

## **Child-Rearing Practices of Single Mothers during Covid-19 Pandemic**

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**Abstract:** *Single parenthood equates persistent responsibility and fervor. The holistic phases of child management direct efficient guidance and careful time handling. Hence, this study explored the child-rearing practices of single mothers during the Covid-19 pandemic along with caretaking, connectedness, control and child behavior management and examined their encountered problems and identified their profile variables in terms of their age, monthly family income, highest educational attainment, religion and number of children. Participants were 73 single mothers of Villasis, Pangasinan. Results showed that majority of the single mothers in Villasis, Pangasinan are 18-34 years, Roman Catholic believers, high school graduate, having a monthly income of 11,690.00 and below with 1-2 children. Their child-rearing practices during covid-19 pandemic are highly demonstrated. Their age, highest educational attainment, and religion of the respondents had an effect to the practices. As well, being alone and interrupted sleep have been the major problems being met. Notwithstanding, results suggested that various government agencies may offer job opportunities for single mothers that are suited to their conditions and educational attainment. Additionally, may conduct seminars and educational colloquia along child-rearing practices to give more valuable insights and additional understandings among single mothers in the Municipality.*

**Keywords:** *Child-rearing, Caretaking, Connectedness, Control, Child Behavior Management.*

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### **I. Introduction**

One of the most hotly disputed topics in parenting is whether or not a child's individuality should be cultivated, and to what extent. In child rearing, there are two basic patterns: individualistic and collectivist. Individualistic cultures place a premium on self-sufficiency, whereas collectivist cultures place a premium on individuals' reliance on the group to which they belong (Bernstein, 2016) [1]. Child raising is a topic that elicits a variety of responses. Children are raised and educated as social beings, which necessitates the use of social technology in childcare and education, especially early childhood education. This also refers to a circumstance in which children are raised at home by their parents and/or relatives. Mothers are typically the primary careers, and children are regarded as a domestic technology (Kobayashi, 2005). Several things influence this, including societal conventions, religious views, and personal influences from family and relations. Personal influences from family and relatives are the most powerful official component, followed by societal conventions and religious convictions (Lanzarrote, et.al., 2015) [2]

Further, parental decisions about how to focus and raise their children are made through child-rearing techniques. It has a lot to do with the parent style that was chosen. The way you communicate and interact with the kids has a big impact on the end results you get. There is no such thing as a crucial stage in a person's life as childhood. A human's childhood stage includes all of their learning, growth, and development. Getting involved is one of the most effective and efficient child-rearing methods. Nothing else is more important than this when it comes to good child-rearing. One thing to keep in mind is that it will not be easy, and it will necessitate a lot of dedication and hard effort. (Kariuki, 2020) [3]

Fleming (2020) [4] enumerated child-rearing advice that any parent can use. Boosting the child's self-esteem, catching them doing something nice, setting limits and being consistent with discipline, making time, being a good role model, prioritizing communication, and being flexible and willing to change the parenting style are all examples. In a similar line, Ijaz (2016) [5] found that child parenting traditions are as old as humanity. These are the activities that allow a newborn to acquire the existing society's culture and customs, as

well as help a child to become a productive member of society. It has a significant impact on the development of one's personality. When a kid is born into this world, the infant's socialization process begins, and family and kin groups play a vital role in this process.

Various legislations have been put in order for the welfare of the single mothers and women in the Philippines. The Republic Act 8972, or the "Solo Parents' Welfare Act of 2000," establishes a comprehensive program of services for solo parents and their children to be carried out by the Department of Social Welfare and Development (DSWD), the Department of Health (DOH), the Department of Education, Culture and Sports (DECS), the Department of the Interior and Local Government (DILG), and the Commission on Higher Education (CHED).

Likewise, The Magna Carta of Women, Republic Act No. 9710, supports women's empowerment, pursues equal opportunities for men and women, and ensures equal access to resources and development results and outcomes. In addition, the state recognizes that gender equality necessitates the elimination of inequitable structures and behaviors that perpetuate discrimination and inequality. To achieve this, the state must work to develop strategies, policies, programs, measurements, and processes that address prejudice and inequality in women's and men's economic, political, social, and cultural lives.

Moreover, the Republic Act 9262 focuses on the "Anti-Violence Against Women and Their Children Act of 2004," which addresses violence against women and children in accordance with the Constitution's essential freedoms and the Universal Declaration of Human Rights' provisions.

Categorically, Cabato (2018) [6] stated in his article that Filipino culture still favors a large family that is well bonded despite its size, but that more and more children are growing up in non-traditional family structures. In 2015, the Philippine Statistics Authority projected that there were roughly three million single-parent households in the Philippines, with two million of them being female. The Federation of Solo Parents has around 80,000 members.

According to Sison's (2019) [7] essay, one of the major reasons why women become single mothers is that it might lead to a fractured family. Even if parents try to stay together for the sake of their children, their marriages end in annulment or separation. Another explanation is that the child was born out of wedlock. Many relationships start out exciting and seamless, and some people have marital sex without marrying and don't want to have a kid right away. However, as the relationship progresses and the baby arrives, their relationship deteriorates, and they decide to stop it when the baby is born. Another reason why women become single mothers is because their child's father is not interested in being a parent. Furthermore, a single woman becomes a single mother because the child's father is no longer alive and died before the children were born. Because her ex-husband or partner has a psychological disability, some women choose to be a single mother rather than be with the father of their child. Others mistreat them and their partners or husbands physically abuse them. Because the father had an affair with another woman, the women became single mothers, and their marriage as husband and wife came to an end. They are no longer together, and the children have gone to live with their mother, while the father has moved in with his new girl. Pregnancy that was not planned. This is mostly due to the fact that many Filipina teenagers become pregnant at an early age. They are incapable of raising a child with both mother and father, which is why a teenage girl who becomes pregnant should be the one to bear the brunt of the responsibility of parenting his own child without the father. Another reason why Filipino women become single mothers is that they adopt a child regardless of their marital status. Even if they don't have a boyfriend or a husband, some single women adopt a child in order to have their own child.

Tus, et.al., (2020) [8] revealed in their study that the usual issues and experiences of being a single mother include financial difficulties (struggles to meet the basic necessities of the children/family) and loneliness (the primary sentiment among single mothers). Faith, family and community support, and their job all play important roles in coping with their predicament and ensuring their survival. It helped them feel good about themselves, and it gave them the confidence to raise their children as single mothers.

Also, Mugove (2017) [9] found out that Single parents struggled to pay their children's school tuition, provide appropriate stationery for their children, manage their children's school attendance, and provide emotional support to their children. The children's workout books were in poor condition. The children's academic achievement was terrible. The single parents struggled to keep track of their children's homework and behavior at home. According to the study, schools should develop support groups for single parents to share information on how to better their condition. It went on to say that government policies and legislation should help low-income single parents with their parenting issues.

Likely, Kumare's, et.al. (2021) [10] article assessed the working mothers' knowledge on child rearing practices and compared knowledge scores between working and nonworking mothers regarding child rearing practices, determined the relationship between knowledge scores on child rearing practices among working mothers and demographic variables, and determined the relationship between knowledge score on child rearing practices among working mothers and demographic variables. Child upbringing techniques are influenced by child rearing knowledge, according to the study. Maternal activities that support children's physical, intellectual, and psychological development are vital components of child parenting so that they can grow up to fulfill their full potential. Similarly, A study of child-rearing techniques in the Philippines' countryside, notably in Catbalogan City, found that the majority of parents in this city are permissive, with only around one in every hundred being authoritarian or permissive authoritarian. Personal factors, followed by beliefs and values, were found to have the greatest impact on child rearing techniques. (Lanzarrote, et.al., 2013) [11] Birara's (2021) [12] phenomenological research discovered that the majority of single mothers have financial difficulties since they are unable to retain medical and educational access. The majority of the participants stated that they were challenged by their emotional lives, with the following outcomes: loneliness, helplessness, irritability, and emotional violence. When it came to social gatherings, the majority of single mothers struggled to participate in social activities. The majority of the participants found it difficult to maintain discipline among the youngsters due to the lack of a male counterpart. Loneliness, powerlessness, and hostility were common complaints among the mothers, making it difficult to maintain a decent childcare practice for their children. As a result, single mothers had difficulties and were dissatisfied with their children's upbringing. The study recommended that single mothers seek financial counsel and professional aid if they are having emotional problems, and that stakeholders adopt labor supply laws and policies.

Correspondingly, Ledford (2010) [13] investigated the parenting habits of African American and Caribbean young single mothers in New York City's inner city. It was argued that their lives and abilities to care for their children are significantly affected as a result of society's failure to pay attention to their needs and, in many cases, men who provide little or no financial support. On the other hand, it complemented the role of extended family and some black churches in providing support and compassion to such women. While it was argued that the issues black women and men experience raising families stretch back to enslavement, it was also suggested that the conventional image of the promiscuous black woman is still visible in how single moms are regarded. It was also discovered that the majority of the women had their children as teenagers, implying that the womanist movement has done much to inspire women to speak up about their experiences, take care of their lives, and establish good families even if they do so without the assistance of their men. At the time of the interview, two of them were teenagers. All of the ladies considered themselves to be good mothers who did not want their children to make the same mistakes they had. All of the ladies desired to provide Christian instruction to their children but did not believe they were capable of doing so.

Lastly, According to Scaccia (2019) [14], families exist in many shapes and sizes, and each one deserves to be recognized. However, some individuals continue to believe that children require two parents to survive. There were no significant variations in emotional involvement or parental stress amongst family types. Single mothers who choose to be single had much higher scores on social support received as well as a desire for additional social support. Between the two-family types, there were no significant variations in the children's internal and exterior issue behavior (well-being). The Municipality of Villasis in Pangasinan has also identified single mothers and through this prevailing concept, the researchers were persuaded to determine their child-rearing practices during the pandemic to look into the operative measures that can be valuable to have their clearer perspectives and viewpoints to better their managing skills and effective childcare stream.

## **II. Methodology**

This study utilized the descriptive survey method of research. Descriptive research can be explained as a statement of affairs as they are at present with the researcher having no control over variable. It aimed at casting light on current issues or problems through a process of data collection that enables them to describe the situation more completely than was possible without employing this method (Dudovskiy, 2018) [15] The respondents of the study involved the identified 73 single mothers of the Municipality of Villasis, Pangasinan. The researcher-made questionnaire checklist was utilized as the main instrument in gathering the needed data of the study.

The instrument had three parts where Part I reflected the profile variables of the respondents. Part II focused on the level of practice on the child -rearing of the single mothers along caretaking, connectedness, control and child behavior management. Part III delay on the problems encountered by the respondents during the pandemic. The researchers sought permission from the Office of the Municipal Mayor as standard operating protocol though this has been approved by the University as institutional research. The researchers personally

conducted and administered the questionnaire to establish credibility, integrity and authenticity of the data through google form. Also, interview was randomly conducted to elicit first-hand information from the respondents. The researcher-made questionnaire was used in this study which was designed, crafted, and patterned from the various related studies. The questionnaire was made in accordance with the main purpose of the present study.

### III. Results And Discussion

#### A. Profile of the Single Mothers of Villasis, Pangasinan

**Table 1. Profile of the Single Mothers**

<b>Profile</b>	<b>Categories</b>	<b>Frequency</b>	<b>Percentage</b>
Age	50 years old and above	4	5.48
	35-49 years old	15	20.55
	18-34 years old	53	72.60
	17 years old and below	1	1.37
Monthly Family Income	Upper Middle Class (81,833.00-140,284.00)	1	1.37
	Mid-Middle Class (46,762.00-81,832.00)	2	2.74
	Lower Middle Class (23,382.00-46,761.00)	2	2.74
	Low income but not poor (11,691.00-23,381.00)	3	4.11
	Poor (11,690.00 and below)	65	89.04
Highest Educational Attainment	Baccalaureate degree	13	17.81
	Vocational course/TESDA	4	5.48
	High School Graduate	47	64.38
	Elementary Graduate	9	12.33
Religion	Roman Catholic	61	83.56
	Iglesia Ni Cristo	1	1.37
	Protestant/ Born Again Christian	10	13.70
	Mormons	1	1.73
Number of Children	1-2	60	82.19
	3-4	9	12.33
	5-6	4	5.48

**Age.** Majority of the single mothers are 18-34 years old as indicated by the frequency of 53 or 72.60%. Fifteen (15) or 20.55% and four (4) or 5.48% are 35-49 years old and 50 years old and above, respectively. Moreover, only one (1) or 1.37 belongs to 17 years old and below. This implies that their being single happened in the early part of their lives. In 2015, the Philippine Statistics Authority estimated about three million household heads without a spouse — two million of whom were female. The Federation of Solo Parents has a member base of 80,000 (Cabato, 2018) [16]

**Monthly Family Income.** Most of the respondents have monthly income of 11,690.00 and below as indicated by the frequency of 65 or 89.04%, categorized as poor. Three (3) or 4.11% have an income of 11,691.00-23,381.00 (low income but not poor), two (2) each or 2.74% have 23,382.00-46,761.00 (lower middle class) and 46,762.00- 81,832.00 (mid-middle class). Moreover, only one (1) or 1.37% has a family income of 81,833.00-140,284.00 monthly. This means that poverty still hangs around among single mothers in the municipality of Villasis. Their economic strength and control are still at the ground, trying their best to escape the dagger of financial scarcity. The number of poor households headed by single mothers outnumbers all other types of impoverished households, and poverty has a variety of detrimental effects on children. Single mothers who opt not to further their education reduce their prospects of finding better-paying professions and lifting their family out of poverty (Fluellen, 2016) [17]

**Highest Educational Attainment.** Most single mothers finished High School as evidenced by the frequency of 47 or 64.38%. Thirteen (13) or 17.81% and nine (9) or 12.33% completed Baccalaureate degree and elementary education, respectively. Only four (4) or 5.48% have finished vocational/TESDA course. The data imply that due to their financial inadequacy, this triggered them not to pursue further their studies and settled at an early age.

**Religion.** This shows that since the Philippine is a Catholic-dominated country, it is tantamount of saying that most single mothers are Roman Catholic followers as indicated by the frequency of 6 or 83.56%. Ten (10) or 13.70% are Protestant/ Born Again Christian, one (1) or 1.73% is a devotee for both Mormons and Iglesia Ni Cristo. In Asia-Pacific, the Philippines is one of only two countries with a primarily Roman Catholic population. Filipinos' practice of attending to church and praying frequently indicates their great faith and belief in religion (Abundo, 2015) [18]. Filipinos feel that having a strong devotion can lead to a better existence and provide them with advice in dealing with the challenges of daily life.

**Number of Children.** Most single mother in Villasis, Pangasinan have 1-2 children as evidenced by the frequency of 60 or 82.19%. Nine or 12.33% of them have 3-4 and only 4 or 5.48% have 5-6 children. Over 33% of homes in the Philippines have seven or more family members, while 20% of urban and 27% of rural households have four or more. For individuals with one child, the chance of poverty is 44-50 percent, and for those with five children, the risk is 60-78 percent. For one child, households spend up to 10% of their total income, 18% for two children, and 26% for four children. Because many families lack the financial means to have children, the per child share lowers considerably with each kid. For example, a family with four children spends 25% less per child than one with two. Occupation has an impact on income as well, with laborers and agricultural workers having the highest poverty rates (Mergos, 2012) [19]

#### **B. Child-Rearing Practices Of Single Mothers During Covid-19 Pandemic**

Over-all, the child rearing practices of single mothers during Covid-19 pandemic along caretaking has been perceived as moderate as evidenced by the average weighted mean of 3.43. This means that because of their innermost desire to cater all the needs of their FM-RE-RSE-03 Rev. 0 03-Oct. 2017 children, they intend to work very hard and sometimes not to consider more of the specific needs of each child.

Specifically, reminding the child or children to observe health safety protocols has been highly practiced as supported by the mean of 4.10. This is somehow very fundamental to do by just saying it with sincerity and concern. In light of the COVID-19 public health emergency, there will be adjustments that each requires as a result of being a susceptible population, particularly children in the community. (USM, 2021) [20]

- *Caretaking*

**Caretaking**

Table 2. *Child-Rearing Practices of Single Mothers During Covid-19 Pandemic along Caretaking*

Practices	Mean	Descriptive Equivalent	Rank
Provides the needs of the children though hard time is faced	3.79	HP	3
Reminds them to observe health safety protocols	4.10	HP	1
Joins in physical activities for health and wellness	2.10	SP	8
Gives food supplements to boost immunity in battling the occurrence of the virus	3.00	MP	7
Gives the needs of the children in their online learning like internet-access and data-loading	3.56	HP	5
Encourages all her children to eat vegetables and fruits available at home	3.65	HP	4
Cheers consistency though scarcity of resources is met	3.24	MP	6
Shows resilience and fortitude in handling the children though the mother is already up and over	4.00	HP	2
<b>Average Weighted Mean</b>	<b>3.43</b>	<b>MP</b>	

Legend: 4.51 – 5.00 Very Highly Practiced (VHP)  
 3.51 – 4.50 Highly Practiced (HP)  
 2.51 – 3.50 Moderately Practiced (MP)  
 1.51 – 2.50 Slightly Practiced (SP)  
 1.00 – 1.50 Least Practiced (LP)

Showing resilience and fortitude in handling the children though the mother is already up and over has also been highly practiced by the single mothers as supported by the mean of 4.00. Fereidouni, et.al (2021) [21] conducted a study to compare the quality of life and resilience of mothers with disabled and typically developed children in Fasi, Iran and concluded that the quality of life of mothers with disabled children was lower compared to mothers with typically developed children, but there was no difference between mothers' resiliency in these two groups. These results suggest the necessity to provide supportive and therapeutic programs for improving the quality of life of mothers with disabled children.

Providing the needs of the children though hard time is faced has also been highly practiced by the single mothers as indicated by the mean of 3.79. This means that though single mothers encounter a lot of reliabilities and upheavals, they still give their unsolicited care and doing their function as parent. Single parents had difficulty paying school fees, providing adequate stationery for their children, monitoring their children's school attendance, and providing emotional support to their children, according to Mugove (2017) [22], who investigated the challenges faced by single parents in the learning and development of their infant children. The children's exercise books were in bad shape. The academic performance of the pupils was appalling. Single parents have a difficult time keeping track of their children's homework and behavior at home.

Other indicators that have been highly practiced by the single mothers are the following: The single mothers encourage all their children to eat vegetables and fruits available at home as evidenced by the mean of 3.65 and gives the needs of the children in their online learning like internet-access and data-loading (3.56). However, the single mothers moderately practiced by consistency cheering themselves though scarcity of resources is met (3.24) and by giving food supplements to boost immunity in battling the occurrence of the virus (3.00).

Lastly, the single mothers slightly practiced caretaking by joining in physical activities with their children for health and wellness as evidenced by the mean of 2.10. Single mothers, according to Atkins (2018) [23], are a vulnerable population who are at risk for poor mental and physical health. He talked on single mothers' mental and physical health, as well as the psychosocial and socioeconomic variables that put them at

risk of ill health. Gender, financial level, educational attainment, social support, stress, and personality traits are only few of the factors to consider. Theoretical models with the ability to investigate methods to enhance the health of depressed single moms were given, with the discussion concluding with their application to primary prevention and health promotion for single mothers. Likewise, Moore's Salmon, et al. al. (2017) [24] investigated the extent to which parent gender is associated with supporting children's physical activity in a cross-sectional mixed method study and discovered that mothers primarily support child activity during the week, and that children, possibly more so boys, are more active when both parents share the supporting role.

- *Connectedness*

The table shows that talking with their children and compliment for their efforts to stay at home and spend the time has been highly practiced by the single mothers as supported by the mean of 4.57. By just engaging their children in conversation, parents can have a significant impact on their language, family connection, and brain development (Trafton, 2018 ) [25] Consoling the children when they are in pain of having difficulties has been highly practiced by the single mothers as evidenced by the mean of 4.50.

Further, watching television shows, movies, or games with the children and discuss the content together has also been highly practiced by the single mothers as supported by the mean of 4.37. This means that getting together really matters because through this, they can be able to have the bond and closeness through watching of shows and movies. Over 75% of parents and 62% of children spend more than 2 hours per weekday watching television. Over two-thirds of parents and over 40% of children watched multiscreen for more than an hour every day. Children who have parents who watch a lot of television are more likely to watch a lot of television themselves. Higher levels of screen viewing were linked to access to media equipment, particularly in the child's bedroom. Family-based measures to limit screen time and access to media equipment may be effective ways to reduce child screen time (Jago, et.al., 2013) [26]

**Table 3. Child-Rearing Practices of Single Mothers During Covid-19 Pandemic along Connectedness**

Practices	Mean	Descriptive Equivalent	Rank
Asks the emotional conditions of the children and assures of the assistance	3.24	MP	7
Consoles the children when they are in pain of having difficulties	4.50	HP	2
Explains the importance of struggling this pandemic	3.78	HP	4
Assures bonding so that mental health will be sustained	2.45	SP	8
Encourages to talk with them and compliment for their efforts to stay at home and spend time at home.	4.57	HP	1
Watches television shows, movies, or games with the children and discuss the content together	4.37	HP	3
Congratulates the children when doing age-appropriate chores	3.57	HP	6
Plays with them activities whether physical or virtual	3.68	HP	5
<b>Average Weighted Mean</b>	<b>3.77</b>	<b>HP</b>	

**Legend:**  
 4.51 – 5.00 Very Highly Practiced (VHP)  
 3.51 – 4.50 Highly Practiced (HP)  
 2.51 – 3.50 Moderately Practiced (MP)  
 1.51– 2.50 Slightly Practiced (SP)  
 1.00 – 1.50 Least Practiced (LP)

Other indicators that are evaluated as highly practiced are the following which are arranged in descending means: explains the importance of struggling this pandemic (3.78), plays with them activities whether physical or virtual (3.68), and congratulates the children when doing age-appropriate chores (3.57). Asking the emotional conditions of the children and assures of the assistance has also been moderately practiced by the single mothers as supported by the mean of 3.24. This means that to maintain the connection between the single parents and

children, parents must ask the feelings and must be sensitive with the feelings of the children. Talking about feelings regularly but for short periods of time is more helpful than talking infrequently for lengthy amounts of time. It's fantastic to inquire about children's feelings. It's even better to connect those feelings to particular situations that affect the child (Zoe, 2019) [27].

Lastly, the single mothers have been slightly practiced by assuring bonding so that mental health will be sustained as evidenced by the mean of 2.45. Notwithstanding, the child-rearing practices of single mothers during the Covid-19 pandemic along connectedness was high as evidenced by the average weighted mean of 3.77.

- *Control*

Taken as a whole, the child-rearing practices of single mothers during the Covid-19 pandemic along control was moderately high as evidenced by the average weighted mean of 3.22. Avoiding confrontations but allow the children to make most of the decisions for themselves has been very highly practiced by the single mothers as evidenced by the mean of 4.61. Sunarty, et.al. (2015) [28] looked on the relationship between parenting and the child's independence model. The research question was whether there is a link between parenting and a child's independence, and the findings revealed that today's parenting patterns in relation to a child's independence are positive parenting, democratic, authoritarian, permissive, negative/unhealthy, and derelict; second, positive parenting and democratic parenting models can increase a child's independence.

However, scrutinizing the negative actions of the children like cyberbullying has been highly practiced by the single mothers as supported by the mean of 4.36. Keith (2020) [29] said that do not allow your child to escalate their mood or control the entire family atmosphere with their constant complaining and negative behavior.

**Table 4. Child-Rearing Practices of Single Mothers During Covid-19 Pandemic along Control**

Practices	Mean	Descriptive Equivalent	Rank
Avoids confrontations but allow the children to make most of the decisions for themselves.	4.61	VHP	1
Converses with children positively for expressing their emotions especially this pandemic	3.56	HP	3
Emphasizes authority	2.35	SP	8
Criticizes the children of the things not necessary to deal with	2.45	SP	7
Does not permit galivanting and strolling	2.65	MP	5
Scrutinizes the negative actions of the children like cyberbullying	4.36	HP	2
Sets rules for the children to follow especially in the use of internet	2.56	MP	6
Manages anger with love and concern	3.20	MP	4
<b>Average Weighted Mean</b>	<b>3.22</b>	<b>MP</b>	

**Legend:** 4.51 – 5.00 Very Highly Practiced (VHP)  
 3.51 – 4.50 Highly Practiced (HP)  
 2.51 – 3.50 Moderately Practiced (MP)  
 1.51 – 2.50 Slightly Practiced (SP)  
 1.00 – 1.50 Least Practiced (LP)

On the same wavelength, conversing with children positively for expressing their emotions especially this pandemic has also been highly practiced by the respondents as evidenced by the mean of 3.56. Paying attention, respecting the child's sentiments, and monitoring the tone of voice are all important aspects of positive communication with youngsters (Betterhealth.com, 2020) [30] The following indicators were evaluated as moderately practiced that are arranged in descending means: manages anger with love and concern (3.20), does not permit galivanting and strolling (2.65), and sets rules for the children to follow especially in the use of internet (2.56). Criticizing the children of the things not necessary to deal with (2.45) and emphasizing authority (2.35) were slightly practiced by the single mothers. Smetana (2018) [31] examined adolescents' and parents'



perceptions of parental authority and found that as the adolescent's age increased, both parents and children were less likely to reason about and sort multifaceted and personal issues as conventional and dependent on parental authority, and more likely to reason about and sort them as under the adolescents' personal jurisdiction. Adolescents of all ages, on the other hand, were more prone than parents to reason about the complex and personal matters as personal and to categorize them into personal jurisdiction. Parents were more likely to reason conventionally and sort them as contingent on parental authority than were adolescents.

• *Child Behavior Management*

The table shows that the single mothers help their children have highly practiced the development of their children the healthy self-image by recognizing and emphasizing internal qualities rather than solely external appearance as evidenced by the mean of 4.20. Believing in the capacity of the children to cope with the emerging effects of the pandemic has been highly practiced as supported by the mean of 4.12. Parental pleasure was predicted by higher parenting self-efficacy and various mother and child characteristics. Parenting self-efficacy moderated the effects of mothers' experience with children other than their own and maternal education on parenting pleasure (Coleman, et.al., 2018) [32]

Sharing godly messages to strengthen their faith (3.66) and correcting negative attitudes in dealing with the pandemic (3.56) have been highly practiced by the single mothers. Proverbs 22:6 says, “Train up a child in the way he should go: and when he is old, he will not depart from it” Likewise, negating tantrums of children (3.53) has also been highly practiced by the single mothers. It is far more beneficial to encourage excellent behavior than to criticize bad behavior. Make an effort to recognize and appreciate varied positive behaviors. This attracts the good ones while keeping the evil ones at bay. It is possible to prevent situations that cause temper tantrums, but you must first comprehend why your child behaves in this manner (Rubin, 2019) [33]

**Table 4. Child-Rearing Practices of Single Mothers During Covid-19 Pandemic along Child Behavior Management**

Practices	Mean	Descriptive Equivalent	Rank
Helps them develop a healthy self-image by recognizing and emphasizing internal qualities rather than solely external appearance.	4.20	HP	1
Does the encouragement in navigating self-discipline and self-esteem	3.45	MP	6
Fosters patience and emotional endurance in disciplining the children because it is pandemic	3.21	MP	8
Corrects negative attitudes in dealing with the pandemic	3.56	HP	4
Shares Godly messages to strengthen their faith	3.66	HP	3
Inculcates the value of responsibility and accountability during the pandemic time	3.32	MP	7
Negates tantrums of children	3.53	HP	5
Believes in the capacity of the children to cope with the emerging effects of the pandemic	4.12	HP	2
<b>Average Weighted Mean</b>	<b>3.63</b>	<b>HP</b>	

**Legend:** 4.51 – 5.00 Very Highly Practiced (VHP)  
 3.51 – 4.50 Highly Practiced (HP)  
 2.51 – 3.50 Moderately Practiced (MP)  
 1.51 – 2.50 Slightly Practiced (SP)  
 1.00 – 1.50 Least Practiced (LP)

Indicators that are moderately practiced by the single mothers are the following: does the encouragement in navigating self-discipline and self-esteem (3.45), inculcates the value of responsibility and accountability during the pandemic time (3.32) and fosters patience and emotional endurance in disciplining the children because it is pandemic (3.21). Notwithstanding, the child-rearing practices of single mothers during the Covid-19 pandemic along child behavior management was high as evidenced by the average weighted mean of 3.63.

**Summary Table on the Child-Rearing Practices of Single Mothers during Covid-19 Pandemic**

**SUMMARY TABLE ON THE CHILD-REARING PRACTICES OF SINGLE MOTHERS DURING COVID-19 PANDEMIC**

Child-Rearing Practices	Weighted Mean	Descriptive Equivalent	Rank
Caretaking	3.43	MP	3
Connectedness	3.77	HP	1
Control	3.22	MP	4
Child Behavior Management	3.63	HP	2
<b>Overall Weighted Mean</b>	<b>3.51</b>	<b>HP</b>	

Legend: 4.51 – 5.00 Very Highly Practiced (VHP)  
3.51 – 4.50 Highly Practiced (HP)  
2.51 – 3.50 Moderately Practiced (MP)  
1.51 – 2.50 Slightly Practiced (SP)  
1.00 – 1.50 Least Practiced (LP)

The table shows that the child-rearing practices of single mothers during Covid-19 pandemic has been highly practiced as indicated by the over-all weighted mean of 3.51. The Covid-19 pandemic is wreaking havoc on the health of single parents with young children and moms (Barroso, 2021) [34] This has resulted in confusion, worry, and difficulty in obtaining basic medical care and support (Walters, 2021) [35]

**IV. Significant Relationship On The Child-Rearing Practices Of Single Mothers During Covid-19 Pandemic Across The Profile Variables Of The Single Mothers**

The table shows that the age of the single mothers is correlated to the caretaking as revealed by the computed value of .195\*, sig=.012 . This means that the older the single mother, the higher the care she offers to her children. In like manner, the highest educational attainment of the single mothers is linked to caretaking as evidenced by the computed value of -.147\*\*, sig=.004. This only to show that the higher the educational attainment of the single mothers, they tend more to show their utmost care to their children no matter what the income it goes.

As well, the higher the educational attainment, the more controlling as they are as evidenced by the computed value of -.110\*, sig=.030. In his study, according to Sutherland (2015)[36], children's educational outcomes are inextricably related to their parents' educational degrees. Having more educated parents equates to a higher household income, which, among other things, translates to better schools for children. Furthermore, parents with a higher level of education are more likely to marry before having children and to stay married for a long time, ensuring that their children benefit from family stability. Furthermore, because intelligence is linked to educational attainment and is heritable in some ways, children of college-educated parents may have genetic advantages over other children.

Finally, their religion is also associated to their connectedness to their children as indicated by the computed value of .106\*, sig=.037. The religion is somehow contributory to their close relationship. Coinciding with the results of the study, Single mothers who were religious, according to Petts (2016) [37], were more involved with their children, experienced less parenting stress, and were less likely to employ physical punishment. Increased child engagement, less stress, and less frequent corporal punishment were partially mediated by this link in young children raised by mothers who frequently attended religious services. Overall, religious participation may provide resources for single mothers, encouraging them to engage in child development parenting practices that are helpful to their children's development

Profile	CHILD-REARING PRACTICES OF SINGLE MOTHERS DURING COVID-19 PANDEMIC							
	Caretaking		Connectedness		Control		CBM	
	Statistics	Sig.	Statistics	Sig.	Statistics	Sig.	Statistics	Sig.
Age	.195*	.012	.003	.958	-.023	.650	-.018	.716
Monthly Family Income	-.010	.843	.076	.135	.034	.509	.011	.832
Highest Educational Attainment	-.147**	.004	-.112	.151	-.110*	.030	-.073	.152
Religion	.000	.992	.106*	.037	-.112	.151	.050	.325
Number of Children	-.067	.186	-.054	.284	-.012	.816	-.069	.175

**V. Problems Encountered By The Single Mothers During The Covid-19 Pandemic**

It could be gleaned on the table that feeling of being alone and sole-fighting has been one the topmost problems among single mothers of Villasis, Pangasinan as indicated by the frequency of 70 or 95.89%. This means that the single mothers feel lonesome since they are alone managing their children. Most single mothers struggle to support their children's education due to financial difficulties and lack of time to assist their children in their studies.

One of the major issues was the scarcity of resources such as food, money, and energy (65 or 89.04). Female single moms in the Philippines must be strong and have good budgeting abilities because they are frequently financially challenged (Cabato, 2018)[38]. Motherhood is, without a doubt, a hard role for a woman. As a single mother, she is responsible for raising her child alone, a task that is usually shared by two people. In her household, single mothers become the primary caregiver for their children, the primary economic provider, and the only decision maker (Taylor, 2017) [39]. As a result, she will undoubtedly face pressures, particularly psychological stress, while carrying out her duties. Financial difficulties are at the top of the list of difficulties faced by single mothers as they try to provide for themselves and their children (Stack, et.al., 2017) [40]

PROBLEMS	Frequency	Percentage	Rank
Scarcity of resources like food, money, and energy	65	89.04	4
Feeling of being alone and sole-fighting	70	95.89	1.5
Child's stress and anxiety in their educational journey	45	66.64	9
Low income to sustain the basic needs of the children	56	76.71	7
Pathetical attitude towards pandemic	58	79.45	5
Mental disturbances like inability of managing the children	35	47.95	
Depression, anxiety, and behavior problems of children	57	78.08	6
Social isolation and changes in routine due to the impact of the virus	34	46.58	10
Inconsistent sleep habits	70	95.89	1.5
Unhealthy eating patterns	67	91.78	3
Lack of access to health care	50	68.49	8

The depression, anxiety, and behavior problems of children has also been seen as a problem among single mothers as evidenced by the frequency of 57 or 78.08%. When compared to coupled mothers, single mothers reported greater incidence of sadness and anxiety symptoms (Liang, et.al., 2018) [42]. The prevalence of depression was significantly different between single moms and the control group, at 33% and 8%, respectively. Young age, low income, home instability, high stress, and significant alcohol-related disorders were all linked to depression in single mothers. To prevent depression, single mothers should have access to practical resources such as financial stability and parental support. ( Kim, 2018) [43]

On the same vein, the low income to sustain the basic needs of the children (56 or 76.71%) was deemed as a problem. The respondents stated that they are willing to make sacrifices and bear whatever problems that may arise, regardless of their type. To make ends meet, single mothers willingly took on part-time employment in addition to their full-time jobs. Solo mothers gladly sacrificed time with their children and worked longer hours to satisfy the demands of the additional job to make ends meet (Herbst, 2017) [44]

Likewise, the lack of access to health care (50 or 68.49%) was also identified as a problem. Health issues, both physical and psychological, are another source of stress for single mothers. These can be linked to the financial difficulties that single mothers face. It's been reported that low-income single mothers are more prone than married mothers to suffer from mental and physical health problems (Broussard, et.al., 2019) [45]

Lastly, child's stress and anxiety in their educational journey (45 or 66.64%) and social isolation and changes in routine due to the impact of the virus (34 or 46.58%) have been also identified as problems of the single mothers.

## **VI. Conclusions And Recommendations**

Majority of the single mothers in Villasis, Pangasinan are 18-34 years, Roman Catholic believers, high school graduate, having a monthly income of 11,690.00 and below with 1-2 children. The child-rearing practices of single mothers during covid-19 pandemic are highly demonstrated. The age, highest educational attainment, and religion of the respondents had an effect to the childrearing practices of the single parents. Being alone and interrupted sleep have been the major problems met by the single mothers.

It is therefore, recommended that the government specifically the administrators of the Municipality may offer job opportunities for single mothers that are suited to their conditions and educational attainment. Likewise, all single mothers may have the initiative to motivate themselves and venture to small entrepreneurial activities to support their families to increase their monthly proceeds. The DSWD, DOH and other government agencies may conduct seminars and relevant colloquia along child-rearing practices to give more valuable insights and additional understandings among single mothers in the municipality. Among all the variables that are related to the child-rearing practices of the single mothers, education ought to be given such premium. The education sector should offer scholarships or training programs for them and if there are already existing policies and opportunities, all these need to be flourished to all the beneficiaries. The feeling of isolation counts a lot that sometimes a medium for health circumstances. Therefore, the stakeholder like the community must be very empathic and not to be offensive. Maintain harmonious relationships with all the members of the community especially the single mothers.

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