

# Asian Resonance

## Emotional and Psychological Problems of Single Parents (Special Reference – Indore City )

### Abstract

The present study is intended to examine the stress among single parent and parenthood in indore city in Madhya Pradesh. The role of single parent is challenging one specially when the family headed by a women. problem of single mother are linked with the up-bringing of children , their future and setting down in life the main objectives of the study was examine the stress level of single parents and find the dominating or powerful factors that affect directly the management process or resource management of single parent family .The sample selected for the present study comprised of 100 samples (50 single parent and 50 both parent) family that were selected random sampling technique. Result show that there is a significant difference between the stress level of single parent family and both parent family . The emotional life of single mother was also affected by their single status. Majority of the single mother reported that they felt lonely, helpless, hopeless, lack of identity and lack of confidence. In social sphere majority of single mother tried to avoid attending social gatherings and had changed life style they had no dressing sense and also poor food habits. The results also indicate that there are so many factors like (family income, education level of mother, working status of single parent, location of residence rural or urban and social background ) that affect managerial process of single and both parent family .

**Keywords:** Management, Methodology, significant, Problems

### Introduction

Throughout the Nation there are an ever increasing number of single parent households. The rising divorce rate has been a major contributor: other casual factors are the death of spouse, separation but not divorce or women who have never married. In the 1970s and 1980s most single-parents Families were the result of divorce, in the early 2000s more and more single-parents never married and were the primary contributors to single parents family's in the world. Single parent families may be defined as "A Family Comprising of a Single Mother or Father having their own dependent children" The Single parent family is created in a number of ways , death of one parent , divorce ,separation and desertion .parenting can be very stressful ,whether you are a stay at home parent a working parent a single parent or a married parent , mother or a father , parent of one child or several children .Single parent in India are mainly women who are widows. Willicox (2003) in study on "The effect of widowhood on physical and mental health, health behavior and family outcome" found that women who were recently widowed reported substantial .Al higher rates of depressed mood, poorer social functioning and lower mental health and physical functioning .than women who were widowed more than a year. Sarah (2006) studied "Divorce lead to poor psychological and physical health in women" The result reevaluate that divorced women have a higher susceptibility to chronic illness. Special over a period of time married women, a stressful life event has also shown to have affected the psychological health of this women after the divorce. Divorced mother experienced a greater number of stressful events, such as demotion, layoff, accidents, critical illnesses .divorced mother also trapped in a various cycle of financial problems and other stressful life events.

### Objectives / Methodology

The main objectives of the study was examine the stress level of single parents, The Emotional problems of Single Mothers and find the dominating or powerful factors that affect directly the management process or resource management of The single parent family. The sample selected

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for the present study comprised of 100 samples (50 single parent and 50 both parent) family that were selected random sampling technique. Frequency, Percentage and T-test are used as Statistical Techniques. Self made Questionnaire & Interview Schedule were used for collecting primary data.

**Result and Discussion**

**A- The Stress Level of Single & Both Parents**

Table 1 – t value of single parent and both parent level across gender

Item	Mean	SD	t-value
Both Parent	1.006	0.156	1.5*
Single parent	1.901	0.230	

\* significant at 0.5 level

It is evident table 1 That there was Significant difference found in the mean score between the stress of both parent and single parent. The single Parent mean score was more than the mean score of both parent which meant that stress was high in single parent.

Table 2 – t value of single mother and single father level across gender

Item	Mean	SD	t-value
Single mother	1.38	0.210	0.42*
Single father	2.41	0.803	

It is evident table 2 That there was Significant difference found in the mean score between the stress of single mother and single father, the mean score of single mother was more than the mean score of single father which meant that stress was high in single mother than single father.

**B Emotional Problems Faced by Single parent (mother)**

Single mother tend to suffer from a feeling of rootlessness and lack of identity after divorce /widowhood, this is especially true of women who formerly associated with that of their husbands. In many women, feelings of guilt, shame, resentment, anger and anxiety about future are so dominant, that they bring out personality changes. Data was collected in order to determine information regarding experience of mother following death of spouse, emotional problems faced by single mother and strategies adopted to overcome emotional problems.

**Table 3 Emotional Problems Faced by Single parent (mother)**

S.no	Responses	no	%
1	Helpless and Hopeless	80	80%
2	Lack of Identity	46	46%
3	Loneliness	80	80%
4	Irritable and Short Tempered	40	40%
5	Lack of confidence	72	72%

\*multiple responses

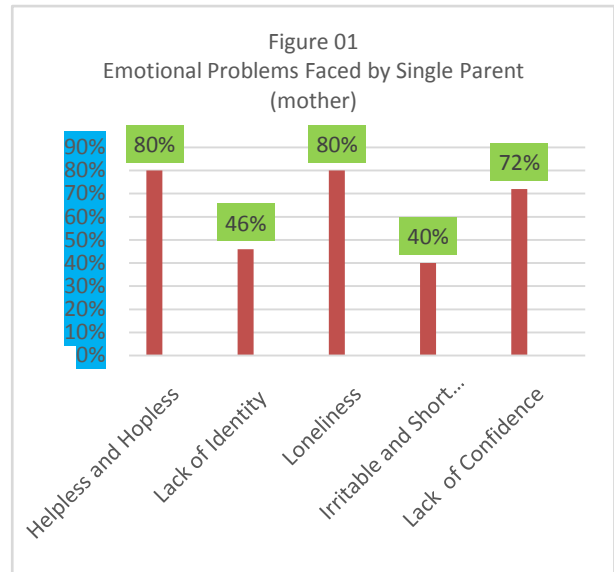


Fig.-01 and table 03 Depicts That majority 80% of the respondents felt helpless and hopeless and at times did not want to carry on with the tedious and monotonous role, 80% suffered from loneliness, 72% women lacked confidence in dealing with the new challenges of life, 46% women felt lack of identity and thought their life was no longer meaningful and 40% stated that they suffer from emotional imbalance i.e. they have become irritable and short tempered.

**Conclusion**

From the present study result it is concluded there is significant difference in single parents and both parent stress level. The role of single parent is challenging one especially when the family is headed by a women. Single mother experience additional role strain as a parent, the emotional life of single mother was also affected by their single status, single mother had to go through a lot of new situation every day they were continuously under some tensions. majority of the single mother reported that they felt lonely, helpless, hopeless lack of identity and lack of confidence, most of the single mother believed that emotional problems occurred due to condition of economic hardship, worries regarding children and their future.

**References**

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