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**PROBLEMS ENCOUNTERED BY SOLO PARENTS OF BALAYAN  
NATIONAL HIGH SCHOOL: BASIS FOR SOLO  
PARENTS PROGRAM**

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## INTRODUCTION

People all over the world are buoyed when faced with the responsibilities of parenthood and accomplish this special duty well. Being a parent is itself quite a difficult job, but being a single parent could be even more tedious and stressful. A single parent can be compared to a weighing scale constantly trying to maintain a balance between varieties of tasks. This study tackled the different problems encountered by the solo parents of Balayan National High School and its perceived solutions.

## METHODS

The descriptive method of research was applied in the study with the use of a researcher - constructed questionnaire as the main data gathering instrument. The statistical tools used to treat the data in the study were frequency, weighted mean, average and weighted mean. The collected data were tallied, analyzed, and stated as findings which became the basis of the researchers for their conclusion and recommendation.

## RESULTS

The results showed that the problems encountered by solo parents are financial problems, experienced negative attitudes and support from peers and society, experienced hard time in balancing their personal and professional life, low self-esteem and fear to ask help from the others and few of them encountered limited quality time with kids. In terms of their professional

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responsibilities, the findings revealed that being a solo parent affects the parents' academic performance since they experience lack of time and cannot focus on their graduate studies. Some of them cannot comply and submit their requirements on time and they need to go to work before going to school. Absences, which is considered as one of the aftermaths of being a solo parent further affects their academic performance.

## DISCUSSIONS

The results demonstrated that depression and behavioral disorders and developed a sense of insecurity are high in solo parenthood situations in Balayan National High School. However, this can be aided and even resolved through giving livelihood program, and with the help of Local Government Units. Likewise, for their growth intellectually and skills-related, conducting seminar-workshop will be of best help. In addition to, solo parents' self-esteem can be redeemed through inviting them in attending inspirational talks and most importantly, through giving recognition on their untiring efforts on their craft and being an incomparable parent to their children as well.

**Keywords:** *Solo parents, parenthood, self-esteem*

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