



(RESEARCH ARTICLE)



## Descriptive analysis of causes and challenges on single motherhood

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### Abstract

This study based on causes and challenges on single motherhood. Questionnaire was used to collect data on the causes and the potential challenges of single motherhood with a random sample of 500 respondents. Descriptive statistics (percentages and multiple bar chart) were used for the analysis. From the analysis, it was concluded that separation and depression is the major cause and challenges of single motherhood respectively

**Keywords:** Single Motherhood; Causes; Challenges; Descriptive; Multiple Bar Chart

### 1. Introduction

Single motherhood refers to the situation where a woman is raising her child or children without the support or presence of a partner. This may occur due to various reasons such as separation, death of husband.

Single mothers often face unique challenges, including financial hardship, emotional stress, limited support systems, and social stigma in some cultures. Balancing work, childcare, and personal responsibilities can be demanding. Despite these difficulties, many single mothers demonstrate great strength, resilience, and dedication in raising their children. Support from family, community organizations, government programs, and educational or employment opportunities can play a critical role in helping single mothers achieve stability and provide a nurturing environment for their children. Society also has a role to play in promoting inclusion, understanding, and respect for all types of families, including those led by single mothers. Kendig & Bianchi, (2008) talked about comparison of single-mother household to two-parent household and said that single-mother household typically face systemic and personal disadvantages. According to Knight (2018), fatherless households account for 90% of children who are homeless or living away from home. Zito (2015) discussed that children from unmarried single mothers at some stage in their lives may have the entry of a new partner experience

johnnie (2024) In order to help them pick themselves up and move on, single mothers want more targeted guidance. In order for single mothers to prosper in a patriarchal society, society as a whole must adopt a more welcoming and approachable perspective.

Asnat Dor (2021) discussed the challenges faced by women who choose to be single mothers are comparable to those confronted by those who become single mothers as a result of life events. They experience emotional stress since they are the only ones responsible for their child or children, and because of their circumstances, they have to cope with society's conflicting opinions. This paper examines descriptive analysis of causes and challenges on single motherhood.

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**1.1. Statement of the problem**

Single motherhood has become an increasingly common family structure across the world, yet it continues to present significant social, economic, and psychological challenges. Many single mothers face poverty, limited access to education and healthcare, and reduced social support. These challenges not only affect the well-being of the mothers but also have long-term implications for the development, education, and emotional stability of their children.

Despite the rising prevalence of single-mother households in many societies, single mothers continue to face stigma, discrimination, and limited employment opportunities, making it difficult for them to achieve economic stability and provide a conducive environment for their children.

Therefore, there is a critical need to understand the lived experiences of single mothers, explore the root causes and consequences of single motherhood, and assess the effectiveness of existing support systems. Without such understanding and targeted interventions, the cycle of poverty and marginalization is likely to continue across generations.

**1.2. Research Hypotheses**

- Is there any causes trace to single motherhood
- Does single motherhood face challenges

*Aim and Objectives*

The aim is knowing the causes and challenges face by single motherhood with the objectives as follows

- To identify causes of single motherhood
- To examine challenges faced by single mother

**2. Material and Methods**

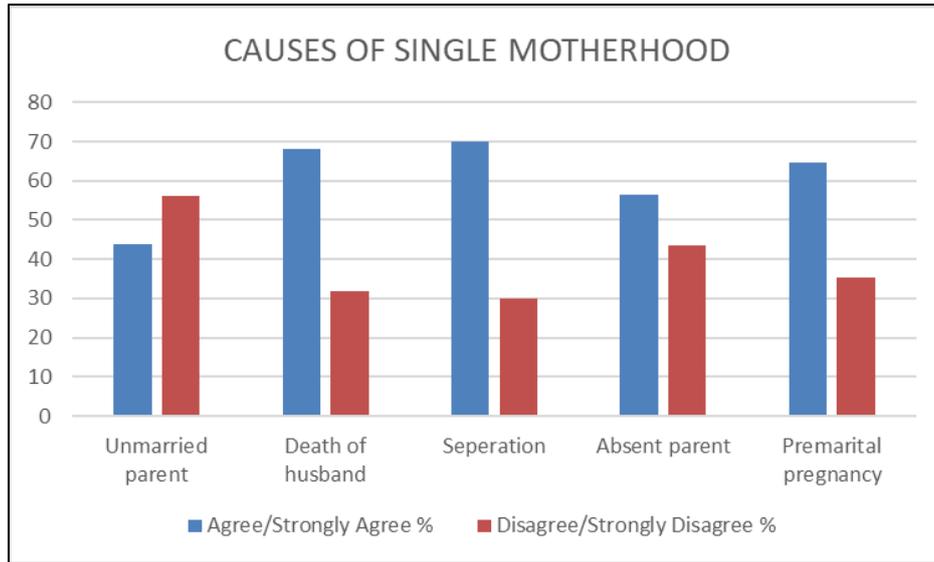
Percentages and multiple bar chart were used for analysis

**Table 1** Frequency of Responses for the causes of Single Parenthood

Causes	Strong agree	Agree	Disagree	Strongly disagree	Total
Single motherhood occurs due to unmarried parent	79(15.8)	141(28.2)	200(40)	80(16)	500
Single motherhood occurs due to death of husband	120(24)	220(44)	128(25.6)	32(6.4)	500
Single motherhood occurs due to seperation	140(28)	210(42)	116(23.2)	34(6.8)	500
Single motherhood occurs due to absent parent	105(21)	177(35.4)	164(32.8)	54(10.8)	500
Single parenting occurs due to premarital pregnancy	110(22)	214(42.8)	120(24)	56(11.2)	500

**Table 2** Summary of Responses Percentage

Causes	Agree/Strongly Agree %	Disagree/Strongly Disagree %
Unmarried parent	44	56
Death of husband	68	32
Separation	70	30
Absent parent	56.4	43.6
Premarital pregnancy	64.8	35.2



**Figure 1 A** multiple bar chart showing the causes of single motherhood

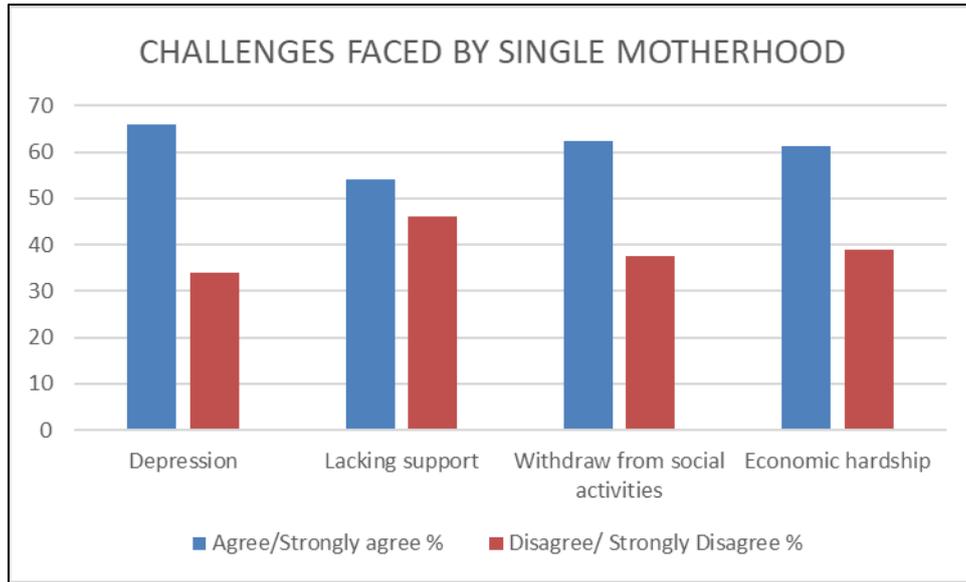
Interpretation: Above chart shows that respondents agreed separation is the major cause of single motherhood

**Table 3** The below shows the frequency of response for challenges faced by single motherhood

Challenges	Strongly agree	Agree	Disagree	Strongly disagree	Total
Depression	130(26)	200(40)	123(24.6)	47(9.4)	500
Lacking support	110(22)	160(32)	200(40)	30(6)	500
Withdraw from social activities	131(26.2)	181(36.2)	140(28)	48(9.6)	500
Economic hardship	120(24)	186(37.2)	157(31.4)	37(7.4)	500

**Table 4** Summary of responses percentage on challenges faced by single motherhood

Challenges	Agree/Strongly agree %	Disagree/ Strongly Disagree %
Depression	66	34
Lacking support	54	46
Withdraw from social activities	62.4	37.6
Economic hardship	61.2	38.8



**Figure 2** A multiple bar chart showing the effect single parenthood

Interpretation: Above chart reveal that respondent agreed that depression is the highest challenge faced by single motherhood.

### 3. Discussion and Result

It was discovered from table 1.1 above shows 44% of the respondents agreed single motherhood occur due to unmarried parent while 56% disagreed; 68% of the respondents agreed single motherhood occurs due to death of husband while 32% disagreed; 70% of the respondents agreed single motherhood occurs due to separation while 30% disagreed; 56.4% of the respondents agreed single motherhood occurs due to absent parent while 43.6% disagreed and 64.8% of the respondents agreed single motherhood occurs due to premarital pregnancy while 35.2% disagreed. From table 2.1, 66% and 34% of the respondents agreed and disagreed respectively that depression is the major challenges faced by single motherhood; 54% and 46% of the respondents agreed and disagreed respective for lacking support; 62.4% and 37.6% of the respondents agreed and disagreed respectively for withdraw from social activities; 61.2% and 38.8 % of the respondents agreed and disagreed respectively for economic hardship. Figure and 1 and 2 above revealed that separation is the major cause of single motherhood and depression is the highest challenge faced by single motherhood agreed by the respondents respectively.

### 4. Conclusion

It is concluded that among many factors that cause single motherhood, separation contributes majorly to its occurrence and depression is the most common challenge faced by single motherhood

### Compliance with ethical standards

#### *Disclosure of conflict of interest*

The authors declare that they have no known competing financial interest or personal relationship that could have appeared to influence the work reported in this paper.

#### *Statement of informed consent*

Informed consent was obtained from all individual participants included in the study.

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