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[Subject]

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Single Parent Struggle

Growing up with single parenthood at present is becoming progressively more common for kids in technologically advanced nations and also the family comprising of father, mother, and children. In current scenarios especially, single-mothers face more difficulties and hardships bringing up their children (Stack and Meredith). This current article analyses the examination of school performance, lack of confidence and living hardships associated with one parent's families and current effective school interventions. Demographic expansions for both USA and Western Europe display that one-parent families are a truthful pattern that is becoming progressively more evident, statistically (Gioumouki et al.). One-parent families have an extraordinary risk of financial adversity which may influence psychological health. Single parenthood and cohabitation have lost much of their stigma as their prevalence has increased; a fact that warrants the focus of much interest and research in recent years (Sherman). However, each case of family structure has its specific characteristics, and influences children's mental health and psychosocial development differently. Single-parent families are observed to face more struggle to meet their financial needs as they are at higher risk of economic difficulties.

**Factors Behind Single Parent Families**

Life in a single-parent household can be quite stressful for adults and children (Stack and Meredith). A single parent usually faces loneliness, poverty, and insecurity about raising children alone without help. Children who live with both biological parents tend to deal with fewer problems than their counterparts in other family arrangements (Sherman). Teachers, on the other hand, must first identify and then try to reduce any biases towards separation or divorce. This prevents the projection of negative feelings and judgment towards the students they teach daily. School culture and climate must be welcoming to diverse family structures and accommodating to their families (Maurya et al.). Professional development and training for staff and parent volunteers can enhance a positive school climate.

Single-parent families are at higher risk of food and fuel deficiency, and the need to make sacrifices to safeguard their children's necessities (Stack and Meredith). In some cases, single parents went without food and struggle to pay bills (Maurya et al.). They have a greater risk of isolation, anxiety, depression, paranoia, and suicidal thoughts (Stack and Meredith). However, support for single-parent families by the government must acknowledge the effect of social circumstances and give more consideration to economic drivers of distress.

**Stigma Attached to Single Parent Families**

Single parents' struggles include work, poverty, and stigma. The societies and communities have shown critical views towards single-parent families (Maurya et al.). It has been observed that single-parent families are increasing nowadays and the cause behind this is intolerance and lack of intimacy among partners. Stress-related illnesses such as anxiety and depression are increasing among communities (Stack and Meredith). Various studies have been conducted that have evaluated the concept of single-parent families and revealed that partners usually prefer to get separated instead of living together with little compromise (Sherman). Financial hardship and poor health status are strongly associated with single-parent families. The mental health of children is severely affected because of single-parent status as communities are stigmatized towards single-parent families.

**Low Socioeconomic Status**

Low socioeconomic status is associated to cause more problems for families having responsibilities of child-rearing. Divorce, death of a parent, and unplanned pregnancies along with mental health are observed to be more prevalent among communities in recent years. Families involved in financial hardships have more difficulties in managing their children (Stack and Meredith). Impaired behaviors and acquiring psychologically ill behaviors are observed to be more common among single-parent families (Stack and Meredith). Failures in life and disappointments have been theoretically proved to be associated with stress and increasing depression-related problems among individuals (Stack and Meredith). Aggression and hopelessness combined with complicated relationships lead to separation or divorce among partners.

Research has shown that parents living in divorce have a higher level of stress-related disorders. Stress, depression, and general anxiety for meeting the financial requirements of children and home become a stronger factor to cause hardships in families (Stack and Meredith). Therefore, seeking help from friends and family members lead them to suffer from an inferiority complex (Stack and Meredith). An in-depth examination of a single-parent family has shown that financial hardships and the health of these families are interconnected with each other (Stack and Meredith). When a child asks their parent to buy a new toy would put single parent in a state to sacrifice their food to fulfill the desires of their children. Low socioeconomic status is a strong factor leading to single-parent families (Stack and Meredith). The impact of a single parent on the health of children and partners is observed to be significant.

Various studies have been conducted to identify and evaluate the stress level and depression among single-parent families. The overall surveys have shown that the answer to the question, "not possessing adequate resources" as received higher score (Stack and Meredith). Families and children have reported that it is a big trouble for them to meet financial resources living in a single-parent family. Children have reported that they have to manage with less financial resources, less education, and poor healthcare services. Single-parent families are observed to be fighting for everything in life whether it is food, education, housing, and healthcare services (Stack and Meredith). Running home expenditures in insufficient funds are observed to be more difficult with children for single parents. Single parent families supported by females have shown that it is not manageable for them to do work along with childrearing (Chun et al.). Females are observed to be prone to depression as they have reported difficulties in work-related stresses and depression.

Parents with less finances have to manage the education and healthcare services for their children in limited resources. Different studies have shown that the central part of these families is stress and it is not avoidable. The stress of food, education and lack of funds are the major reason for children to adapt to impaired behaviors. Societies and communities living in poverty are more prone to acquire psychologically ill behaviors. Various studies have shown that single-parent families supported by females are observed to be more difficult in meeting financial needs (Stack and Meredith). Women have to work for double shifts to meet the financial needs of the home and children (Stack and Meredith). It has been observed that most single-parent families are supported of backed up by females as a male partner are observed to be less involved or responsible in childrearing.

Partners are observed to be less responsible for managing relationships among communities. Various studies have shown that the relationship between males and females is mostly started at an age where they have not even planned their marriages (Stack and Meredith). Partners at an early age start their relationships however, unplanned pregnancies are a result of poor management of precautionary measures during their relationships. Therefore, single-parent families are mostly observed because of the lack of commitment among partners.

Various researches have been conducted on single-parent families and have evaluated that children and parents have to live or spent hours without food sometimes (Stack and Meredith). It has been observed that single parents have to sacrifice their food for the children so that their children would not go without food (Stack and Meredith). Management of home in less financial resources is difficult particularly, for families backed up by females. Single-parent families are observed to be living in stress and depression particularly managing their finances (Chalabi). They are dependent on families and friends to meet their financial requirements. Self-sacrifice and the health of single parents have been observed to be a concept that is often neglected during separation. Males are dominant among societies and communities and the decision is often limited to them. Single-parent families have less adequate resources to manage their life, education and healthcare facilities (Stack and Meredith). Poor health status and lack of resources to seek healthcare facilities are more common among single-parent families. The stress and depression-related disorders, cardiovascular disorders, and hypertension is more prevalent among single-parent families though the only factor is not separation or single parenting.

Single-parent families, when observed in studies, have shown a higher level of stress, psychologically ill behaviors, depression and more concerned about opinions and views of people (Stack and Meredith). National single parent day was designated in the United States showing that 7% of the families were single in the year 1950 however, the statistics are rising (Chalabi). Single parents have to struggle more to meet their needs and requirements regarding the necessities of life (Stack and Meredith). It is very difficult for families to manage the education of their children (Maurya et al.). Low socioeconomic status and single parenting has been a cause of psychologically ill behaviors and its rise among communities (Stack and Meredith). Children taking education in communities suffer from racial discrimination, inferiority complex, and stigma attached to single parenting make it difficult for children to continue their education (Maurya et al.). Single-parent families have shown that their children used to face discrimination from their teachers and friends in schools and colleges.

**Conclusion**

Single parenting phenomenon is rising among communities in the United States (Chalabi). The significant factors behind the issue are lack of commitment of partners, unplanned pregnancies, lack of resources and low socioeconomic status (Maurya et al.). It has been observed that significance is another factor that can cause serious problems among families such as males are dominant partners whereas females have to suffer from gender discrimination. Intolerance and discrimination beyond acceptance lead them to get separated (Stack and Meredith). Lack of commitment among partners, for example, relationships are started but they have not committed to getting their marriages registered can also lead them to get separated or may have unplanned pregnancies that can lead them to run away from their partners. Single-parent families have unexpected risks of financial hardship which may impact psychological health. Single parenthood has lost much of their stigma as their prevalence has increased, a fact that warrants the focus of much interest and research in recent years. Single-parent families are in dire need of support and governmental policies that favor them and provide the services to survive successfully.

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