

A Study on Challenges faced by Single Mother in Bualpui 'Ng', Mizoram

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CERTIFICATE

This is to certify that the project title “**Challenges faced by Single Mother in Bualpui ‘Ng’, Mizoram**” submitted by Felina Lalmalsawmi, Department of Social Work, Higher and Technical Institute, Mizoram for the award of Bachelor of Social Work is carried out under my guidance and incorporates the student's bonafide research and this has not been submitted for the award of any degree in this or any other Universities or Institute of learning.

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(FELINA LALMALSAWMI)

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Chapter-I

Introduction

Single mother faced a number of hardships as compared to other group of human being in general. The present study tries to venture the actual challenges and hardships faced by the single mother in Bualpui (NG)in Lawngtlai District, Mizoram.

1.1. Conceptual Definition

Lone Parent: A single mother is a mother who have a dependent child or children and who is widow, divorce or unmarried. It is defined as a mother who lived with a child or children without the husband or partner, a mother can be widow or a married women separated from her husband or a divorce or widows. In other words, single other referred to unwed mother, deserted wives, or widows (brady 2007). Single mother who never married include women who become single mother before marriage. women may set out to have a baby with the intension of rising it alone or involuntary when mother are having babies in the hope that the man agree to marriage. besides, women may give birth out of social peer pressure when they are accuse being barren (Kotwal, et al.,2009)

Sociodemographic include, for example, age, education, religion, employment, income level, background, location etc. they are being consider as socio-demographic. They include, for example, socio economic status, which combine information on education and income. Socio-demographic are used to describe realize samples and to determine sampling error.

Women play a central role in preserving humanity. According to the law of nature, a women's most important duty is to take care of children. Middle class belief that marriage is essential for motherhood.

1.2. Lone Parent and challenges

International Scenario: US has the world's highest rate of children living in single-parents household: For decades, the share of U.S. children living with a single parent has been rising, accompanied by a decline in marriage rates and rise in births outside of marriage (United States Census Bureau, 2022). A new pew research Center study (2019) of 130 countries and territories show that U.S. has the world's highest rate of children living in a single parent household.

Chamie (2016) states of the world's 2.3 billion children 14% or 320 million are living in single-parent households, most often headed by single mothers. Those children 0 -17 years and their single mothers and single father face special challenges, including economic hardships,

social stigma and personal difficulties, that require society's attention and assistance. While raising children is a major responsibility and protracted undertaking for couples, it becomes markedly more demanding and often onerous for lone parents.

Rahman et al., (2017) state that the main events that lead to single motherhood are divorce or separation and widowhood. (Department of Syariah Judiciary Malaysia) reported that more than 274,000 Muslim marriages divorce with in the last 6 years with most cases of divorce were young couples last than 5 years of marriage, it revealed that the existences of nearly 235,240 single mother equals to 1.7% from the Malaysian total population. The main challenges of single mother are related with the definition of single mother, children, financial, education, healthcare, legal assistance.

Tradition American family is pictured as a 2-parent household made up of father and mother. Time changed and families are anything but traditional. (U.S census Bureau, 2010) state that there are 11.7 million single parent living their children, of this 9.9 million were single mother and 1.8 were single father. (commerce). There are undoubtedly many challenges and difficulties raising children single Handley for both parties whether it is a single father or a single mother, there exists a strong, unfair judgment against single mothers that single father aren't face with.

(National women law center 2020) Black women and Latinas continue to be hit hard by the economic crisis: While the overall unemployment rate dropped to 7.9% in September,8 about 1 in 9 Black women (11.1%)9 and Latinas (11.0%) remained unemployed. The unemployment rate for Latinas increased from 10.5% in August, even as the unemployment rates for all other groups of workers 20 and over by race and sex improved.

National scenario: Pandit (2019) states that and estimated 4.5 of all Indian households are run by single mothers, says a UN report which draws attention to the significant number of lone parent families in the country. Even as the dominant household from in India continues to be a mix couple living with their children of any age, followed by extended families, the UN women report puts the figure living in extended households.

Ibrahim et al., (2018) state that single mother who is living without a husband has confronted many challenges. This study is aimed to recognize the self-challenges and the environment challenges face by single mother. This study used grounded theory method. A total of 5 participants from setiu, Terengganu, Malaysia who have lost their husband to death, Ange 36-45 years were selected, the participant has children who are still in school. The study found out that emotional aspect is a major challenge for participation.

Quinn (1989). Stated that 30 participants repeatedly characteristics their lives as involving a paradoxical bind which emerges from their needs to survive in the male oriented work world succeed in their roles as heads of households while searching for the ideal of the ever happy, they feel that they have been promised. they confirm they predict challenges of time, money, and energy.

Sally (2017). As of 2004, 51% of single mothers financially manage their household with their own income as the base budget. The majority of these women don't receive any form of child support from their former spouse. Out of this 51%,61% received payment from cater link and within that, only 23% live off a combination of this payment and their own wage.

Sasha R(2019) state that the poverty rate of single-mother households in India, at 38 percent, is still significantly higher in comparison 22.6 percent for the dual-parent households in the country. One of the major reasons for this, the report says, is that only 26 percent, according to the Demographic and Health Survey (DHS) receive an income of their own, making most of them dependent on their spouse or other male members of the family.

Regional scenario: Ralte & Zehol (2021) study shows the various challenges by the lone parents in the Mizo society as depicted below:

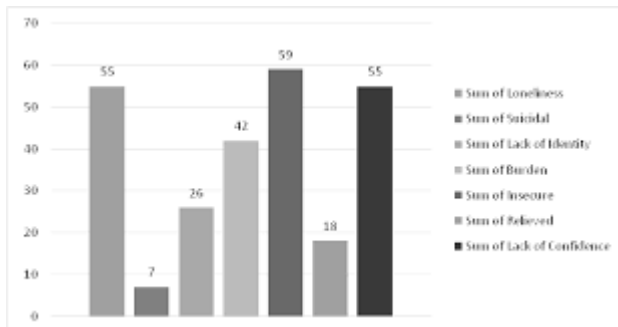


Figure:1.1. Challenges faced by lone parents in Mizoram

Mizoram - The economic hardship is the biggest challenges; their emotional wellbeing has been significantly hampered by their single status. consequently, the vast majority of single mother avoid social activities and maintain less contact with friends and neighbors following the divorce or death of their spouse for the most they raise their children even though they face numerous challenges (Z.Ralte 2021).

1.3. Statement of the problem

Single parent is challenging when a mother is headed by a woman heads the family lonely. Both academic researcher and development partitioner acknowledge that problem of single mother were linked with social emotional and economic issues, such as the upbringing of

children their future and setting down in life.

Single mother typically did not receive enough child support to maintain the standard of living the family was accustomed to before the divorce (McClenaghan and Sandefur, 1994) as single mother they have a less time since she compliment father role. The motivation of the researcher doing research on the challenges of single mother is emanates for a reason, the researcher frequently contacts with single mother that display different kind of social and economic problem that initiated the researcher to conduct this study and know more about the issue and through systematic research.

Single mother with responsibilities for children rearing and wage earning in their families from their it shows that the challenges of single mother is managing, shortage of time money and energy. It also revealed that serious concern about failure to need perceived family and social expectation for living in a normal family with two parenting women feel they must display behavioral which are contradictory those they assume they should exhibit if they were to remarry (Paquin & K.R.allen 1989).

Thus, the main purpose of this research is to investigate the challenges face by single mother in Bualpui (NG) village. An understanding of the challenges of single mother to manage difficult life event in crucial for this study. Therefore, literature have been reviewed accordingly in the next chapter.

Chapter II Review of Literature

In this chapter, literature is reviewed by categorizing in different sections, viz, studies relating to single mother, single mother and livelihood and single mother and challenges. This literature reviewed helps in strengthening the knowledge relating to the subject matter and enlightened oneself of the how to go on further.

A single mother is referred to as a single mom is an unmarried female, who has no support from child or children's father is completely removed from her and the child life by choice or necessary and he provide minimal financial support. Single moms are mother who are not in a relationship and the biological father is typically absent from the day-to-day functions and responsibilities of the child upbringing.

2.1 Studies relating to single mother

Broussard et al. (2012) states about the stress and coping for the single mother in context of poverty and uses narrative interviews to captured the life experience of women who raised their children alone. The result show that these single mother stress and coping experience tend to reflect the finding of research except that the low-income women in the study relieved stress and empower themselves through volunteer work wither low-income individuals.

Rousou et al. (2013) study aimed to explore single mother self-assessment level of health status compared to partnered mothers and the relevant factors associated with it according to these articles eleven quotatives research article with self-assessment of health status in single mother were identified, single mother report lower level of health status compared to partnered mother. These inequalities appear to be financial hardship and lack of support. Both these factors increased single mothers' susceptibility to stress and illness.

Ducan & Edward (2013) the single mother caring for dependent children are important and increasing population in industrialized countries. Single mother is seen primarily as mother and few have paid work in other, they are regarded as worker and most have paid work and sometimes, they are seen as an easy combination of the two with varying proportions taking up paid work these studies explore the variation focusing on the interaction between dominant discourses around single motherhood, state policy toward single mother, the structure of the labor market at national and local levels, and neighborhood support and constraints.

Mannis (1999) study used depth qualitative interviews with women who choose to become single mothers to describe multiple individual and social contextual factors that women felt made their nontraditional choice possible. A grounded theory analysis revealed that this

sample of educated, financially autonomous women, single motherhood was chosen with support from family and friends, employers, clergy, physicians and sometimes the foreign adaption industry. These results give a new face and voice to the single mother, expanding or understanding of postmodern families.

Kathleen (1993) article examines the relationship between work and welfare in poor, female headed families by tracing the process through which single mother work their way off welfare. The result revealed substantial labor market activity among single mother on welfare not previously found in studies of welfare dynamic analyzing annual data. A majority of women work while they are on welfare, and more than two third of welfare exist occur through work.

2.2 Studies relating to sociodemographic and single mother

Rousou et al. (2019) study aims to assess the level of mental distress experience by single mother as measured by the GHQ-28, and how it is influence by socioeconomic factors, as well as the level of perceived social support. this study found out that single mother is very likely to experience poor psychological well-being. With the steady rise in the proportion of single parent families headed by a mother, this finding highlights the significant issue that would adversely affect many women and consequently their children and the community. It also emphasis the necessity for intervention and strategies at community level in order to this vulnerable population group.

Westin & Westerling (2006) study aims to analyze health and healthcare utilization with regard to whether the respondent was single or couple parents, mother or fathers and for this study three statical method were applied: spearman correlation analysis, chi-square analysis and multivariate logistic regression. It found out that both single father and single mothers worse health than their couple counterparts. However, single father had contact with a physician more frequently than couple father whereas single mother didn't. furthermore, single mother retains from seeing a physician despite a medical need much more often than couple mother.

Targosz, et al., (2003) research found out that lone mother had prevalence rate of depression episode of 7% about three times higher than any other group . the milder condition, mixed anxiety/depression, was also increased in frequency. These increased rate of depression conditions were no longer apparent after controlling for measure for social disadvantage, stress and isolation.

John Carney & Terrance J Wade (2002) examine the use of mental healthcare service by single mother and married mother in Canada. single mother is significantly more likely to have seen

professional, multivariate analysis show that higher use among single mother is independent of depression and sociodemographic factor, it revealed that single mother had have a higher rate of contact with professional than married mother and that the relationship between single parent status and frequency of contact is moderated by depression. single mother is more likely to seek professional help for mental health issue.

Diana Sarfati & Kate M Scoot (2001) study aim to compare the socio demographic characteristic and the mental and physical health status of lone and couple mothers, and explore possible contributing factors to any differential health status identified. The result show that lone mother was mor likely to be more, lower educational qualifications and to live in more deprived areas. There was no significant difference between lone and couple mother in their prevalence of probable Ashma and diagnosed diabetes mellitus, or in their self-reported physical health status after adjustment for socioeconomic variable, however lone mother had higher rate of ever having been on medication for hypertatation and significantly worse self- reported mentally health which persisted after adjustment for difference in socioeconomic and other factor.

M.Subramaniam et al. (2014) This study found out that single mother in Singapore across ethnicities, experience a higher risk of mood disorder as elsewhere in the world. single motherhood was also associated with lower age and education. Our study identifies young, single mother as a vulnerable group associated with mental illnesses that must be targeted with specific interventions to improve mental health and well-being.

Soo-In-Kim & Eui-Jung-Kim (2012) Among sociodemographic variable structure of family, age, occupation, type of residence, and monthly income had a significant effect on mental health effect on parents in single parent families. In families with an unmarried mother and unemployed, scores for GARS, CES-DSSI-Beck, and AUDIT-K were significantly higher, while these scores significantly lower in subjects who's monthly inc ome were over 3 million. Ga Eun Kim & Eui Jung Kim (2020) study found out that single mother shows lower QOL than married mother.

Older age, high income and education level, and professional jobs status were positively correlated with the QOL of single mothers. Residential instability, higher stress levels, depressive symptoms, suicidal ideation, and alcohol-related problem were negatively associated with the QOL of single mothers

Ellen L Lipman et al. (1997) Single mother family status on its own is a significant predictor of all child difficulties, but the explain various is limited and the effect size is decreases when other variable known to ensure valuable, is inversely associated with social impairment

and positively associated with math score. Hostile parenting and maternal depression are the personal variables most strongly associated with social impairment and psychiatric problems. Children in single mother families where there is hostile parenting are at significantly increased risk of psychiatric problem.

Rebecca Jayne Stack & Alex Meridith (2018) study financial hardship was the main stressor for single mother participant described that food and fuel poverty and the need to make sacrifice to ensure that children basic need was met. They also reported that they went without food and struggle to pay bills, isolation, anxiety, depression, paranoia and suicidal though were described. They also said psychological service not able to take the need of single parents in to account

2.3 Studies relating to single mother and challenges

Kotwal & Prabhakar (2019) revealed that the main problem of single mother was social, emotional, and economic , financial problem was the main stressor for majority of single mother and it is found out that the emotional life of the single mother was effected by their single status, most of the single mother reported that they felt lonely, helpless, hopeless lack of confidence most of the single mother found it hard to maintain discipline due to the lack of male member most of the mother complain about loneliness, traumatic and depression and found it difficult to handle the responsibilities of childcare and to establish a routine for children.

Hasim et al. (2015) study examines how a group of single mothers in Malaysia view source of stress and challenges in their lives. It also investigates perceive role and responsibility of single mother. Three hundred single mother from all over Malaysia were interview in this study, to reported that law level of stress that was most related to day to day living, single mother reported that feeling responsibility across various domains of life including their own health and well-being and also for the health and wellbeing of their family and friends.

Taukeni (2014) research shows that the main common challenges among the participating student the lack of time to studying and parenting role. other challenges include being angry loneliness, drowsy, restless, skipping lecture, failing some modules and failing to write the first opportunities examination. Recommendation includes the need for student mother support group on campus to alleviate isolation and some stress association with playing in both studying and parenting role.

Zohmangaihi (2021) According to this study it revealed that economic hardship as the biggest challenges most of them said that their emotional wellbeing has been significantly hampered by their single status. consequently, the vast majority of single mother avoid social

activities and maintain less contact with friends and neighbors following the divorce or death of their spouse for the most they raise their children even though they face numerous challenges.

Saranya & Nigesh (2017) According to this a single mother has a bitter feeling over their marital loss, they carry a lot of responsibility on their shoulder as mother, they face problem like social, emotional and economic. The financial problem was the main stressor for the majority of single mother will felt lonely and helpless, lack of identity and lack of confidence. These stress lead to the different mental health problem like depression among single mother. Zakaria et al.

(2019). study revealed that the life of the single mother is often associated with difficulties, challenges and high demand, several common challenges were face by single mother involving in financial problem, role or taste overload problem (such as coordinating child care and balancing work, child and house hold responsibility) social life problem with expose and other problem such as health concern and behavioral problems. From the study problem of single mother was the most vital concern a resumably to have financial hardship.

Allen (1989) states that single mother with responsibilities for children rearing and wage earning in their families from their it shows that the challenges of single mother is managing, shortage of time money and energy. It also revealed the serious concern about failure to need perceived family and social expectation for living in a normal family with two parenting the women feel they must display behavior which are contradictory those they assume they should exhibit if they were to remarry.

According to Birara (2021) study the problem of single mother is related with the rising of children on setting down in life. The study shows the challenges of single mother i.e. emotion social and economic challenges. It is related that most of them reported that they were challenged by emotion.

Marinde & Rwegelera (2014) study revealed that the challenges that single mother parented student face in attaining secondary education are not only multiple but also complex they are complex because no single challenges that stand on its own and be able to explain the challenges without connecting to the other. Therefore, the challenges revealed that economic hardship, lack of parental care, lack of supervision and monitoring, lack of guidance and counselling and socialization it was also revealed that these have affected single parented student education attainment as they have poor academic performance, poor attendance, dropout of school and engage in bad behaviors.

Ivy (2019) state that the number of divorce and people opting for surrogacy to live their

lives as single parents are also in the vogue now, reason of single mother increase in the number of single parents, have studies have shown that the mother and their children's emotional duties that they are entitle to their shoulder. According to the survey, 63% of family with single mother are below poverty line, apart from the money problem, single mother also faces mental and physical illnesses, it shows that 70% of women felt lonely, stress out of depression, it also says that drop out of school 2.5 times as likely to become teen mother, and 1.4 times as likely to be idle i.e., to play truants and unemployed when compare to children who grow up with both parents.

Zulu (2017) used qualitative approach to recruit 16 single mother and a total of 21 participants and recruited and semi-structure interviews were used to explore challenges face by face by single mother it found out that single mother have poor educational background they ha challenges in rising children due to their poor families, friends' neighbors or rounding them, the main challenges was lack of work and financial capacity.

From the literature being reviewed various gaps have been witnessed:

- i) The parenting style from the literature review are very different from the Mizoram context as in Mizoram the family or the single mother usually and mostly depend on their family.
- ii) Regional studies relating to the topic chosen is rare.
- iii) Studies relating to social work intervention relating to the problems is still not witnessed.

Therefore, to fill in those gaps the researcher framed a blue-print to have a detail study about problems faced by the lone parent as mentioned in the next chapter. Therefore the methods and technique used in this research is written in the next chapter.

CHAPTER III

Methodology

Methodology is defined as the system method to resolves research problem through data gathering using various techniques, providing an interpretation of data and gathered and drawing conclusion about research data.

In this chapter the methodology applied for this study highlight, methodology is the corner stone of the study by which data were collected and process to final conclusion. The following are the methodology for the present conclusion.

1.1. Objectives

1. To find out the socio-demographic profile of single mother.
2. To explore the challenges face by single mother.
3. To suggest measure for social work intervention

3.2. Universe of the study: the universe of the study is challenges face by single mother. This study was conducted in Bualpui (NG) Lawngtlai District.

3.3. Research design: the present study is qualitative and descriptive in nature and is conducted to describe the challenges face by single mother. The primary data were collected through the field survey through field survey using a structure questionnaire, key informed interview.

3.4. Sampling: simple random sampling method is employed in the selection of the respondents.

3.5. Tools od Data Collection: primary data is collected using structured interview schedule. Secondary data is collected using journal, books, media etc. from different sources.

3.6. Data processing: the qualitative data collected through structure questionnaire is processed using statistical package of social science (SPSS). Therefore the major finding and discussion are recorded in the next chapter.

Chapter IV Results and Discussions

This chapter describes the analysis, presentation and interpretation of the findings resulting from the quantitative data collected through primary sources using structured interview schedule. The purpose of this chapter is to summarize the collected data and the statistical treatment of analysis.

4.1. Socio-demographic profile of the respondents

Knowing the background of an individual helps in understanding the nature of a person. Therefore, various socio-demographic profile of the respondents is collected.

The respondent (single mother) was described in terms of their demographic characteristics. The table below show the sample (single mother) current age, educational level, their tribe, religion, types of family, owner of the house, no. of children reason for being widow and forms of family.

Table No.1: Socio-Demographic Profile

SI/no.	Characteristic	Frequency	Percentage (%)
1.	Age		
	20-30	1	4
	30-40	11	46
	40-50	8	33
	50 above	4	17
2.	Educational Qualification		
	HSLC	12	50
	HSSLC	9	37
	Graduate	3	13
3.	Tribe		
	Lushai	3	13
	Pawi	21	87
4.	Religion		
	Christian	24	100
5.	Types of family		
	APL	8	33
	AAY	4	17
	BPL	12	50
6.	House Owner		
	Owned	18	75
	Rent	6	25
7.	No of Children		
	1-3	17	71
	4-6	7	29
8.	Reason for Being Widow		

	Divorce	16	67
	Dead Husband	8	33
9.	Form of Family		
	Join Family	9	38
	Nuclear Family	15	62

Source: Computed

The above statistics proved that almost half (46%) of the total respondents are within the age group 30 – 40 years. (50%) Of the respondent qualification is HSLC, the majority of the respondent (87%) is pawil(lai), all the respondent is Christian, the above show that (50%) half of the total respondent is below poverty line and it proved that most of the respondent (75%) lived in their own house. Majority of the respondent (71%) have 1-3 no of children. Most of the respondent (67%) divorce is the reason for widow. Half of the respondent (62%) is nuclear family.

Table No.2: Challenges face by single mother

SI/No	Characteristic	Frequency	Percentage (%)
1.	Problem solves by self		
	Yes	24	100
2.	Support from your family		
	Yes	17	71
	No	7	29
3.	Challenges face		
	Discrimination	4	17
	Financial	13	54
	Poverty	7	29
4.	Single status effect your life		
	Yes	10	42
	No	14	58
5.	About spending your weekend		
	Resting	11	46
	Working	13	54
6.	Children get a formal education		
	Yes	19	79
	No	5	21
7.	hardest part of single mother		
	Taking care of children	9	37
	Earning money	15	63
8.	difference in children		
	Yes	10	42
	No	14	58
9.	support from children		
	Yes	70	71

	No	7	29
10.	Spending time for working		
	Yes	15	62
	No	9	38
11.	Stigmatism		
	Yes	4	17
	No	20	83
12.	Good relationship with your children		
	Yes	19	79
	No	5	21
13.	Problem effecting mental health		
	Yes	15	63
	No	9	37
14.	Involve in community work		
	Yes	15	63
	No	9	37
15.	Able to support children		
	Yes	15	63
	No	9	37
16.	Negative impact on mentality		
	Yes	6	25
	No	18	75
17.	Problem in sleeping		
	Yes	13	54
	No	11	46
18.	Does your health good		
	Yes	11	46
	No	13	54
19.	Do you ever think of re-marriage		
	Yes	3	13
	No	21	87
20.	Feel tired or exhausted in life		
	Yes	16	67
	No	8	33
21.	Communicating with others		
	Yes	11	46
	No	13	54
22.	Limited time		
	Stress	11	46
	Bad though	2	8
	Weak body	11	46

Source: Computed

The finding proves that (100%) of the single mother solve their problem by themselves. (71%) of the respondent got support from their families, it shows that half (54%) of the respondent are facing financial problem, most of the single mother (58%) was effected by their single status, the table show that half of the (54%) spend their weekend for working. Most of the (79%) of the children get a formal education,(63%) of the respondent earning money is the hardest part of single mother, more than half (58%) does not see any difference in their children as compared to another children,(71%) of the single mother get support from their children, the above table show that (62%) used all their time for working,(83%) of the respondent does not face stigmatism,(79%) of the respondent have a good relationship with their children, the finding prove that more than half (63%) of the respondent effect their mental health by the problem that they are facing, (63%) of the respondent were involved in community work.(63%) have enough income to support their families.(75%) does not have any negative impact on their mentality, more than half (54%) of the respondent have a problem in sleeping, (54%) of the respondent doesn't have a good health, (87%) of the respondent never think of remarriage, more than half (63%) used to feel tired and exhausted in their life, (54%) does not have a problem in communicating with others, the following table prove that (46%) of the respondent were effected by stress and weak body because of their limited time.

Table No.3: Suggestion

SI/No	Characteristic	Frequency	Percentage (%)
1.	Micro		
	Listening	6	25
	Helping them to make the right decision	12	50
	To let them know their right	6	25
2.	Mezzo		
	To give a role in the community	11	46
	To have a good communication with others	13	54
3.	Macro		
	Registered under government scheme	15	62
	To link with the authority	9	38

Source: Computed

The finding proves that half of the respondent (50%) need helping them to make the right decision, (54%) of the respondent need the ability to communicate with others. And (62%) of the respondent need to link with the authority by registered under the government scheme.

The result of the study revealed that financial problem was the main stressor for majority of single mothers. The emotional life of the single mother was also effected by their single status.

Chapter V
Conclusion and Suggestion

5.1 Conclusion

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

Some of the mother found it hard to maintain discipline among their children due to absent of male counterpart. The mother become lonely and found it difficult to handle the responsibility of childcare, to answer their question and to establish a routine for their children. The emotional life of the single mother also effected by their single status. Single mother had to go through many situations, most of the single mother report that emotional problem occur due to the condition of economic hardship, worries regarding children and their future.

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

5.2 Suggestion

Micro Level

In the macro level the social worker needs to listen the client problem and according to that problem the social worker helps the client to make the right decision and most of the single don't know their right and the social worker can inform about their right.

Macro level

In macro level it allows the social worker to examine families, relationship is interconnected with the rest of the society and its institution being a single mother they face a lot of challenges, and they don't have good cooperation with each other or in the society. So, the social worker can stand on behalf of them.

Mezzo-Level

In mezzo it allows the social worker to examine larger groups of people who may need greater access to resources being a single mother they face a lot of challenges in their lives including stigmatization with in the community so the social worker can work for the prevention and reducing through community organizations.

Appendices

References:

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A STUDY ON CHALLENGES FACED BY SINGLE MOTHER IN BUALPUI 'NG', MIZORAM

Sir,

As a partial fulfillment for my project on 'A study on challenges face by single mother in bualpui 'NG'' which is a mass Sir requirement for the completion of Bachelor of Social Work Degree under Mizoram University under the guidance of C.Lalremtluangi Assistant Professor, Higher and Technical Institute, Mizoram. You are kindly to spare few minute to filled the enclosed questionnaire. Information supplied will be used solely for this project only.

I will be very grateful to you for your response.

Thanking you,

Felina Lalmalsawmi

Bachelor of Social Work

Higher and Technical Institute, Mizoram

I. Socio-demographic profile

Sl/no	Particular		Aw	Aih
1.	Name			
2.	Age	20-30		
		30-40		
		40-50		
		50 above		
3.	Tribe	Lushai		
		Pawi (lai)		
		Mara		
		Others		
4.	Educational Qualification	HSLC		
		HSSLC		
		Under graduate		
5.	Religion	Christian		
		Hindu		
		Muslim		
		Others		
6.	Types of Family	APL		
		AAY		
		BPL		
7.	House owner	Owned		
		rent		
8.	No. of Children			

9.	Reason for being widow	divorce		
		death		
		Never married		
		Others		
10	Forms of family	Join family		
		Nuclear family		

II. A study related on challenges face by single mother.

Sl/no	Particular	Aw	Aih
1.	Do you solve your problem by your own		
2.	Do you get any support from your family		
3.	What type of challenges did you face		
	discrimination		
	poverty		
	Financial		
4.	Does your single status effect you.		
5.	How do you spend your weekend		
	resting		
	working		
6.	Does your child/children get a a formal education		
7.	What do you think is the hardest part of single mother		
	Taking care of children		
	Earning money		
	others		
8.	Do you see any difference in your children as compare to other.		
9.	Do you get any support from your children		
10.	Do you spend all your time for working		
11.	Do you face any contempt as a single mother		
12.	Do you have a good relationship with your children		
13.	Does your problem effect your mental health		
14.	Do you involve in community work		
15.	Do you have enough income for your family		
16	Do you have a problem that you cannot solve by your own		
17.	Do you have insomnia		
18.	Does your health good		
19.	Do you ever think of remarriage		
20.	Do you used to feel tired or exhausted in your life		

21.	Do you have a problem in communicating with others		
22.	When you don't have enough time how does it effect you		
	stress		
	Bad though		
	Weak body		