

Problems Faced by Single Mothers

Nidhi Kotwal and Bharti Prabhakar

*Post Graduate Department Community Resource Management and Extension.G.C.W.Parde,
Jammu, Jammu and Kashmir, India*

KEYWORDS Single Mothers. Single Parent. Emotional Problems. Economic Problems. Social Problems

ABSTRACT The role of single parent is challenging one especially when the family is headed by a women. Problem of single mother are linked with the up bringing of children, their future and setting down in life. Till the time children get married and or get jobs they are dependent on the single parent. After that the problems are considerably reduced. The present study like, to study the problems faced by single mothers i.e. social, emotional and economic, a sample of 50 single mothers were selected by snowball sampling technique. The results of the study revealed that financial problem was the main stressor for majority of the single mothers. The emotional life of the 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 mothers tried to avoid attending social gatherings and had changed their dressing style due to depression they had develop poor food and eating habits. Majority of the single mothers found it hard to maintain discipline among the children due to absence of male members. The mothers complained about loneliness, traumatic and depression and found it difficult to handle the responsibility of childcare and to establish a routine for her children.