

**EXPERIENCES OF SOLO PARENTS TOWARDS SOCIAL SUPPORT AND  
ITS IMPACT ON COMMUNICATION WITHIN THE FAMILY**

An Undergraduate Thesis Presented to the  
Faculty of Department of Communication and Development Studies  
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In Partial Fulfillment  
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Bachelor of Science in Development Communication

By  
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## APPROVAL SHEET

This undergraduate thesis entitled "**EXPERIENCES OF SOLO PARENTS TOWARDS SOCIAL SUPPORT AND ITS IMPACT ON COMMUNICATION WITHIN THE FAMILY**" prepared and submitted by **DENCHIELLE J. ALABA** and **JIMUEL V. GABRIEL** in partial fulfillment of the requirements for the degree of **BACHELOR OF SCIENCE IN DEVELOPMENT COMMUNICATION**, has been examined and is hereby accepted.

  
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## THESIS ABSTRACT

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7. Abstract:

### 7.1 Rationale/Background

In the Philippines, there are about 15 million solo parents, 95% of whom are female. Solo parents are individuals who are responsible for raising their children on their own without the involvement or support of their spouse. They carry up the duties of being a parent and providing support for their children.

The problem of solo parents can be properly addressed with the help of proper communication strategies, and linked to SDG of the UN, stated SDG 10: (Reduce Inequality for solo parents). This goal is to be able to have access to education job opportunities, and financial support to their needs. Since it might be difficult for single parents to maintain their financial security, they must work to support their families. SDG 1; No poverty, this goal aims to end poverty in all its forms by ensuring rights to economic resources and access to basic services. Hence, solo parents often face financial difficulties, this could help and empower solo parents to end the cycle of poverty and raise both their children's and their standards of living. SDG 3: Good Health and Well-being includes access to quality healthcare services, including mental health support for solo parents.

Moreover, the Municipality of Science City of Munoz, Nueva Ecija has various programs and services for solo parents. However, this study will only emphasize the experiences of solo parents toward social support in terms of physical, spiritual, financial and what is the impact of communication with their ex-spouse, parents, and relatives.

## **7.2 Summary**

This study determined the experiences of solo parents towards social support and its impact on communication within the family.

Primarily, it provides answers to the following questions:

1. What is the demographic profile of the participants in terms of:  
1.1 Age, 1.2 Sex, 1.3 Number of children, 1.4 Occupation, 1.5 Monthly Income, 1.6 Educational Attainment, 1.7 Types of Solo Parent
2. What are the various forms of social support were being received by solo parents?
3. What are the challenges and experiences of solo parents towards social support received in terms of financial, spiritual, and physical?
4. What are the effective communication strategies used and how does social support received by solo parents impact the communication within the family?

Moreover, this paper also delved into finding out the experiences of solo parents towards social support in terms of physical, spiritual, and financial aspects and its impact on communication within their ex-spouse, parents, and relatives. The study was limited to only 5 participants who were chosen and willing to contribute to this study. They were selected using purposive sampling. Thus, it utilized the qualitative research method as the data collection was done through open-ended-questions, informed consent letters, and printed survey questionnaires given to the participants face-to-face. Moreover, it was conducted using the limited financial resources of the researchers and only lasted throughout the 2<sup>nd</sup> semester and midyear of the academic year 2022-2023, and 1<sup>st</sup> semester of the academic year 2023-2024.

## **7.3 Major Findings**

Based on the study, the participants have similarities in their responses which include no social support from the government most of them have communication within their family and they use communication strategies such as open communication through face-to-face interaction and online platforms using mobile phones. Involving extended family members or relatives for practical support for solo parents. The impact on communication within the family maintains good communication that helps in strengthening bonds, resolving conflicts, making decisions together, supporting each other, and fostering a sense of belonging and unity among family members.

## **7.4 Conclusions**

The conclusion of this study identified similarities in the participants experience of the social support received and between individual communications within the family. Based on the result and findings of the data collected from the participants, three of them revealed that they are widowed solo parents and two of them are a product of a broken family. Furthermore, the stories shared in this qualitative study highlight the resilience, flexibility, and resourcefulness shown by solo parents when faced with hardship. Some of them have cell phones that they use to communicate with their families which are beneficial to them.

Thus, the Municipality of Science City of Munoz provides limited livelihood programs and services for solo parents. The secretary of DSWD at the Science City of Munoz, Nueva Ecija gave us the total number of solo parents in the municipality as well as the programs and services for solo parents. However, the DSWD secretary claims that although the agency offers limited services and does not place a lot of emphasis on them, they are nevertheless working to ensure that solo parents are not left behind. Additionally, for them to be identified as legitimate solo parents, they must first obtain what is known as a solo parent ID, which of course has requirements.

## **7.5 Recommendations**

Based on the findings and analysis of the study regarding the experiences of solo parents towards social support and its impact on communication within the family. The researchers offered the following recommendations;

1. Solo parents must engage in seminars for personal development programs, and avail the benefits, assistance, and association like the educational assistance by TESDA, to have a sense of fulfillment and can start a business upon completion of their programs. Encourage solo parents to participate in prayer meetings, bible studies, and other church services.
2. They must maintain their lifestyle, by getting enough rest, and regular exercise. Also, maintaining positive thoughts, and will improve their outlook in life by making them busy and productive.
3. The government should extend their effort to provide equal assistance to solo parents. Aside from PWD and senior citizens, wherein solo parents have to adopt the proposed activities, and programs to improve their life situation.
4. Encourage them to have an open atmosphere where everyone feels comfortable expressing their thoughts and concerns without fear of judgment and practice healthy ways to resolve conflicts. Focus on finding solutions rather than blaming each other. Also, acknowledge and celebrate each other's successes.

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## **LIST OF ABBREVIATIONS**

**AICS** - Assistance for Individuals in Crisis Situations

**DSWD** - Department of Social Welfare and Development

**ERC** - Ethical Review Committee

**FCPT** - Family Communication Pattern Theory

**FDC** - Family Dialogue and Counseling

**LGU** - Local Government Unit

**LSP** - Livelihood and Services Program

**SDG** - Sustainable Development Goals

**SAP** - Social Amelioration Program

**TESDA** - Technical Education and Skills Development Authority

**TKI** - Thomas-Kilmann Conflict Mode Instrument

**TUPAD** - Tulong Panghanapbuhay sa Ating Disadvantaged/Displaced workers

**UCTF** - Unconditional Cash Transfer for the Family

**4PS** - Pamilyang Pantawid Pilipino Programs

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