

**LIFE SATISFACTION AMONG SINGLE PARENTS IN SELECTED
BARANGAY ON LUCBAN, QUEZON**

KYLE ANGELIE G. ASON

RIZZA B. ZAPANTA

Southern Luzon State University

COLLEGE OF TEACHER EDUCATION

Bachelor of Technology and Livelihood Education

Major in Home Economics

2025

BIOGRAPHICAL SKETCH

Name: Kyle Angelie Gagan Ason

Birthdate: July 10, 2003

Birthplace: Sampaloc, Quezon

Permanent Address: Brgy Ilayang Owain,
Sampaloc, Quezon



Contact Number: 09777489637

Email Address: asonkyleangelie@gmail.com

Educational Background:

School/University	Inclusive Years	Honors/Award
Sampaloc Elementary School II	2010 - 2016	Awardee
Adela S. Torres National High School	2016 - 2022	
Manuel S. Enverga Academy Foundation Inc.	2020-2022	Grade 12 With Honor
Southern Luzon State University	2022 - Present	

Organization/Seminars:

Member of Ensembles of Livelihood and Technology Students

2022- Present

BIOGRAPHICAL SKETCH

Name: Rizza Bergola Zapanta

Birthdate: December 21, 2003

Birthplace: San Francisco, Quezon

Permanent Address: Brgy. Pagsangahan,

San Francisco, Quezon



Contact Number: 09475808281

Email Address: rizza.zapanta01@gmail.com

Educational Background:

School/University	Inclusive Years	Honors/Award
Viva Antipolo Elementary School	2010 - 2016	Grade 1,4 and 6, With Honor
Pagsangahan National High School	2015 - 2022	Grade 12, With Honor
Southern Luzon State University	2022 - Present	

Organization/Seminars:

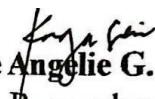
Member of Ensembles of Livelihood and Technology Students

2022- Present

CERTIFICATE OF ORIGINALITY

We hereby declare that this submission is our work and that, to the best of my knowledge and belief, it contains no material previously published or written by another person nor material which to a substantial extent has been accepted for the award of any other degree or diploma of a university or other institute of higher learning, except where due acknowledge is made in in the text.

We also declare that the intellectual content of this thesis is the product of my work, even though we may have received assistance from others on style, presentation, and language expression.


Kyle Angelie G. Ason
Researcher


Rizza B. Zapanta
Researcher


John Paolo R. Alvarez, MAEd
Research Adviser

June , 2025

APPROVAL SHEET

In partial fulfillment of the requirements for the degree, Bachelor of Technology and Livelihood Education Major in Home Economics, this research paper entitled "**Life Satisfaction among Single Parents in selected Barangays on Lucban, Quezon**" has been prepared and submitted by **Kyle Angelie G. Ason** and **Rizza B. Zapanta**, who are hereby recommended for the oral examination.


JOHN PAOLO ALVAREZ, MAEd
Research Adviser

Approved in partial fulfillment of requirements for the degree, Bachelor of Technology and Livelihood Education major in Home Economics by the Oral Examination Committee.


AILA MARIE A. ALPUERTO, LPT
Member


SHAIRA E. ZAIDE, LPT
Member


JEANETTE A. DAVID, MAED
Chairperson

Accepted in partial fulfillment of the requirements for the degree Bachelor of Technology and Livelihood Education major in Home Economics.

AUG 14 2025

Date


VANESSA C. ZUBIETA PhD
Dean, College of Teacher Education

DEDICATION

I dedicate my deepest gratitude to my father, **Edwin**, for believing in my abilities, supporting me through my worries, and guiding me every step of the way. To my mother in heaven, **Mary Grace**, thank you for being my greatest source of strength and inspiration. I also extend this dedication to my **brother and sister**, whose presence and encouragement motivated me to give my full dedication to this project and to everything I have accomplished.

KAGA

DEDICATION

This research is dedicated to the people who supported, guided, and believed in me throughout this journey. To my **family**—thank you for your unwavering love and encouragement. I am especially grateful to my **sister**, whose financial support, belief in my capabilities, and constant cheer were instrumental in helping me complete this research. I could not have done it without all of you. Thank you for being my pillar of strength.

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The Researchers

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ABSTRACT

Title: **LIFE SATISFACTION AMONG SINGLE PARENTS
IN SELECTED BARANGAYS ON LUCBAN, QUEZON**

Researcher: Kyle Angelie G. Ason, and Rizza B. Zapanta

Research Adviser: John Paolo R. Alvatez, MAEd

This study aimed to examine the extent of underemployment and assess the level of life satisfaction among single parents from low-income households in selected barangays of Lucban, Quezon. Employing a quantitative research design, the researchers utilized survey questionnaires as the primary data-gathering instrument. A total of 40 single parents participated, providing demographic data such as age, gender, occupation, number of children, and household income. The majority of respondents were female (82.5%), aged between 36 and 45 years, with one or two children. Most were engaged in informal labor, vending, and service-related occupations characterized by low-income earnings. Despite economic constraints, the findings revealed that respondents reported moderate satisfaction with their overall quality of life, particularly in areas related to health, comfort, and access to basic needs, including occasional non-essential items. Statistical analyses, including independent t-tests and one-way ANOVA, were conducted to explore potential relationships between demographic variables and levels of life satisfaction. Results indicated no statistically significant association between demographic characteristics and life satisfaction scores, implying that non-demographic factors may exert greater influence on well-being. In response to these findings, the researchers formulated a project proposal tailored to support single parents in low-income communities. The initiative emphasized the need for livelihood training and skills development programs aimed at enhancing socioeconomic stability and individual satisfaction. Ultimately, the study concluded that although essential needs were generally met, many single parents remained in economically and socially vulnerable positions. Accordingly, the researchers recommended further investigation into psychological, social, and environmental factors affecting life satisfaction and encouraged the implementation of targeted support services to improve quality of life within this population segment.

Keywords: *single parents, life satisfaction, demographic profile, extension activity proposal*

CHAPTER I

INTRODUCTION

The twenty-first century has ushered in considerable social transformations, and despite challenging circumstances, individuals have continued to adapt and thrive. In the Philippines, family households vary widely, encompassing same-gender parent families, nuclear families, extended families, and single-parent households. This study places particular emphasis on single-parent households, which consist of one parent and one or more children. Typically, these households lack a partner to help meet the family's daily needs. According to the World Health Organization, approximately 15 million single parents reside in the Philippines, with 95% being mothers and 5% being fathers.

Section 2 of Republic Act No. 11681 affirms the natural rights and responsibilities of single parents, emphasizing their role in meeting their children's basic needs. It also underscores the necessity of providing these families with welfare programs and social services to improve their living conditions and social standing.

Van Gasse and Mortelmans (2020) observed that single parenthood is often perceived negatively, especially when it results from divorce, separation, or death. These transitions frequently cause disruptions in household organization. Nevertheless, some individuals intentionally choose single parenthood and view the experience as fulfilling and positive.

Household satisfaction serves as an important indicator of contentment with living conditions. It is often used to identify service gaps and evaluate the quality of public health and welfare programs. For single parents, life satisfaction may be influenced by various domains such as health, access to necessities, comfort, and occasional luxuries. Furthermore, meal insecurity—defined as the lack of resources to purchase nutritious food regularly—is a pressing issue among low-income families.

Multiple factors affect the experience of being a single parent. Underemployment, in particular, poses a significant challenge when individuals are unable to earn sufficient income or utilize their skills adequately. As physical and emotional strain increases, household satisfaction may decline. Scholars argue that food insecurity exacerbates poverty and negatively impacts health, productivity, and overall well-being. Moreover, they contend that breaking the cycle of poverty is essential to eradicating hunger and fostering sustainable development.

Background of the Study

In contemporary society, single motherhood has become increasingly prevalent, influenced by rising divorce and separation rates, parental mortality, and individual choices to raise children independently. For those navigating this situation, the experience often proves challenging, as single parents are frequently perceived as "carrying all the burdens." Ideally, both parents would share responsibilities and work collaboratively to overcome familial challenges. Life satisfaction, broadly defined as a cognitive evaluation of one's overall quality of life, serves as a significant predictor of well-being. It encompasses

several domains, including health, interpersonal relationships, financial stability, and personal growth. Given the multifaceted nature of their challenges, single parents often face greater difficulty in attaining high levels of life satisfaction.

Many single parents experience unemployment or underemployment, resulting in financial instability that impedes their ability to meet basic family needs. This strain frequently affects access to education and essential resources for their children. Moreover, the extensive responsibilities associated with childrearing—especially in the area of childcare—present additional obstacles for single parents, commonly referred to as “solo parents” in the Philippines.

Bargo (2018) identified four primary factors influencing single parents in the Philippines: social, personal, child-related, and economic. The study established significant associations between economic concerns and variables such as religion, number of children, occupation, monthly income, educational attainment, and sources of assistance. Child-related issues were similarly linked to income, received support, employment status, and educational level. Conversely, social concerns were strongly associated with living conditions and number of dependents. These findings underscore how single parents’ struggles are closely tied to economic status, support systems, and demographic profiles.

Additionally, many single parents encountered challenges in maintaining personal health due to demanding schedules that limited regular physical activity and medical appointments. Comfort and leisure were often compromised, as responsibilities left

minimal time for personal fulfillment. The ongoing pressure to meet basic needs rendered luxuries virtually unattainable.

This study aimed to address gaps in existing research by examining single parents' perceptions of health, comfort, necessity, and luxury in relation to their life satisfaction. The researcher's interest in this topic stemmed from firsthand accounts of the difficulties faced by single parents lacking support from former partners. Furthermore, the study explored strategies by which these individuals could generate additional income to meet rising costs. Ultimately, the research sought to highlight factors contributing to life satisfaction among single parents in order to inform efforts to improve their overall well-being and that of their children.

Objective of the Study

The researchers aimed to identify the gaps between life satisfaction and the experiences of single parents from low-income households. Specifically, the study sought to achieve the following objectives:

1. Determine the demographic profile of single parent in terms of:
 - 1.1 Age of single parents,
 - 1.2 Occupation/source of income,
 - 1.3 Gender,
 - 1.4 Number of child/children, and
 - 1.5 Monthly income;

2. Identify the quality-of-life satisfaction of single parent in terms of:
 - 2.1 Health,
 - 2.2 Comfort,
 - 2.3 Necessity, and
 - 2.4 Luxury;
3. Identify the significant difference between demographic profile and life satisfactions of single parent households; and
4. Propose an extension activity for single parent household.

Hypothesis

There is no significant difference between demographic profile and life satisfaction of single parents

Significance of the Study

This study examined life satisfaction among solo parents from low-income households in Lucban, Quezon. Its significance may be observed across several sectors:

To the **solo parents**, the findings could provide a deeper understanding of their rights and responsibilities, particularly within the context of rearing children in financially constrained environments. The results may help solo parents recognize areas of need and navigate available support systems more effectively.

To the **Local Government Unit (LGU)**, the study could serve as a strategic reference in allocating resources and implementing social welfare initiatives. Specifically, it may inform programs related to healthcare, livelihood, and psychosocial assistance that address the evolving needs of solo parents at the barangay or community level.

To the **researchers**, this study may offer inspiration to further explore the lived experiences of single parents, especially those in vulnerable socioeconomic conditions. It could broaden their perspectives and encourage more imaginative and empathetic approaches to understanding quality-of-life dynamics.

For **future researchers**, the study may serve as a valuable reference and foundation for investigating life satisfaction among single-parent households. It could support expanded inquiry into the psychological, emotional, and structural challenges faced by solo parents, thus contributing to a more holistic understanding of their well-being.

Scope and Limitation

This study was primarily conducted to examine the relationship between underemployment and life satisfaction among solo parents residing in low-income households in selected barangays of Lucban, Quezon. Utilizing demographic profiles and data collected from respondents, the researchers aimed to identify key indicators that affect quality of life within this population. The analysis focused on the prevalence of specific demographic attributes and their influence on a solo parent's ability to support their family, as well as their emotional and mental well-being—including the impact on both parent and children.

Data were gathered through a researcher-developed questionnaire, which served as the main instrument for collecting information on household satisfaction. The study was limited to the actual records and available data concerning solo parents, which constrained the scope to measurable variables. A purposive sample comprising thirty percent (30%) of the listed solo parent households—categorized as either satisfied or unsatisfied—was selected from the provided records of participating barangays. The final selection depended on the availability and willingness of solo parents in neighboring barangays to participate. The study was carried out over a period extending from September 2024 to June 2025, allowing ample time for data collection, analysis, and interpretation. The findings may offer valuable insights into the socioeconomic and emotional challenges faced by solo parents and help identify areas where targeted interventions and policy development are needed.

Definition of Terms

For better clarity and comprehension of the study, the researchers defined the key terms conceptually and operationally as they were used throughout the research.

Comfort refers to the immediate feeling of being uplifted when one's needs for relief, ease, or transcendence are met across physical, psychological, spiritual, environmental, and sociocultural contexts (Kolcaba, 2023). In this study, comfort was examined to assess how relaxed and emotionally supported solo parents felt in their current living situation.

Demographic Profile is a collection of publicly accessible data including census records and national statistics related to birth, death, marriage, divorce, illness, and employment (Klimczuk, 2021). The researchers used demographic profiles to identify the socioeconomic characteristics, family structure, income level, and educational attainment of solo parent households.

Health is defined as a complete state of physical, mental, and social well-being, and not merely the absence of disease or infirmity (World Health Organization, n.d.). This study used the concept of health to evaluate the emotional, mental, and physical stability of single parents.

Household represents the most basic unit of human interaction and plays a significant role in shaping the social and economic wellbeing of its members (Esteve et al., 2024). In this study, the term was applied to describe the structure and dynamics of low-income households in Lucban, Quezon.

Household Satisfaction is a key indicator used to evaluate the quality of services within a household, particularly healthcare, and to identify gaps in service delivery (Worede et al., 2023). The study used this concept to assess solo parents' perceptions of the adequacy of support they received in their household context.

Low-income household refers to a family unit with limited financial resources, which restricts access to essential needs such as housing, transportation, and utilities (Simcock et al., 2021). In this study, it described the financial standing of solo parent families.

Luxury is considered an aesthetic experience achieved through the possession of material goods that are not essential for basic living (Wiesing & Roth, 2019). The study utilized this term to explore solo parents' financial capacity and access to non-essential amenities.

Monthly Income is the regular financial compensation received in exchange for labor or investment of capital (Bird, 2025). It was used in this study to gauge the earning capacity of solo parents.

Necessity refers to essential items or needs that are logically required or expected within everyday life (Godlewski, 2024). The study applied this definition to determine the fundamental resources solo parents require for daily living.

Quality of Life (QoL) encompasses an individual's overall wellbeing in relation to personal values, environmental conditions, and sociocultural context (Phyo et al., 2020). The researchers used this concept to evaluate solo parents' perceived happiness and overall life satisfaction.

Satisfaction is a multifaceted concept expressed across disciplines such as sociology, psychology, and economics, and is typically used to measure contentment in various life domains (Adah et al., 2015). This study explored satisfaction to understand how solo parents perceive their home life and wellbeing.

Single Parent is defined as an individual who raises their children without the presence or support of a partner, often due to circumstances such as divorce, widowhood,

separation, or personal choice (Weinraub et al., 2019). The study focused on single parents to analyze the socioeconomic challenges they face in low-income settings.

Training Needs Assessment (TNA) is a systematic process used to identify gaps in skills, knowledge, and performance at the organizational, task, or individual levels, ensuring alignment with targeted training interventions (Khan & Masrek, 2017). In this study, TNA was employed to identify the specific learning and skill development needs of solo parents.

CHAPTER II

REVIEW OF RELATED LITERATURE

This literature review presents a selection of previous research studies and scholarly sources that are closely related and relevant to the current investigation. It was conducted to deepen the researchers' understanding of the topic and to build a strong conceptual foundation for the study. By examining existing findings, the review enabled the researchers to identify prevailing issues and explore potential approaches or interventions that could address the concerns of individuals affected by the matter. Furthermore, this section includes a synthesis of key insights, allowing the researchers to integrate and interpret the collected literature in a meaningful way that informs the direction and objectives of the present study.

Demographic Profile of the Single Parents

In addition to nuclear, extended, and same-gender family structures, households in the Philippines also include single-parent families. Within this category, a significant proportion of individuals are women, although a smaller number are men. In Lucban, Quezon, the researchers examined and classified the demographic characteristics of single parents to better understand their household profiles and living conditions. This categorization provided insight into various factors such as gender distribution, age range, employment status, and number of dependents, which are essential for assessing the challenges and needs faced by solo-parent households.

Age of Single Parents

Gornick (2019) asserted that single parents were generally perceived with empathy. Historically, many single mothers were widowed or faced circumstances that limited their ability to sustain themselves without external support. At that time, employment for single mothers was considered unpleasant or unnecessary; neither married siblings nor single mothers were encouraged to work for compensation. However, Gornick noted that the demographics of single parents had significantly evolved. In more affluent nations, a substantial portion of single parents had never entered formal relationships, while others were divorced or separated. Consequently, it has become widely accepted that many modern single parents have actively chosen their parental path.

Expanding on the socioeconomic dimension, Mickolai (2018) emphasized the relationship between socioeconomic status and single parenthood across various Western societies. The study defined “single” as a status in which individuals do not reside with a spouse. With the rise of nonmarital childbearing, the educational divide associated with single parenthood was found to have important implications for the persistence of social inequality.

Further demographic insights were provided by Lopez et al. (2020), who reported that most registered single parents in the Philippines were between the ages of 29 and 38. The study also indicated a higher likelihood of cohabitation among older adults aged 60 and above. Moreover, middle-aged women, specifically those between 35 to 59 years, were

more likely to live in single-parent households compared to their male counterparts globally.

Mitchell and Mitchell (2024) explored age differences among couples across 30 countries. They found that Muslim couples exhibited the largest average age gap at 6.6 years, while Jewish couples had the smallest gap at 2.1 years. Europe and North America recorded less than a three-year gap on average, whereas sub-Saharan Africa showed the widest gap at 8.6 years.

In the Philippine context, Andal et al. (2019) noted that adolescence was a critical phase for many study participants, marked by identity exploration and emotional sensitivity. Middle-aged individuals often supported children during this stage. The study revealed that parenting styles among single parents in Cavite cities were not significantly influenced by age or gender. Bacoor reported the highest rate of juvenile delinquency, while Dasmariñas had the lowest. Extreme approaches—either excessive freedom or harsh discipline—were found to contribute to delinquent behavior.

Additionally, the literature pointed out that single parenthood often emerged from the desire to leave dysfunctional relationships. Female-led households between the ages of 29 and 38 had become increasingly common. While parenting styles may influence household dynamics, financial pressures and potential links to juvenile crime were also noted. Resilient children from these households were more likely to achieve higher education and benefit from strong social support systems. Factors such as nonmarital births

and declining marriage rates were also highlighted as contributors to the rise in single-parent families.

Single Parents Occupation/ Source of Income

According to Lopez et al. (2020), the sources of income for single parents are frequently home-based, particularly those that rely on livelihood skills such as cooking, hog rearing, sewing, shell collecting, food vending, abaca stripping, and fish gathering. To improve their financial situations, single parents may benefit from increasing their professional competencies, securing local employment, expanding livelihood activities, and forming cooperatives. However, offering employment opportunities alone does not equate to long-term assistance. To promote sustainability, it is essential that eligibility for government support be aligned with single parents' interests and their willingness to engage in livelihood initiatives.

In support of this, Lee et al. (2024) emphasized that expanding employment opportunities for single mothers plays a crucial role in enhancing the mental well-being of their children. They recommended implementing accessible job training programs and providing free, high-quality childcare services. These interventions should particularly target single mothers who are pregnant or raising children under the age of five, in order to promote healthy emotional development, improve self-esteem, and reduce childhood depression over time.

Olaru and Bolger (2022) highlighted that single-parent households are more prevalent than two-parent households due to several factors. These include reliance on a

single income earner, limited availability of childcare services affecting work hours, and lower hourly wages resulting from persistent gender pay disparities. Compared to individuals in two-parent households, single parents are more likely to accept part-time or temporary employment because they are unable to secure full-time or permanent positions. Consequently, their dependence on childcare—often costly—forces reductions in working hours, lowering their income and increasing their risk of poverty.

In line with these observations, Gingerbread (2018) noted that government initiatives supporting low-income families have included tax credits to incentivize part-time employment, expansion of childcare services, and working tax credits covering up to 70–80% of childcare costs. Additionally, targeted employment assistance through job centers and voluntary job programs were introduced. The Lone Parent Obligations, implemented in 2008, reinforced welfare conditions regarding benefits, housing, and support services. While effective in transitioning many single parents from welfare to employment, the program was less successful for younger parents who lacked experience and were not yet prepared to join the workforce.

According to Sollano (2023), children with parents who hold high occupational status tend to exhibit higher self-esteem in academic settings, while those with parents of lower occupational status may display reduced self-esteem. Interestingly, the study found that adolescents' self-worth was not solely linked to their parents' professions. Rather, self-esteem functioned as a personal asset, allowing youth to pursue aspirations regardless of parental occupation. Moreover, parents influenced their children's agentic and communal orientation through behaviors that did not necessarily reflect their professional roles.

In summary, single parents often face financial challenges due to reduced work hours, lower earnings, and high childcare costs. Although employment opportunities are vital, sustainable solutions should focus on skill development, access to local jobs, and cooperative enterprise creation. Government assistance, particularly for mothers of young children, remains critical for strengthening both economic stability and children's mental health. Welfare policies have had mixed outcomes; younger and less experienced single parents have benefited less. Notably, while parental occupation may influence household dynamics, children's self-esteem appears to be shaped more by emotional support and behavioral modeling than by economic standing alone.

Gender

Mitchell and Mitchell (2024) found that among Christians, the gender disparity in single parenthood is particularly pronounced within middle-aged populations. Approximately 7% of Christian women and 2% of middle-aged Christian men worldwide were reported to live in single-parent households. While the global prevalence of single parenthood among middle-aged males remains relatively consistent, variations across religious affiliations predominantly affect women, highlighting a significant gender imbalance.

Similarly, Livingston and Livingston (2024) observed that the proportion of unmarried fathers in the United States has more than doubled over the past five decades. The rise in cohabiting parenthood was identified as a primary factor contributing to this trend. As of recent data, 29% of all unmarried parents living with their children were fathers,

a marked increase from only 12% in the 1960s. These shifts have led to notable demographic distinctions between married and unmarried parents, as well as between mothers and fathers within both single and cohabiting arrangements.

Chen and Chen (2023) emphasized the importance of gender-awareness education for children raised in single-parent households. Due to the absence of a specific gender role model, children may develop biases or insecurities regarding gender identity and future relationships. Without adequate guidance in gender role formation, children may favor one gender over another or experience confusion during social development.

Although the transmission of gender-role perceptions from parent to child remains under-researched, observations suggest that single parents—often tasked with both caregiving and employment—tend to endorse flexible and equitable gender norms. They commonly rejected rigid role divisions based solely on biological sex and instead supported task-sharing based on capability and availability. These perceptions, according to Chen and Chen (2023), subtly influence children's views on gender roles and labor division within the family.

Furthermore, Lanza-León and Cantarero-Prieto (2024) noted that although the percentage of unmarried mothers slightly declined from 82.74% in 2013 to 81.35% in 2020, the share of single fathers rose to 18.65%, reflecting a 2.3% increase in recent years. The vulnerability of single-parent households has emerged as a global concern, exacerbated by societal stigma, limited support systems, and economic hardship. Compared to two-parent families, these households often face greater financial and social disadvantages.

Belinskaya et al. (2018) reported that traditional gender-role socialization among adolescents in single-parent families may lead to complications in identity formation and interpersonal relationships. This rigid framework often results in intra-role conflicts, self-dissatisfaction, and an inability to achieve personal fulfillment. Boys and girls from single-parent households were found to hold vague and contradictory ideas about both masculine and feminine traits, further complicating their social development.

In summary, women continue to constitute the majority of single parents globally, particularly within Christian communities. Although the number of unmarried fathers is rising, gender-based disparities persist. Single parents, due to their dual roles at home and work, tend to adopt more egalitarian beliefs about gender and labor division. These beliefs influence the way children understand gender identity and roles, underscoring the importance of inclusive and supportive frameworks in single-parent households.

Number of Children

Chavda and Nisarga (2023) asserted that a child's adjustment to the custodial or noncustodial parent's remarriage may result in both positive and negative outcomes. The transition often involves adapting to a stepparent, stepsiblings, extended relatives, and new customs, which may cause discomfort for the child. Nevertheless, a supportive stepparent can provide valuable social, practical, and emotional assistance to both the biological parent and the child. Children living with only one biological parent are reported to have a three- to eightfold higher likelihood of encountering neighborhood violence, caregiver abuse, incarceration, and exposure to caregivers suffering from mental illness or substance

dependency. Additionally, single-parent children often face social challenges such as stigma, limited acceptance, and negative judgment from extended family members. These barriers may hinder their ability to seek social support, reduce participation in recreational activities, and increase vulnerability to emotional distress and feelings of exclusion.

Kent (2024) observed that household sizes in the United States are relatively small compared to global standards, resembling those in economically developed regions such as Europe and northern Asia. The average U.S. household comprises 3.4 individuals—slightly higher than the European average of 3.1 but below the global average of 4.9. Christian households share the same average size as the national figure (3.4), while unaffiliated and Jewish households follow closely at 3.2 and 3.0 members, respectively. Notably, household composition varies by age, as children under 18 typically reside in households of 4.6 people, whereas elders aged 65 and above more frequently live alone. Globally, extended family households tend to correlate with lower levels of economic development due to the sharing of caregiving duties and pooled financial resources.

Livingston and Livingston (2024) emphasized that the number of children living with unmarried parents has risen substantially alongside the increase in unmarried parenthood. By 2017, approximately 32% of American children, or 24 million individuals, lived in such households—up from 13%, or 9 million, in the 1960s. Given the growing flexibility in family arrangements, the proportion of children who will live with an unmarried parent at some point in their lives is likely to be even higher.

In support of this concern, Naito et al. (2022) identified a strong correlation between family type and emotional instability in children. Specifically, perceived misbehavior and parent-reported emotional issues—such as aggression, verbal abuse, absenteeism, and lack of motivation toward learning—were most prevalent among adolescents aged 13 to 14. This stage, known for its developmental sensitivity, is also when the risk of depression becomes more pronounced. Depression at this age is associated with serious consequences, including academic decline and increased suicide risk, making emotional instability in single-parent households a matter of urgent concern.

In summary, children in single-parent households often face complex adjustments following parental remarriage, increased vulnerability to social and environmental stressors, and emotional instability—especially during adolescence. Although household sizes in the United States are relatively small, extended family structures offer both financial and practical benefits, particularly in low-income or under resourced communities. The rising number of children living with unmarried parents reflects broader societal shifts, and the heightened emotional risks associated with single-parent households underscore the need for targeted intervention. To address intergenerational inequality, priority should be given to economically empowering single mothers through employment opportunities and access to essential support services.

Monthly Income of Single Parents

Mundoc et al. (2024), drawing upon Sigele Rushton and McLanahan's family structure theory, emphasized that low-income families—particularly those headed by

single mothers—tended to have low socioeconomic status (SES) and lacked a secondary source of income. The additional caregiving responsibilities inherent to single parenthood often exacerbated the financial challenges faced by these households. Consequently, the overall well-being of both parent and child was significantly affected. Members of low-income families commonly confronted limitations related to financial stability, academic performance, and mental health.

In support of this perspective, Hastings and Schneider (2020) found that unmarried and cohabiting parents contributed less financially to their children compared to married parents. For cohabiting households, income explained approximately 60% of the difference in parental investment, whereas for single-parent households, income fully accounted for the disparity. These variations were most pronounced among highly educated families and least evident among Hispanic households.

However, Rattay et al. (2017) challenged the notion that socioeconomic status or limited social support alone could explain the health disparities among single parents. Their findings suggested that the prevalence of health impairments within this group resulted from a cumulative interaction of various social factors and the unique challenges faced by single parents, rather than any single determinant.

Waring and Meyer (2019) reported that single mothers consistently earned less income than individuals in other family structures, despite their increased efforts. The primary reason for this disparity was the reduced number of adult wage earners in the household, which placed single mothers at a structural disadvantage. Furthermore, the

gender pay gap continued to impact single-mother families, compounded by the overrepresentation of women in low-paying occupations.

Cruz et al. (2024) highlighted the resilience and determination exhibited by single parents, many of whom overcame significant personal and financial barriers to pursue career development. Nonetheless, these individuals often faced substantial difficulties in covering basic expenses such as utility bills, tuition fees, and emergency costs, frequently without support from co-parents.

In conclusion, single-parent households—especially those led by women—were consistently affected by financial hardships due to limited income sources and caregiving responsibilities. These families tended to invest less in their children, were more vulnerable to stress and mental health issues, and faced economic disadvantages exacerbated by gender-based wage disparities and occupational segregation. Despite these obstacles, many single parents displayed remarkable resilience in striving for stability and improved livelihood.

Quality of Life Satisfaction of Single Parents

Health

Lanza-León and Cantarero-Prieto (2024) highlighted that single parenthood is associated not only with adverse health outcomes but also with risky health-related behaviors and lifestyle choices. For instance, the limited time available to single parents often reduces opportunities to adopt healthier habits, thereby increasing the likelihood of obesity. Additionally, the psychological strain and burden of sole caregiving may heighten

the propensity for smoking and alcohol consumption. Evidence suggests that single fathers and mothers are more susceptible to substance use disorders than their partnered counterparts. Notably, single mothers were found to be significantly more likely to smoke and exhibit signs of overweight or obesity compared to mothers who cohabit, although clarity on the latter factor remains inconclusive.

Rattay et al. (2017) found that single mothers were more likely than partnered mothers to rate their health poorly. Moreover, single mothers experiencing depression or substance-related conditions, such as drug or alcohol dependence, bore a heavier emotional and psychological burden than their partnered peers. Their overall emotional state and health-related quality of life tended to be worse, although physical health disparities between single and partnered mothers appeared minimal. The study also revealed that single fathers were more likely to smoke than those living with partners, while single mothers reported a lower quality of life and a higher risk of alcohol dependence.

Kareem et al. (2024) discovered that unmarried mothers had endured more recent life challenges and childhood adversities, alongside elevated levels of chronic stress and increased rates of depressive episodes. Social support and stress accounted for over 40% of the link between depression and single parenthood. The impact of stress on depression varied by family type, with married mothers showing a stronger correlation between depressive symptoms and life events. The study further indicated that single mothers with young children exhibited heightened levels of stress, anxiety, and sadness. A substantial portion of the association between depression and single motherhood could be attributed to differing levels of stress and availability of social support.

Stack and Meredith (2018) concluded that the full weight of responsibility—including financial obligations—was a major contributor to the elevated stress, psychological distress, and anxiety reported by single parents. Among the most severe symptoms were suicidal ideation and sleep disturbances. According to their findings, the stress of managing employment, household chores, child-rearing, and school interactions with minimal time and insufficient personal or social support may lead to increased incidences of mental health challenges among single parents.

In summary, single parenthood, particularly among mothers, is consistently linked to greater health risks and unfavorable lifestyle behaviors. The compounded stress of solo caregiving, reduced financial resources, and limited social support contributes to smoking, drinking, weight-related issues, and mental health problems. These pressures manifest in diminished life satisfaction, poor self-rated health, and heightened psychological vulnerability, underscoring the complex and multifaceted challenges faced by single parents.

Comfort

Lep et al. (2021) emphasized that saving, budgeting, and responsible spending are key financial practices that contribute to emerging adults' financial contentment, which subsequently influences their overall life satisfaction. Their findings revealed significant correlations between students' recollections of parental socialization and their personal saving behaviors, thereby highlighting the pivotal role of parents in fostering sound financial habits. As young individuals pursue financial independence, they increasingly

manage their own finances and engage in various monetary activities. Emerging adults tend to exhibit greater self-sufficiency compared to adolescents, as they gain access to financial resources through employment and scholarships. Nevertheless, due to the continuing demands of education and challenges within the job market, many remain partially dependent on their families.

Dharani and Balamurugan (2024) asserted that women face heightened risks in single-parent households. The absence of both social and financial support often results in severe psychological stress among single mothers. Globally, single motherhood has become increasingly common in rapidly changing societies. The challenges of fulfilling the dual role of caregiver and head of household without a partner contribute to emotional strain, loneliness, low self-esteem, depression, anxiety, and in some cases, violence. These multifaceted issues hinder single mothers' ability to raise their children successfully and maintain personal well-being.

Hosokawa and Katsura (2021) further noted that work-family imbalance negatively affects individuals, families, and institutions. For women, particularly after childbirth, balancing employment with personal responsibilities impacts their mental health, nurturing capacities, and children's development. Such conflicts are associated with heightened stress, anxiety, depression, and physical exhaustion. Many women prioritize their occupational and domestic duties to the detriment of their own health and well-being.

Beasley et al. (2022) found that poverty-related stressors significantly influence parenting behaviors, which in turn may adversely affect children's outcomes. Parents strive

to meet basic needs while coping with discrimination and stigma that hinder access to services. Poverty presents substantial obstacles to effective parenting, often preventing caregivers from devoting adequate time and focus to childrearing. Moreover, impoverished households were found to have a greater likelihood of experiencing child abuse.

Kim and Kim (2020) concluded that single mothers tend to report lower quality of life than their married counterparts. Factors such as elevated stress, depressive symptoms, alcohol-related problems, unstable housing situations, and suicidal ideation were negatively associated with their well-being. Additionally, single parents often experience greater societal discrimination. Divorce, as a leading cause of single parenthood, may contribute to feelings of personal failure and reinforce negative perceptions from others.

In comparison to married individuals, single parents face a wider array of challenges that encompass emotional, mental, physical, and financial dimensions. Among the numerous factors influencing their life satisfaction, comfort plays a critical role. Comfort—whether financial, emotional, physical, parental, or personal—strongly shapes how single parents perceive their overall quality of life.

Necessity

Rees et al. (2023) emphasized that families typically face diverse socioeconomic demands that are fundamental to their overall well-being and quality of life. These demands span various aspects of daily living and addressing them is essential for maintaining household stability and supporting the healthy development of family members. Their study recommended several policy reforms aimed at enhancing the socioeconomic

condition of single-parent households. These include expanding educational and career training programs tailored to the unique needs of single parents, increasing investments in affordable housing, improving access to low-cost childcare services, and strengthening child support enforcement. Ultimately, Rees et al. concluded that the socioeconomic welfare of single-parent families is both complex and crucial in the current global context. By recognizing the strengths and struggles of these households and enacting inclusive policies and support systems, societies can empower single parents and their children to thrive.

Similarly, Stack and Meredith (2017) explored the many dimensions of poverty and its impact on financial decision-making among single parents. Participants in their study reported making difficult choices regarding expenses such as clothing, food, and heating, frequently prioritizing their children's needs over their own. To shield their children from the immediate effects of poverty, some single parents described skipping meals and taking on additional work. While traditional poverty theories associate such behaviors with impulsivity and poor planning, Stack and Meredith argued that these decisions often reflect strategic sacrifices made by parents to minimize harm to their children, even at personal cost.

In the Philippine context, the government responded to these challenges by enacting the Expanded Solo Parents Welfare Act (RA 11861) in 2022. This legislation built upon previous policies and introduced a range of support services, including financial assistance, discounts on essential goods such as infant formula and medications, seven additional days

of parental leave annually, flexible work arrangements, and prioritized access to housing, healthcare, and educational scholarships (Digido, 2025).

Gingerbread (2018) also highlighted how single parents must frequently depend on paid childcare, which can be prohibitively expensive, or reduce their working hours, thereby lowering income and increasing the risk of poverty. To counter these challenges, the government introduced multiple initiatives targeting low-income families. These included tax credits introduced in the late 1990s to improve part-time income, expansion of childcare services, coverage of up to 70–80% of childcare costs via working tax credits, specialized employment support through job centers, and voluntary employment programs aimed at reintegrating single parents into the workforce.

Overall, the financial contentment observed among emerging adults—achieved through structured budgeting, saving, and financial literacy—stands in contrast to the socioeconomic strain experienced by single mothers. The mental, emotional, and financial stress associated with solo parenting often undermines well-being and hinders effective caregiving. Moreover, the imbalance between work and family responsibilities places women’s health at significant risk, particularly in the postpartum period. Poverty compounds these challenges, increasing psychological pressure and impeding child development. Collectively, these findings underscore the urgent need for targeted interventions and support programs that address well-being across diverse household structures and life stages.

Luxury

Sierminska (2018) conducted a comparative analysis of the financial situation of single parents and other family structures, focusing on economic well-being from a global perspective. The study examined wealth data across seven countries with varying welfare regimes and identified both similarities and disparities. Findings revealed that, in most nations, single parents possess less than half the wealth of married parents. Homeownership was found to positively influence wealth accumulation; however, the wealth gap between single-parent and couple-parent homeowners was notably less pronounced than the gap observed between renters and the general population. Sierminska emphasized that researchers must consider the transition into single parenthood when evaluating financial well-being. Even highly educated single parents at the lower end of the wealth distribution appear to benefit significantly from homeownership—particularly outside the United States—where means-tested, rather than universal, social assistance often limits their ability to build financial assets.

Expanding on the psychological impact of financial instability, Kareem et al. (2024) found that single mothers who received government allowances, remained financially inactive, or had lower monthly household income were more prone to depressive symptoms. Those with only a junior high school education were found to be at higher risk compared to their university-educated counterparts. The study further revealed that single fathers were half as likely to access healthcare services as single mothers but twice as likely to report poorer mental and self-rated health. Single fathers also exhibited lower levels of

social capital, frequently engaged in smoking and binge drinking, and experienced elevated risks of depression, morbidity, and mortality compared to partnered fathers.

The COVID-19 pandemic intensified the vulnerabilities of single mothers, as illustrated by Zakaria et al. (2022). Income loss during the crisis forced many single mothers and their children to adopt frugal lifestyles. To meet basic needs, some were compelled to work multiple jobs simultaneously. These financial pressures contributed to increased levels of stress, anxiety, and depression. Zakaria et al. concluded that single mothers required both financial support and holistic emotional and social care to restore well-being.

In addition, Lanza-León and Cantarero-Prieto (2024) stressed the importance of understanding the sociodemographic and economic characteristics of single-parent households in order to develop effective social protection policies. They advocated for tailored strategies addressing the specific labor, economic, and social needs of single parents, particularly across diverse family structures in EU member states.

Aloro et al. (2024) emphasized that access to reliable, high-quality childcare services empowers single parents to pursue career advancement or educational opportunities without constant worry. More importantly, such services allow time for self-care and actively contribute to children's holistic development, going beyond mere schedule accommodation.

In summary, single parents often experience significant financial constraints compared to married counterparts, which negatively affect their physical and mental health.

Depression and poor well-being are especially pronounced among single mothers, while single fathers face heightened risks linked to substance abuse and limited healthcare access. External crises like the pandemic exacerbate these challenges, further highlighting the urgency of targeted financial and social interventions. Effective support systems must address the distinct experiences of both single mothers and fathers to promote sustainable well-being and family resilience.

Research Paradigm

The research paradigm employed in the study illustrates the interrelationship among input, process, and output components. This framework served as a guide in formulating the research design, selecting appropriate methodology, and interpreting the findings within the context of the study's objectives.

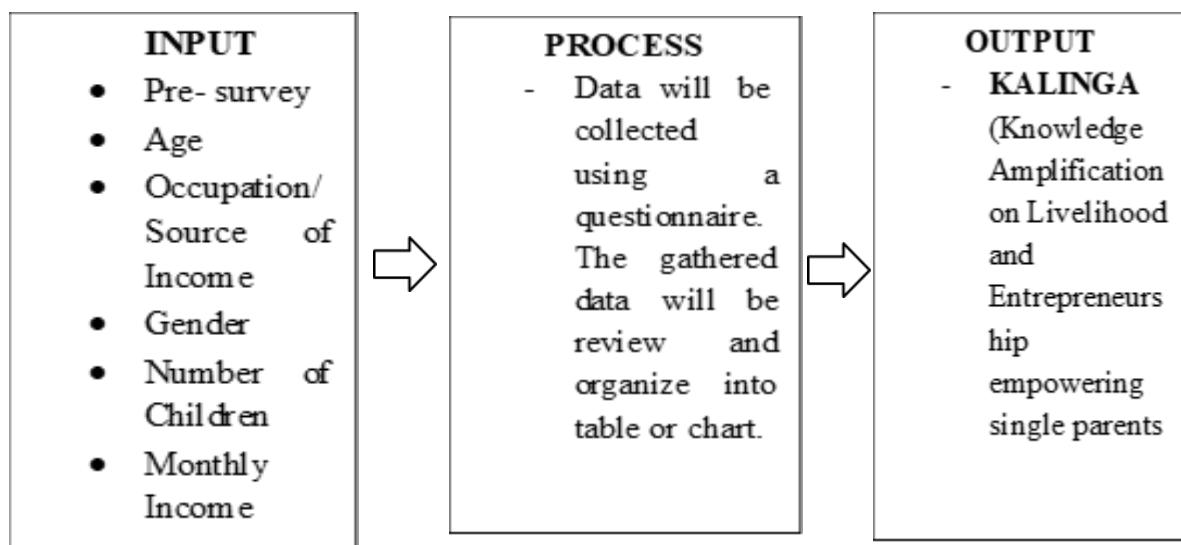


Figure 1. Modified Input-Process-Output Model of Proposal Extension Activity for Single Parent Household in Lucban, Quezon

The research paradigm for this study outlines the logical framework that guided the inquiry. The input consisted of key variables such as the results of a pre-survey, the socioeconomic status of single parents, their age, employment or source of income, gender, and number of children. These data were collected through a standardized questionnaire designed by the researchers. The process involved the organization, analysis, and interpretation of data using statistical tools and tabular presentation to identify patterns and

relationships. The resulting output was a proposed intervention—an extended activity aimed at supporting single parents in increasing their income and enhancing their overall life satisfaction.

CHAPTER III

METHODOLOGY

This chapter presents the research methodology employed in the study. It includes a detailed description of the research site and locale, the respondents, the research design, the instrument used for data collection, the procedure for gathering data, and the statistical treatment applied during analysis.

Research Locale

This research was conducted in selected barangays within the municipality of Lucban, Quezon, including Barangay 1, Barangay 2, Barangay 4, Barangay 6, Barangay 9, Barangay Ayuti, Barangay Kabatete, Barangay Kulapi, Barangay Manasa, Barangay May-it, and Barangay Tinamnan. These barangays were purposively chosen based on the availability of official lists identifying single-parent households. The selection of these research locales allowed the researchers to access reliable respondent data and ensured that the study targeted communities where single-parent households were prevalent.

Respondents of the Study

The participants in this study consisted of forty single parents residing in selected barangays of Lucban, Quezon. To ensure equitable representation across key demographic groups, the researchers employed a stratified random sampling technique. The population of single parents was categorized into subgroups based on relevant characteristics such as age, gender, and occupation. Following this classification, participants were randomly

selected from each subgroup. This sampling approach enhanced the reliability of the findings by ensuring that diverse profiles within the target population were proportionately represented in the survey process.

Research Design

This study employed a quantitative research design using a descriptive approach. The researchers selected this methodology to assess the satisfaction levels of single parents residing in Lucban, Quezon, and to formulate a livelihood intervention tailored to their needs. Data were gathered using closed-ended questions and a Likert scale to obtain information regarding respondents' demographic profiles and perceived life satisfaction. According to Meissel and Brown (2023), quantitative research typically utilizes instruments that numerically quantify data—such as achievement scores or measures of prosocial behavior—through validated psychometric tools. These instruments enable researchers to characterize individuals and groups contributing to the data. Subsequently, the quantitative data are analyzed using statistical techniques to determine the strength, variability, relationships, or differences within the dataset. Additionally, statistical methods may be applied to describe participant characteristics, including age and other relevant traits. Quantitative research also facilitates predictions regarding the interaction of environmental factors—such as socioeconomic status and social context—with score variations, both within and across individuals.

Research Instrument

The primary research instrument utilized in this study was a custom-developed structured questionnaire, which consisted of two distinct sections. The first section included closed-ended questions designed to gather demographic information about single parents, specifically their age, gender, sources of income, and number of children. The second section incorporated a Likert scale to assess household satisfaction levels among single parents in Lucban, Quezon. This scale utilized the following verbal interpretations: Highly Satisfied – 4, Satisfied – 3, Slightly Satisfied – 2, and Unsatisfied – 1.

Prior to the administration of the questionnaire, the instrument underwent a validation process. It was initially reviewed by two field experts for content accuracy and relevance, followed by evaluation from an English language specialist to ensure grammatical clarity and consistency.

According to Cheung (2021), structured questionnaires are the principal tools for measurement in survey-based quantitative research. These instruments often consist of both open- and closed-ended questions, although the latter are more commonly used due to their suitability for statistical analysis. A prominent example is the Census questionnaire, which systematically collects demographic data from respondents.

Furthermore, South et al. (2022) highlighted that Likert scales are frequently employed to capture individuals' sentiments and opinions. To ensure reliability and validity of findings, researchers must implement Likert scales appropriately, taking care to align the scale design with the study's objectives and respondent context.

Data Gathering Procedure

Following the development of the research instrument, the questionnaire underwent a validation process. Two subject matter experts reviewed the tool to ensure its effectiveness in measuring the intended variables. Additionally, an English language specialist examined the questionnaire to verify grammatical accuracy and clarity of wording.

Once the instrument was validated, the researchers sought formal approval from the Dean of the College of Teacher Education to conduct the study. Upon receiving the Dean's consent, the researchers approached the respective barangay administrations to obtain authorization to administer the survey within the selected locales.

After securing all necessary approvals, the researchers identified and selected participants using a sampling strategy appropriate to the study's objectives. The purpose of the study was clearly explained to each participant prior to data collection, and informed consent was obtained to ensure ethical compliance. Upon completion of the data gathering process, the researchers systematically organized, analyzed, and interpreted the collected information to derive meaningful conclusions.

Statistical Treatment

The collected data underwent statistical analysis and interpretation to derive meaningful insights. Weighted mean scores were calculated to assess the overall satisfaction levels among single parents. Furthermore, to determine whether significant variations existed between demographic profiles and levels of household satisfaction, the

researchers employed Analysis of Variance (ANOVA). This statistical technique allowed for the identification of potential differences across categorical variables, thereby enhancing the reliability and depth of the study's findings.

The weighted mean formula is as follows:

$$\sum f_w WAM = N$$

Where:

WAM = weighted arithmetic mean

$\sum f_w$ = summation of the products of frequencies and weight N = total number of responses per item

Value:	Range Interval:	Descriptive Rating:
4	4.00-3.00	Highly Satisfied
3	2.99-2.00	Satisfied
2	1.99-1.00	Slightly Satisfied
1	1.99-0.99	Unsatisfied

To determine whether a statistically significant difference existed between the demographic profile and the level of satisfaction among single-parent households, the researchers employed Analysis of Variance (ANOVA). This statistical method allowed for the comparison of satisfaction levels across distinct demographic categories, thereby supporting a more comprehensive analysis of the data.

The ANOVA formula is as follows:

$$F = \frac{MST}{MSE}$$

$$MST = \frac{\sum_{i=1}^k (T_i^2/n_i) - G^2/n}{k-1}$$

$$MSE = \frac{\sum_{i=1}^k \sum_{j=1}^{n_i} Y_{ij}^2 - \sum_{i=1}^k (T_i^2/n_i)}{n-k}$$

Where:

F = is the variance ratio for the overall test

MST = is the mean square due to treatments/groups (between groups)

MSE = is the mean square due to error (within groups, residual mean square) Y_{ij} =

is an observation

T_i = is a group total

F = is the grand total of all observations

N_i = is the number in group I and n is the total number of observations.

CHAPTER IV

RESULT AND DISCUSSION

This chapter presents the findings in response to the study's objectives. It also includes a comprehensive discussion, incorporating analysis and interpretation of the results.

Demographic Profile of the Respondents

This section provides an overview of the demographic data of the respondents. Understanding their backgrounds allowed the researchers to contextualize the findings and highlighted the diversity among the study participants.

Table 1

<i>Age of the Single Parents</i>			
Age	Number of Respondents	Percentage (%)	
13 - 18 years old	1		2.5%
19 - 25 years old	5		12.5%
26 - 35 years old	11		27.5%
36 - 45 years old	23		57.5%
46 years old and above	0		0
TOTAL	40	100%	

Table 1 presents the distribution of frequency and percentage by age among the 40 single-parent respondents. Of these, 23 individuals (57.5%) were within the 36–45 age range, making it the most represented group in the study. This was followed by respondents aged 26 to 35 (27.5%), 19 to 25 (12.5%), and 13 to 18 (2.5%).

The prevalence of single parents within the 36–45 age bracket may be attributed to their preference for part-time employment, which is often influenced by child-rearing

responsibilities and other personal commitments. This group frequently encountered challenges related to balancing work and family obligations. In addition to maintaining established careers, they also managed the demands of raising school-age or adolescent children. Furthermore, individuals in this age range were more likely to have experienced widowhood or marital dissolution—including divorce, separation, or annulment—compared to younger age groups, where single parenthood may more often result from unwed pregnancies (Aloro et al., 2024).

Kim and Kim (2020) asserted that the challenges faced by single mothers were significantly correlated with age, suggesting that emotional burdens varied across age groups. Older single mothers often grappled with grief, unexpected life transitions, and the complexities of parenting adolescents, while younger single mothers faced social judgment and a lack of experience in child-rearing.

Table 2

Occupation/Source of Income of the Single Parent

Occupation/ Source of Income	Number of Respondents	Percentage (%)
Laborer	6	15%
Farmer	2	5%
Tricycle Driver	1	2.5%
Vendor	6	15%
Other	25	62.5%
TOTAL	40	100%

Table 2 presents the frequency and percentage distribution of respondents based on their occupation or source of income. Out of the 40 single-parent participants, 25 individuals—or 62.5%—selected “Other” as their source of income. This was followed by

six respondents (15%) who identified as vendors or laborers. Additionally, two respondents (5%) were farmers, while only one participant (2.5%) reported working as a tricycle driver. The dominance of “Other” as an income category indicated that a substantial number of participants were engaged in non-traditional, irregular, or informal forms of employment not easily classified under common occupational labels. This finding underscored the challenges of income instability and job classification faced by single parents. It also highlighted the importance of having at least one stable and reliable source of income to ensure a more secure financial foundation for both individuals and their families.

This situation emphasized the broader need for targeted livelihood programs, skill development initiatives, and employment assistance that could facilitate the transition of single parents into formal and sustainable work arrangements. Lopez and San Juan (2019) supported this view, stating that informal employment typically provides low and inconsistent earnings, making it difficult for single parents to cover daily expenses, prepare for emergencies, or accumulate savings.

Similarly, Talib et al. (2020) noted that informal work is often pursued out of necessity rather than preference by single parents, as it offers flexibility to balance work with intensive caregiving duties. Gonçalves et al. (2021) further explained that single women, particularly widows, are more susceptible to financial insecurity due to limited access to financial support, added caregiving responsibilities, and the challenge of single-handedly managing household and childcare demands. Nor (2022) observed that single women aged 30 to 49 face considerable financial strain, especially when supporting

children across different educational stages, including early childhood, school-age, and college levels.

Moreover, Caba et al. (2024) emphasized that having a consistent source of income is essential for single parents. It empowers them to meet family needs independently, promotes personal and professional growth, and contributes to long-term well-being for both the parent and child.

Table 3

Gender of the Single Parents

Gender	Number of Respondents	Percentage (%)
Female	33	82.5%
Male	7	17.5%
Other	0	0
TOTAL	40	100%

Table 3 presents the gender distribution of respondents, indicating that 17.5% were male and 82.5% were female. Among the 40 single-parent participants, 33 were women and 7 were men. The data clearly demonstrated that the majority of respondents were female, revealing a significant imbalance between the number of single mothers and single fathers.

This disparity reflected broader social and economic challenges disproportionately faced by women, particularly those raising children alone. Single mothers frequently encountered financial strain due to persistent gender wage gaps, limited access to well-paying jobs, and a higher likelihood of engaging in part-time or unstable employment. The

rising cost of living and inadequate availability of affordable childcare services further compounded these difficulties, often restricting their ability to pursue full-time work or further education.

Lu et al. (2019) emphasized that the wage disparity between men and women, especially after pregnancy, placed single mothers at greater risk of financial insecurity compared to single fathers. Their multivariate analysis showed that taxable income was significantly affected by variables such as gender, age, marital status, years of experience, and geographic location.

Despite the increasing number of single mothers, societal stigma and moral judgment continued to affect them—especially those who were unmarried (Fajardo-Jarilla, 2023; Elias & Sison, 2017). These cultural biases often led to psychological distress, limited employment opportunities, and social marginalization. Although the Philippine government had enacted legislation such as the Solo Parents Welfare Act (RA 11861) to support and legitimize single-parent families, deeply embedded societal norms remained influential.

In contrast, single fatherhood—though less common—was often attributed to circumstances such as widowhood, maternal abandonment, or mothers relocating for employment (Fajardo-Jarilla, 2023; Philippine Institute for Development Studies [PIDS], 2017). Interestingly, societal perceptions toward single fathers differed; they were sometimes commended for assuming caregiving responsibilities, which challenged

traditional gender roles. This stood in stark contrast to the condemnation faced by single mothers, particularly those who had children outside of marriage.

Table 4

Number of Children of the Single Parents

Number of Children	Number of Respondents	Percentage (%)
1	14	35%
2	12	30%
3	12	30%
4	1	2.5%
Other	1	2.5%
TOTAL	40	100%

Table 4 presents the frequency and percentage distribution of respondents based on the number of children. Among the 40 single-parent participants, 14 individuals (35%) reported having only one child. The next group included 12 respondents (30%) who had two to three children. Additionally, a smaller portion of the sample consisted of respondents with four or more children, represented by one individual (2.5%).

The majority of respondents had either one or two to three children. While such numbers may seem manageable in a two-parent household, they present significant challenges for single parents. As the sole caregivers, single parents must independently handle all facets of parenting, including emotional support, daily routines, financial responsibilities, and household management. The absence of shared responsibilities often renders time a scarce resource. Juggling childcare duties with employment can result in chronic stress and physical exhaustion.

Baluyot et al. (2023) emphasized that having more children intensified the “task overload” experienced by single parents, as they navigate the demands of work, household upkeep, and multiple parenting obligations. This often led to severe time poverty and limited opportunities for personal development and self-care. The compounded stress of managing childcare, employment, financial commitments, and domestic responsibilities could easily become overwhelming for a single parent.

Despite these challenges, Caba et al. (2024) highlighted that single parents—particularly mothers—frequently utilized self-motivation strategies to foster resilience and emotional strength in their children. By offering encouraging words, setting realistic expectations, and emphasizing the importance of perseverance, single parents promoted emotional well-being and a sense of self-efficacy among their children.

Table 5

Monthly Income of the Single Parents

Monthly Income	Number of Respondents	Percentage (%)
Below - ₱5,000	13	32.5%
₱5,001 - ₱10,000	14	35%
₱10,001 - ₱15,000	8	20%
₱15,001 - ₱20,000	3	7.5%
₱20,001 - ₱25,000	2	5%
₱20,001 – above	0	0
TOTAL	40	100%

Table 5 presents the frequency and percentage distribution of respondents based on their monthly income. Among the 40 single-parent participants, 14 individuals (35%) earned between ₱5,001 and ₱10,000, while 13 respondents (32.5%) reported a monthly income of ₱5,000 or less. Eight participants (20%) earned between ₱10,001 and ₱15,000.

Additionally, 7.5% had monthly earnings ranging from ₱15,001 to ₱20,000, and the remaining 5% fell within the ₱20,001 to ₱25,000 bracket.

The data revealed that the majority of respondents earned ₱10,000 or less per month, placing a significant portion of the sample within the lower income range. In the Philippine context, individuals earning below ₱10,000 monthly are generally considered to be living in poverty or at risk of financial insecurity, as this income level is often insufficient to cover essential needs such as housing, food, healthcare, education, and other basic expenses.

Nieuwenhuis and Maldonado (2018) described single parents as being caught in a "triple bind," wherein they lack adequate financial resources, face limited access to quality employment, and receive insufficient benefit support. These circumstances make it difficult for them to balance the dual roles of caregiver and breadwinner, especially when compared to couples who are able to share these responsibilities. Notably, even in highly developed welfare states, single parents continue to face elevated risks of poverty.

Similarly, Harkonen et al. (2016) emphasized that single mothers are disadvantaged both in the labor market and in terms of earnings, particularly when they possess lower levels of education. Those with limited formal training often rely on employment in sectors such as retail, hospitality, and social services, which demand flexibility and availability during irregular hours—further complicating their ability to manage childcare responsibilities and secure stable income.

Life Satisfaction of the Respondents

This section summarizes the level of life satisfaction among single parents. Understanding their reported contentment provided meaningful insight into the unique experiences of single-parent households. Furthermore, the findings shed light on the social, emotional, and financial factors that influenced their daily lives, helping to contextualize the challenges and strengths associated with single parenthood.

Table 6

Weighted Mean Distribution on the Life Satisfaction of Single Parents in terms of Health

Health	WM	DR
1.I regulate my emotions effectively.	3.10	S
2.I manage stress in a healthy and effective way.	2.98	S
3.My overall health enables me to function well in daily life.	3.23	S
4.I take proactive measures to maintain both my physical and mental well-being.	3.03	S
5.I navigate stress and difficult emotions with resilience and confidence.	3.23	S
Average Weighted Mean	3.11	S

Table 6 presents the level of life satisfaction among single parents, with "health" receiving the highest weighted mean of 3.11, corresponding to a descriptive rating of "Satisfied." Statements 3 and 5—"My overall health enables me to function well in daily life" and "I navigate stress and difficult emotions with resilience and confidence"—both received the highest weighted mean of 3.23 and were rated as "Extremely Satisfied." In contrast, the statement "I manage stress in a healthy and effective way" obtained the lowest weighted mean of 2.98 and was still categorized as "Satisfied."

These findings suggested that most single parents were generally content with their health, which enabled them to fulfill daily responsibilities and maintain emotional stability.

Nevertheless, the data indicated that some respondents continued to experience difficulties related to stress management and physical exhaustion, revealing an opportunity for targeted support interventions such as mental health services and stress relief programs.

In the Philippine context, single parenthood posed a unique set of challenges that significantly impacted health and overall well-being. Caba et al. (2024) noted that physical fatigue was one of the predominant issues among single parents, primarily due to the cumulative demands of raising children without the benefit of co-parenting. The absence of shared responsibilities made it more difficult for individuals to manage childcare, emotional support, and domestic tasks effectively.

Taylor and Conger (2017) emphasized that single mothers, who are more vulnerable to risks such as financial instability and psychological distress, often found parenting particularly burdensome. These stressors not only affected maternal well-being but also placed children at risk of maladjustment. Parenting outcomes were shaped by internal coping resources and perceived levels of social support.

Moreover, Ramos and Tus (2020) identified loneliness and financial strain as the most common challenges faced by single mothers. These difficulties manifested in their struggle to meet basic family needs, secure stable income, and provide adequate educational support for their children. In comparison to two-parent households, the lack of companionship contributed significantly to feelings of isolation among single mothers.

Table 7

Weighted Mean Distribution on the Life Satisfaction of Single Parents in terms of Comfort

Comfort	WM	DR
1.I feel confident in my ability to manage finances effectively and make informed decisions.	3.15	S
2.I acknowledge my self-worth and value as a person without being burdened by persistent negative thoughts.	3.43	HS
3.I prioritize my health and wellness, dedicating time for self-care and stress management despite my busy schedule.	3.15	S
4.I provide a stable and secure environment for my child, ensuring access to necessary resources and support for their well-being.	3.60	HS
5.I allocate sufficient time, attention, and resources to parenting responsibilities without financial stress significantly affecting me.	3.23	S
Average Weighted Mean	3.31	HS

Table 7 presents the results on single parents' life satisfaction, specifically in the area of comfort, which received the highest weighted mean of 3.34 and was descriptively rated as "Highly Satisfied." Statement 4, "I provide a stable and secure environment for my child, ensuring access to necessary resources and support for their well-being," obtained the highest individual score of 3.60. Conversely, Statement 5, "I allocate sufficient time, attention, and resources to parenting responsibilities without financial stress significantly affecting me," received the lowest score of 3.23, corresponding to a rating of "Satisfied."

These findings indicated that a substantial number of single parents expressed strong confidence in their ability to provide a safe, stable, and nurturing environment for their children. Nevertheless, it remained important to acknowledge the significant challenges many single parents faced—particularly in managing the dual demands of parenting and professional responsibilities. The financial pressures associated with raising

a child often left limited resources for comfort and self-care. Moreover, the constant exhaustion resulting from handling childcare and household duties alone contributed to psychological strain. Among the prominent sources of stress was the fear of social stigma, wherein single parents—especially mothers—were sometimes judged or marginalized for their parenting status.

Sanborn et al. (2024) reported that approximately 22% of undergraduate students across the nation were simultaneously managing the responsibilities of education and parenthood, positioning student-parents as a notable demographic within higher education. Agbaria and Mahamid (2023) emphasized the role of parenting practices and maternal self-efficacy in shaping child adjustment, suggesting that even within stable environments, the parent-child relationship remains dynamic and adaptive in response to developmental shifts.

Caba et al. (2024) noted that the demands of combining employment and childcare responsibilities were particularly burdensome for single parents, who lacked the support of a co-parent. This imbalance frequently required them to prioritize basic needs and professional goals, often at the expense of personal well-being. The continuous effort to balance work and parenting without shared support underscored the enduring challenges experienced by single-parent households.

Furthermore, Caba et al. (2024) asserted that self-motivation played a pivotal role in enabling single parents to overcome adversity. By drawing upon internal strength, single parents were able to pursue personal and familial goals, adapt to setbacks, and build

resilience. This intrinsic drive allowed them to sustain motivation while independently managing the multiple dimensions of parenthood and daily life.

Table 8

Weighted Mean Distribution on the Life Satisfaction of Single Parents in terms of Necessity

Necessity	WM	DR
1.I ensure that my family's needs are my top priority in daily life.	3.58	HS
2. I fully support increasing investment in affordable housing.	2.85	S
3. I recognize that both the strengths and challenges my family faces contribute to our ability to thrive.	3.20	S
4 Implementing inclusive policies and support systems strengthens my capabilities as a solo parent	2.83	S
5.I believe that government initiatives play a vital role in helping me provide for my family's needs.	2.73	S
Average Weighted Mean	3.04	S

Table 8 presents the life satisfaction ratings of single parents with regard to basic necessities, which received a weighted mean of 3.035 and a descriptive rating of “Satisfied.” Among individual statements, Statement 4—“Implementing inclusive policies and support systems strengthens my capabilities as a solo parent”—obtained the highest weighted mean of 3.23 and was rated “Satisfied.” In contrast, Statement 2—“I fully support increasing investment in affordable housing”—received the lowest weighted mean of 2.85 but was still categorized as “Satisfied.”

These results suggested that while many single parents expressed confidence in their ability to provide a stable, supportive environment for their children, they still faced considerable limitations in meeting fundamental needs such as adequate housing. Although respondents were generally content with their current living situations, the data indicated that many lacked the financial capacity to actively support investment in affordable

housing. This underscored the gap between perceived household stability and actual economic security.

In addition, the findings emphasized the continued need for both government interventions and informal social support networks. Financial assistance programs and inclusive policy initiatives were considered essential, alongside emotional and practical support from family and friends. Such networks helped single parents manage childcare responsibilities and maintain psychological well-being.

Desmond (2022) asserted that limited federal housing assistance, stagnant income levels among low-income groups, and rising housing costs have collectively exacerbated eviction rates, especially in impoverished communities. He further noted that poor African American single mothers with young children were among the most vulnerable to housing instability.

Luna et al. (2024) explored the perspectives of single parents and highlighted recurring challenges including insufficient financial resources, limited time, and the psychological effects of family incompleteness. Despite limited access to quality childcare, single parents were found to exert greater effort in the workplace to meet their families' needs.

Caba et al. (2024) emphasized that support from friends and family played a crucial role in enhancing the resilience of single parents. These networks provided both emotional encouragement and practical assistance, such as childcare help and a reliable outlet for

emotional expression. The presence of such a support system significantly contributed to improved well-being and coping ability among single-parent households.

Table 9

Weighted Mean Distribution on the Life Satisfaction of Single Parents in terms of Luxury

Luxury	WM	DR
1. I feel stable and secure, regardless of the circumstances that led to me becoming a single parent.	3.18	S
2. I have reliable access to healthcare and support services necessary to maintain my physical and mental well-being as a single parent	2.98	S
3. I maintain healthy lifestyle habits, such as regular exercise, balanced eating, and responsible drinking, which contribute to my physical and mental well-being as a single parent	3.23	S
4. I can provide for my family's basic needs while also enjoying some comforts and luxuries without excessive financial strain.	3.03	S
5. I can manage my work and family responsibilities without taking on excessive or unsustainable workloads to meet my children's needs	3.33	HS
Average Weighted Mean	3.15	S

Table 9 presents the life satisfaction ratings of single parents in relation to luxury, which received a weighted mean of 3.145 and an overall descriptive rating of “Satisfied.” Among individual statements, Statement 5—“I can manage my work and family responsibilities without taking on excessive or unsustainable workloads to meet my children’s needs”—achieved the highest weighted mean of 3.33. Conversely, Statement 2—“I have reliable access to healthcare and support services necessary to maintain my physical and mental well-being as a single parent”—recorded the lowest weighted mean of 2.98, though it was still rated as “Satisfied.”

These findings suggested that many single parents managed to enjoy occasional personal indulgences, reflecting their resilience and capacity to balance familial and professional obligations despite limited financial resources. These small luxuries often

served to alleviate the considerable stress associated with singlehanded parenting. However, such enjoyment was intricately tied to deeper challenges—namely the lack of time, energy, emotional bandwidth, and social support—which frequently rendered even basic self-care practices a perceived luxury. The rigid schedules dictated by employment and childcare responsibilities restricted single parents from experiencing spontaneity and relaxation.

Moreover, the lower satisfaction scores related to healthcare access and support services highlighted systemic gaps in the structures meant to assist single parents. Despite their outward functionality, many respondents faced internal struggles that compromised their overall well-being due to limited access to necessary resources.

According to Kirkbride et al. (2024), individuals who experience adverse social conditions are more susceptible to poor mental health outcomes. These vulnerabilities are often shaped by structural inequalities that perpetuate intergenerational cycles of disadvantage. For single parents, these challenges were exacerbated by childcare demands and the financial stress that made luxuries—including basic health care—unattainable.

Caba et al. (2024) further emphasized that a lack of personal time was one of the most prominent challenges faced by single parents, as they navigated the demands of parenting without the support of a co-parent. The burden of balancing employment, child-rearing, and household tasks often left little opportunity for self-care or recreational activities. Consequently, the absence of personal time contributed to increased stress, fatigue, and difficulty maintaining a healthy work-life balance.

Table 10

Independent T-test and F-test Result on the Significant Difference Satisfaction of Single Parent Households Based on Demographic Profile

Demographic Profile of Single Parent						
Life Satisfaction		Age	Occupation /Source of Income	Gender	Number of Children	Monthly Income
Health	t/F Test	0.805	2.000	-1.185	0.622	0.289
	P-Value	0.499	0.116	0.243	0.650	0.833
	Decision	Failed to Reject Null Hypothesis				
	Interpretation	Not Significant				
Comfort	t/F Test	0.753	0.446	-1.077	0.405	0.021
	P-Value	0.528	0.703	0.288	0.803	0.996
	Decision	Failed to Reject Null Hypothesis				
	Interpretation	Not Significant				
Necessity	t/F Test	0.761	2.567	-0.970	0.481	0.628
	P-Value	0.523	0.055	0.338	0.749	0.602
	Decision	Failed to Reject Null Hypothesis				
	Interpretation	Not Significant				
Luxury	t/F Test	0.377	1.312	-0.355	0.446	0.105
	P-Value	0.770	0.284	0.725	0.774	0.957
	Decision	Failed to Reject Null Hypothesis				
	Interpretation	Not Significant				

Table 10 presents the variation in life satisfaction among single parents based on demographic profiles, including age, gender, number of children, occupation or income source, and monthly income. The p-values for health were 0.499, 0.116, 0.243, 0.650, and 0.833; for comfort, 0.528, 0.703, 0.288, 0.803, and 0.996; for necessity, 0.523, 0.055, 0.338,

0.749, and 0.602; and for luxury, 0.770, 0.284, 0.725, 0.774, and 0.957. All values exceeded the significance level ($\alpha = 0.05$) and were interpreted as not statistically significant.

The researchers failed to reject the null hypothesis, which indicated that life satisfaction levels among single-parent households did not vary significantly across demographic classifications. Regardless of age, gender, occupation, number of children, or monthly income, respondents reported similar levels of contentment across the four dimensions—health, comfort, necessity, and luxury.

With respect to age, the findings revealed minimal influence on life satisfaction dimensions. This suggested that interventions aimed at enhancing well-being among single parents may benefit more from focusing on factors such as employment status, social support, or service accessibility rather than age alone. Supporting this perspective, Richter and Lemola (2017) found that individuals raised by single mothers during early childhood reported significantly lower life satisfaction compared to those raised in dual-parent households. The differences, while statistically significant, remained within the small effect range (1–14 years: $d = 0.10$, $p < .001$; full 15 years: $d = 0.19$, $p < .001$) even after controlling for childhood socioeconomic status.

Similarly, occupation did not significantly impact life satisfaction in the assessed domains. This finding implied that single parents experienced comparable levels of well-being regardless of employment type. Putra et al. (2022) highlighted that among working single parents, job satisfaction was negatively correlated with work-family conflict. As

conflict intensified due to competing responsibilities, satisfaction declined, emphasizing the importance of organizational support and flexible work arrangements.

Gender also had no significant effect on health, comfort, necessity, or luxury satisfaction levels. Male and female single parents reported similar experiences despite differing time-use patterns. Jang et al. (2023) noted that male respondents tended to work more, while female respondents spent more time on education, social interaction, and instrumental activities of daily living. Although perceived time scarcity differed between genders, overall life satisfaction remained statistically consistent.

Furthermore, the number of children in a household did not statistically influence satisfaction levels. Regardless of family size, single parents demonstrated equivalent degrees of contentment, suggesting that resource quality and access may outweigh the effects of family structure. Kowal et al. (2021) reported that the number of children was a weak predictor of marital satisfaction when accounting for individual variables such as education, religiosity, and sex, reinforcing the notion that structural factors are more impactful than sheer quantity of dependents.

Monthly income also failed to demonstrate a significant effect on life satisfaction across all domains. This stability implied that financial status alone may not be a sufficient predictor of well-being. Cruz et al. (2024) emphasized that financial hardship among single parents stemmed not only from limited income but also from lack of financial literacy, inadequate support systems, and heightened stress due to balancing work and childcare.

Their study underscored the need for targeted financial education, strengthened social networks, and legislative action to enhance resilience and long-term stability.

In conclusion, the statistical results of the independent t-tests and one-way ANOVA confirmed that demographic variables—including age, occupation, gender, number of children, and monthly income—did not significantly influence the satisfaction levels of single-parent households. The consistent mean values across subgroups supported the inference that personal well-being is not solely determined by demographic attributes but may be shaped more profoundly by systemic support, access to services, and psychosocial resources.

PROJECT PROPOSAL

I. Project Title: KALINGA: Knowledge and skill Amplifications on LIvelihood and eNtrepreneurship; empowerinG single pArents

II. Project Management:

- a. Project Head- Kyle Angelie G, Ason / Rizza B. Zapanta
- b. Members and Specific Roles:

III. Partner Agency/ies:

- Ensemble of Livelihood and Technology Education Students
- Community of Barangay Manasa Lucban, Quezon

IV. Project Duration: 12 months

V. Project Location: Barangay Manasa, Lucban, Quezon

VI. Brief Description of Beneficiaries:

The beneficiaries of this program will consist of solo parents residing in Barangay Manasa, Lucban, Quezon. The final list of qualified beneficiaries will be based on data provided by the Barangay Health Worker. As part of the initiative, the program will aim to target thirty solo parents, preferably individuals aged 13 to 18 years who became parents as a result of teenage pregnancy. However, if data for this age group is unavailable, the selection will include solo parents aged 18 to 30 years whose income is insufficient to meet their family's basic needs.

The chosen participants will be selected according to their economic classification, specifically those belonging to poor or low-income categories. Eligible beneficiaries will

include individuals who are not currently employed by any private or public institutions, either within or outside the country.

VII. Funding Source/s:

Southern Luzon State University- Office of Extension Services

VIII. Rationale:

Single parenthood, often driven by factors such as teenage pregnancy, divorce, separation, or personal choice, is frequently accompanied by economic challenges. While some view this situation as problematic due to the burden of sole parental responsibility, others embrace it as a meaningful and empowering decision.

To uphold the fundamental rights and responsibilities of solo parents in raising their children, including the provision of basic needs and access to social services and welfare benefits as outlined in Republic Act No. 11681, Section 2, the College of Teacher Education aims to contribute through a capacity-building livelihood program intended to strengthen the economic stability of solo parents.

A key concern in this initiative is the ability of solo parents to meet their children's essential needs, which directly influences household satisfaction and is closely linked to economic independence and relief from poverty. One direct manifestation of poverty among single-parent families is food insecurity, which perpetuates a cycle of hardship and instability.

In the Philippines, the rise in solo parenthood is notable, with approximately 15 million Filipino solo parents reported—95 percent of whom are single mothers and the remaining 5 percent single fathers. These parents face numerous challenges, particularly the obligation to provide for their children's basic needs without the support of a partner. Despite these hardships, many single parents manage to cope with financial strains, especially those who are employed but underemployed. Often, their wages are insufficient to meet the household's needs, resulting in decreased overall home satisfaction.

Moreover, the challenges encountered by solo parents are multifaceted, encompassing economic, childcare, personal, and social dimensions. These factors frequently overlap, with financial difficulties affecting childcare arrangements and the family's general well-being. In navigating these challenges, social support plays an essential role. The overall satisfaction of solo parents is often tied to their ability to manage health, maintain social connections, and achieve economic stability.

Recognizing these needs has encouraged further research and advocacy for improved support systems aimed at enhancing the quality of life of solo parents. One significant legislative framework that acknowledges and supports their circumstances is Republic Act No. 11861, also known as the Expanded Solo Parents Welfare Act. This law extends welfare assistance to those who exercise sole parental care and responsibility over their children.

In terms of livelihood opportunities, mug printing offers a customizable and personalized service to consumers. This business serves both personal and corporate needs.

Although there is no exact data on the number of mug printing enterprises in the Philippines, the industry is popular due to the creative freedom it provides. Personalized mugs are in constant demand, especially for special occasions, making mug printing a profitable venture. Market trends indicate that the custom mug printing segment is growing annually at a rate of approximately 6.5 percent. Consumers are willing to pay a premium for unique and personalized products, enabling businesses to set higher prices compared to mass-produced alternatives.

Another promising livelihood activity is crochet, which is relatively new to the formal economy and presents challenges for new entrepreneurs. Success in this industry requires flexibility and creativity, particularly when launching new designs that may not appeal to everyone immediately. Crochet, as an art form, demands adaptability and a willingness to innovate continually. More than just a hobby, crochet offers an opportunity to start a small business, especially with the increasing demand for handmade, one-of-a-kind items. As a craft, it allows creators to share their work with family, friends, and the broader community. Handicrafts, including crocheted items, are typically produced using simple tools and are valued for both their decorative and practical uses.

IX. Brief Description of the Project;

The one-year program will aim to enhance household satisfaction among solo parents by empowering them through structured livelihood activities and strengthening their entrepreneurial capabilities. Specifically, the initiative will support skill-building through hands-on training in practical areas such as cooking and sewing, providing

participants with the opportunity to develop both creative and income-generating competencies.

To ensure a comprehensive and progressive learning experience, the project will consist of six sequential phases. First, the **Financial Literacy and Product Development Seminar** will equip beneficiaries with essential financial management knowledge and practical insights into developing marketable products. Following this, the second phase, **Hands-on Training in Design**, will introduce a two-part instructional approach. The initial component will involve paper-and-pencil exercises aimed at cultivating creativity, while the latter will focus on digital design tools to advance technological literacy and design skills.

The third phase, **Hands-on Mug Designing and Printing**, will allow participants to apply their prior designs by transferring them onto physical mugs, thereby integrating their creative outputs with a tangible product. Next, the fourth phase, **Hands-on Cup Holder Knitting**, will concentrate on enhancing crafting techniques through crochet-based cup holder creation, promoting both aesthetic and functional design elements.

In the fifth phase, **Handmade Packaging Design**, participants will be guided in producing customized packaging solutions for their printed mugs, reinforcing the importance of presentation and branding. Lastly, the sixth phase, **Product Production Seminar and Graduation**, will feature seminars focused on advanced creativity in product design and craft-making. This final phase will culminate in a graduation ceremony, celebrating the achievements and progress of the beneficiaries throughout the program.

X. Objectives

a. General Objectives

The program aims to equip solo parents residing in Barangay Manasa, Lucban, Quezon with essential livelihood skills through a structured series of training sessions. These sessions will focus on current trends in small-scale enterprise development, enabling participants to explore sustainable income- generating opportunities and strengthen their entrepreneurial capacity

b. Specific Objectives

- i. To conduct a comprehensive training needs assessment for solo parents residing in Barangay Manasa, Lucban, Quezon.
- ii. To educate participants on essential product development techniques and financial literacy principles that support sustainable income generation and entrepreneurial growth.
- iii. To cultivate and enhance the creative abilities of program beneficiaries in product and design development
- iv. To impart practical skills in product development
- v. To strengthen the beneficiaries' marketing competencies by equipping them with effective strategies for product promotion

XI. Key Activities:

The training program is primarily organized into six key phases:

- 1) Financial literacy and Product Development Seminar (1 day)

2) Hands-on Training Designing

- Paper and Pencils (1 day)
 - Digital Tools (1 day)
- 3) Hands-on Training Mug Designing and Printing (1 day)
- 4) Hands-on Training Cup Holder Knitting (crochet) (1 day)
- 5) Handmade Packaging Design Workshop (1 days)
- 6) Product Production Seminar/Graduation (1 day)

The initial phase of the project will orient the beneficiaries on financial literacy and product development procedures, guiding them on how to transform an idea into a tangible product that can successfully reach the market. This phase will also cover essential marketing strategies and introduce the early stages of the product development process, including concept generation and distribution planning.

In the second phase, the training will focus on teaching beneficiaries how to create products by developing their own designs and crafts. To ensure practical application, participants will be encouraged to exercise creativity while considering design principles and variations. This phase will include both paper-and-pencil activities for initial drafts and digital tools to refine and transfer designs electronically.

The third phase will center on mug printing activities. Beneficiaries will apply the designs created in the previous phase onto actual mugs using a mug printing machine, enabling them to produce personalized products.

During the fourth phase, participants will undergo hands-on training in knitting cup holders. They will learn fundamental crochet stitches and techniques to create handcrafted holders that complement their printed mugs.

In the fifth phase, the focus will shift to handmade packaging design. This activity will develop the beneficiaries' skills in crafting unique and visually appealing packaging, enhancing the overall presentation of their products.

The sixth and final phase will consist of seminars designed to inspire creativity in crafting personalized mugs and reinforcing design techniques. This phase will culminate in a graduation ceremony, celebrating the accomplishments of each beneficiary and marking the successful completion of the program.

Implementation Plan:

a. Description

Barangay Manasa will serve as the implementing office of the proposed program. To ensure that all components and activities are properly organized and coordinated, and that the program's objectives are achieved, the designated program management team will be responsible for monitoring its implementation.

A Memorandum of Agreement will be signed between the university and the Sangguniang Barangay of Manasa to formalize and define the partnership. The College of Teacher Education (CTE) extension workgroup, in collaboration with the ELITES, will facilitate the execution of all program activities. Barangay Manasa may also provide

financial assistance and will be required to participate actively in program-related discussions.

Each component coordinator will be responsible for identifying and securing qualified resource speakers or trainers for their respective training modules. Alongside the CTE faculty, they will assist in facilitating sessions, documenting proceedings, preparing activity reports, and conducting monitoring and evaluation. The Program Head will oversee and consolidate all activities across components to ensure program cohesion.

Financial Literacy Training for solo parents will be conducted on the first day of the event. This seminar will cover essential topics such as proper income management, available social support systems, and strategies for effectively marketing their products.

Under the LIVELIHOOD initiative (Life Improvement Via Entrepreneurship, Life Skills, and Income Seminar for Household Development), beneficiaries will participate in various skills training activities, including product design, mug printing, cup holder crocheting, and handmade packaging design. These activities will foster creativity and equip participants with practical skills for generating sustainable income.

- b. Timetable [See attachments]
- c. Summary of Project [See attachments]
- d. Monitoring and Evaluation Schemes

To assess the strengths and weaknesses of each activity, an evaluation process will be administered immediately following every phase of implementation. The results

gathered from these evaluations will serve as the basis for strategic re-planning, ensuring that all aspects of the program remain aligned with its intended goals and outcomes.

XII. Major Outputs

The major outputs of the program are the following:

- a. Participants learned product development techniques
- b. Created hand-crafted packaging materials for their product
- c. Participants have enhanced skills on promotion and advertisement

XIII. Expected Outcomes and Impacts

- A. The beneficiaries will have the opportunity to acquire training, develop essential skills, and cultivate a positive entrepreneurial mindset that will enable them to start and sustain a small business with minimal capital investment.
- B. Participants will be empowered to generate additional income for their households by applying the skills and knowledge acquired through the program's training activities.
- C. Participants will be empowered to generate additional income for their households by applying the skills and knowledge acquired through the program's training activities.

I. Budgetary Breakdown

PROJECT BUDGET (For the whole duration of the project)

BUDGETARY ITEMS	YEAR 1		YEAR 2		YEAR 3		TOTAL	
	SLSU	Partner/ r/s	SLS U	Partner/ s	SLSU	Partner/ s	SLSU	Partner/ s
Financial Literacy and Product Development Seminar								
- Morning Snack P75.00 x 15 pax	P1,125.00							
- Lunch P200.00 x 15 pax	P3,000.00							
- Afternoon Snack P75.00 x 15 pax	P1,125.00							
- Honorarium/Commemorative for Speaker	P7,000.00							
- Certificate Printing Expenses	P750.00							
- Transportation	P500.00							
Hands-on Training Activity (Mug Designing)								
Paper and Pencils								
- Morning Snack P75.00 x 15 pax	P1,125.00							
- Lunch P200.00 x 15 pax	P3,000.00							
- Afternoon Snack P75.00 x 15 pax	P1,125.00							
Materials								
- Bond Paper	P300.00							
- Pencil	P150.00							

- Eraser	P150.00						
Transportation	P500.00						
Digital Tools (Canva in Smartphones)							
- Morning Snacks P75.00 x 15 pax	P1,125.00						
- Lunch P200.00 x 15 pax	P3,000.00						
- Afternoon Snack P75.00 x 15 pax	P1,125.00						
Transportation	P500.00						
Hands-on Training Activity (Mug Printing)							
Food							
- Morning Snack P75.00 x 15 pax	P1,125.00						
- Lunch P200.00 x 15 pax	P3,000.00						
- Afternoon Snack P75.00 x 15 pax	P1,125.00						
Tools							
- Heat-Resistant tape P50.00 X 30 pcs	P1,500.00						
- Heat-Resistant Gloves P95.00 x 30 pcs	P2,290.00						
- Sublimation White Mugs P45.00 X 20 pcs	P900.00						
- Sublimation Magic Mug P90.00 x 20 pcs	P1,800.00						
Materials							
- Sublimation Paper P170.00 x 5 packs	P1,700.00						
- Sublimation Ink set P1,120.00 x 5 set	P5,600.00						
Equipment							
- Sublimation Printer EPSON L1210	P15,000.0 0						
- Mug Press P7,000.00 x 3	P21,000.0 0						
Transportation	P500.00						

- Morning Snack P75.00 x 15 pax	P1,125.00							
- Lunch P200.00 x 15 pax	P3,000.00							
- Afternoon Snack P75.00 x 15 pax	P1,125.00							
- Certificate Printing Expenses	P750.00							
- Souvenirs P400.00 x 15 pax	P6,750.00							
- Transportation	P500.00							
Total	P158,000. 00							

*May add or reduce column and row depending on the number of activities and years covered by the project

II. TIMETABLE OF ACTIVITIES / GANTT CHART

ACTIVITY	Target No. of participants	Tenta ti ve Durat i on (No. of Hrs or Days)	YEAR				YEAR				YEAR			
			Q1	Q2	Q3	Q4	Q1	Q2	Q3	Q4	Q1	Q2	Q3	Q4
Financial Literacy and Product Development Seminar	15	8			✓									
Mug Designing Phase 1	15	8			✓									
Mug Designing Phase 2	15	8				✓								
Mug Printing	15	8				✓								
Cup holder Knitting (Crochet)	15	8					✓							
Mug Packaging	15	8					✓							
Product Promotion Seminar	15	8						✓						
Terminal Report									✓					

*May add or reduce column and row depending on the number of activities and years covered by the project

III. PROJECT SUMMARY

ACTIVITIES	SPECIFIC OBJECTIVE	SCHEDULE	BUDGET	PERSONS INVOLVED
Financial Literacy and Product Development Seminar	To provide beneficiaries with comprehensive knowledge of product development processes—ranging from conceptualization to distribution—and to orient them on fundamental principles of financial literacy	August	P13,500.00	Project Management Team ELITES Brgy. Officials
Mug Designing Phase 1	To equip beneficiaries with the ability to conceptualize and draft product designs using paper-and-pencil techniques	September	P6,350.00	Project Management Team ELITES Brgy. Officials
Mug Designing Phase 2	To guide beneficiaries in refining and finalizing product designs using digital tools	October	P5,750.00	Project Management Team ELITES Brgy. Officials

Mug Printing	To enable beneficiaries to create personalized mugs featuring unique designs, names, or messages that reflect their individual preferences	November	P55,540.00	Project Management Team ELITES Brgy. Officials
Mug Holder Knitting (Crochet)	To develop beneficiaries' skills in crafting cup holders through crochet techniques	February	P41,000.00	Project Management Team ELITES Brgy. Officials
Mug Packaging	To design creative and visually appealing packaging for printed mugs	March	P22,610.00	Project Management Team ELITES Brgy. Officials
Product Production Seminar / Graduation	To enable beneficiaries to effectively promote their products in local and digital markets by applying acquired marketing strategies, and to formally conclude the program through a graduation ceremony	April	P13,250.00	Project Management Team ELITES Brgy. Officials

**May add or reduce row depending on the number of activities and objectives per program*

(signatories for Colleges/ Satellite / Campuses/Unit)

Submitted by:

Project Leader

Noted by:

Dean of the College/
Director, Extension Service
Director of Satellite Campus

Recommending Approval:

Vice President, REPDI

Training Needs Assessment

Table 1.

Training Need Assessment of single parent according to their barangay

	Frequency	Percentage (%)
Manasa	6	40%
May-it	5	33.3%
Tinamnan	3	20%
6	1	6.7%
TOTAL	15	100%

Table 1 shows the frequency and percentage distribution of the respondent according to their barangay. Among the 15 respondent, Barangay Manasa being the highest with six respondent, represent 40%. Followed by Barangay May-it with five respondent, represent 33.3%. The next one is Barangay Tinamnan and Barangay 6 with three and one respondent, representing 20% and 6.7% respectively.

Table 2.

Training Need Assessment of single parent according to their gender

	Frequency	Percentage (%)
Male	2	13.4%
Female	13	86.6%
TOTAL	15	100%

Table 2 shows the frequency and the percentage distribution of the respondents according to their gender. Among the 15 respondent, the majority is female with thirteen respondent, represents 86.6%. Followed by two male respondent, representing 13.4%.

Table 3.

Training Need Assessment of single parent in terms of Training activity

	Frequency	Percentage (%)
Painting (Pagpipinta)	2	11.76%
Assembling (Pagbubuo)	1	5.88%
Crafting (Paggawa)	2	11.76%
Sculpting (Pag-ukit)	0	0
Sewing (Pananahi)	3	17.65%
Weaving (Paghahabi)	1	5.88%
Designing (Pagdidisenyo)	5	29.41%
Others	3	17.65%
TOTAL	17	100%

Table 3 shows the frequency and the percentage distribution of the respondent according to the training needs assessment in terms of Training (Pagsasanay) Among the respondents, 5 of them chose Designing (Pagdidisenyo) as the training they want to acquire, represents 29.41%. Sewing (Pananahi) and Others gets 3 respondent, representing 17.65%. Some single parents also chose Painting (Pagpipinta) and Crafting (Paggawa), Assembling (Pagbubuo) and Weaving (Paghahabi) as the training they want to attend, representing 11.76% and 5.88% respectively. On the hand, none of the respondent chose Sculpting (Pag-ukit) as the training they want to do, resulting to 0%.

Table 4.

Training Need Assessment of single parent in terms of Seminar activity

	Frequency	Percentage (%)
Livelihood (Paghahanap buhay)	10	50%
Financial literacy	4	20%
Art (Sining)	1	5%
Family Planning	1	5%
Health (Kalusugan)	3	15%
Others	1	5%
TOTAL	20	100%

Table 4 shows the Frequency and the percentage distribution of the respondents according to the Training needs assessment in terms of Seminar activity. Among the 15 respondent, some of them answer twice resulting to 20 in total. It was determined that the 10 of them chose Livelihood (Paghahanap-Buhay), represents 50%. Followed by Four and 3 respondent that chose financial literacy and Health (Kalusugan), representing 20% and 15% respectively. On the other hand, some single parent chose Art (Sining), Family planning, and Other as their choice, representing 5% each.

Table 5.

Training Need Assessment of single parent in terms of Technical Assistance.

	Frequency	Percentage (%)
Construction of House	4	28.6%
Construction of Toilet	0	0
Water and Waste Management	1	7.1%
Agricultural Management	9	64.3%
Others	0	0
TOTAL	14	100%

Table 5 shows the frequency and the percentage distribution of the respondents according to the training need assessment in terms of Technical Assistance. Among the 14 respondents, 9 of them chose Agricultural Management, represents 64.3%. Some single parent chose Construction of house and Water and Waste Management as the thing they want to do in their place, representing 28.6% and 7.1% respectively. On the other hand, none of the any respondent chose Construction of Toilets and Other as their choice, resulting to 0%.

Table 6.

Training Need Assessment of single parent in terms of Formal and Informal Education

	Frequency	Percentage (%)
Alternative Learning	7	35%
Children Skills Training	7	35%
Art Workshop	2	10%
Crafting Workshop	2	10%
Others	2	10%
TOTAL	20	100%

Table 6 shows the frequency and the percentage distribution of the respondents according to the training needs assessment in terms of Formal and Informal Education. Among the 20 respondents, Some single parent 7 each of them, chose the Alternative learning and Children skills training, representing 35%. The Art workshop, Crafting Workshop, and other, representing 10% respectively.

Table 7.*Training Need Assessment of single parent in terms of Community Problems*

	Frequency	Percentage (%)
Lack of employment (Kakulangan sa hanapbuhay)	4	50%
Power outage (Kawalan ng kuryente)	1	12.5%
Peace and order	1	12.5%
Insufficient irrigation (Di sapat na patubig)	1	12.5%
Young people who are unable to study (Mga kabataang hindi nakakapag-aral)	0	0
The school is far away. (Malayo ang paaralan)	1	12.5%
Others	0	0
TOTAL	8	100%

Table 7 shows the frequency and the percentage distribution of the respondent according to the training needs assessment in terms of Community Problem. Among the 8 respondents, Lack of employment (Kakulangan sa trabaho), being the highest with four (4) respondent, represents 50%. Power outage (Kawalan ng kuryente), Peace and order, Insufficient Irrigation (Di sapat na patubig), The school is far away (Malayo ang paaralan) on the other hand, having one (1) respondent each, represents 12.5%. Young people who are unable to study (Mga kabataang hindi nakakapag-aral) and Other, having 0 respondents as they don't see it as community problem, represents

Chapter V

SUMMARY, CONCLUSIONS AND RECOMMENDATION

This chapter presents a summary of the study. It outlines the key findings derived from the analysis and interpretation of the results. Additionally, it articulates the conclusions drawn and the recommendations proposed based on the study's outcomes.

Summary

The primary objective of this study was to determine the degree of underemployment and life satisfaction among single parents in low-income households by analyzing respondent data and corresponding demographic characteristics. Specifically, the study identified the demographic profile of single parents, including age, gender, number of children, occupation or income source, and monthly income. The investigation also examined how these characteristics influenced satisfaction levels across four key domains: health, comfort, necessities, and luxury.

Based on the statistical findings, there was no significant correlation between the demographic profile of single parents and their reported levels of life satisfaction in the selected barangays of Lucban, Quezon. Furthermore, using a training needs assessment, the researchers identified specific needs of the single-parent respondents. These findings informed the development of a project proposal intended to support and empower single parents in the community.

In total, the study included forty (40) respondents who were purposively selected from designated barangays in Lucban, Quezon. The researchers employed a quantitative research approach, utilizing a structured survey questionnaire as the primary data collection instrument.

Findings

Based on the data gathered in relation to the objectives of this study, the following were the significant findings:

1. This section presented the essential demographic information of single-parent respondents in the study. Among the 40 participants, 2.5% were in the 13–18 age group, 12.5% were aged 19–25, 27.5% belonged to the 26–35 age group, and 57.5% fell within the 36–45 age bracket. None of the respondents were above the age of 46. Regarding occupation or source of income, 15% were laborers, 5% were farmers, 2.5% were tricycle drivers, 15% were vendors, and 62.5% indicated “Other,” suggesting engagement in informal or non-traditional employment. In terms of gender, 82.5% of respondents were female and 17.5% were male, with no unspecified entries. As for the number of children, 35% had one child, 30% had two, another 30% had three, while 2.5% had four or more children. These findings revealed that the majority of respondents were middle-aged women who relied on multiple or unclear sources of income, potentially indicating underlying financial instability.
2. The study reported average weighted mean scores of 3.11 for Health, 3.34 for Comfort, 3.035 for Necessity, and 3.145 for Luxury, with all domains receiving a descriptive rating

of “Satisfied.” These results suggested that single parents generally expressed contentment with their current conditions. However, the moderately high ratings implied that while their basic needs were being met, there remained room for improvement. The absence of exceptionally high scores highlighted a degree of vulnerability—indicating that changes in circumstance could impact future satisfaction levels.

3. Findings from the independent t-test and one-way ANOVA indicated that demographic variables—including age, gender, number of children, occupation or income source, and monthly income—had no statistically significant effect on the life satisfaction levels of single-parent households. Although these demographic factors did not directly influence satisfaction outcomes, the information remained valuable. It provided a nuanced understanding of the diversity within single-parent families and offered a foundation for the development of targeted programs and services that address their specific needs.

4. In response to the identified gaps, the researchers proposed a community-based project. The findings revealed that single parents in selected barangays of Lucban, Quezon faced unmet needs and persistent challenges. As a result, the researchers emphasized the importance of developing a structured project plan aimed at supporting and improving the overall well-being of single parents within the locality.

Conclusions

In light of the findings derived from the study, the researchers concluded the following:

- 1.The study concluded that a significant number of single parents were financially challenged women in their 30s and 40s, most of whom had one or two children. This demographic profile emphasized the vulnerability of middle-aged single mothers who often relied on unstable or multiple income sources to meet daily living expenses.
- 2.The results indicated that single parents were generally satisfied across all measured domains—health, comfort, necessities, and luxury—based on the descriptive rating of “Satisfied” assigned to each category. While respondents demonstrated the ability to meet essential needs, the moderate satisfaction scores suggested that their sense of contentment did not necessarily equate to overall happiness. It implied that, although basic requirements were met, there remained potential for instability or unmet aspirations should circumstances change.
- 3.Statistical analyses using one-way ANOVA and independent t-tests revealed no significant relationship between the life satisfaction of single-parent households and their demographic profiles. This finding suggested that variables such as age, gender, occupation, number of children, and monthly income did not directly influence overall contentment. However, the researchers acknowledged that life satisfaction may be affected by other complex factors beyond demographic characteristics.
- 4.In response to the study’s findings, the researchers developed a strategic plan aimed at supporting single parents. Rather than focusing solely on personal or demographic information, the proposed initiative emphasized actionable interventions tailored to the expressed needs of single parents. A project proposal was crafted to address existing gaps

and improve the well-being of single-parent households in select barangays of Lucban, Quezon.

Recommendation

In light of the findings and conclusions drawn from the study, the researchers offered the following recommendations:

1. It is recommended that livelihood training be offered to single parents to help them increase their income. These programs may promote financial independence, improve family quality of life, and reduce reliance on social assistance.
2. Even if single parents express satisfaction with their living conditions, they are encouraged to participate in livelihood training initiatives. Such efforts may enhance income stability, develop new competencies, and reinforce financial resilience. These improvements may elevate the quality of life for both parents and their children, foster personal autonomy, and empower them to contribute more actively to community development.
3. The proposed community project should be implemented to address the specific challenges faced by single parents. Effectively responding to their pressing needs may lead to significant improvements in overall well-being and life satisfaction.
4. It is further recommended that single parents attend seminars focused on parenting skills, time management, and household care. These learning opportunities may strengthen their caregiving abilities and help them balance responsibilities more efficiently.

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APPENDICES

APPENDIX A



SOUTHERN LUZON STATE UNIVERSITY
College of Teacher Education

Gat Andres Bonifacio Bldg, SLSU, Lucban, Quezon PH 4328



(042) 540 5636



cteslu@slsu.edu.ph



SLSUCollegeofTeacherEducation



April 2, 2025

REALYN MOSCOSA, LPT
Faculty, College of Teacher Education
Southern Luzon State University

Dear Madame,

The undersigned are the third-year students taking up a Bachelor of Technology and Livelihood Education major in Home Economics in the College of Teacher Education and presently working on the study entitled "**QUALITY OF LIFE SATISFACTION OF SINGLE PARENTS IN LUCBAN, QUEZON**". In this regard, the researchers respectfully request your assistance as an English critic to face-validate the research instrument relevant to the study. Your comments and suggestions will be a great help in the attainment and completion of this endeavor. Thank you for sharing your extra time and expertise.

KYLE ANGELIE G. ASON
Student-Researcher

RIZZA B. ZAPANTA
Student-Researcher

Noted by:

JOHN PAOLO R. ALVAREZ, MAED
Research Adviser

Approved by:

REALYN MOSCOSA, LPT
Faculty, College of Teacher Education

"Empowering people, ensuring a sustainable future"



SOUTHERN LUZON STATE UNIVERSITY
College of Teacher Education

Gat Andres Bonifacio Bldg, SLSU, Lucban, Quezon PH 4328

(042) 540 5656

cteslsu@susu.edu.ph



March 28, 2025

JAMAICA O. ELARCO
Teacher III
Adela S. Torres National High School

Dear Ms,

The undersigned are the third-year students taking up a Bachelor of Technology and Livelihood Education major in Home Economics in the College of Teacher Education and presently working on the study entitled "**QUALITY OF LIFE SATISFACTION OF SINGLE PARENTS IN LUCBAN, QUEZON**". In this regard, the researchers respectfully request your assistance as one of the experts who will validate the content of the questionnaire for this study. Your comments and suggestions will be a great help in the attainment and completion of this endeavor. Thank you for sharing your extra time and expertise.

Respectfully yours,

KYLE A. ANGELIE G. ASON
Student-Researcher

RIZZA B. ZAPANTA
Student-Researcher

Noted by:

JOHN PAOLO R. ALVAREZ, MAED
Research Adviser

Approved by:

JAMAICA O. ELARCO
Teacher III

"Empowering people, ensuring a sustainable future"



March 31, 2025

RENALYN M. DAMASCO
 SLSU-LS Faculty
 Southern Luzon State University

Dear Ms,

The undersigned are the third-year students taking up a Bachelor of Technology and Livelihood Education major in Home Economics in the College of Teacher Education and presently working on the study entitled "**QUALITY OF LIFE SATISFACTION OF SINGLE PARENTS IN LUCBAN QUEZON**". In this regard, the researchers respectfully request your assistance as one of the experts who will validate the content of the questionnaire for this study. Your comments and suggestions will be a great help in the attainment and completion of this endeavor. Thank you for sharing your extra time and expertise.

Respectfully yours,

[Signature]
KYLE ANGELIE G. ASON
 Student-Researcher

[Signature]
RIZZA B. ZAPANTA
 Student-Researcher

Noted by:

[Signature]
JOHN PAOLO R. ALVAREZ, MAEd
 Research Adviser

Approved by:

[Signature]
RENALYN M. DAMASCO
 SLSU-LS Faculty

"Empowering people, ensuring a sustainable future"

APPENDIX B

APPENDIX C

1. Demographic Profile of Single Parents

Demographic Profile		MEAN
Age		3.4
Occupation/Sources		3.95
Gender		1.825
No. of Children		2.075
Monthly Income		2.175

Life Satisfaction of Single Parents

1 .Health

Question No.	MEAN
Q1	3.1
Q2	2.975
Q3	3.225
Q4	3.025
Q5	3.225

2. Comfort

Question No.	MEAN
Q1	3.15
Q2	3.425
Q3	3.15
Q4	3.6
Q5	3.225

3. Necessity

Question No.	MEAN
Q1	3.575
Q2	2.85
Q3	3.2
Q4	2.825
Q5	2.725

4 Luxury

Question No.	MEAN
Q1	3.175
Q2	2.975
Q3	3.225
Q4	3.025
Q5	3.325

APPENDIX D



Southern Luzon State University
INNOVATION & TECHNOLOGY SUPPORT SERVICES OFFICE (ITSSO)
Lucban, Quezon

CERTIFICATE OF LANGUAGE EDITING

This certificate confirms that the

Life Satisfaction Among Single Parents in Selected Barangay on Lucban, Quezon
(Manuscript Title)

written by

Kyle Angelie G. Ason and Rizza B. Zapanta

(Author)

was edited by the undersigned language expert.

The following issues were corrected:
grammar, spelling, punctuation, sentence structure, phrasing, and citations.
This affirms the manuscript acceptable for publication and copyright application.

Signed this 11th day of July in the year of our Lord 2025 at
Lucena City

JERMINIE F. ALINEA, PhD

Signature over Printed Name
Language Expert

APPEN



**Innovation and Technology
Support Services Office (ITSSO)**

CERTIFICATE OF MANUSCRIPT ORIGINALITY

This is to certify that the research paper entitled,

"**Life Satisfaction among**

Single Parents in Selected Barangay on Lucban, Quezon"

Title of the Manuscript

submitted by **Kyle Angelie G. Ason** and **Rizza B. Zapanta**

Faculty / Student-Author/s

of the **College of Teacher Education**

College / Unit

is an outcome of an independent and original work. The manuscript received a text

similarity / plagiarism score of **10%** with Turnitin Paper ID **old :29310:103888407**

which is an acceptable originality score based on our school policies. Furthermore,

the work has also not been submitted elsewhere for publication.


NONA D. NAGARES, PhD
Director, ITSSO