

## **Socio-Economical And Psychological Challenges To Working And Non-Working Single Mothers In Quetta City Using Social And Islamic Perspective**

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### **Abstract**

Single mothers are impoverished in every country; they confront social, economic, and emotional obstacles everywhere. Single parenthood is difficult, especially when the household is headed by a woman. The upbringing of children, their future, and their setting down in life is all issues that single mothers face. Children are completely reliant on the single parent until they marry and/or obtain employment. After that, the issues are significantly decreased. To investigate the social, emotional, and economic challenges that single mothers confront, a sample of 20 single mothers was selected using the snowball sampling technique. The study examines the social, economic and emotional challenges faced by single mothers in Quetta city (Baluchistan). Altogether 20 semi-structured interviews were conducted for the analysis so as to collect relevant data. The data has been collected through in-Depth qualitative interviews of single mothers. The study's findings revealed that the majority of single mothers were stressed by financial issues. The single mother's emotional life was also influenced by their situation. The majority of single mothers expressed feelings of loneliness, helplessness, hopelessness, lack of identity, and lack of confidence. In the social sphere, the majority of single mothers avoided social gatherings and changed their clothing styles as a result of their depression. Due to the absence of male family members, the majority of single mothers found it difficult to maintain discipline among their children. The mothers expressed feelings of loneliness, trauma, and sadness, as well as difficulty managing childcare and establishing a routine for their children.

**Key Words:** Single mother, Single Parenthood, Economic challenges, Emotional challenges, Social challenges

## **Background of the Study**

A complete family consists of a husband, wife, and children. A family is regarded incomplete without a spouse or father. (Cheal, 2002) Family is the most important venue for children's formation and education. According to (Chapman, 2005) family is the primary place where children acquire instruction and direction from their parents or other family members. (Cheal, 2002). Individuals are prepared for cultural values, rituals, and traditions through their families, which are the most important social aspect. (Chapman, 2005) The socialization of children is critical for the survival of any society. The family is considered to be the most essential socialization agent, particularly for children. Most societies raise their children in a highly regulated and disciplined environment, with parents assisting in instilling and inculcating strong basic moral, spiritual, social, physical, and cognitive values in their children. (Chiriboga & Linda, 2009). Due to the absence of the spouse, the mother is forced to shoulder all of the household and child-rearing obligations. As a result of this, lone women become family managers. (Cornelia & Clarke, 2006)

Parents usually devote more time and money to their children's wellbeing, but some single parents neglect their children's psychological well-being and education. As a result, children raised in single-parent households are often described as aggressive, tense, and fearful. (Cornelia & Clarke, 2006) Single mothers are among the most defenseless groups in society, according to research in subjects such as sociology and psychology, because they confront unemployment, poverty, and social deviation. (Coltrane & Randal, 2001) Divorce and premarital childbirth are common demographic and social antecedents that lead to single motherhood in modern nations. Widowhood is almost always a natural occurrence, but divorce and premarital pregnancy are almost always intentional decisions. The importance of family in the growth and welfare of children cannot be overstated. Because family is the child's first relationship. Family is also the first lesson in a child's life, and it has a significant impact on the child's physical and moral growth. The first lesson a child learns before going to school is about his family. People in his family and at home evaluate the personality of the child. The family is the child's primary source of psychological, social, physical, and material care. The interaction between parents and children has a significant impact on the psychological and social development of the child. (Cox & Kevin, 2006)

All parents encounter numerous obstacles to their children's economic, social, and mental growth, but single mothers, in particular, face numerous difficulties in meeting their children's nurture and fundamental needs. However, single mothers are more likely to be poor than others. Single mothers, on the other hand, can compete in all aspects of child rearing, with education and training being a prime example. (Goonsekere & Savetri, 2004) A single mother is the most common example of someone who supports single parents. Sometimes a single mother causes her family to have a difficult time. Her parents or relatives are entrusted with the responsibility of caring for her children.

She even endures societal criticism, but, after extensive research into the issue, she comes to a decision. That single mother's employment is frequently low-paying. If it is written poorly, a single mother is usually unable to further her studies due to the raising of her children. She is paid less for jobs as a result of her lack of education; it is a difficult scenario for her. (Goonesekere & Savetri, 2004) When compared to other mothers, single mothers experience more household stress, financial challenges, social isolation, and child care duties. (Goonesekere & Savetri, 2004)

Divorce and premarital childbirth are common demographic and social antecedents that lead to single motherhood in modern nations. Widowhood is almost always a natural occurrence, but divorce and premarital pregnancy are almost always intentional decisions. However, all three sources have one thing in common: they all vanish after remarriage or union formation. When a woman sensibly decides not to marry but still wants to have children (single mother by choice), she can do it through artificial insemination or adoption. (Cox & Kevin, 2006)

According to (Cox & Kevin, 2006) single mothers are stereotyped and stigmatized because they are financially independent, older, and well educated. Mental health suffers as a result of being a single mother. The findings revealed that divorced women are angrier than married women, to the point where the procedure is classified as a chronic condition. These women's mental health suffers as a result of their divorce. The painful life event has sparked concerns that divorced people have received disproportionate social attention in many industrialized and developing countries. (Lamb, 2010) A single mother's sadness is caused by her child's seclusion, hostility, and fear of loss from her ex-husband. They also displayed evidence of social disengagement or aggressiveness. (Harvey, 1951)

A single mother's sadness is caused by her child's seclusion, hostility, and fear of loss from her ex-husband. They also displayed evidence of social disengagement or aggressiveness. (Harvey, 1951) According to (Caroline, 2008) marriage separation frequently causes significant emotional suffering in the child-parent connection. When compared to two parent homes, around twice as many children from one parent families' drop out of school.

### **Objective of the study:**

1. To analyze the social, economic and emotional challenges faced by working and non-working single mother.

### **Research Questions:**

2. How single mother cope with their social challenges through self-mechanism.
3. **Consequences of single motherhood**
4. Despite the fact that single moms are disproportionately disadvantaged, research has shown that single mothers who live with relatives have a better socioeconomic standing than single mothers who run their own family. (Iftikhar, 2008) Nonetheless, there are some common problems that come with being a single mother. (Shabbir, 2001) discovered that "single moms appeared to suffer more following a divorce, presumably because they often

experienced a substantial loss of income due to a lack of husband's assistance. (Moore, Stephen & Berry, 1983)

5. One of the most crucial aspects in deciding a child's well-being was the loss of a husband's income (and the psychological impact on the custodial parent). Agreed, emphasizing that the financial situation of single parent families has an impact on parenting ability. Carlson further stated that single moms experience increased stress levels as a result of their loss of economic standing, which can lead to maternal depression, which can predict bad parental attitudes and inadequate parenting. In addition to having to adjust to a lower quality of living, single moms had limited access to occupational training and higher education, both of which were necessary to lift them and their children out of poverty. (David, 1995)

### **Islam**

Despite the uncontrollable and unpredictable contemporary changes in our global society that affect nearly every style of living, single motherhood has no place in Islam, according to (Bharti, 2015). For the sake of family continuity and advancement, Islamic brotherhood demands a woman to marry or remarry and remain under the care of a man. When a father passes away, the first issue to address is the care of his children. Sharing his assets evenly among his wife and children, but when the children are minors, a close relative, such as his brother, must be appointed to manage his estate until the children reach the age of majority. Nonetheless, when four months and ten days have passed since a husband's death, his wife must remarry, preferably but not exclusively or under compulsion, to one of his relatives. Whether the new spouse is a relative of the deceased or not, he assumes complete responsibility for the lady and her children. (Sandra, 1991)

Two points may be emphasized to lessen her mental suffering. She must realize that single parenthood is not her sin, but rather a test from God, and she must accept God's plan and turn to Him. **Our Prophet's mother was also a single parent, and how could the mother of our Prophet be a single parent if being a single parent is a bad sign and a kind of divine retribution?**

### **Christianity**

The Bible makes no mention of single parenthood, especially deliberate single motherhood (Raising-Godly-Children, 2012). Although the phrase is not biblical, single mothers are included in the category of widows, which includes all women of marriageable age who have lost a spouse. Hagar was the first single mother in the Bible, the first woman and mother put away or abandoned by her man. She was a young Egyptian girl and the attendant to Sarai, Abram's wife (Cf. Genesis 16: 1-16; 21: 1-16) Single mothers were tended to by the prophets Jesus and the New Testament Church. Widowed single mothers were catered to by Elijah and Elisha (1King 17: 10, 12-14 and 2 Kings 4: 1-7). Jesus consoled the widow of Nain and resurrected her son (Luke 11: 12-16); he also chastised the religious leaders of the time for exploiting widows (Mark 12: 38-39). Timothy,

a prominent church leader, was reared by Eunice, a devout Christian single mother (2 Timothy 1:5). (Wagner, 2002)

Single parenting entails more than being widowed or abandoned by one's spouse, and there are challenges within a patriarchal religion in a patriarchal society. Many church or religious organizations or organizations restrict unmarried single mothers out of responsible employment positions, preferring to offer them to married women who may be younger and inexperienced. This is due to the notion that unmarried singles are more prone to impurity than married people. (Wagner, 2002)

### **Research Design:**

The procedure and methods utilized to conduct scientific research are referred to as a research design. The obstacles faced by single mothers in Quetta, Baluchistan, are explained in this study. The study uses qualitative design to acquire qualitative data through in-depth interviews. In accordance with the study objectives, data is transcribed, coded, and then evaluated thematically.

### **Universe:**

The study's universe includes three major universities in Quetta: Sardar Bahadur Khan Women's University, University of Baluchistan, and Baluchistan University of Information Technology Engineering & Management Sciences, as well as the city of Quetta.

### **Population**

The study's participants are working and non-working single mothers in Quetta, who may be separated from their spouses or widows.

### **Sampling**

Selecting a suitable sample is an act, process, or approach. The method by which a researcher selects her sample is known as sampling. (Wagner, 2002) Snowball sampling, also known as chain-referral sampling, is a non-probability sampling approach in which the samples have hard-to-find characteristics. This is a sampling method in which current subjects suggest others to recruit samples for a research study. (David, 1995)

Despite the fact that approaching such mothers in such a large metropolis will be challenging, the researcher will use snowball sampling and incidental sampling to choose samples.

### **Sample Size**

The number of individual samples or observations utilized in a survey or experiment is referred to as sample size. Because some respondents are unknown, snowball sampling and unintentional sampling is preferred for the study.

## **DATA ANALYSIS**

The purpose of this study was to employ a face-to-face interview method to learn about the participants' lived experiences as single mothers in Quetta. Interviews are extremely valuable for acquiring insight and context into a research issue, as well as allowing respondents to express what is important to them. Interviews can also be used to develop stories and quotes that connect interviewees, their life experiences, and, in this example, their experiences as a single mother.

### Themes

Social challenges	Economic challenges	Psychological Challenges
<ul style="list-style-type: none"> <li>• Socialization</li> <li>• Responsibilities</li> <li>• Social gathering</li> <li>• To support the children</li> <li>• Decision making power to select a job</li> <li>• Decision making power for second marriage.</li> </ul>	<ul style="list-style-type: none"> <li>• Child educational expenses</li> <li>• Management of money for child custody</li> <li>• Source of income</li> <li>• Family support</li> </ul>	<ul style="list-style-type: none"> <li>• Emotional challenges</li> <li>• Pressure for second marriage</li> <li>• Fear of losing child</li> <li>• Cope up</li> </ul>

### Social Challenges

- Socialization
- Responsibilities
- Social gathering
- To support the children
- Decision making power to select a job
- Decision making power for second marriage.

Kishwar, Ambreen, Saima, Sharifa who were widows and Nayyab, Fehmida, Jamila, Samina and five others respondents who were divorced mothers, majority of respondents were divorced, So the main reasons of divorce were wife's job, misunderstandings or husband's second marriage and the reasons for being a widow were war, diseases or enmity. So one of the questions was "Are you satisfied with the socialization of your children? Ambreen, Sharifa, Saima, Nayyab, Kishwar and some other interviewees responded that they are trying their best to do good socialization to other children because without the guardian children do not get good socialization.

Another working single mother responded that Alhamdulillah i am independent and i am completing all needs of my children, i feel that i am their and also their father, and there is a big role of my parents in the socialization of my children. Fehmida, Jamila ,Samina and some other

interviewees responded that it is very different ! Because the children did not get good socialization without father. Jamila said that her son is only 14 years old but did not obey to her, Ambreen said that i am trying my best to train my children, i taught them the distinction of good and bad, I taught them the prayer or the holy question. So, in every respect i trained my children well. Even they did not face the lack of father, but still a place is empty, when my children were younger they would ask about their father why we have not father? We have not even seen him. But as soon as they grow up, they became wise. I was sad to ask them again and again. They did not want to hurt me.so they stopped asking. Nayyab Shabir responded that she got divorced in 2015 after the two years of her marriage, her husband was drug addict So ‘she took divorce. She has only one daughter, she told that it is a huge challenge to be alone parenting a kid these days, it is more challenge to be a divorced in a man oriented society but with t blessing of Allah i have overcome it all Alhamdulillah. Allah Pak helped me a lot, I have made her extra confident by telling her that no one’s life is perfect here are any kids of weakness in every one's life So it's if weakness in every one's life so it's if Allah pak has not blessed her with the care of father.

### **Responsibilities**

The question was “how you handle your responsibilities being a single mother?” The interviewees Kishwar, Ambreen, Saima, Sharifa, Nayyab, Fehmida and some others responded that they have so many responsibilities regarding their children, like children education, to provide basic needs, good socialization, upbringing, take care of children. For the fulfilment of these responsibilities they face so many difficulties like job problems, source of income problems, lack of parents and in-laws supports some respondents told that they handle these responsibilities with the help of their parent’s support, some handle with the help of their own by doing job.

### **Social Gathering**

The question was “Being a single mother how do you face social gathering or society? "Nayyab, Jamila, Samina who were divorced women responded that they always feel ashamed to face the society. Jamila told that when she cannot go outside for gathering because when she go somewhere everyone asked her about divorce So she feel that the society will blame me that i left my husband and i am a bad women, I feel ashamed. Sharifa a (widow) responded that being a widow it is very difficult for me to go anywhere because when i go a marriage party then people say that she is widow but she wearied colorful dress she must want to get another marriage, she forgot her husband, when i wear simple dress then people say that she is so poor she did not have money for beautiful dress. Then they took pity on me. So that’s why i could not go anywhere.

### **To support the children**

The question was "Being a single mother how does support your children? “Samina, Sharifa, Fehmida and three other interviewees responded that they are illiterate, they have not a job but they are doing embroidery work, sewing and clothes for people to support their children. Due to these works they fulfill their needs very hardly. Some five more respondents who were lecturer in

universities told by doing their job they are supporting their children. And through which they fulfill their children's education expenses, basic needs and all desires.

### **Decision making power to select a job**

The question was "Do you have a decision making power to select a job? "Nayyab, Jamila and others responded due to lack of their family support and in view of the many needs i had to do job. To achieve the job, they faced so many challenges. Some respondents were not allowed by their families; Samina, Kishwar and two other responded that her parents supported her to do the job, some respondents who were illiterate or less educated. They could not fulfill their basic needs and they were not allowed to leave the house for work because they also made it a problem of their ego. Some illiterate respondent just said that if they were educated they would do something for their children and support their children.

### **Decision making power for second marriage.**

The question was "Have you ever think about second marriage? "Saima, Jamila and others told that they thought many times about second marriage their family also forced them but they refused. Saima told although i am still young and i can understand that there is a life like a mountain ahead, but i am thinking also about my children. Their step father will not accept them. So my children will not be properly nurtured and well trained. Who will support my children? So' i left the idea of second marriage. Kishwar told that my husband was in army his death was due to martyrdom in the war after his death i got so many opportunities of second marriage but i refused because of two reasons one would ruin my husband's martyrdom, then i would not be called a widow of a martyr and the other was worried about my daughter's future.

### **Economic challenges**

- **Child educational expenses**
- **Management of money for child custody**
- **Source of income**
- **Family support**

### **Child educational expenses**

The question was "How do you fulfill your child's educational expenses? Samina,Sharifa and some other who were illiterate they responded that they fulfill their children's educational expenses by working embroidery, Washing clothes of people, some single mothers responded that they are fluffing their expenses by family support or husband's pension and property, some educated single mothers like Saima Kishwar ,Nayyab and some others told that they fulfill their educational expenses by doing jobs,

Some respondent was lecturer in university, one was polio worker, some were working in private sector. They told that they faced so many problems regarding their children's educational expenses. Nayyab told that before getting a job everyone of family members were treating harsh



with me specially my brother's wife. She was quarreling with me every day. She do not like me, she tells her husband that she is not our responsibility, just tell her to get second marriage, but now when i get job Alhamdulillah now i am independent. I can fulfill my children's educational expenses. Fehmida told that when my husband got second marriage then divorced me, i have two sons 12, 14 years old. I faced so many difficulties hunger, poverty, my parents are also very poor, they could not support me I am uneducated and was not able to fulfill their educational expenses so they had to leave their education. Now they are working in a mechanic work shop, so' trough their series i am fulfilling the house rent and basic needs. Samina told that she could not give her children good education nor her parents help was with her, so, she sent her children to the orphanage to get education. It is hard to raise children alone. I have financial problem to cover the family expenses. We live in a rented house, which is somewhat costly... School-related expenses rise and fall, while our income remains relatively constant. You do, however, have children to care for, and battling to raise them is not an option.

### **Management of money for child custody**

The question was “How did you manage money for your child custody? “Samina, Sharifa and three other responded that there was no need of money for my child custody because the children were already with them but Nayyab Shabir, Kishwar and some others told that they managed money for their children custody by doing job and some were supported by parents. Jamila and two others told that they have not custody of their children. Saima responded that although i am a lecturer in university so university funded me for my children custody. Nayyab told that the lawyer was so pious he did not take his fee.

### **Source of income**

The question was “what is your source of income? “Samina,Sharifa,Jamila and two others who were illiterate so' they responded that their source of income is embroidery, sewing and washing clothes of people, some others like Kishwar, Nayyab Shabir and others who were educated responded that they are working in different fields like teaching, polio and private sectors. Some respondents told that their source of income is their husband's pension, property. Others told their parents are supporting them. But some respondents told that their parents are not supporting them so, they face so many difficulties. One respondent told that some rich people support her through which she raises her children's stomach.

### **Family Support**

The question was “Did your family support you”? Samina, Fehmida, Jamila,Nayyab Shabir and some other responded that it is difficult to work and manage the upbringing alone. Some time it becomes very distressing as these days and it is very difficult to survive as they have no support from their family neither their father not any support, except Allah. Saima, Fatima, Shaida, Ambreen, Kishwar and some others responded that their family supported them very much. Saima told that her father is a lawyer So' he fought my case, Now Alhamdulillah my children are with

me. Being a muslim I believe on Allah and my parents' support is also with me, just because of my family support I am strong and independent now.

### **Psychological challenges:**

- Emotional challenges
- Pressure for second marriage
- Fear of losing child
- Cope up

### **Emotional problems.**

Sleepless nights, frustration and distress were common. Participants described feeling anxious about everything, suggesting that single mothers were on high alert. Some single mother's participants described feeling judged by others and had feelings of paranoia. Similar to physical health, descriptions of mental health were underlined by stress, rumination, and the turmoil of circumstances.

The question was "Being a single mother which type of emotional problems do you face?". Samina, Jamila, Kishwar, Saima, Nayyab, Shabir, Sharifa, Fehmida and some others interviewees responded that they faced so many emotional problems like anxiety about future, harassment, shame, guilt, anger, loneliness, lack of identity, lack of confidence, helpless, social gathering, hopeless, depression, irritable and short tempered etc. A working single mother from university of Balochistan told that she feels emotional problems, male looks that this woman is single and many time men tried to harassed her but thank God i am very strong, i cope up everything every situation. Sharifa told that she was harassed by her husband's brother, he was already married but wanted to get marry with her for getting the property of her husband.

### **Pressure for second marriage.**

The question was "Did you have a pressure for second marriage?" Some respondent like Saima, Kishwar, Nayyab and some others told that although they are educated and they are independent so, no one pressurized them because they take their responsibilities by their self their families left them at their will. I and my children do not burden at anyone. Sharifa told that her husband's brother pressurized her so much for second marriage. Samina told that her own mother put a lot of pressure on her for second marriage because her mother told her that give the children to their father and get second marriage, we cannot raise you and your children. So 'with great disappointment she had to admitted her children to the orphanage. So that her children could get good education. And lived in the relative's house, Sometimes a relative, sometimes another relative. Finally, after getting tired Samina marry her 12 years old daughter at a very young age. And started the job of a security guard so 'that there was not burden on their relatives, but there she was also faced harassment. After which she have to left the job.

### **Fear of losing child**

The question was “Have you afraid of losing your child? If yes, why?” Samina sharifa, Fehmida, Saima and some others responded that they are afraid of losing their child. Jamila, Nayyab, Ambreen told that they are afraid of losing their child, Jamila said that her husband already told her that he will take out his child, she has not money to achieve her child. Saima was even educated and independent she were also afraid of losing her child because she told.....the thing is that i am a women

Nayyab responded that every other is afraid of either she is single or not, it is not related with this situation, may Allah Pak keep our kids safe as the circumstances are very worst these days regarding kids specially girls. Sharifa responded that though her husband is dead so, she takes care of her kids by herself. Her in-laws do not even send her children's expenses. Her in-laws ignored her children. She never afraid of losing her children from her in-laws but she was afraid of the wrong ideas of society. Kishwar afraid was afraid of losing her child from her father in law because he irritated her very much, he forced her to give her daughter, but she told that everything takes me but not my daughter because she is my life.

### **Cope up**

The question was "How do you cope up with these emotional problems?" Samina, Kishwar, Jamila, Saima, Fehmida, Nayyab Shabir and some other respondent told that it is very difficult to cope up with emotional problem, Another interviewees responded that i cope up with these emotional problems by five time prayers and recitation of holy Quran, I felt that due to prayers God has helped me and inn shah Allah God will always with me, Jamila said that she cannot cope up, even people says that she is a psycho patient i think these all emotional problem have written in my luck but life is goes on one day Almighty Allah will listen to me. Nayyab told that she told that she is connected to Allah, Allah consoles me every time, I don't seek other means only Allah, prayers and Quran. It repels my depression and makes me ever stronger then prior. Sharifa told with very disappointment that I faced these situations very strongly and with endurance because i have nothing but patience. Ambreen and two others told that they cope up with patience a tolerance.

### **Ethical Considerations**

In any social science study, ethics and the safety of informants are given great attention. As a result, extreme caution was taken to ensure participant privacy and security. This study's participants were assured that their identities would not be traceable at any point. They were also briefed about the study's goals and that they could skip questions or stop at any moment during the initial encounter. Each respondent and participant gave their verbal agreement. To protect the anonymity of the study's participants, code names were employed in the data presentation. According to (David, 1995) the term "clout" refers to the fact that the subjects are anonymous or unidentified. For example, a field researcher may present a social portrait of a certain person, but with a fabricated name and location, as well as changes to some of their attributes. As a result, the researcher has employed virtual-names to protect the respondents' identities. The other major

concern was secrecy, which means that while material may have identities associated to it, the researcher holds it in confidence or keeps it hidden from the public. The data was not disclosed in a way that allows identifiable persons to be linked to responses, and it is only publicly available in aggregate form (e.g. percentages, means, etc.)

(Cornelia & Clarke, 2006) As a result, the researcher has used all available means to protect the participants' interests, privacy, and free will in order to avoid disclosing information in a way that breaches the rules of secrecy. Finally, people who accepted to participate in the study were given a copy of the information sheet to read.

## **DISCUSSION**

Various studies will be reviewed and compared to the primary findings that I have uncovered in my study in this section. Within the literature review and other portions of the research, various ideas, assumptions, and theoretical methods were addressed.

### **Social support for Single Mothers**

Support from family, community, government, and non-government organizations has a significant impact on children's well-being. (Cornelia & Clarke, 2006) Explained that single-parent children perform better when their mother has substantial support from close relatives, friends, or neighbors; members of religious groups; and staff members of family assistance and child care facilities. (Cornelia & Clarke, 2006) Claimed that single-parent families have negative effects on children's well-being, particularly in terms of education, due to reduced economic resources following divorce. However, this claim ignores the fact that financial resources can be replaced by other resources such as kin. According to the findings, single mothers receive emotional and financial assistance from their community and non-governmental groups.

### **Economic challenges:**

Economic difficulties faced by households headed by single mother. The study's findings found that financial issues were the primary source of stress for the majority of single mothers. With the current economic situation and limited resources, it has become extremely difficult for moms to cover the fundamental necessities of their children, such as food, clothing, and school fees, while also maintaining their prior standard of living and meeting personal expenses. Finding work, earning little pay for their work, housing, and caring for their children were all issues they faced while trying to care for their children. Obtaining cash, achieving a work-life balance, and gaining job were all part of the challenge. (Harvey, 1951) A new American Dilemma Institute clarified because single mothers have a reduced earning capability, mother-only families are more likely to be poor.

### **Emotional challenges:**

The majority of single mothers in the survey reported feeling lonely, powerless, hopeless, lacking in identity, and lacking in confidence. The majority of single mothers thought that emotional problems arose as a result of economic hardships, work stress, and concerns about their children's

future. Single moms' households are subjected to more stressful life events and persistent strain in the form of inadequate income, according to researchers. In a single mother family, stress and depression are linked to poor income, unemployment, and family poverty (According to (Harvey, 1951) Economic pressure, on the other hand, has a direct influence on the psychological well-being of mothers, and is likely to have an indirect effect on the psychological well-being of children by lowering the psychological well-being of their mother. (Harvey, 1951)

## **RECOMMENDATIONS**

Single mothers may harbor resentment toward their ex-husbands. Here are some suggestions for making life simpler for worried single mothers. If a single mother is depressed, she should seek medical and professional help. She should either become organized herself or get the help of a family member.

### **Educational Institutions**

Single mother's children might be admitted to educational institutions and receive special financial assistance. Educational institutions might also give talented children of single mothers with scholarships.

### **Employment**

Single mothers should be given preference in the workplace. In the workplace, there should be a special quota for single mothers. Single mothers with a high school diploma should be granted work in government agencies, as well as non-governmental organizations. Furthermore, the industrial sector may play a significant role in providing jobs to single mothers, thereby increasing their income and assisting them in meeting their children's needs. They should be provided with a sewing machine and other materials for manufacturing handicrafts by the government or a nongovernmental organization.

### **Policy Makers**

Policymakers must develop policies that assist single mothers and their children in a variety of ways. They should sign divorced women's child support agreements to assist them in raising their children. Policymakers should give such solutions to reduce lone mothers' high levels of poverty. Programs that provide financial assistance to single mothers

### **Financial Assistance Programs for single mothers**

Single mothers should be given financial help so that they can adjust to their new situation following their husband's divorce or death. Single mothers should be given power and gas bundles, as well as a discount on their electricity and gas bills. Furthermore, single mothers may be given special consideration in national economic aid programs such as the Benazir Income Support Program (BISP).

## CONCLUSION

This study looked into the difficulties and challenges that single parents have when raising their dependent children. Single mothers in Quetta city were interviewed for qualitative data. The data revealed that single mothers in Quetta have numerous problems in parenting their dependent children. Being a single parent may be difficult and isolating. Findings of the study were that single or lone mothers have several duties and are subjected to different pressures than other types of mothers. Less emotional support, less help with domestic work and child care, less time for social activities, and diminished participation in community life. In many cases, there is no other adult with whom to share decision-making, discipline, or financial duties. One person is responsible for child care, making a living, and parenting. Single parenthood is difficult, especially when the household is headed by a woman. It's even more challenging for a woman who has never worked outside the home before. A single mother's role necessitates the parent taking on responsibilities that were previously shared by their husband. As a parent, single mothers have added role strain. A woman is compelled to undertake various tasks of her spouse in addition to becoming the principal wage earner.

The majority of single mothers stated that emotional problems arose as a result of financial hardships and concerns for their children's future. In the social realm, the majority of single mothers tended to avoid social events and, as a result of their sadness, had modified their dressing style.

The majority of single mother's experience economic, emotional, and social challenges, making it difficult to pay their children's basic necessities such as food, clothing, school fees, and other personal expenses. Failure to offer financial support puts the youngster at a higher chance of engaging in risky behaviors including prostitution or commercial sex business, drugs, alcohol, and criminal activity. The significant likelihood of being poor is one of the major public health problems for single-mother families. Poverty may lead to the mother's reliance on social support, lower living standards, and less educational and work possibilities. Single mothers face numerous obstacles, including a lack of affordable daycare, role overload, stress, and despair. Given these circumstances, it is unsurprising that single mothers and their children have worse physical and mental health than two-parent homes. The literature strongly suggests that single mothers face no substantively different problems than other families; they are just faced with higher challenges. As a result, policies and initiatives should address and enhance all families' social and economic problems.

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