, and other elements of the home. For example, the majority of parents in Cebu City consistently employed a liberal parenting approach (Sinclair, 2023).

People who have authoritarian parents are thought to be extremely demanding but uncaring (Sinclair, 2023). Parents that are authoritarians prioritize rigorous discipline and impose rules without allowing for flexibility or the child's input. Although this approach encourages deference to authority and obedience, it can occasionally cause youngsters to struggle with self-expression or self-esteem because they receive little emotional support (Staff, 2024).



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Impacts of single parent on child development

Understanding the potential well-being issues that single-parent homes may encounter is as crucial. Single parents are more likely to experience psychological anguish and feelings of emotional isolation in addition to financial burden. Additionally, it show that kids from low-income single-parent households are more likely to have behavioral problems in school, which may affect their academic achievement and result in lower adult incomes. One of the main causes of this is the absence of direction and oversight from the parent who may be continuously compelled to choose between their family obligations and their own livelihood (Pinugu, 2024). Equally important is understanding the challenges related to well-being that single-parent households may face. Apart from financial strain, single parents are at a higher risk for psychological distress and feelings of emotional isolation. It's also indicates that children from lower-income single-parent families are more likely to exhibit behavioral issues in school which could lead to compromised educational performance and lower income in adulthood. A key factor behind this is the lack of guidance and supervision from the parent who might be forced to constantly choose between their livelihood and family responsibilities (Chavda, et.al., 2024).

The psychological well-being of children can be affected by a single-parent household in both positive and negative ways. For all of the



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children who lived in a single-parent household, the challenges were limited parental quality time, economic hardship, dissatisfaction with the current circumstances, and the daughter's inability to trust men. Psychological well-being also surfaced for positive relationships with others: empathy, friendship, and respect for others; religiousness as a source of self-worth for independence; early self-reliance for environmental mastery and adaptation; and for a sense of purpose in life: the need for success (Alday et al., n.d).

In this sense, "psychological well-being" refers to an individual's overall functioning and emotional stability. It is the fusion of performance and health. It is necessary to possess the capacity to feel unpleasant or painful emotions; health does not require continual pleasure. Controlling these uncomfortable or excruciating feelings is essential for sustained health. An individual's overall functioning and emotional stability can also be referred to as psychological well-being. It blends positive feelings with productive actions. Stability allows a person or group to grow and thrive (Ariel Tinapay et al., 2023).

Related Studies

Foreign

Single Parenting



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A single parent may be a single parent by choice, in which case a man or woman decides to become a single parent through donor insemination or adoption, living with one or more dependent children without the presence and assistance of an adult partner sharing parenting responsibilities, or a single parent if the individual is a divorcee, widow, widower, or separated from their partner and is pregnant unexpectedly (Chavda, 2023). Over 23 million children in the United States currently reside in single-parent households. Approximately one in three children in America are currently covered by this total, which has increased over the past six months. Numerous long-term demographic trends, such as later marriage, declining marriage rates, rising divorce rates, and an increase in single-mother births, have contributed to this rise. The majority of children—14.3 million—live in mother-only households within single-parent households (Casey Foundation, 2021). According to predictions from 2022, over 3.5 million children live in father-only households, while over 6 million children live with cohabiting parents. The experience of being a single parent in the US is examined in this chapter. It explains the many kinds of single parenting circumstances as well as the shifting prevalence of single motherhood over the past 50 years. Since then, the percentage of children in single-parent households has significantly increased globally, with the United States seeing the largest increase, widespread public concern around a single (Patrick et al., 2022).



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The significance that the law places on the nuclear family is based on its perceived crucial role in citizens' socialization and its assumed intrinsic value as a kind of close association. The law contains images of family that exclusively focus on the patriarchal marriage nuclear family. Provide resources, such as housing, tax advantages, fringe benefits, and financial support, based on these images and the resulting definitions of the family. Parenting is defined as involving tasks, duties, norms, communication, resources, and relationships. Parenting is not conceptualized in relation to any specific family type or structure. Instead, parenting is analyzed as a process that aims to guide children from conception and birth through life events and developmental obstacles to adulthood (Junel et al., 2024). Single-parent households, particularly those headed by a mother, are far more likely to be impoverished than married-parent households. There are a number of reasons why people become single parents, such as extramarital affairs or the death of a spouse. Single parents bear the burden of raising children, which can have a significant impact on both the parents and the child. The majority of the daily tasks involved in child rearing are performed by a parent who does not live with a spouse or domestic partner. Socialization of children is extremely crucial to any culture's survival. Some people believe that the family is the most significant entity (Baht & Patil, 2019).



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Short-term consequences include behavioral issues at school and at home that are linked to the first response to parental separation of their parent. Adolescence or adulthood, when people start having personal relationships and struggle to build them, may be when long-term consequences start to show. Children in single-parent households require a plan and intervention. More than half of all children in the current generation will grow up in a single-parent household, and they will not fare as well as their classmates who live with both parents, regardless of whether they are white or non-white, wealthy or poor, born to an unmarried mother or surviving a divorce (Casey Foundation, 2020).

Single Parenting Style

Throughout, infancy and adulthood, flourishing is associated with health and well-being. In order to investigate how neighborhood assets could enhance child and adolescent flourishing by fostering family resilience (Barnhart et al., 2022).

Understand the differences in parenting styles between single mothers and single fathers influenced the factors related to child risk-taking behaviors. These showed that mothers' higher level of authoritarian parenting style was related to higher levels of risk-taking for both daughters and sons. In contrast, father's higher level of permissive parenting style was related to higher levels of risk-taking for sons, but not daughters. Overall, the amount of the authoritarian, permissive, and authoritative parenting style did not differ significantly



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for mothers and fathers, and risk-taking did not vary significantly for sons and daughters. Sensation-seeking was significantly higher for sons than daughters. Theoretical and practical implications regarding risk-taking development are discussed (Erin, et.al, 2019).

Early childhood growth and maturation are greatly influenced by parental practices and family life. In order to promote good parenting practices, initiatives that aim to improve early life experiences usually have parental self-efficacy as one of their goals. In addition, research suggests that parents' perceptions of their own abilities may have a significant role in their parenting styles. Parents with poor self-efficacy are more sensitive to learned helplessness and, consequently, less motivated to deal with issues (Kong & Yasmin, 2022).

Effect of Single Parenting on Child Development

Accordingly, children of single parents are more likely to suffer the repercussions of growing up in poverty. The likelihood of physical, mental, and behavioral health issues, disrupted brain development, shorter educational paths, contact with the child welfare and justice systems, difficulties finding employment as adults, and more is higher for children living in poverty (Casey Foundation, 2021). Children are affected by the disruption, conflict, and stress that divorce brings. They may experience distress, shock, anger, rejection, guilt, or relief; they may feel



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embarrassed that their family is different from other families; young children, particularly those under the age of eight, are particularly prone to feel guilty. Studies on the effects of single parenting on children's physical health and development have produced conflicting results; some have found that these effects are caused by the co-varying socioeconomic status, while others have found that single parenting has a negative impact on factors like childhood stunting, homicide, and child mortality. Infants and children under three years old may be a reflection of a caregiver's grief and distress, which may show up as irritability, poor sleep-wake patterns, separation anxiety, feeding issues, or even developmental regression (Fahrudin, et.al., 2020).

It goes without saying that every family is distinctive, with distinct personalities, strengths, and weaknesses, as well as diverse levels of financial, emotional, and social resources and pre divorce family circumstances. Divorce has been demonstrated to impair a child's future competency in all spheres of life, including family connections, education, emotional health, and future economic potential, notwithstanding these distinctions. According to one UK literature review, "the difference between children from intact and non-intact families is a small one, and the majority of children will not be adversely affected in the long term, even though children are at increased risk of adverse outcomes following family breakdown and that negative



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outcomes can persist into adulthood" (Harkness, 2019). Everyone in the family finds divorce to be challenging. Children may become distracted and perplexed when attempting to comprehend the shifting dynamics of the family. Children's academic performance may be impacted by divorce as a result of this disruption in their daily attention. Children who are more distracted are more likely to struggle to concentrate on their schoolwork (Family Means, n.d)

Prominent experts look at the effects on single parents' physical and mental health, their financial circumstances, and the effects on children's psychosocial adjustment, school performance, and behavior (Xanthakou et al., 2018).

Local

Single Parenting

In 2017, the Philippines reported that 15 million of its citizens were single parents. Of the 14 million parents who are unmarried, nearly all (95%) are female (Atienza, 2020). To understand a single-parent family, one must take into account all of the other single parents. not just the single spouse or the family members with a single parent. Internal family dynamics processes and the challenges they pose, as well as members' remarks regarding the family discussed (White, et al., 2018), influence each family member's behavior. Family is vital to a person's physical and emotional well-being throughout their life, and



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family members are interconnected (Pfeiffer and In Albon, 2022).A comprehensive policy review by analyzing the effects of the legislation on various dimensions of single-parent households' well-being. The implementation of the Expanded Solo Parents Welfare Act, its effectiveness in providing support to single parents, and its influence on different aspects such as economic stability, access to education, healthcare, and social support networks. The Expanded Solo Parents Welfare Act has made significant contributions to improving the socio-economic conditions of single-parent households. It has facilitated access to financial assistance, educational opportunities, and social services (Legarde, et.al., 2023).

Solo parents are individuals who have the sole responsibility of raising their children and encounter unique challenges that can impact the well-being of both themselves and their offspring. The difficulties single parents face, particularly in enhancing their living conditions, with the goal of raising awareness among relevant organizations in Nagcarlan Laguna. Solo parents often find it challenging to balance their financial obligations alongside parenting and childcare duties. They require time to nurture their children, while simultaneously needing to seek employment or other financial support to provide for them. Consequently, solo parents frequently devise strategies to fulfill both of these roles. (Menchie, et.al., 2024). Single motherhood is a major worldwide phenomenon that presents a unique set of difficulties. In



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Umingan, Pangasinan, where the number of single mothers is continuously rising, this problem is especially noticeable. Even though single parenthood has been extensively studied, little is known about the relationship between social capital and the challenges and coping strategies faced by single moms. Purposive sampling was used to gather information from 10 informants, and thematic analysis was used to provide a thorough examination of their lived experiences. Three main themes emerged: the difficulties single moms encounter, the significance of social capital in their life, and the coping mechanisms they use (Rosario, et.al.,2024).

Notably, the growing quantity of In the Philippines, they are known as "solo-parents (Cruz, et al., 2014), 15 of them seem to be single parents. proportion of the Philippines' overall population. In It is getting more transparent with the aid of the media. The viewpoint of society toward the idea and/or circumstance of an inadequate or unfinished family if in contrast to that time. Frequently, shows are staged. similar to the 2009 film Mano Po 6: A Mother's Love, the mother's endeavor to accomplish the his family in spite of the fact that That being said, life partner. If any, is frequently expressed negatively, such absence of emotional assistance as well as child support (Concha, et.al., 2019).. It is concerning that the number of single-parent households in PHILIPPINES has skyrocketed over the past 40 years, with the majority of these households being mother-led (Yusuf, 2020).



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One in ten parents believe that the most challenging part of single parenting is that society misunderstands them, which shows up as prejudice and stereotypes against single parents (Raboteg-Saric & Pecnik, 2009, as cited in (Baršić & Jevtic, 2019). Furthermore, it indicates that single fathers are more vulnerable to gender stereotypes than single mothers, despite the fact that both parents face unique difficulties as single parents. One of the challenges faced by a single father is prejudice. Bias against disapproving fathers is frequent and includes statements like "fathers don't know how to deal with their child" or "fathers can't even change diapers" (Sison, et.al., 2024).

Single parenting style

A highly effective method for examining how parents affect their children's social skills is through the concept of "parenting style." Parenting style encompasses two key aspects of parenting: how responsive parents are and how demanding they are. By classifying parents based on their levels of demandingness and responsiveness, the four distinct parenting styles: indulgent, authoritarian, authoritative, and uninvolved parenting style can forecast various aspects of child well-being, including social competence, academic success, psychosocial growth, and behavioral issues. Authoritative parenting, which combines strong parental expectations with emotional support and



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acknowledgment of the child's independence, consistently emerges as a significant predictor of competence from early childhood into adolescence (Mendez, et.al., 2022). Competence from early childhood into adolescence is consistently predicted by authoritative parenting, which blends high parental demands with emotional support and recognition of the child's independence (Caluza, 2023). Parenting practices greatly affect the family's quality of life and create the emotional environment for parent-child connection. By calculating the overall point average of their grades during the four quarters of the 2018–2019 school year, teenagers' ability to engage with the school environment is regarded as their school performance (Arcay et al., 2019).

Single parenting was associated with a higher risk of adolescent delinquency in a few Cavite cities. It seeks to ascertain the parenting styles of single parents, assess their impact on the three Cavite cities of Dasmariñas, Imus, and Bacoar, and ascertain the connection between juvenile delinquency and single parenting methods. A descriptive correlational approach, and a survey was given to 118 participants, including 59 single parents and 59 children aged 10 to 18. The majority of single parents in the chosen Cavite cities had an authoritative parenting style. Nevertheless, no discernible correlation was found between any of the parenting philosophies and juvenile criminality; rather, a child's propensity to engage in delinquent behaviour, can be



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predicted by a single parenting style. Therefore, it may be said that one of the implications is that juvenile delinquency may be predicted by parenting (Frederic, et.al.,n.d).

Neglectful parents exhibit low levels of demandingness and responsiveness, as well as disengagement from their children's activities. Authoritarian parents, on the other hand, are both demanding and unresponsive (Johnston & Chen, 2010). Authoritarian parenting methods do not feel the need to explain their rules or why they expect their children to behave in specific ways. Their primary attention is on their children doing wrong, and punishment for misbehavior is often harsh. If a child questions a rule, their parents will frequently say, "Because I said so". Parents who utilize this technique believe they must maintain constant control (Donato, 2011). Authoritative parents appreciate their children, understand them, monitor their welfare, and share warm and intimate moments with them (Woolfolk, 2020). In addition, according to William that authoritarian parenting is all about balance. These parents strongly believe in creating deep relationships with their children through the nurturing process and have high expectations for them. In an authoritarian household, children are given clear and age-appropriate regulations (Williams, 2013). However, it was discovered that students with authoritative parents have such values as a stronger work orientation, greater engagement in classroom activities, higher



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educational aspirations, more positive feelings about school, more time spent on homework, more positive academic self-conceptions, and lower levels of school misconduct, such as cheating or copying (Ghormode, 2013). According to the norms in Imus, Cavite, suggested that an authoritative parenting style be promoted because it has a relatively low likelihood of putting kids in legal trouble. Furthermore, it was a challenge to future academics to examine the same relationship by adding personality and economic position to the variable considered (Frederick, et, al., n.d).

Effect of Single Parenting on Child Development

The controversy surrounding single parenting is one of the biggest issues facing the modern civilization. As the number of divorces and broken marriages increases, every community is creating more single parents. In addition to the marriage, children are the ones who suffer the most from such a situation. Single parenting has been shown to have a significant negative impact on a child's development, shattering the ideal family structure at a critical juncture. The key ideas required to describe the most likely effects of such phenomena on children are theoretical parenting principles and a model that illustrates the responsibilities of ideal parenting (Alido et al., 2019). The effects of the Expanded Solo Parents Welfare Act on single-parent households in Zamboanga City, Philippines, are investigated in this policy analysis. It examined how the



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law was applied, how well it supported people, and how it affected social support, healthcare, education, and economic stability. These demonstrate that by expanding access to social services, education, and financial aid, the Act greatly enhanced the socioeconomic circumstances of single-parent homes, enhancing their resilience and general well-being. To fully achieve the Act's promise, the report also points out areas that require improvement (Legarde and others, 2023).

The issue of single parenting is becoming more widespread worldwide, particularly in Umingan, Pangasinan. Ten single moms were interviewed in order to learn more about how their social networks affect their coping mechanisms and difficulties. The main conclusions emphasize the need for close family and friends for support, financial hardship, parenting stress, and relationship issues, as well as the efficient use of larger networks to obtain resources. The endurance of the Filipino people is greatly influenced by their strong collectivist culture. In Nagcarlan, Laguna, single parents struggle to balance job and childcare obligations, which affects both their personal and their kids' wellbeing (Dela Cruz et al., 2024). In order to better their living conditions and increase awareness among pertinent groups, it attempts to identify these hardships. The main challenge is juggling the demands of childrearing with financial obligations.



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One certified dentist used the ICDAS to examine each child's teeth and conduct interviews with the child's caregiver. Significant factors linked to ECC were found by Poisson regression utilizing robust variance estimator analysis. ECC is a condition that is startlingly common in toddlers and is characterized by early onset and untreated deterioration. In order to comprehend the effects of nutrition and to promote oral hygiene, it is essential to prioritize preventative measures during the first two years of life (Oliveros et al., 2024).

Relationship of the Previous Studies to the Present Study

There are many issues facing the society back then that have not been resolved until now. One of the issues of society is the family with a single parent who supports the family and supports the needs of the children. This is one of the issues that society has to do with the family. It is considered one of the issues of society because it is widespread in different parts of the world. Many researchers have studied it, which from then until now is still being studied.

Until now, this issue is still being studied in order to know the percentage or number of single parents based on previous studies related to this issue. In addition to this, know the possible effects of single parenthood on child development. Through the previous studies, this will be the basis of the present studies if there is a change in this issue in



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society. The present study aims to address these gaps by examining the developmental outcomes of adolescents from single-parent households, utilizing a diverse sample across urban and rural settings. Possible solutions to this issue can also be found here.

By learning about this issue, it will help single parents. Here they will have an idea or knowledge of how a single parent can guide their child. They will also know what methods will help them to lead a family they hold or belong to. So its studies are really helpful about this issue. With the help of previous studies, it will be known if there are changes and what they are.



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CHAPTER III

METHODOLOGY

This chapter reveals the methods of research to be employed by the researcher in conducting the study which includes the research design, research locale, research instrument, population and sampling, data construction procedure, analysis of information, and ethical considerations.

Research Design

Qualitative research is a method of inquiry often used in the social sciences. Qualitative researchers aim to gather an in-depth understanding of human behavior and the reasons that govern such behavior. The qualitative method investigates the why and how of decision making, not just what, where, when. Hence, smaller but focused samples are more often used (Loyola Marymount University, n.d.). This study will use a phenomenological approach to explore the experience of single parents. It aims to understand their challenges, coping mechanisms, and that makes them resilient while raising children alone. A similar study by Shauta Hemingway looked at how seven women escaped poverty while raising kids. Hemingway used a qualitative approach to identify the factors that contributed to their success. (Hemingway, 2023).



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Research Locale

This study was conducted in Silang, Cavite. Single-parent families in Silang, Cavite face unique challenges, including financial struggle, time management, Emotional stress and limited parental guidance. From Silang, Cavite is located approximately 56 kilometers from Manila, with a road distance of 36 kilometers. The mix of rural and urban traits makes it a perfect place to study single parents. This study focused on the barangays in Silang, Cavite, including Balite, Malaking Tatiao, Munting Ilog, Hukay, and Tibig. The researcher chose these barangays because of the significant population of single parents who face challenges in raising their children.

Population and Sample

The participants in this study included all single parents in Silang, Cavite, regardless of age. All single parents that are still raising their children are also included in this study. From this population, 24 participants were needed in this study. Among these participants, nine (9) were from Tibig, one (1) from Balite, six (6) on Munting Ilog, one (1) from Malaking Tatiao and (7) were from Hukay. The single parent from barangay Tibig 36-70 is years old; from Malaking Tatiao, the single



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parent is 38 years old; in Hukay, the single parents ages are 24-60; in Munting Ilog 34-68, and lastly, from Balite, the single parent is 45-54 years old. So all in all, there are 23 single mothers and 1 single father that respondents in this study.

Sampling Technique

Purposive sampling is a non-randomized sampling technique that selects sampling units based on certain criteria. Purposive research sampling is a type of non-probability approach in which the researcher chooses a sample (person, cases, or events) based on their assessment that it would fit the study's objectives (Bisht, 2024). To select participants for a study on single parents, specific criteria are used. These include single parents living in Silang, Cavite. This targeted approach maximizes the value of the research interviews and helps effectively understand the complexities of single parenthood and their challenges while raising their children.

Research Instrument

This research used a semi-structured interview guide to examine the various challenges faced by single parents, which include the 20 open-ended questions. The instrument consists of pre-determined questions that focus on parenting style, challenges of single parents, the effects of single parents on child development. The first five questions are



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about the parenting styles of single parents. The next five questions are about the impacts of single parents on child development. The third five questions are about the challenges that single parents face, and the last five questions are about how single parents address the challenges. This question aims to identify the challenges faced by single parents and what the effects of single parenthood are on child development.

Data Construction Procedure

The interview was used as the data-gathering procedure. The following are the steps: The first thing the researchers did was create questions about research and have the teacher check them. It will revise the questions. Then looked for respondents/participants who were related to this research topic. The researchers gave them the consent so that they understood what they wanted to explore or find out so that they were prepared for the possible questions that might be asked of them and started interviewing them. The information was compiled and placed in a Google Drive held by the research leader.

Analysis of Information

In analyzing the data, the researchers use thematic analysis. Thematic analysis helps you make sense of complex qualitative data by transforming data like raw interviews and field notes into meaningful insights. Instead of just listing what people said or did, you look for



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meaningful patterns that tell you how they really experienced something. Like a detective, you're piecing together unstructured clues from a big pile of data to understand the deeper story of what it all really means as a whole (H, 2025). First, the researchers transcribe the answers of their respondents by listening to or watching the video of the interview, and after that, they familiarize themselves with and read the answers of their respondents. This was followed by coding the sentences and phrases of the responses of the respondents in this research. After coding the research, the responses were compiled into a single similar format for all interviews. Next, the responses related to teams, such as financial problems, printing styles, and the impact of single parents on the academic achievement, emotional, and social development of their children, were organized and included how single parents address these challenges. Next, the correct coding and teaming of the responses were ensured to ensure that the data were analyzed clearly and accurately. The analysis was written and included evidence from the data to support the interpretation of every respondent.

Ethical Considerations

Ethical considerations are essential for ensuring that individuals. Rights and well-being are prioritized throughout any research or activity. The ethical considerations that are used in this study are consent forms. Consent forms give the single parents rights to make informed decisions



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about their participation, respecting their autonomy, and personal agency. Next is confidentiality, used to protect their rights and ensure that their privacy is respected, especially when discussing sensitive topics. And, voluntary participation. In voluntary participation, it refers to the concept of individuals choosing to take part in an activity, study, or event of their own free will without coercion. Last is legality; it refers to the state of being in accordance with the law, meaning that an action, behavior, or decision is permitted for authorized people in system of country.

CHAPTER IV

RESULTS AND DISCUSSION



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This chapter comprises the analysis, presentation and interpretation of the findings resulting from this study. Discussions are also provided to give a comprehensive explanation of the themes that were generated in response to the objectives set in this study.

Research Findings

SOP1:What are the parenting styles of single parents in Silang, Cavite?

Based on the gathered data, one of the parenting styles observed among single parents is authoritarian. One of the interviewees stated, "*Kapag hindi sila nakikinig, pinapalo ko sila*" (She said that if they don't listen to her, she beats them). Another mentioned, "*Kailangan pag lalabas sila, mag pa-papaalam; kailangan ring sabihin kung anong oras uuwi, dapat ganitong oras nakauwi na*" (She said that when they go outside, they need to inform her, and they have a curfew). Another interviewee said, "*Hindi pwedeng lumabas; bata palang, syempre dapat marunong mag 'po' at 'opo' at hindi nag-sasabing masamang salita*" (She said that they cannot go outside because they are still young, and they should know how to say "po" and "opo" and not use bad words). This implies that they should listen to her.



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Another parenting style identified is authoritative. One interviewee remarked, *"Didisiplinahin mosila, pero hindi mo sasaktan; kumbaga, maluwa namasikip"* (She means she will still discipline her children, but not too harshly). This indicates that she still disciplines them, but not excessively. Another stated, *"Kapag pinagsasabihan ko sila, sinusuyo ko din"* (She means that when she talks to her child seriously, she also comforts them afterward). This suggests she resolves their issues, regardless of their size. Another interviewee expressed, *"Sa pamamagitan ng pakikipag-usap ng mahinahon, masabi kung anong nararamdaman nila"* (When they have problems, she will talk to them calmly and ask how they feel). This means she comforts them during difficult times because she does not want them to feel sad.

The last parenting style identified is permissive. One interviewee shared, *"Ang gusto kolang, makatapos silang pag-aaral para hindi nila maranasan yung problema kon ung bata pa ako"* (She only wants her children to finish their studies so they will not experience the problems she faced as a child). This expresses her desire to see her children succeed. Another said, *"Kahit kakarating kolang sa trabaho, pagod ako, sinasamahan ko parin sila manood ng movie"* (Despite being tired after work, she still goes with them to watch movies). This indicates her commitment to family bonding, regardless of her exhaustion. Another interviewee mentioned, *"Nagtitipid ako para mapagbigyan yung gusto"*



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nila, kahit hindi kona mabil iyung mga bagay na gusto ko" (She saves money to fulfill her children's desires, even if it means sacrificing her own wants). This illustrates her priority of ensuring her children's happiness, even at her own expense.

SOP2: What are the effects of being a single parent on child development?

This study explores the multifaceted impact of single parenthood on children's development, examining both positive and negative consequences. Interviewees offered diverse perspectives, highlighting the crucial role of parent-child relationships and the challenges faced by single parents balancing work and family life.

One interviewee shared a positive outcome: *"Nakapagtapos sila ng pag-aaral at nakahanap ng magandang trabaho"* (They finished their studies and found good jobs). This success story underscores the potential for upward mobility through education, enabling individuals from single-parent households to escape cycles of poverty. Conversely, another interviewee described a significant challenge: *"Hindi ko sila mabilhan ng gamit sa school dahil wala akong pambili"* (I couldn't buy them school supplies because I don't have enough money). This statement highlights the financial strain on single parents, which can



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severely hinder a child's education, potentially impacting academic performance and self-esteem.

The importance of family unity was also emphasized: *"Pakikisama at pagtutulungan kahit hindi tayo kumpleto"* (Unity and cooperation even if we're not complete). This sentiment reflects the strength and resilience often found in single-parent families, where children learn responsibility and interdependence. However, the demands of work often create a countervailing force: *"Hindi ko sila nabibigyan ng oras dahil sa aking trabaho"* (I can't spend time with them because of my work). This highlights the difficult balance between providing financially and nurturing close relationships. The lack of time can lead to feelings of neglect in children, potentially causing behavioral issues or emotional distress.

The quality of the parent-child relationship is paramount to a child's well-being. A strong relationship fosters happiness, academic success, and social skills. Conversely, strained relationships can lead to negative behavioral patterns, low self-esteem, and social difficulties. Interviewees illustrated this dynamic in their responses. One parent described fostering open communication: *"Sa pamamagitan ng pakikipag-usap ng mahinahon, masabi nila kung anong nararamdaman nila; alamni ang mga problema nila"* (By talking calmly, they can express their feelings



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and we can find out about their problems). This approach emphasizes emotional support and understanding. Another parent focused on realistic expectations: *"Okay naman; pinapaunawa kong hindi naman kailangan mag-top 1 sa pag-aaral ; mag-enjoy lang sila; kailangan maka pagtapos ng pag-aaral"* (It's okay; I let them know they don't need to be top of the class; they just need to enjoy themselves and finish their studies). This approach balances academic achievement with emotional well-being. Finally, one parent acknowledged the inevitability of conflict but emphasized reconciliation and teaching right from wrong: *"Lyon; kapag makulit, hindi Talaga maiiwasan na mag-aaway kami; minsan nga kinakalmot ako, pero nag kakaayos naman kami at pinapaintindi ko sa kanila yung tama at mali"* (That's why when they're naughty, we inevitably fight; sometimes I get scratched, but we make up and I make them understand right from wrong). This response shows patience and a commitment to teaching valuable life lessons.

SOP3: What are the challenges faced by single parents while raising their children?

Based on the gathered data, one of the challenges faced by single parents is financial stress. One of the interviewees said, *"Pinamahalaan, nangungutang kapag may gastos ng malaki, minsan nakakautang"* (borrowing money when there are big expenses, sometimes getting into debt). The mother describes a situation where the individual has trouble



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managing their finances. This may be a solution for unexpected costs or large purchases, but it can also lead to debt if not managed carefully. Another said, *"Pagsabay yung pagbabayad kosa exam, kulang na kulang yung pera ko, sakto lang sa pang bayad sa tuition at gatas niya"* (when my exam fee is due at the same time, my money is really tight; it's just enough to pay for my tuition and my child's milk). This describes a difficult financial situation where their money is barely enough to cover essential expenses. She's facing the double burden of paying for her own education while also providing for her child's basic needs. Another said, *"Sinisikap kona lagi magtipid dahil di sa panahon ay maraming pera"* (I always try to save as much as I can because money is tight sometimes). This acknowledges the need to be frugal because her income is not always consistent. She's trying to save money for times when they may have less income.

Based on the gathered data, another challenge faced by single parents is emotional stress. One of the interviewees said, *"Stress kami, oo, pero kasi kilala koyung anak ko kaya hindi ganon ka-stress palakihin"* (I'm stressed, yes, but I know my child, so raising them is not that stressful). This describes that while the mother is experiencing stress, her deep understanding of her child makes the parenting journey less stressful. Knowing her child's personality and needs allows her to navigate challenges with greater ease. Another said, *"Pag gantong situasyon kasi, hindi ko muna sila kakausapin baka kasi ang"*



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mapagbuntungan ko ng galit, minsan nang yayari 'yon, nag-iisip muna akopaaanogagawinkoperokailanganmunamarealizesasariliko" (In situations like this, I would not talk to them right away because I might end up taking my anger out on them, and that sometimes happens. I need to think about how to handle it, but first, I need to process my own feelings). This describes their strategy for dealing with anger in difficult situations. They choose to avoid confrontation initially to prevent lashing out, recognizing that they need time to calm down and think clearly before responding. Another said, *"Para sa'kin kasi, sa school problema koyung sa school, malampasan dapat pero ngayong anon pa rin, parang cycle yung examination fee ko, ang laki pero kailangan lumaban para sa anak"* (For me, school problems should be something you overcome. But it feels like a cycle. My child's examination fees are huge, but I have to fight for them). This describes that the mother believes school challenges should be overcome, yet feels stuck in a cycle of financial difficulties. Despite the burden of high examination fees, she is determined to provide for her child's education.

A special issue in parenting is "multiple responsibilities." Single parents may struggle because of these multiple responsibilities. One of the interviewees said, *"Pag yung sa trabaho ko naman e maagang matapos tapos yung lahat ng pagluluto, paglalaba, etc., ginagampanan ko bilang isang ina sa kanya, 'yon doon nalalaman nila na nandito ako para sa kanila"* (When I finish my work early, I do the cooking, laundry, and



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whatever else as a mother to them. That's when they know I'm here for them). This shows how single parents manage their multiple responsibilities and make sure their child knows they are not alone. Another one said, *"Mahirap, oo, noong mga kalliitan, pa sila naakona lang yung nag tataguyod sa kanya, mahirap kasi syempre may trabahoko, na-absent ako para mapuntahan ko yung meeting, ganun"* (It's hard, yes, when they were still little, I was the only one supporting them. It's hard because, of course, I have work, so I have to take time off to attend their meeting). This shows how single parents struggle with their job while supporting their child in school. Another one said, *"Sa morning, ako mag-aasikaso at make sure na makakain sila at yung bunso ko maiiwan, sinisiguro ko nanaka-ready na kung gagamitin niya, at pag may assignment yung isa, tinatanong ko kung meron ba"* (In the morning, I take care of them and make sure they eat, and my youngest is left alone. I make sure that what he will use is ready, and when one of them has an assignment, I ask if there is anything else). This shows how single parents manage everything before allowing their children to proceed with their day.

SOP4: How Do Single Parents in Silang, Cavite, Address the Challenges of Raising Their Children?

The specific issue that single parents face when raising their children alone is "Time Management." One of the interviewees stated, *"Tuwinggabilagikamingnagkukwentuhanbagomatulogparamakabawiakos*



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akanila" (Every night, we always talk before going to bed so I can make up for lost time with them). This illustrates how single parents prioritize spending their remaining time with their children to ensure they feel their presence. Another interviewee mentioned, *"Pinagluluto ko ang mga anak ko pag uwi ko galing trabaho"* (I cook for my children when I get home from work). This demonstrates how single parents dedicate their time to reconnect with their children after a long day at work by preparing dinner for them.

Additionally, one respondent shared, *"Kapag may free time ako, nag-videocall kami tapos kakamustahin koyung pag-aaral nila, tulad ng 'Anong ginagawa niyo sa school?'"* (When I have free time, we videocall, and I ask how their studies are going, like 'What are you doing at school?'). This shows how the interviewees manage their time during their free moments to ensure their children are safe and engaged in their studies.

Based on the gathered data, single parents address these challenges by bonding with their families. One respondent said, *"Tuwing gabi lagi kaming nag kukwentuhan bago matulog para makabawi sa kanila"* (Every night, we always talk before going to bed to make up for lost time with them). This bonding time allows them to share experiences and strengthen their relationships. Another respondent mentioned,



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"Kuma kain kami sa labas at nag-happy happy kami tuwing linggo" (We eat out and have fun every Sunday). This indicates that when they have time together, they enjoy outings and meals, fostering a sense of togetherness. Additionally, one respondent stated, *"Nagtutulungan kami"* (We help each other). This conveys that mutual support among family members enhances their bond and brings happiness.

Discussion

The qualitative study entitled "Resilience in Single Parenting: Understanding the Challenges Faced by Single Parents While Raising Their Children" provides important insights into the difficulties encountered by single parents. The findings clearly demonstrate that single parents face numerous challenges, including financial struggles, emotional stress, and insufficient time for family. These findings align with existing literature on the challenges of financial difficulties faced by single parents.

After analyzing the data, researchers recognize that it is challenging for single parents to manage a household when they lack financial resources. Furthermore, their emotional well-being is impacted by the challenges they encounter, such as the limited time available for caring for their children while also working. However, based on the interviews, it is evident that these parents find ways to cope with these



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challenges for the sake of their children. This study also highlights that being a single parent is not easy; when multiple problems arise simultaneously, there is a significant chance that the children will also be affected.

CHAPTER V

SUMMARY, CONCLUSIONS, AND RECOMMENDATIONS

This chapter presents the summary of the study, conclusions, and recommendations of the study based on the data analyzed from the previous chapter.

Summary

This study aimed to analyze the challenges faced by single parents while raising their children in Silang, Cavite, focusing on how they manage the challenges that they faced in everyday life and their impact on child development. This is a qualitative phenomenological study that explored the lived experiences of single parents in. The study surveyed 24 participants 23 single mothers and 1 single father selected through purposive sampling. Data was collected through interviews and



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analyzed using thematic analysis to identify recurring themes in challenges.

Findings on the superordinate themes, subordinate themes, and subcategories that emerged from the analysis of data are as follows:

1. Parenting Style of single parents

1.1. Permissive

1.2. Authoritative

1.3. Authoritarian

2. Challenges of single parents

2.1. Financial Struggle

2.2. Emotional Stress

2.3. Time is not enough

3. The following will have impact on child development

3.1. Academic Performance

3.2. Emotional well being

4. How single parents address the challenges that they faced

4.1 Praying

4.2. Bonding



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Conclusion

The study revealed a stark reality for single parents, highlighting a limitless number of challenges. that significantly impact their well-being and daily lives. These challenges include a lack of family time, emotional strain, and financial difficulties, which significantly impact their well-being and daily lives. It is clear that single parents often face a heavier workload, juggling responsibilities of both parents. This, in turn, can limit their ability to engage in self-care and leisure activities, impacting their overall well-being. Addressing these issues is essential to providing better support for single-parent families. For example, programs that provide child care assistance or financial support could help alleviate some of the burdens placed on single parents. Additionally, fostering a stronger sense of community and offering support groups can provide a valuable outlet for single parents to share experiences and connect with others facing similar challenges.

Recommendation

As this study highlights the challenges faced by single parents and their children, it is essential to provide recommendations that can support and empower them. Based on the findings of this research, the following suggestions are proposed to address the unique needs of single parents and their children. These recommendations aim to promote resilience, well-being, and positive outcomes for single-parent families.



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By implementing these suggestions, it can work towards creating a more supportive and inclusive environment for single parents and their children.

To single parents, it is recommended that they prioritize self-care and seek support from family, friends, or support groups to manage stress and emotions. They should also take advantage of resources such as counseling and parenting classes to improve their parenting skills and build resilience.

To children of single parents, it is recommended that they openly communicate with their parent about their feelings and needs. They should also seek support from trusted adults, such as teachers or family friends, and engage in extracurricular activities to build social connections and self-esteem.

To other parents, it is recommended that they offer emotional support and practical help to single parents in their community. They can also advocate for policies and programs that support single parents and their children, such as flexible work arrangements and affordable childcare.



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To future researchers, it is recommended that they conduct further studies on the specific challenges faced by single parents and their children, particularly in diverse cultural and socioeconomic contexts. They should also explore the effectiveness of different interventions and programs aimed at supporting single parents and promoting resilience in their children

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APPENDIXES



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Appendixes A

Republic of the Philippines
Department of Education
REGION IV-A
DIVISION OF CAVITE PROVINCE
MUNTING ILOG INTEGRATED NATIONAL HIGH SCHOOL

Informed Consent

Dear Sir/Madam:

I hope this letter finds you in good health and high spirits. We are Grade 11 HUMSS students from Munting Ilog Integrated National High School. I am writing to you to seek your voluntary participation in a research study that we are conducting entitled *"Resilience in Single Parenting: Understanding the Challenges Faced by Single Parents in Raising Children"*. The purpose of this study is to explore and understand the challenges that faced a single parent in raising children.

Your participation in this research study is entirely voluntary, and you have the right to refuse to participate or withdraw your consent at any time without any negative consequences. Your decision to participate or decline will not affect your current or future relationship with our school or fellow researchers.

Here are some important details about the research study:

Study Procedures: If you agree to participate, you will be asked to answer our interviews and it includes 20 questions. The estimated duration of your participation will be approximately 30 minutes to one (1) hour.

Confidentiality: We will maintain strict confidentiality of all the information collected during the research study. Your data will be coded and stored securely, and only authorized researchers will have access to it. Any information published or presented will in an aggregated and anonymized form, ensuring your identity remains confidential.

Voluntary Participation: Participation in this research study is entirely voluntary. If you decide to participate, you are free to withdraw your consent or discontinue your involvement at any point without providing a reason and without any penalty or loss of benefits.

By signing below, you indicate that you have read this consent letter, understood the information provided, and voluntarily agree to participate in the research study. You also acknowledge that you have received a copy of this letter for your records.

Thank you so much for your cooperation on this study and God bless!

Sincerely,

The Researchers

Participant's Signature: _____

Participant's Name: _____

Date of Interview: _____

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Cavite



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Appendixes B

Republic of the Philippines
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REGION IV-A
DIVISION OF CAVITE PROVINCE
MUNTING ILOG INTEGRATED NATIONAL HIGH SCHOOL

Interviewee's Profile

Name: _____

Age: _____

Sex: _____

Date of Birth: _____

Place of Birth: _____

Address: _____

Educational Background: _____

Current Employment: _____

Contact Information: _____

How many children: _____

How many years as a single parent: _____

Signature of Interviewee over Printed Name

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Appendixes C

Republic of the Philippines
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REGION IV-A
DIVISION OF CAVITE PROVINCE
MUNTING ILOG INTEGRATED NATIONAL HIGH SCHOOL

parent?

8. How do you balance your work and family responsibilities to ensure that your child has enough time for family bonding?

9. How would you describe your child's behavior? Have you noticed any behavioral challenges or difficulties when it comes to his/her social interaction with you?

10. How is your child's academic performance? Have you noticed any challenges or strengths in areas such as concentration, learning, or motivation in academics?

11. How do you address the challenges of being both a mother and a father to your child? What strategies do you use to provide the same type of support?

12. What challenges do you face in raising your child alone? Do you have any concerns about their emotional, social, or academic development?

13. How do you address the feelings of sadness that you might experience as a single

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parent? Do you have a support system or people you can rely on?

14. How do you balance your work and family responsibilities? Do you have any strategies for taking care of your child while you work?

15. What is the biggest financial challenge you face as a single parent? How do you manage your expenses and find ways to meet your child's needs?

16. What do you do to ensure that your child gets enough time and attention from you, especially if you are working long hours?

17. How do you ensure that your child is receiving adequate support and guidance in their development?

18. How do you support your child despite the problems you are experiencing?

19. Do you have any strategies for taking care of your child while you work?

20. How do you manage your expenses and find ways to meet your child's needs?

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Name and Signature of Interviewee

Name and Signature of Interviewer



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CURRICULUM VITAE



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DARLYN A. ALCANTARA

Sitio Matro Barangay Tibig Silang Cavite
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09384738373

PERSONAL INFORMATION

Birthday July 19, 2008
Birthplace Silang, Cavite
Age 16 yrs old
Father's Name Manolito R. Alcantara
Mother's Name Jenlyn A. Alcantara
Nationality Filipino
Religion Catholic
Civil Status Single
Language Spoken English and Tagalog
Hobbies Dance
Drawing

REFERENCE

Christianne Rose A. Carabeo MACDS
Munting Ilog Integrated NHS
Research Teacher
09171452217

Angela Lalaine Vicente LPT
Munting Ilog Integrated NHS
Teacher I
091602487991

CAREER OBJECTIVE

To obtain my strong business acumen and analytical skills to make a meaningful impact in a fast-paced and competitive environment, contributing to the development of successful strategies.

EDUCATION

• SENIOR HIGH SCHOOL

Munting Ilog Integrated National High School (2024-Present)
HUMSS Strand

• JUNIOR HIGH SCHOOL

Munting Ilog Integrated National Highschool (2020-2024)
Brgy. Munting Ilog, Silang, Cavite

• ELEMELINARY SCHOOL

Tibig Elementary School (2014-2020)
Brgy. Tibig, Silang, Cavite

SKILLS

- Strategic Thinking
- Financial Acumen
- Multi-tasking
- Problem-Solving
- Decision-Making
- Negotiation and Communication
- Time Management


Darlyn A. Alcantara
GRADE 11- HUMSS STUDENT



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MATT CONRAD D. ALEGRO

Ilaya Street Munting Ilog, Silang, Cavite
mattalegro9@gmail.com
09683123279

PERSONAL INFORMATION

Birthday	September 8, 2008
Birthplace	Silang, Cavite
Age	16 yrs old
Father's Name	Marvie Jay D. Alegro
Mother's Name	Milett D. Alegro
Nationality	Filipino
Religion	Catholic
Civil Status	Single
Language Spoken	English and Tagalog
Hobbies	Playing online games

REFERENCE

Christianne Roie A. Carabeo, MACDDS
Munting Ilog Integrated NHS
Research Teacher
09171452217

Angela Lalaine Vicente, LPT
Munting Ilog Integrated NHS
Teacher I
09369482991

CAREER OBJECTIVE

To obtain a graduate role, applying academic knowledge and skills in a real-world setting and contributing to business success.

EDUCATION

• SENIOR HIGH SCHOOL

Munting Ilog Integrated National High School (2024-Present)
HUMSS Strand

• JUNIOR HIGH SCHOOL

Munting Ilog Integrated National Highschool (2020-2024)
Brgy. Munting Ilog, Silang, Cavite

• ELEMELINARY SCHOOL

Munting Ilog Elementary School 2014-2019
Brgy. Munting, Ilog, Silang, Cavite

SKILLS

- Communication and interpersonal skills
- Problem-solving and analytical skills
- Time management and organizational skills
- Leadership and team management skills
- Adaptability and flexibility

Alegro
Matt Conrad D. Alegro
GRADE 11- HUMSS STUDENT



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NATIONAL HIGH SCHOOL



Marc Kiane Ambata

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PERSONAL INFORMATION

Birthday October 26, 2008
Birthplace La Purisima, Nabua, Bicol
Age 17
Father's Name Wilfredo M. Ambata
Mother's Name Mary Ann A. Ambata
Nationality Filipino
Religion Catholic
Civil Status Single
Language Spoken English and Tagalog
Hobbies Online Games
Basketball

REFERENCE

Christianne Roie A. Carabeo, MACDDS
Munting Ilog Integrated NHS
Research Teacher
09171452217

Angela Lalaine Vicente, LPT
Munting Ilog Integrated NHS
Teacher I
09369482991

CAREER OBJECTIVE

To obtain a challenging and rewarding position as a seaman on a reputable vessel, utilizing my skills and experience to ensure safe and efficient operations at sea.

EDUCATION

• SENIOR HIGH SCHOOL

Munting Ilog Integrated National High School
2024-Present

• JUNIOR HIGH SCHOOL

Munting Ilog Integrated National High School
2020-2024

• ELEMENETARY SCHOOL

Tibig, Elementary, School
2014-2019

SKILLS

- Observant
- Hard Working
- Passionate
- Self-Awareness

Ambata
Marc Kiane A. Ambata
HUMSS Student



MUNTING ILOG INTEGRATED
NATIONAL HIGH SCHOOL



VINCE JUSTINE A. BADAL

Sitio Matro Barangay Tibig Silang Cavite
vj7789781@gmail.com
09687291853

PERSONAL INFORMATION

Birthday	February 13, 2008
Birthplace	Silang, Cavite
Age	17 yrs old
Father's Name	Guillermo R. Badal
Mother's Name	Mary Grace Alcantara
Nationality	Filipino
Religion	Catholic
Civil Status	Single
Language Spoken	English and Tagalog
Hobbies	Dance Drawing

REFERENCE

Christianne Roie A. Carabeo, MACDDS Munting
Ilog Integrated NHS
Research Teacher
09171452217

Angela Lalaine Vicente, LPT
Munting Ilog Integrated NHS
Teacher I
09369482991

CAREER OBJECTIVE

To secure a challenging and rewarding position where I can leverage my skills and experience to contribute to the growth and success of a dynamic organization, while continuously developing my professional expertise.

EDUCATION

• SENIOR HIGH SCHOOL

Munting Ilog Integrated National High School (2024-Present)
HUMSS Strand

• JUNIOR HIGH SCHOOL

San Nicolas Integrated High School (2021-2024)
Brgy. Calangay, San Nicolas, Batangas
Munting Ilog Integrated National Highschool (2020-2022)
Brgy. Munting Ilog, Silang, Cavite

• ELEMENETARY SCHOOL

Tibig Elementary School (2014-2020)
Brgy. Tibig, Silang, Cavite

SKILLS

- Research Skills
- Critical Thinking & Analysis
- Data Analysis:
- Writing & Communication
- Time Management & Organization
- Information Literacy


Vince Justine A. Badal
GRADE 11- HUMSS STUDENT



MUNTING ILOG INTEGRATED
NATIONAL HIGH SCHOOL



VINCE AERON B. BREDONIA

Tibig silang Cavite Philippines
09754987502
evinceaeron@gmail.com

PERSONAL INFORMATION

Birthday March 27 2006
Birthplace Silang, Cavite
Age 19 yrs old
Father's Name Rodgie Elva Canja
Mother's Name Evelyn B. Canja
Nationality Filipino
Religion Catholic
Civil Status Single
Language Spoken English and Tagalog
Hobbies Dance
vehicle repairing

REFERENCE

Christianne Rose A. Canabeo -MACDDE
Munting Ilog Integrated NHS
Research Teacher
09171452217

Apreda Lolaine Yuante -LPT
Munting Ilog Integrated NHS
Teacher I
09180982991

CAREER OBJECTIVE

To secure a position where I can utilize my proven ability to [Quantifiable Achievement] and contribute to exceeding organizational goals.

EDUCATION

• SENIOR HIGH SCHOOL

Munting Ilog Integrated National High School (2024-Present)
HUMSS Strand

Sitio: Kanluran, Silang, Cavite

• JUNIOR HIGH SCHOOL

Munting Ilog Integrated National Highschool (2020-2024)
Brgy. Munting Ilog, Silang, Cavite

• ELEMENTARY SCHOOL

Tibig Elementary School (2014-2020)
Brgy. Tibig, Silang, Cavite

SKILLS

- Networking. ...
- Enthusiasm. ...
- Professionalism. ...
- Communication Skills. ...
- Teamwork. ...


Vince Aeron B. Canbe
GRADE 11 - HUMSS STUDENT



MUNTING ILOG INTEGRATED
NATIONAL HIGH SCHOOL



Romcel Castro

516 Looban Munting Ilog Silang Cavite
Romcelcastro09@gmail.com
09121634576

PERSONAL INFORMATION

Birthday December 09,2007
Birthplace General Trias Cavite
Age 18
Father's Name Romel Castro
Mother's Name Cecille Castro
Nationality Filipino
Religion Christian
Civil Status Single
Language Spoken English and Tagalog
Hobbies Cooking Singing
Playing Volleyball
Online Games

REFERENCE

Christianne Roie A. Carabeo, MACDDS
Munting Ilog Integrated NHS
Research Teacher
09171452217

Angela Lalaine Vicente, LPT
Munting Ilog Integrated NHS
Teacher I
09369482991

CAREER OBJECTIVE

To obtain a position as a salesman to my company and to contribute success to my company.

EDUCATION

• SENIOR HIGH SCHOOL

Munting Ilog Integrated National High School
2024-Present

• JUNIOR HIGH SCHOOL

Munting Ilog Integrated National High School
2020-2024

• ELEMENETARY SCHOOL

Munting Ilog ,Elementary, School
2014-2019

SKILLS

- Fashion Designer
- Hard Working
- Trustworthy
- Self-discipline

Romcel
RomelCastro
HUMMS STUDENT



MUNTING ILOG INTEGRATED
NATIONAL HIGH SCHOOL



Izslle Capuccino

Barangay Kaong Silang Cavite
izslecapuccino@gmail.com
09475627482

PERSONAL INFORMATION

Birthday December 11, 2007
Birthplace Trece Martires City, Cavite
Age 17
Father's Name Marife Tongga
Mother's Name Domingo Capuchino
Nationality Filipino
Religion Catholic
Civil Status Single
Language Spoken English and Tagalog
Hobbies Dancing
Volleyball

REFERENCE

Christianne Roie A. Carabeo, MACDDS
Munting Ilog Integrated NHS
Research Teacher
09171452217

Angela Lalaine Vicente, LPT
Munting Ilog Integrated NHS
Teacher I
09369482991

CAREER OBJECTIVE

To obtain a rewarding position as a police officer where I can serve in my community.

EDUCATION

• SENIOR HIGH SCHOOL

Munting Ilog Integrated National High School
2024-Present

• JUNIOR HIGH SCHOOL

Munting Ilog Integrated National High School
2020-2024

• ELEMENETARY SCHOOL

Tibig, Elementary, School
2014-2019
Single

SKILLS

- Observant
- Hard Working
- Passionate
- Self-Awareness
- Problem Solving
- Communication skills

Capuccino
Izslle Capuccino
HUMSS Student



MUNTING ILOG INTEGRATED
NATIONAL HIGH SCHOOL



Rhayanna Joyce Del Mundo

Sitio Kanluran Barangay Tibig, Silang, Cavite
rhayannajoycedelmundo@gmail.com
09108349591

PERSONAL INFORMATION

Birthday May 22 2008
Birthplace Llavac, Real, Quezon
Age 16
Father's Name Rico Del Mundo
Mother's Name Jenny Del Mundo
Nationality Filipino
Religion Catholic
Civil Status Single
Language Spoken English and Tagalog
Hobbies Badminton
Singing
Reading Fictional Stories

REFERENCE

Christianne Roie A. Carabeo, MACDDS Munting Ilog Integrated NHS
Research Teacher
09171452217

Angela Lalaine Vicente, LPT
Munting Ilog Integrated NHS
Teacher I
09369482991

CAREER OBJECTIVE

To become a teacher, providing quality education to my student.

EDUCATION

- **SENIOR HIGH SCHOOL** Munting Ilog Integrated National High School 2024 to present.
 - With Honor
- **JUNIOR HIGH SCHOOL** Munting Ilog Integrated National High School 2020-2024
 - With Honor
- **ELEMENTARY SCHOOL** Munting Ilog Elementary School 2017-2020
Llavac Elementary School 2014-2017

SKILLS

- Communication skills
- Lesson planning
- Organization
- Lesson planning


Rhayanna Joyce Del Mundo
HUMSS STUDENT