

CHALLENGES OF SINGLE MOTHER IN RAISING THEIR CHILDREN IN BISHOFTU TOWN, ETHIOPIA

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ABSTRACT: *In fact, raising children is not simple task especially single mother is very challenging. Problems of a single mother are related with the rising of children and setting down in life. This study aims to show that the challenges of single mothers i.e. emotional, social and economic challenges. Samples of 8 single mothers were selected by snowball sampling technique. The researcher conducted a phenomenological research design to explore the experience of single mother through interviews. The results of the study revealed that financial problem was the main stressor for majority of the single mothers since they are unable to maintain medical facility and educational access. Most of the participants reported that they were challenged by emotional life, these results lonely, helpless, and irritable and aggression of emotion. In social gathering majority of single mothers had to weak participation in social activities. Most of the participants found in difficult to maintain discipline among the children due to absence of male counterpart. The mothers complained about loneliness, helplessness and aggression that result in difficult to manage a good childcare practice for their children. Therefore, single mother had challenges and not fully satisfied in raising their children. The researcher recommended that single mother should seek financial advice and professional help in case of emotional problem, and stakeholders should be establishing law and policy on labor supply.*

KEY WORDS: single parent, single mother, emotional, social and economic challenges

INTRODUCTION

Background of the study

There are different types of parenthood i.e. intact family, divorced family, single mother and widow. The concerning type of this study is single parent. The single parent family is created in a number of ways, such as death of one partner, divorce and desertion. This study focused on challenges of single mother in raising their children. In the mid-twentieth century's, mostly because of the death of a spouse family becomes single parent. In the 1970s and 1980s, most single-parent families were the result of divorce. In the early 2000's, more and more single parent never married and was the primary contributors to single parent families in the world. Single parents in India are mainly women who are Widows N. Kotwal and B. Prabhakar (2009). In Ethiopia also the above three causes of single mother existed.

Single mother who are never married includes women becoming single mothers before marriage. Women may set out to have a baby with the intention of raising it alone or involuntary when mothers are having babies in the hope that the men agree to a marriage. Besides, women may give birth out of social peer pressure when they are accused being barren. Therefore, they tricked a man just to get pregnant and prove they are fertile. Kotwal and B. Prabhakar (2009).

The other pathway is divorce. Sarah K. et al. (2006) studied in Iowa on a sample of 416 rural mothers indicated that divorce leads to poor psychological and physical health in women. The results also revealed that divorced women have a higher susceptibility to chronic illness, especially over a period of time compared with married women. A stressful life event has also shown to have affected the psychological health of these women after the divorce. Divorced mothers experienced a greater number of stressful events such as demotions, layoffs, accidents, critical illnesses and problems with their own parents than did married women. Divorce has continued to be a global threat to families around the world.

The previous studies have indicated that the number of single mothers has increased in Ethiopia in recent years. According to the Demographic and Health Survey of Ethiopia, more than one household in every four (26 percent) is female-headed in 2011, increased from 23 percent in 2005 (CSA and ICF, 2012). The 2011 DHS also indicates that 17 percent of children in Ethiopia live in custody of single parents (either their mother or their father).

Statement of the problem

In fact, loneliness has an impact on individuals and parents. Single parents have challenging one especially when a woman heads the family lonely. Both academic researchers and development practitioners acknowledged that Problem of single mothers were linked with social, emotional and economic issues. Such as the upbringing of children their future and setting down in life.

Single mothers typically did not receive enough child support to maintain the standard of living the family was accustomed to before the divorce (Mc Lanahan & Sandefur, 1994). As a single mother, they have less time since she complement fathers' role. However, children who grow up with strong and loving relationships with a parent tend to feel good about them.

The motivation of the researcher for doing a research on the challenges of single mother emanates from two reasons. Firstly, despite the increasing number of single mother in Ethiopia, there were no development research works showing clearly the challenges of single mother in the study area. Secondly, the researcher's frequent contact with single mother that display different kind of social and economic problem initiated the researcher to conduct this study and know more about the issue through systematic research.

Social and business relationships are the challenging issues for them. Furthermore, Single mother tend to suffer from a feeling of rootlessness and lack of identity after divorce or widowhood. The impact of one's social context, especially human relationships with family members and others has a powerful influence in meeting the demands of living Pearson (1990).

Thus, the main proposes of this research is to investigate the challenges of single mother by taking *Bishoftu* town as a case study site. An understanding of the challenge of single mother to manage

difficult life events is crucial for this study. Moreover, there is little known about the experience of single mother in child rearing.

Research question

In this study, the researcher aims attempt to answer the following research questions:

1. What are the challenges of single mother in raising their children in Bishoftu town, particularly kebele six?
2. What are the experiences of single mothers in raising their children in Bishoftu town, particularly kebele six?

Objective of the Study

The aim of the study is to find out the challenges of single mothers in raising their children in Bishoftu town, kebele six. The specific objectives of this study are:

- to assess the challenges of single mother in raising their children
- to explore the experience of single mother in child rearing.

Significant of the study

This study is believed to contribute the following points:

- This study can help stakeholders to know the challenges of single mothers in raising their children and thereby take measures.
- Another important benefit of the analysis is the provision of an evidence of the current empirical data and direction for action by stakeholders, particular problem related to single mother in child rearing.
- This study will also give significant information to intact families about the challenges of single mothers in raising their children.
- This study will be used as source material for additional study.

Delimitation and limitation

This study was delimited on to find out the challenges of single mothers in raising their children in Oromia Region, Bishoftu Town, particularly kebele six.

Limitation: the main thing was difficult to arrange times to interview the participants according to their schedules. The interviewer spend weekend for interview session, it may be limited if the participants were preoccupied with their work and upset by their children, which resulted in a less in depth of answers. The other constraint was no recorded population data of single mother. The final thing was time limitation, were a restraints of this study to limit the sample size and in deepness of challenges of single mothers in raising their children in Bishoftu town.

Operational definition

Single parent: A family headed by one adult, either a mother or a father. The adult may be a single parent through divorce or widowhood.

Single Mother: Single mother is a mother who cares one or more children without assist by another person. It constitutes three components: divorced, widowed and never married.

Emotional challenges: Single mother excessively affected by negative emotion i.e. feelings of hopelessness, loneliness, irritable, anger and lack of confidence.

Economic challenges: Single mother have a challenges relating to an economy i.e. the system of production, home management with material, child caring with available resource, etc. since, they are helplessness.

Social challenges: Single mother face a challenges of sociability, to living together, enjoying life in communities, organized groups, since they are single mother.

Organization of the paper

The paper has organized in to five chapters. The first chapter includes background of the study, statement of the problem, research questions, objectives, significance of the study, delimitation and limitations of the study, and operational definition. The second chapter deals with related literature review. The third chapter discusses about research methods used. The fourth chapter presents finding and discussion of the study and, the last chapter five reveals conclusion and recommendation.

REVIEW OF RELATED LITERATURE

This chapter reviews presented the literature on experiences and challenges of single mother in raising children. Single families are defined as households that consist of one parent per child or set of children that live together. Being a single parent brings forth many challenges and responsibilities. Financially, socially and emotionally a single parent have to deal with a number of added pressures. Raising a child alone does not only mean that a child not have the substantial amount of parental guidance. Rather, it just means that changes need to make in order to continue the healthy growth of the family and child. (PIP TIP # 37).

As a single mother, they have less time since she complement fathers' role. However, children who grow up with strong and loving relationships with a parent tend to feel good about them. They are more likely to grow up to be caring adults who can develop their own positive relationships. Yet, the reason of single mother has less time and making it harder to show the warmth and encouragement that children need. It might also be harder to put aside space and time to build relationship with them.

It is ongoing conflict between parents that hurts them after divorce, when he use tactics such as fighting, swearing, name-calling, or physical or mental abuse to resolve conflict. This is likely forced their (single mother and children) lead to distress and difficulties life.

These alterations in family life may include money management, time management, household management, parent and child relationships and personal management; when faced with parenting alone, single mother work at home or if the child is old enough to stay at home alone, unless childcare becomes essential in a single parents daily life (PIP TIP # 37). Mothers may unable to get childcare service, since they have financial constraint.

Money management is probably the most tangible challenge they face, because now the household only has one income versus a dual, monthly stipend. Alterations in spending and lifestyle may need to be change when their budget is in a deficit (*PIP TIP # 37*). The change and uncertainty associated with becoming a single mother can make for some tough times.

Single mother faced emotional problem in raising their children. Emotions can run high: anger, sadness, frustration, fear, shock, guilt, regret, relief, hope, excitement. Your children might be on this rollercoaster ride of emotions too (Giulia Macario, 2009)

Willcox (2003) in a study on “The Effect of Widowhood on Physical and Mental Health, Health Behavior and Health Outcome,” found that women who were recently widowed reported substantially higher rates of depressed mood, poorer social functioning and lower mental health and physical functioning than women who were widowed more than a year.

Feelings of grief and loss are part of the journey too. Grief for the dreams you once shared and the life you expected to lead. Loss of someone in your shared home who is interested in your children’s everyday moments and small achievements (Giulia Macario, 2009)

Stigma & discrimination are an additional burden for single mothers. Children often are asked about where they live or their family situation. If your children are expected to ‘bring along dad’ at special community days, or make something special for dad (Giulia Macario, 2009) In some case, there is no simple answer to the complicated issue of what you say about dad.

In general, single mothers have a harder time making ends meet. Mothers had more difficulty securing well-paying jobs and more difficulty getting further education or job training. Single mothers typically did not receive enough child support to maintain the standard of living the family was accustomed to before the divorce (McLanahan & Sandefur, 1994). Because of the financial strain experienced by many single mothers, they tended to be more anxious, depressed, and overwhelmed with parenting issues (Hilton & Desrochers, 2002; McLanahan & Sandefur, 1994)

DESIGN AND METHODOLOGY

A phenomenological research design used to explore the experience of single mother through interviews with single mothers. Phenomenologist focuses on describing what all participants have in common experience or challenge. Van Manen (1990) stated, "To truly question something is to interrogate something from the heart of our existence, from the center of our being". The inquirer then collects data from persons who have experienced the phenomenon, and develops a composite description of the essence of the experience and challenges for all of the individuals.

Study Participants

Parse (1990a) was more specific about participant selection when she suggested that 2 to 10 participants is an adequate number for a phenomenological study when redundancy of data sought. In this study, 8 participants were included.

Sample and Sampling Techniques

Purposive and snowball-sampling approaches for recruiting participants to utilized in the study (Lincoln & Guba, 1985; Patton, 1990). The sample area was selected one kebele such as kebele

six by purposive sampling method, it has most single mothers and was easily available to get participant. A sample of eight mothers selected through snowball sampling technique.

Data Collection Instrument and Procedure

The researcher used open-ended interview to gather data that available deep information and minimized misunderstanding. The respondents were contact by home visits to elicit the required information. Each respondent visited at one time for data collection. Flexibility of questions was maintained when the respondent was unable to understand the question the researcher paraphrase it. Date of interview is April 2, 3, 8, 9 and 10. The first and second interviews were conducted on the April 2 and 3, and then the 3rd and 4th interviews were conducted April 8. After that the 5th, 6th, 7th were lead April 9 and the last interview were conducted on April 10. All interviews conducted by the researcher a total of half past five hours (5:30), each interview spend 40 minutes on average. However, the time were not equal utilized it depends on their challenges and experiences.

Inclusion Criteria

Single-mother who met the following eligibility criteria recruited for this study:

- Single mothers should be speak Amharic/Oromifaa/English/language
- Single mothers should have a children and they live with their mother majority of the time
- Single mothers should be healthy with no evident chronic or terminal illness
- Single mothers must be separated/divorced/ before a one year

Exclusion criteria

- Single mothers may not living with a child for long period of time
- Single mothers have a chronic or terminal illness
- Single mothers may separate/divorced less than one year
- Single mothers mayn't able to speak Amharic/Oromifaa/English/ language

Data analysis techniques

The researcher used Phenomenological analysis techniques. Building the data from interview, the researcher went through the data and highlighted "significant statements," sentences that provided an understanding of how single mother challenged. Next, the researcher developed clusters of meaning from these significant statements into themes. Then data tabulated and figured, results given in numbers and percentages.

Health and comfort of the subjects

There are no concerns about this study because:

- ❖ The participants have all agreed to take part in this study without any coercion on the part of the researchers.
- ❖ An interview takes place within the home of the participants, and therefore they feel free
- ❖ There is no change in the treatment of the participants
- ❖ Clearly informed the purpose of the study

RESEARCH FINDING AND DISCUSSION

This chapter presents analysis and interpretation of the data gathered through interview. The analyses were presented in line with the research questions raised in the study based on the selected appropriate method and interpretations based on reporting styles of the method.

Demographic Characteristics of the Sample Respondents

Initially the respondents (single mothers) were described in terms of their demographic characteristics. The table below shows the sample (single mothers) current age, educational level, job status and number of children in the house.

Table 4.1: Background Information of the Sample Respondents

Q. No	Responses		No of respondents	% (percent)
	Age (years)			
1	A	20-30	1	12.5
	B	30-40	4	50
	C	40-50	0	0
	D	50-60	3	37.5
	E	Above 60	0	0
2	Educational level			
	A	Illiterate	3	37.5
	B	Primary	1	12.5
	C	Secondary	2	25
	D	Diploma	2	25
	E	Degree	0	0
3	Job Status			
	A	government worker	2	25
	B	private worker	3	37.5
	C	no job	3	37.5
	D	Other	0	0
4	No. of Children			
	A	1	3	37.5
	B	2	2	25
	C	3	0	0
	D	4	2	25
	E	Above 4	1	12.5

Table 4.1 depicts that 50% of the respondents belonged to age group between 30-40 years, 37.5% of the respondents belonged to the age group of 50-60 years, the rest 12.5% of the respondents fit to the age group between 20-30 years. 37.5% of participants are illiterate, 25% of respondent are complete secondary education and similarly 25% are diploma holders. The rest 12.5% are ends in elementary school. Moreover, in this table shows as job status of single mother, 37.5% of single mother are privet worker, 37.5% of single mother are no job and 25% of single mother are government worker. 37.5% of single mothers have one child, 25% of single mothers have two children, 25% of single mothers have four children, and 12% of single mothers have greater than four children.

The demography that single mother seems to be the highest in early adult age, it’s also indicates that more of single mother in this study are illiterate and have one up to four children.

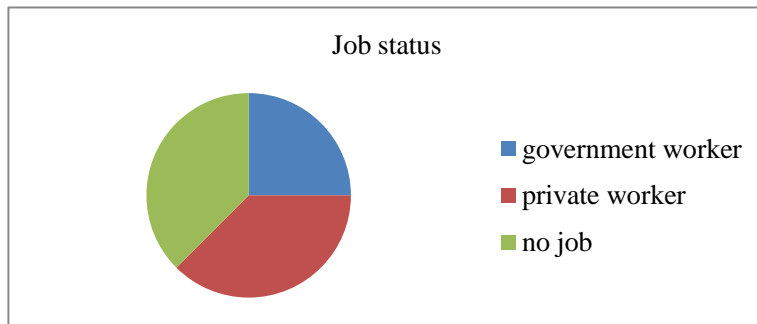


Figure 4.1 Single mother Job statuses

This figure indicated that most of single mother are privet worker and no job. It implies that most of the single mothers have faced in economic problem.

The interview question prepared for single mothers has items asking about the average monthly income they get currently. As table 4.2 depicts, forty percent (40%) of single mother monthly income is indicated below 1000 birr in a month.

Table 4.2: Monthly Incomes in the Fami

Q. No 5	Monthly Income of the Family	Response	Number of respondent/s	Percentage (%)
A	Below 1000 birr		4	40
B	1000-2000 birr		2	25
C	2000-3000 birr		2	25
D	3000-4000 birr		0	0
E	4000-5000 birr		0	0
F	Above 5000 birr		0	0
	Total			100

It indicates that single mothers have low income or far below the standard. The 2014 Ethiopian DHS per capital shows 631 dollar (12620 birr) in a year, 52.58 dollar (1051.66 birr) in a month (Eth. GDP 2015, No-2). The twenty-five percent (25%) of single mother income is between 1000 and 2000 birr. Similarly, twenty-five percent (25%) of single mother monthly income is between 2000 and 3000 birr. From this data the researcher has conclude majority of single mothers have low income.

In an attempt to see the number of years spent as single mother, Table 4.3 depicts that almost 37.5% of the respondents are spent 4-6 years as single mother, and 25% of the mothers are spent 0-2 years and 25% of The respondents spent above 8 years, 12.5% of the respondents looking after the family single handedly. The researcher understands from the data, most of single mother in early adulthood stage have no longer experience.

Table 4.3: Number of years spent as single mother

Q.No 6	Number of years spent as single mother	Response	Number of respondent/s	Percentage (%)
A		0-2 years	2	25
B		2-4 years	0	0
C		4-6 years	3	37.5
D		6-8 years	1	12.5
E		Above 8 years	2	25
Total				100

The interview question prepared for single mothers has item asking about the reasons of single mother. As table 4.4 depicts that most of single parent lost the spouse by death, 62.5 % of single mothers cause of partner separation were death by different kind of diseases and accident, the remain 37.5% of single mothers cause of partner separation were by divorce. Most of single mothers who lost partner by death have feel loneliness and helplessness than who lost by divorce, feel more irritable and aggression.

Table 4.4: Reasons of single mother

Q.No 7	Reason of partner separation	Response	Number of respondent/s	Percentage
A		Divorce	3	37.5
B		Widow	5	62.5
C		No marriage at all	0	0
D		Other reason	0	0
Total				100

Figure 4.3 shows all participants told loneliness as emotional problem. Moreover, 80% of single mothers who lost her spouse by widow have expressed loneliness as the first problem. Chen (1998) found that widows experience traumatic grief following the death of a spouse.

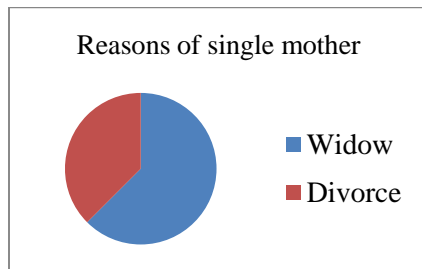


Figure 4.2: Reasons of single mother

Figure 4:2 depicts that majority of the respondent (62.5%) were widows, 37.5% were divorced from their husband. This implies that most of the reason or cause of single mother is widowed.

In an attempt to see Emotional problem faced by single mothers based on prioritization answer, Table 4.5 depicts single mothers tend to suffer from a feeling of helplessness and loneliness after divorce/widowhood. This is especially true for women whose hope was formerly associated with that of their husbands. In many women, feelings of guilt, irritability, 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 mothers following death of spouse and divorce, emotional problems faced by single mothers. (Nidhi Katwal et.al 2009)

Table 4.5 depicts that 50% of the respondents were suffered from loneliness, unhealthy due to death of their husband, and divorced. This was more for women who lost their spouses due death. Some women lacked confidence and hopelessness in dealing with the new challenges of life.

Chen (1998) found that widows experience traumatic grief following the death of a spouse. One respondent expressed that heard about their husbands unnatural deaths in car accident, and she feel for a long time unable to do her work properly, depressed, and done out of her mind. She stated that they were mentally prepared for this situation (death) due to prolonged illness of their husband. Although Dave (2000) revealed that single mothers have higher incidence of major depression. Twenty five (25%) of the respondents face irritable, aggression behavior, on the data all single mothers who lost her partner by divorce has prioritized irritable, and aggression kind of emotional problem, but also they face lack of confidence and other emotional problem. They stated that they suffer from emotional imbalance i.e. they have become irritable and short-tempered.

On this also depicts that 25% of the respondents felt helpless and at times did not want to carry on with the tedious and monotonous role.

Table 4.5 Emotional problem faced by single mothers based on prioritization answer

Q. No	Emotional problem faced by single mothers	Responses	No respondent/s	Percentage (%)
A	Sense of Helpless	of	2	25
B	Sense of Hopelessness	of	0	0
C	Sense of Loneliness	of	4	50
D	Irritable and aggression	and	2	25
E	Lack of confidence	of	0	0
F	No problem at all		0	0
Total				100

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B	Sense of Hopelessness	of 0	0	0
C	Sense of Loneliness	of 4	4	50
D	Irritable and aggression	2	2	25
E	Lack of confidence	of 0	0	0
F	No problem at all	0	0	0
Total				100

Figure 4.3 shows the frequency of respondents list as a problem related to emotion. Therefore, loneliness is the common emotional problem for single mother. In addition, helplessness and irritable & aggression are the second common problem for them. Finally, some women lacked confidence in dealing with the new challenges of life. Jayakody (2000) found that single mothers lack self-confidence. This implies majority of single mother lead emotional problem such as loneliness, helplessness, irritable and aggression. Similarly, Mcloyd (1994) revealed that financial strain led to depression in single mothers.

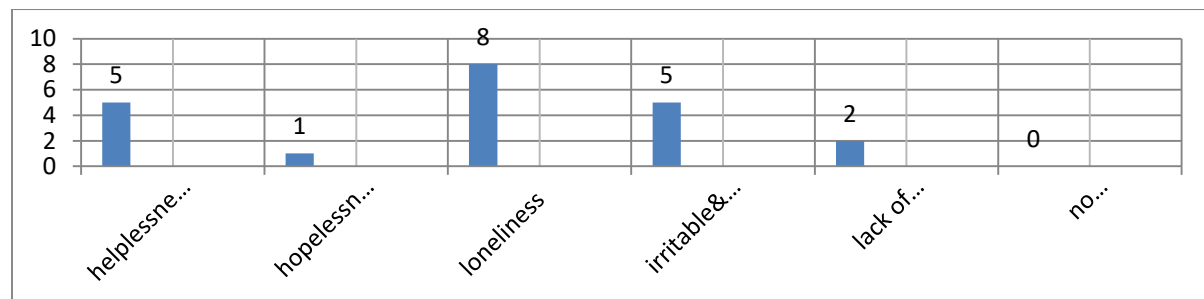


Figure 4.3 Emotional problem faced by single mother

The questionnaire prepared for single mother has response items asking about the present financial problems faced by single mother based on prioritization of them Table 4.6 describes that majority (25%) of the single mothers still faced problem in providing the basic education to their children in private school. Similarly, twenty five percent (25%) of the respondents prioritize that they found

it difficult to provide proper medical facilities to their children and also twenty five percent (25%) of participants were prioritizing as problem related to house rent, 12.5% of the single mothers found problems related to food and the rest 12% of mothers said that no problem faced at all. Hence, education of the children, medical facility and house rent were prioritizing equally. Thus, single mothers were faced more of those problem commonly.

Table 4.6: Present financial problems faced by single mother based on prioritization of the

Q. No	Present financial problems faced by single mothers	Responses	No of respondents	Percentage (%)
A		Education of the Children	2	25
B		Food Items	0	0
C		Medical Facility	2	25
D		Clothing	1	12.5
E		Paying of Electricity/ Water Bills	0	0
F		House Rent	2	25
G		No problem at all	1	12.5
Total				100

Figure 4.4 depicts the frequency of respondents list as a problem related to financial problem, half of the respondents share commonly challenge of medical facility as well, three of them has commonly worry about children education payment, the rest problem has voted equally in by two of individual, and payment of electric/water bills raise as challenge by one participant. From this figure, reveal that most of single mother are challenged by medical facility and education of children.

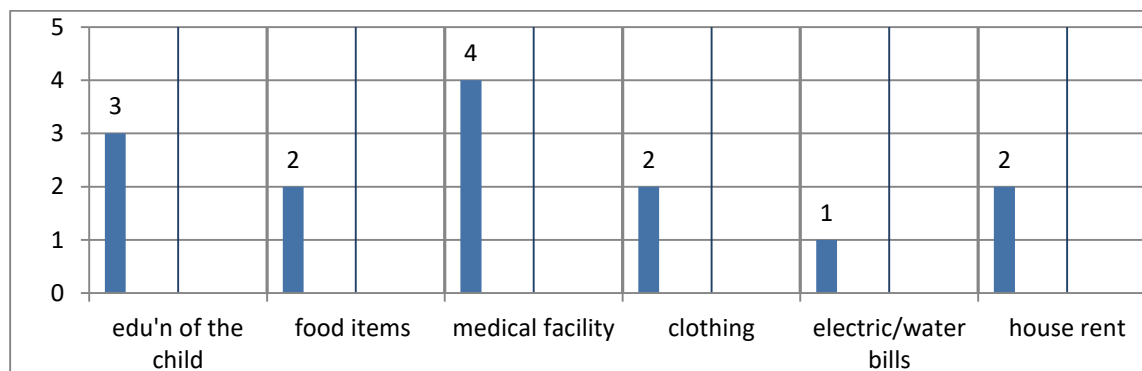


Figure 4.4 Present financial problems faced by single mother

In an attempt to see participation of single mothers in social functions, Table 4.7 indicated that the participation of single mother in social function; change in life style when the husband's death or divorce, decision making regarding children future, problems faced by single mother in disciplining the children, to accompany early night social gatherings, shortage of time and money for social welfare. It is clear from Table 4.7, when we see the single women tried to participating in the social functions, seventy five percent (75%) of them sometimes attended social gatherings. Twelve point five percent (12.5%) that respondents very good (always) attended the social functions. The rest 12.5 % of participants were good attendant in social participation. However, they face challenges when they were always attending in it either time or financially. None of them was a leadership position in social functioning; means it is the most difficult for them. Hence, single mother hesitated to make new friends and experienced lack of companionship.

Table 4.7: Participation of single mothers in social functions

Q 10	social functions	Responses	No of respondents	Percentage (%)
A		Excellent/leadership position	0	0
B		Very Good/always	1	12.5
C		Good/average	1	12.5
D		Sometimes/weak	6	75
E		Never	0	0
Total			8	100

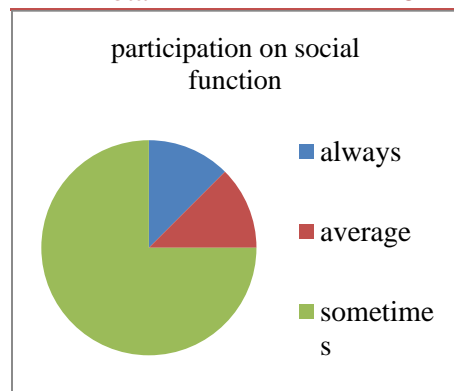


Figure 5: Participation of single mothers in social functions

Figure 5 depicts single mother has weak participation in social functions i.e. 75% participants were sometimes participation in social activities. The rest 25% of participants are moderately and highly participate equally.

Question No. 11. Any other experiences or challenges they faced that related to raising children

The data were collected by open-ended interview that shows, Single mothers try to solve the challenge in economy; they washing clothe, braking “injera”, selling charcoal and selling clothes. It is a good experience they become independent and hard worker. However, the problem still exists. Since, it has similar to ‘clapping by one hand’. The other good experience had mothers more tried to emotion attach with their children; they were eager to care their children and much worried about their children.

However, single mother express their negative emotion had very serious. This means they were unable to satisfy their children since father is a question (i.e. children ask ‘when dad come?’, ‘why dad live with me?’), holyday and birthday ceremony, close friends when they married and memorable recreational place are support to arouse stress/discomfort/dissatisfy and difficult to maintain our life properly. Those feeling experienced for those individuals’ no longer experience with in single mother. Willicox (2003) found that women who were recently widowed reported substantially higher rates of depressed mood, poorer social functioning and lower mental health and physical functioning than women who were widowed more than a year.

The other view has, the variable (emotional, financial and social challenges) is intra and interdependent i.e. one aspect of problem affected the other aspect. For example, a mother feel lonely can also feel helplessness and lack of confidence and a mother may have financial problem also affect social relation and confidence.

Fear is common in single mother but the reason was different, some mother fear about child abuse, the other mother fear about divorce consequence /conflict, some were worry about their children health and destination. Therefore, single mother had not fully satisfied in their living and raising their children.

CONCLUSION AND RECOMMENDATION

Conclusion

The role of single parent is challenging one especially when a woman heads the family. It is more difficult when a woman has never previously worked outside or inside the home. The role of a single mother requires that the parent take on responsibility that may have shared by their spouse. Single mothers experience additional role strain as a parent. In addition to becoming the primary wage earner, a woman is forced to shoulder other responsibilities of her husband. Therefore, they were faced economic problem.

The single mothers found it hard to maintain discipline among the children due to absence of male counterparts. The mothers became lonely and found it difficult to handle the responsibility of child-care, to answer their question and to establish a routine for their children.

The emotional life of the single mother had also affected by their single status. Single mothers had to go through many new situations every now and then; they were continuously under some tensions. Majority of the single mothers reported that they felt lonely, helpless, irritable and lack of confidence. The mothers complained about loneliness and depression and found it difficult to handle the responsibility of child-care and to establish a routine for her children. Most of the single

mothers believed that emotional problems occurred due to condition of economic hardships, worries regarding children and their future.

Therefore, it could be concluded that majority of single mothers faced economic, emotional and social problems. Single mothers worked hard and tried their best their children could be difficult based on different reasons. Thus, single mothers deserve greater attention and need intervention and treatment efforts to improve their economic and social outcomes.

Recommendation

The data revealed that raising children lonely was very challenging but it might be helpful to minimize their hardship if single mother and stockholders apply the following recommendations:

1. Adjust family times: Look for opportunities to take time out and have some fun, even just putting on some music and dancing with the kids. Regular family meetings are a good way of discussing issues that are more serious. They can be a great way to talk about how things are going and reassure your children.
2. Talk to your children's career, teacher or year level coordinator about your change in circumstances. This will help them support you and your children.
3. Dream some dreams: Allow yourself to dream a little about how you would like your future to be. Develop new goals for yourself and your children.
4. Single mother should seek financial advice from experts or friends to overcome constant worrying
5. Single mother should seek medical and professional help in case of emotional problem
6. Single mother should arrange time for social and neighbor participation either holyday or funeral ceremony
7. Stakeholders, regarding the challenge of single mother establish Law and policy on the labor supply and that the policy will reduce the extent of poverty.

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