

Investigation of Challenges and Coping Mechanisms of Students with a Single Parent

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Abstract: *The main objective was to determine how students who came from a broken family deal or cope with the thought that he or she is different from other students. Based on research here in the Philippines 34.8 million people came from a broken family which is 44% population in the Philippines. Then we investigated their perspective about their family compared to complete families. Results say that there are things that they lack unlike in a complete family, example is a child needs the presence or love of a mother or father, whoever is absent from the family. Because a mother cannot give something a father gives and a father can't give something a mother gives. But there is a positive side despite the fact that the child came from an broken family which is the child would be motivated more because they are still thankful to have someone instead of no one.*

Keywords— Broken Family, Single Parent, Qualitative Study

1. INTRODUCTION

A parental absence is a family that has been divided or separated for a variety of reasons. This leads to children being raised by single parents, stepparents, or others who are not related to biological parents [1]. A broken family is a unit where the relatives have critical passionate issues with each other. As a youngster, you don't understand it, yet this present climate's belongings are groundbreaking. There could be misuse or disregard. What's more there's very an absence of help for a kid or kids in the family. The explanation for its harmful dynamic is that these people aren't focusing on each other [2].

Almost one kid in three is living without their dad or mom. In a grim picture of crumbling day-to-day life, scientists found that there are 3.8 million such kids, the incredible greater part of them in single-parent families. 3.8 million kids live with just one of their natural guardians since they have a solitary mother or their dad or mom has ventured out from home [3].

2. RELATED WORKS

This section tackles the different related concepts, ideas, understanding, and a brief related study in the analysis of the coping mechanism experiencing parental absence. This will serve as a basis for the systematic analyses of data that will form the findings, conclusions, and recommendations of the study.

A literature review on the family environments of gifted students discovered that gifted children are most likely to come from an intact family than in divorced ones. Children from a single parent can be low-achieving, absent, discipline problems, expelled, dropouts than complete families. Teachers should be aware that gifted children's understanding of divorce is different from other children [4].

About 40 percent of marriages end in divorce, and about a third of all children are born because of marriage. American children will spend most of their time in a single-parent home until they reach the age of 18. According to two

professors in Sociology with Careful analysis, it shows that children who grew up in a home with one single parent are below average than children who grew up in a home with both biological parents [5].

Behavioral problems became a problem among teenagers that most of them belong to a broken family or only have a single parent. Family stress causes a lack of parent support that affects the behavior and emotional states of a teenager, due to family situations they tend to cope negatively and having low self-confidence. Teenagers must be optimistic, they have to express their emotions and be open more to increase social relationships. Accepting reality and solve problems will free them from emotional distress. Most importantly is to love themselves [6].

Middle school students of broken family showed lower level in self- efficacy, hope, resilience and optimism than students who have a normal family. They also showed a lower level in school adaptation. Focusing on planning and practicing interventions in positive psychological capital is really important [7].

The Family, being a powerful influence on the child's development and important primary agent of socialization could in no doubt enhance or hinder the academic achievement of the child depending on the social climate in the family. The effects of a broken family, there were a total of 300 respondents that came from broken family and they were selected in the study. Researchers used descriptive survey and later it was found out that the age, sex, grade level, siblings, and person stays with has no direct influence to the pupil's behavior. However, the success depends on their behavioral development. This study shows that the behavior and an attitude that a student has, can affect their academic success. [8].

There are many factors leading to the outcomes of a child. Thoughts and decisions deeply attach the family status which makes divorce percentage higher than it was in the past. The outcomes of the child depends of both father and

mother. Broken family leads to many bad results, the two that are most likely results is psychology and decision for the future marriage. Based on research, Family plays a key role in children's development physically and mentally. Summing up, broken family is the key factor that makes children change point of view or lifestyle or even a person [9].

The research entitled "The effect of A Broken Family for the Children" in Nicholas Sparks' The last song which focuses on the problems of broken home and the effect portrayed in the novel. The result of the research show that the problems of broken home and the effect are definitely serious problems for the main character such as emotional problem which should be handled very carefully [10].

Many care leavers share a sense of fragmented of absent memories and a feeling of being abandoned and rootless. I tried to reconstruct fragmented memories and fragile relationships through tangible and creative practices of processes by which memories and relations are created, repaired, strengthened, and shaped. Understanding their engagement with the past as transformative memory-work. Next is to illustrate how care-leavers in different ways on how to deal with broken family ties and how their reflections transform their personal history in a way they can relate to others and put themselves in society [11].

The objective is the psychological effects on adolescents if broken families are an important topic in literature of the family. The research was conducted to compare psychological problems of adolescents from a broken family and from intact family. According to the results with a broken family background, they have a higher level of stress than the intact family background. There are no differences in depression and anxiety adolescents between intact and broken family background [12].

The objective of the current study was to engage in an in-depth discussion and analysis about the process of overcoming hardships in students that play varsity sports as student athletes and grew up under incomplete family structures. To achieve this end, First is to improve and expansion of interpersonal relationship. Second is forming positive emotions through playing sports. Third is improvement of problem solving skills. The student athletes were able to find the most effective ways to overcome hardships caused by their broken family situations, in addition to exhibiting advanced problem solving skills that enabled them to find courses that are more adequate to solving their future problems [13].

Marriage is an important part of man's social life: A relationship between man and woman. At a particular stage in life, people are questioned if they are not married but some people see the core for unhappy marriage is divorce, which affects the society heavily. Divorce remains a severe crisis: it inflicts pains in people concerned children and the society. There is a phrase "Till death do us part" that many people as an unrealistic and obsolete phrase. People no

longer think that marriage is serious and commitment in life [14].

People often take for granted the impact of having separated parents on children. Individuals from broken homes are highly impressionable and the effect is what they observed during childhood which they will carry into adulthood. This study deals with the perception on marital relationships of young adults from broken families after parents' separation. Marital relationship related to the definition of a healthy relationship between husband and wife, the effects of young adults from broken families are categorized into 4 themes: negative experience leading to fear, development of trust issues, poor self-worth, and attachment issues that developed as impact of broken families [15].

3. STATEMENT OF THE PROBLEM

The main goal of the study was to investigate the challenges faced by teenagers and their coping mechanisms. Specifically, the researchers sought answers to the following questions.

1. What are the challenges in your life for having a single parents? - How did you manage/solve it?
2. As a student how does having a single parent affect your life?
3. What's the difference between having a complete family from being raised by single parent?

4. METHODOLOGY

Design

The research method for this study was a qualitative research phenomenological approach. This approach focuses on describing the lived experience of people and how they cope it. This study was done by interviews, observation, gathered data, searched works and experiences. It shows how these people suffered this experiences. The investigations send participants with a letter of request and this letter signifies their agreement with the interview.

Participants

The people that are in this study are all senior high school students in schools within Marilao and Meycauyan Bulacan. The researchers have asked several questions to the participants regarding who have experienced this study in a particular situation in their life. The researchers interviews these participants because they are aware of their current situation regarding their study, so that qualifies the participants.

Instrument

To gather information for this study, the researchers made their own questions about the study. The researchers made sure to validate the questions and set a video chat with the participants to ask them the questions about their experience about it. The guide questions for the participants are:

1. What are the challenges in your life for having a single parents? – How did you manage it?
2. As a student, how does having a single parent affect your life?
3. What's the difference between having a complete family from being raised by single parent?

5.RESULTS AND DISCUSSION

This study aimed to find out the challenges and coping mechanisms of students within Marilao and Meycauyan Bulacan. The following are the results of our questions (a) what are the challenges and how did manage it (b) has a student, how does having a single parent affect their life (c) what's the difference between having a complete family from being raised by single parent?

What are the challenges in your life for having a single parents? How did you manage it?

Challenges in having a broken family showed lower in self-efficacy, hope, resilience and optimism than students who have a normal family. Growing up with one parent can be difficult to understand in a young age specially if the parent didn't explain their situation so it is hard for child to grow having the confusions for having a broken family. Having enough guidance for the child may be solve along with the affection and care that the child needs; And focusing on planning and practicing interventions in positive psychological capital is really important to save thing youngsters.

As a student how does having a single parent affect your life?

Students having a broken family shows a lower level in school adaptation. Psychologically, if the person leads to have a hole in his life like dealing with a serious problem like having a broken family at a young age, it would highly affect them not just emotionally, but also mentally. It would be a reason for them to adapt and learn in school

What's the difference between having a complete family from being raised by single parent?

Having a complete family can be really an advantage for a student to have. Having a complete family makes more memories and bond together that develops positive outcome to the student but an opposite for having a broken family. Yes some students can accept for losing someone in their family but the fact that they have a higher level of stress than the intact family background. There are no differences in depression and anxiety adolescents between intact and broken family background.

This research entitled "Investigation of Challenges and Coping Mechanisms about having a single Parent" aims to know the challenges of having a single parent and coping mechanisms to handle this. According to the overall information that is gathered in this research, Challenges in having a broken family showed lower level in self- efficacy, hope, resilience and optimism than students who have a

normal family. As a student, having a broken family shows a lower level in adaptation. Psychologically, if the person leads to have a hole in his life like dealing with a serious problem like having a broken family at a young age, it would highly affect them not just emotionally, but also mentally. It would be a reason for them to adapt and learn in school. Lastly, having a broken family is no difference in depression and anxiety adolescents between intact and broken family background.

What is Family?

A group of one or more parents and their children living together as a unit [16]. Made up of people related to one another by bonds of blood, sexual mating, and legal ties [17]. It is the smallest and most basic social unit, which is also most important primary group society.

What is a broken family?

- Unit where the relatives have critical passionate issues with each other.
- Almost one kid in three is living without their dad or mom having a single parent.
- Growing up with the absence of either the father or the mother.

What challenges does this students encounter for having a single parent?

- Students lacks the parental guidance they need either in father or mother
- Having a single parent can cause of lack of affection, love, care, attention, and parental guidance.
- This challenges can affect the students' self-efficacy, hope, resilience and optimism.
- High possibility of failing academic performance and capability to adapt things in their environment

How can this challenges be solved?

- Having enough guidance for the student can make the child feel matters.
- Having the time to bond with both parent may be solve along with the affection and care that the child needs.
- Focusing on planning and practicing interventions in positive psychological capital is really important to save these youngsters.
- Both parents should have this issue fixed for good like allowing their children to go to the both sides as their father and mother. Parents should not let their children suffer from their mistakes.

How can students with this challenges cope it themselves?

- Have time to understand their parents because people are not perfect but understanding can help them to survive from sadness, depression, and even anxiety.
- Get along with positive people and friends. Having these people can boost your confidence to face other people.
- Avoid making friends with students with bad habits to avoid adapting these to your own.
- Have faith with God because things can be resolve when we gave it to Him.

6. CONCLUSIONS

The researchers listed the following conclusions based on the findings of the research; (1) is the issues regarding Parental Absence and Surveys among Senior High school students within Meycauayan and Marilao which were shown that they lack parent support from a mother of father, in result based from research is several student's behavior had been affected so are their emotional states of being a teenager; (2) is the issue of middle school students that came from broken family showed lower level of self-efficacy, hope, resilience, and optimism. Especially the needs of a mother and father's love that can't be done by other parent despite their roles to their children; (3) the common problem the participants of this research had faced is where they are an incomplete family because there are certain events that require a parent to accompany the student but unfortunately cannot join due to reasons like working, lack of time and too busy. This affects the student's emotions in a state of being a teenager where they need or require the presence of their mother and fathers.

7. RECOMMENDATIONS

The following recommendations are made based on the study's findings:

1. The common effect of parental absence are rebellion, behavioral change, depression, and addiction. The researchers recommend that instead of focusing on the fact that you have been raised by a single parent, just center your mind on the positive thoughts to avoid having these effects.
2. It's normal for a child to seek the presence of another parent who abandoned their family. But sometimes the love that you wanted cannot be only fulfilled by your parents, your friends that you consider your family is also there. So the researchers recommend that you must still be connected to the people around you and do not isolate yourself from the world.
3. Life is different from having a complete family and an incomplete family. But the researchers recommend that oneself must spend his life contended to his remaining parent and live your life to the fullest.

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