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**PROFILE AND PARENTAL BURNOUT AMONG SOLO MOTHERS IN THE  
PROVINCE OF CAVITE, PHILIPPINES**

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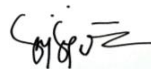
### PROFILE AND PARENTAL BURNOUT AMONG SOLO MOTHERS IN THE PROVINCE OF CAVITE, PHILIPPINES

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**Acceptance Page:**

This Special Project titled: “**PROFILE AND PARENTAL BURNOUT AMONG SOLO MOTHERS IN THE PROVINCE OF CAVITE, PHILIPPINES**” is hereby accepted by the Faculty of Management and Development Studies, U.P. Open University, in partial fulfillment of the requirements for the Master of Arts in Nursing.

  
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## **Biographical Sketch**

Mary Joyce Paz-Lontoc, popularly known as “Candy” to her family, friends and colleagues, is holding a position of Nurse II in the Provincial Government of Cavite for sixteen years. She worked at the Cavite Provincial Health Office in 2008 as the Provincial Safe Motherhood and Family Planning Program Coordinator and Health Education Promotion Officer. In 2010, she was designated as the focal person of the Cavite Provincial Council for the Protection of Children under the Office of the Provincial Social Welfare and Development Officer (OPSWDO). Currently she is the Officer-in-Charge of the OPSWDO’s Administrative and Support Services Division. Candy believes that nursing is a passion and does not just evolve and finish inside the walls of a hospital. Her work experience with social welfare’s vulnerable and disadvantaged sectors gave her a glimpse of their everyday lives. She then realized that there is so much in nursing that can be practiced every day and everywhere.

## **Acknowledgement**

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## **Dedication**

This research paper is sincerely dedicated to my supportive husband Ian, my loving kids Cian and Yuri who made me feel loved and understood throughout this journey. They provided me the sense of perseverance and enthusiasm especially during those times that I thought of giving this up. A special feeling of gratitude goes to my loving parents, siblings and closest friends for their words of encouragement and assistance. I also dedicate this to all solo parents who try their best just to do and provide everything for their families. You inspired and motivated me to do this research. Most importantly, I dedicate this research paper to our Almighty God who gives me the wisdom, guidance, competence and abundant blessings while doing this. To You all the glory.

## **Abstract**

Solo mothers face challenges and stresses that may contribute to exhaustion and eventually parental burnout that affects not only the solo mothers but also their children. The main purpose of this study is to describe parental burnout experience among solo mothers and to determine relationship between parental burnout and the profile of these solo mothers. The study utilized a descriptive correlational research design and purposive sampling technique was used. There were 396 solo mothers who participated in the study by answering the online Parental Burnout Assessment (PBA). Descriptive statistics was used to describe the sample in terms of profiles while correlation analysis was used to determine relationship between profiles and parental burnout dimensions and intensity. Among the solo mothers, 4.55% were identified at-risk for parental burnout while 2.78% were identified to be experiencing parental burnout. A statistically significant relationship between the age of only child and risk for parental burnout was found. Sex of an only child was found to be correlated with parental burnout. There is also a statistically significant relationship observed between age and support system of solo mother and Saturation dimension among at-risk group. Similarly, a statistically significant relationship was observed between sex and condition of at-risk solo mother's three children and Saturation dimension. Finally, it was found out that the sex of a solo mother's only child is associated with Contrast as well as Saturation dimensions among burnout solo mothers. Nurses play an important role in preventing and addressing parental burnout among solo mothers by identifying the risk and contributory factors which may affect these women and their children. Also, nurses need to carefully plan and implement holistic nursing care congruent to

the needs of these solo mothers.

Keywords: Parental burnout; Solo mother; Parental Burnout Assessment



## TABLE OF CONTENTS

Title Page	i
University Permission Page	ii
Acceptance Page	iii
Biographical Sketch	iv
Acknowledgment	v
Dedication	vi
Abstract	vii
Table of Contents	viii
List of Tables	x
List of Figures	xi
CHAPTER I: THE RESEARCH PROBLEM	1
Background of the Study	1
Statement of the Problem	4
Objectives of the Study	4
Significance of the Study	5
Scope and Limitations of the Study	6
CHAPTER II: THEORETICAL BACKGROUND	8
Review of Related Literature	8
<i>Filipino Family</i>	8
<i>Solo Mothers</i>	10
<i>Parental burnout and its dimensions</i>	12
<i>Profile of Solo Mothers and Parental Burnout</i>	12
Synthesis	15
Theoretical Framework	15
Conceptual Framework	16
Operational Definitions	17
Definition of terms	17
Hypothesis	19
CHAPTER III: RESEARCH METHODOLOGY	20
Research Design	20
Sampling Technique	20
Data Collection Methods & Procedures	21
Research Setting	23
Research Instrument	24

Data Analysis	26
Data Management	28
Ethical Considerations	28
CHAPTER IV: RESULTS AND DISCUSSION	29
Results and Discussion	29
CHAPTER V: SUMMARY, CONCLUSION AND RECOMMENDATIONS	50
Summary	50
Conclusion	51
Recommendations	52
REFERENCES	54
APPENDICES	60
Appendix A: Correspondence	61
Appendix B: Research Advocacy Material for Posting in Bulletin Board/Social Media Account	62
Appendix C: Informed Consent Form (Eng Version)	63
Appendix D: Informed Consent Form (Fil Version)	67
Appendix E: Research Instrument (Eng Version)	71
Appendix F: Research Instrument (Fil Version)	74
Appendix G: Certification for Translation	79
Appendix H: Letter to the Author of the Research Instrument	80
Appendix I: Response from the Author of the Research Instrument	81
Appendix J: Debriefing Statement (Eng Version)	82
Appendix K: Debriefing Statement (Fil Version)	83
Appendix L: Curriculum Vitae of Private Psychologist	84
Appendix M: Memorandum of Agreement with Private Psychologist	93

## List of Tables

Table 1 Reliability Analysis	25
Table 2 Parental Burnout Dimensions and Intensity Interpretation	25
Table 3 Data Analysis Procedures	26
Table 4 Profile of Solo Mothers	30
Table 5 Parental Burnout Intensity among the Solo Mothers	31
Table 6 Parental Burnout among Solo Mothers in Terms of Dimensions	35
Table 7 Correlation between parental burnout intensity and profile of at-risk & burnout solo mothers	39
Table 8 Correlation between parental burnout intensity and profile of solo mothers' children	40
Table 9 Correlation between parental burnout dimensions and at-risk & burnout solo mothers' profile	43
Table 10 Correlation between parental burnout dimensions and profile Of at-risk and burnout solo mothers' children	45

## List of Figures

Figure 1 Conceptual Diagram	17
Figure 2 Data Collection Workflow	22

## **Chapter I**

### **THE RESEARCH PROBLEM**

#### **Background of the Study**

Through the Convention on the Elimination of All Forms of Discrimination Against Women (CEDAW), the Beijing Declaration and Platform for Action (BPfA), the United Nations Security Council Resolutions (UNSCR) on Women, Peace, and Security, and the 2030 Global Agenda for Sustainable Development, particularly the Sustainable Development Goal (SDGs) 5 on gender equality, the Philippines is among the nations that have vowed their commitment to gender equality and women's empowerment.

The Gender Equality and Women's Empowerment (GEWE) Plan 2019–2025 was created to actualize the government's full implementation of the Magna Carta of Women (Republic Act 9710) and move our nation toward the achievement of the desired positive status and condition of Filipino women, especially those who belong to the poor and marginalized group. This plan aims to facilitate the implementation of our country's international pledge on gender equality and women's empowerment.

In the context of Filipino culture, the family is composed of a father, mother and their children who perform their assigned role. Motherhood is a responsibility conferred to a woman to raise a child and it changes the way how a woman is perceived in the society requiring adjustments to cope up with the situation. At present, the challenges of modernization, urbanization, crime, and violence to name a few, contributed to the rising phenomenon of solo motherhood.

According to statistics compiled from the Gallup World Poll between 2014 and 2018, 13% of women globally between the ages of 18 and 60 are single and have children under the age of 15. 14% of the same case is from Southeast Asian countries.

In 2015, the Philippine Statistics Authority Census of Population estimated that there are 10,059 households headed by solo mothers in the Province of Cavite. In 2020, Cavite Ecological Profile revealed that there are 15,309 individuals recognized as solo parents in the province; 13,606 (88.88%) are women.

One of the most significant life events for a woman is becoming a parent, but it can also be a very taxing and stressful endeavor that can result in parental burnout (Roskam et al., 2021). In the study of Garcia et al. (2021), solo parents struggled in financial and emotional support because they find it challenging to provide for themselves since they do not have partners responsible for the family.

The current COVID-19 pandemic resulted to implementation of restrictive measures to prevent its spread, limited access to professional and family support, inaccessibility of women and child services, increased gender-based violence, boosted prices of commodities and necessities and unemployment. Given these situations, raising child alone without the help of a partner or spouse is a very challenging task for solo mothers. They need to overcome the physical, mental, and financial challenges and work on budget constraints.

These single moms will benefit from government and private financial aid, so having a convenient Solo Parent ID becomes essential. In the Philippines, the City/Municipal Social Welfare and Development (C/MSWD) Office issues Solo Parent IDs, which are identity cards that grant its holders access to specific government discounts and benefits. Solo parent with Solo Parent IDs can enjoy these benefits and

privileges for one year and can be renewed every year: (1) additional seven days' leave from work with pay every year; (2) flexible work schedule from their employer; (3) No Work Discrimination; (4) government support for housing, education, and healthcare if one's income falls below the National Economic and Development Authority's (NEDA) definition of poverty; (5) skills training; (6) livelihood services; (7) counseling services; (8) Parent Effectiveness Services; (9) crisis intervention, temporary housing, legal support, and spiritual development; (10) scholarship for themselves and their children; (11) allocation in government housing projects with easy payment options; (12) comprehensive health programs; (13) psychosocial services; (14) a cash subsidy of PhP1,000 per month for single parents on minimum or below minimum income; (15) for single parents making less than PhP250,000, a 10% discount and exemption from value-added tax are offered on infant supplies such as milk, diapers, immunizations, and medications until the kid turns six and; (16) automatic National Health Insurance Program through PhilHealth coverage. These privileges and benefits, but not all, are enjoyed by solo mothers in the Province of Cavite particularly in the city and municipal government units since implementation of these programs and services depends on the availability of funds.

In our society where women face many issues and challenges, they are prone to develop significant health issues that may impact their quality of life affecting not only themselves but also their families. Nurses can help women not only by educating them, providing healthcare services/supplies and increasing their awareness on key issues. Nurses can also help by listening to and examining the situation and through collaborative planning, implementation of programs and services and decision making in the cultural context which may contribute to overall health of solo mothers and economy of the community they live in.

## **Statement of the Problem**

Even though there are currently existing programs and services for the increased number of solo mothers in the Province of Cavite; there are still a lot of improvements to make in terms of provision of effective and efficient programs, projects and activities and implementation of policies that will benefit this vulnerable sector.

Currently in the Provincial Government of Cavite, solo mothers are given financial aid for educational, burial, educational and medical expenses. Skills training and livelihood services as well as psychosocial services are also provided. Employees who are working in government offices are enjoying their Solo Parent leave every year and are given opportunity to request for flexible work arrangements. However, not all solo mothers enjoy these privileges and not all Local Government Units at the city or municipal level implement these programs and services.

Especially now that we are experiencing the COVID-19 pandemic, solo mothers face more challenges and stresses that may contribute to exhaustion and eventually parental burnout. Parental burnout affects not only the solo mothers but also their children.

## **Objectives of the Study**

**General Objective:** The main purpose of this study is to describe parental burnout experience among solo mothers in the Province of Cavite and to determine relationship between parental burnout and the profile of the solo mothers.



Specifically, the study aimed:

1. To describe the profile of solo mothers which includes age, educational level, condition of solo mothering, employment status, number of children living in the same household, age of children living in the same household, sex of children living in the same household, disease/disability or behavior/emotional/learning disorder of children living in the same household, living arrangements, support system and kind of help/support received;
2. To describe level of parental burnout dimensions among solo mothers grouped according to intensity in terms of Exhaustion, Contrast, Saturation and Distancing;
3. To determine relationship between parental burnout and the profile of the solo mothers.

### **Significance of the Study**

The findings of the study may be of help to the following:

**Nursing Practice.** The results of the study will serve as a baseline data in planning effective strategies for nursing care management of solo mothers seeking holistic care. Identification of the level of parental burnout among solo mothers may assist in the design and implementation of appropriate interventions.

**Solo Mothers.** The results of the study will enlighten the solo mothers on how to identify parental burnout and appreciate importance of taking recommended actions.

**Children of solo mothers.** The results of the study will help children if the solo

mother knows how to identify and address parental burnout which may result to a positive parent-child relationship.

**Researchers.** The results of the study can be used by other researchers as reference for further study.

**Local Chief Executives and Policy makers.** The study will be a source of baseline information that can assist legislators in the formulation of policies and local chief executives in the implementation of programs, projects and activities that will benefit solo mothers.

### **Scope and Limitations of the Study**

The study was conducted from March 2022 to March 2023. It focused only on the profile of solo mothers and parental burnout. It only included women categorized as solo parent who live with a child or children 17 years old and below, currently residing in the Province of Cavite and assumes full parental responsibility for her child/children.

The current study has several limitations. The population of this study was based on the CY2020 Cavite Provincial Ecological Profile data which in turn cannot assure generalizability of the findings. This study also used a self-report questionnaire, which is prone to over or underestimation of the relationship of the variables studied. This questionnaire known as the parental burnout assessment is new to the Philippines and in Cavite; therefore, it needs to be used with different populations. Likewise, stressors that solo mothers experience (such as multiple roles, custody arrangements, personal issues) as well as other variables (emotional and mental

health status) which may affect the results were not included in the questionnaire used in the study. And finally, considering that the data collection was implemented during this time of COVID-19 pandemic, there may be differences between parental burnout during the height of pandemic now that everything is starting to adjust in the new normal way and after pandemic.

## **Chapter II**

### **THEORETICAL BACKGROUND**

#### **Review of Literature**

This study utilized Open Athens online database particularly Elsevier and EBSCO Information Services as well as Google Scholar to search for literatures related to parenting, parental burnout, and single/solo parents/mothers.

#### **Filipino Family**

Together with the 17 Sustainable Development Goals, member states of the United Nations, including the Philippines, accepted the 2030 Agenda for Sustainable Development. The 2030 Agenda acknowledges that the family is the focal point of social life and that it is crucial to the members' well-being. (United Nations, 2015).

In Filipino culture, families are known to be closely knitted and have a good and deep relationship among its family members. The family is put on high regard and is given importance before anything else. Parents work all day and do everything they can to feed and provide for their family (Garcia et al., 2021).

The family, which consists of the father, mother, and their kids as well as aunts, uncles, grandparents, cousins, and honorary relationships like godparents, sponsors, and close friends, is the core of the social structure in the nation (Villareal, 2018). Based on our history, despite the colonization from different countries and persistent disruption to our culture and traditions brought by colonial mentality, Filipino families in general are still solid and remained strong. However, this does not guarantee that families will not experience problems brought about by internal or external factors. According to Masanda (2019), societal and familial distresses may inevitably develop

which can negatively impact the family's dynamics and equilibrium.

Nowadays, several families experience changing trends in the family system. One of which is the emergence of increasing solo parent families. The authors of Senate Bill (SB) No. 1444 or An Act Amending Republic Act No. 8972 Otherwise Known as Solo Parents' Welfare Act of 2020 which was passed in both Congress and Senate on January 24, 2022, estimated that there are 14 to 15 million solo parents in the Philippines and 95% of this number are mothers.

Republic Act No. 11861 known as Expanded Solo Parents Welfare Act defined a solo parent as:

1. A parent who is the child's primary caregiver and supporter because of one of the following: (a) the spouse's death; (b) the birth of the child as a result of rape even after a final conviction; (c) the spouse's imprisonment for three (3) months or the serving of a criminal conviction sentence; (d) the spouse's physical or mental incapacity as certified by a public or private medical practitioner; (e) the spouse's legal or de facto separation for at least six (6) months; (f) a declaration of nullity or annulment of marriage; or (g) the spouse's abandonment for at least six months;
2. Spouse, family member, or guardian of an overseas Filipino worker (OFW) with low or intermediate skill levels, provided that the OFW is absent from the Philippines for a continuous period of twelve (12) months;
3. A parent who is not married and raises a kid or children;
4. Any guardian, foster parent, or adoptive parent who gives a kid or children their whole parental care and support;
5. If the parent or legal guardian dies, is abandoned, vanishes, or is absent for a minimum of six (6) months, then any relative within the fourth (4th) civil degree of consanguinity or affinity of the parent or legal guardian may take on the role of

providing care and support for the kid or children;

6. A mother who is expecting and who gives her unborn kid or children all of her attention and support.

The well-being of the family and the socialization of children are greatly influenced by parenthood. But according to 2018 research by Hubert and Aujoulat, parenting may be stressful for many parents, particularly for women, since it can lead to long-lasting changes in mental, social, and physical health. (Lebert-Charron et al., 2018). Sometimes parents don't have the resources to deal with the burden of parenthood. (Mikolajczak & Roskam, 2018).

Due to Filipino family culture of family members being close with each other, young children are often taken cared of not only by his father or mother but the whole home of the extended family, with different members responsible for raising the children. These non-maternal carers are called allomothers. In a study of Page et.al. (2021), reduced mother childcare was linked to allomother caring. This type of support helps lighten the mother's workload.

### **Solo Mothers**

Solo mothers are considered a socially and economically vulnerable group since they are at high risk of experiencing challenges that may affect their physical health and mental well-being (Kim & Kim, 2020) and are prone to adverse cardiovascular health (Stokes et al., 2021).

Solo mothers show more symptoms of parental burnout, anxiety, and depression (Lebert-Charron et al., 2022). When compared to paired moms, especially those without jobs, they report feeling less happy and more depressed, stressed, and tired from parenting. They also have poorer quality of life than married mothers.

Compared to married moms, they have greater levels of stress, depressive symptoms, and alcohol-related issues. They were more likely to report feeling less socially supported, to have lower levels of chronic stress and sadness, and to see friends and family less frequently (Meier et al., 2016).

Compared to married moms, single mothers had lower average monthly family incomes and educational levels (Kim & Kim, 2020). Children are vulnerable to financial difficulty that might negatively affect their psychological well-being due to factors such as economic distress causes and the necessity of making compromises to guarantee that their fundamental requirements were satisfied (Stack & Meredith, 2018). Employment or paid professional activity for parents, however, plays a protective role to parental stress (Mikolajczak & Roskam, 2018). But in the study of Meier et. al., (2016), when the mothers desire to work to earn a living to cope with economic difficulties, compared to women who do not work, these working mothers report feeling more worn out from parenting.

Mikolajczak and colleagues (2019) discovered that parental burnout is a real possibility as a result of parental stress. Parental burnout may result from these high levels of ongoing stress associated with parenting (Roskam et al., 2021; Skjerdingsstad et al., 2021). Parental burnout is more common among single moms who experience more parenting stress (Roskam & Mikolajczak, 2020). However, not all single moms experience significant levels of parental burnout; some single parents experience burnout at an average level in comparison to joint parents and parents who have nannies or other family members who assist them with parenting (Caponpon & Dela Cruz, 2022).

## **Parental Burnout and its dimensions**

Parental burnout is a condition that affects parents who are subjected to ongoing parental stress and do not have the coping mechanisms to manage this stress. It has been recognized as a distinct psychological phenomenon. According to Roskam et al. (2018), typical signs of parental burnout include: (1) feeling worn out from one's position as a parent; (2) feeling angry with oneself as a parent; and (3) emotionally separating from one's children. Parental burnout has been linked to health problems, addictive habits, marital problems, running away, and suicidal thoughts. It has also been demonstrated to raise the likelihood of abuse and aggression against one's offspring (Mikolajczak et al., 2018).

Roskam and colleagues (2018) created the Parental Burnout Assessment, a measurement tool, and identified four characteristics of parental burnout: (1) emotional distance from one's children; (2) parental self-reflection; (3) feelings of burnout stemming from one's role as a parent; and (4) parental exhaustion. Parental burnout develops because of chronic exposure to parental stress, where the risk factors (experience demands) constantly exceed the protective factors or available resources (Mikolajczak & Roskam, 2018). Mothers present high level of parental in two of the four dimensions: the exhaustion and contrast dimensions (Fernández et al., 2022).

## **Profile of Solo Mothers and Parental Burnout**

Burnout is the most common adverse mental health effect for parents and can be problematic especially for single parents who face many challenges alone (Farr, 2020). It is connected to a confluence of environmental and psychological elements related to maternal tiredness in mothers (Lebert-Charron et al., 2018) which needs to be addressed for a mother to fulfill her many roles and responsibilities effectively and



efficiently.

Parental burnout was influenced differently by factors such as children's special needs, age, socioeconomic condition, gender, and job status. Parental burnout is more common in younger parents, moms, those without jobs, those in difficult financial circumstances, those with mental health issues, parents of children with special needs or developmental delays, and parents who exhibit high levels of socially acceptable perfectionism (Sorkkila & Aunola, 2020; Skjerdingsstad et al., 2021; Roskam et al., 2021; Sorkkila & Aunola, 2022; Lebert-Charron et al., 2021). Sodi et al. also noted that the home had a large number of children. al. (2020) as a potential cause of burnout in parents. This was supported by several studies which found out that more children are related to parental burnout (Roskam et al., 2021; Favez et al., 2022; Gawlik & Melnyk, 2021). But there are parents with one child who have a high level of parental burnout (Caponpon & Dela Cruz, 2022). Parents with small children were more likely to be worn out (Le Vigouroux et al., 2022), and parental burnout rises in families with children ages 4 and under (Giraldo et al., 2022). But certain women were more likely to show signs of parental burnout, particularly if they held Storm and Stress views of adolescence (Zimmermann et al., 2022).

Contrary to the study of Sorkkila and Aunola (2020), mothers compared to fathers had higher parental burnout scores (Furutani et al., 2020; Gawlik & Melnyk, 2021; Lebert-Charron et al., 2021; Roskam et al., 2021; Sorkkila & Aunola, 2022). Additionally, there is no discernible difference in parental burnout between dads and mothers or between two-parent, single-parent, and polygamous households (Sodi et al., 2020).

Parental burnout is more likely to occur in neurotic parents or parents who lack

emotional and stress management skills (Lebert-Charron et al., 2018); when they lack support from their co-parent, may it be emotional or practical (Mikolajczak et al., 2018); when they have inadequate childrearing techniques and when they want to be flawless parents (Kawamoto et al., 2018; Sorkkila & Aunola, 2020). Parental burnout is also more common among parents who work part-time employment or who are stay-at-home parents (Lebert-Charron et al., 2018).

Mothers of children without special needs have a significantly lower parental burnout (Findling et al., 2022) and having a child with disease, disability, disorder or has special needs has been connected with parental burnout (Sekułowicz et al., 2022; Sorkkila & Aunola, 2022). High levels of burnout are experienced by parents whose children struggle with issues such as hyperactivity, physical ailments, behavior issues, and peer pressure (Upadyaya & Salmela-Aro, 2021). The research done by Mhin et al. also provided evidence for this. al. (2022), who noted that behavioral issues in children may have a significant impact on the wellbeing of the parent. However, there are mothers of children with autism and mild to moderate intellectual disabilities have a low level of risk for parental burnout which is an indication that they are able to adapt to the situation of having a child with a disability (Sadziak et al., 2019).

In addition to perceived stress from childbirth and parenting, maternal burnout is linked to symptoms of depression and anxiety (Lebert-Charron et al., 2018; Mikolajczak et al., 2020). Low perceived social support was one of the factors influencing a solo mothers' stress (Sartor et al., 2023). It was discovered that having social support was linked to less parental burnout (Lin et al., 2022).

Parental burnout has been found to be inversely correlated with job satisfaction (Lebert-Charron et al., 2021), and the likelihood of parental burnout is increased by

work-related stress. Parenting may not be the parent's only source of fulfillment if the parent is happy with their own career. However, during COVID-19 pandemic, unemployed parents were at heightened risk of parental burnout (Swit & Breen, 2022).

### **Synthesis**

In the Philippines, the family is put on high regard and are considered strong which is crucial to the well-being of its members. But like every family in the world, Filipino families can experience problems which can negatively impact its dynamics. Nowadays, increasing solo parent families is a trend. Parenting even very fulfilling can be very stressful for solo parents especially among women since they do not have partners and face their too many challenges alone. Solo mothers are considered socially, economically, psychologically and physically vulnerable. Their increased parental stress when no coping mechanism is available can lead to parental burnout. There are factors that may contribute to parental burnout. This study looks into the profiles of burnout solo mothers, those at-risk and those considered to be not experiencing parental burnout. Knowing the profiles of these solo mothers, specific nursing care for each group can be carefully planned and executed.

### **Theoretical Framework**

The theoretical framework for this study is Transcultural Nursing Theory. The Transcultural Nursing Theory or Culture Care Theory by Madeleine Leininger focuses on the reality that there are different caring behaviors and practices, beliefs, and values concerning nursing, health, and illness.

The goal of this idea is to deliver nursing care that is culturally congruent and tailored to the values, beliefs, and practices of the person, group, or institution. It is believed that to be able to administer the best care to patients, nurses need a better understanding of the patients' cultures. The intent of care is to re-pattern care knowledge and skills for the best interest of the client. To apply all modalities of care for culturally congruent nursing care, the nurse and client must collaborate to define, plan, execute, and assess each caring mode. By means of these modalities, nurses will be able to formulate nursing choices and actions utilizing novel insights and culturally sensitive approaches to deliver meaningful and fulfilling comprehensive care.

In this study, cultural values, beliefs, and practices can be understood by assessing the description of the profile of solo mothers and parental burnout. Care knowledge and skills may be redesigned with the best interests of solo moms in mind by establishing a correlation between the profile of solo mothers and parental burnout. This will eventually lead to the provision of substantial and effective nursing care services. The results of this study will support the idea that single moms should get comprehensive and high-quality nursing care, regardless of cultural similarities or differences. Additionally, application of this transcultural nursing theory in providing nursing care to these solo mothers will allow them to feel comfortable no matter their nursing care or health concerns.

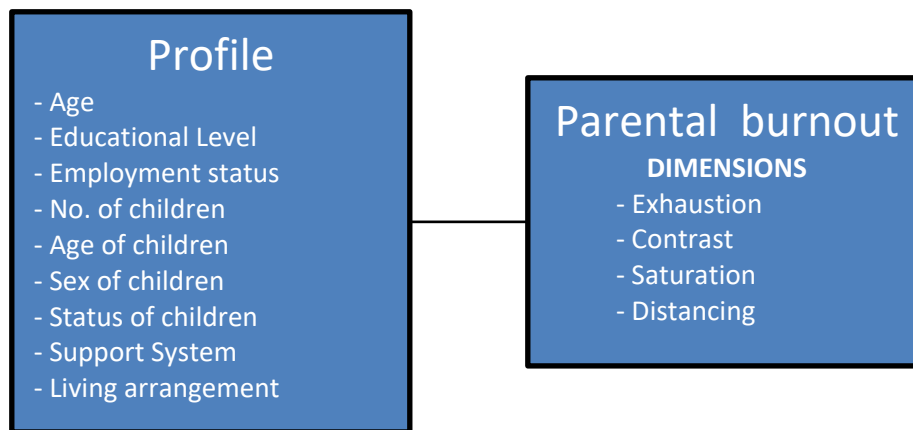
### **Conceptual Framework**

The conceptual diagram explains that there are factors that contribute to parental burnout. Parental burnout is influenced differently by a variety of factors, including age, education level, employment position, the number, age, and sex of children living with the single mother, the children's status (i.e., whether the kid has

special needs), living conditions, and support network.

The parental burnout dimensions were conceptualized by Roskam, I. et al. (2018) which include the following: (1) Exhaustion related to one's role as a parent, (2) Contrast with previous parental self, (3) Saturation or feelings of being fed up with one's parental role and (4) Distancing or emotional distancing from one's children.

Figure 1: Conceptual diagram.



### **Operational Definitions**

Parental burnout is the solo mother's experience or feeling of exhaustion caused by chronic parenting stress which will be measured using the Parental Burnout Assessment (PBA) questionnaire developed by Roskam et.al. (2018). Solo mothers can be categorized into three: (1) No parental burnout, (2) At-risk for parental burnout and (3) Burnout solo mother.

### **Definition of Terms**

1. Parental burnout – is the level of physical, mental, and emotional exhaustion that the solo mother is experiencing or feeling caused by the chronic stress of parenting .

2. Parental burnout dimensions - are the dimensions of parental burnout which are characterized into:

- a. Exhaustion – feeling of tiredness related to one’s role as a parent.
- b. Contrast – feeling of dissimilarity with previous parental self.
- c. Saturation – feeling of being fed up with one’s parental role.
- d. Distancing – emotional distancing from one’s children.

3. Parental burnout intensity – extent of parental burnout which can be categorized into:

a. Burnout – solo mothers with Parental Burnout Assessment (PBA) score of 86 and above

b. At-risk for Burnout - solo mothers with PBA Score of 53 to 85

c. No burnout – solo mothers with PBA Score of 52 and below

4. Profile of solo mothers – is defined as:

a. Age – age in years of the solo mother at the time of answering the questionnaire.

b. Educational level - highest education attained.

c. Condition of solo mothering- type of parenthood which is categorized into two: ‘By Choice’ or ‘By Circumstance’.

d. Employment status - employment status whether she is an ‘Employer’, is ‘Self-employed’, a ‘Wage and Salary Worker’ or an ‘Unemployed’.

e. The number of children living in the same household - the number of children living with the solo mother at the time of answering the questionnaire.

f. Age of child living in the same household – age of child/children living in the same household.

g. Sex of child living in the same household – sex of child/children living in the same household which is categorized into two: male or female.

h. Disease, disability or behavior/emotional/learning disorder of child living in the same household - status of the kid or children sharing the same home, including whether or whether they are disabled, ill, or suffer from a behavioral, emotional, or learning impairment.

i. Living arrangement – person or persons whom the solo mother is living with.

j. Support system – person or persons that help/assist the solo mother in fulfilling her parental responsibility.

k. Kind of help/support – kind of support received by the solo mother from support system.

5. Solo mothers – women categorized as solo parent who live with a child or children 17 years old and below, currently residing in the Province of Cavite and assumes full parental responsibility for her child/children.

### **Hypothesis**

There is a significant relationship between parental burnout and the profile of solo mothers.

## **Chapter III**

### **RESEARCH METHODOLOGY**

#### **Research Design**

A descriptive correlational research approach was used for the investigation. In a descriptive correlational analysis, the variables and their naturally occurring connections are described.

In this study, by using the descriptive correlational research design, it examined how variables might change or affect each other. Each variable is uncontrolled, and the researcher determined if there is a relationship and the characteristics of the identified relationship.

#### **Sampling Technique**

The Cavite Ecological Profile FY2020 revealed that there are approximately 13,606 solo mothers in the province. The sample size was determined from this population using a 5% margin of error and a 95% confidence range. Calculations indicated that 374 samples were required for this investigation.

The purposive sampling technique was used in the study. The researcher coordinated with the City/Municipal Social Welfare and Development Offices and solo parent groups in Cavite. Focal person for each city, municipal and solo parent group for this study were identified. The researcher oriented the designated focal person about this study and provided the link of Google form which contained the informed consent form and research questionnaire/instrument. The designated focal person provided the link to target solo mothers and posted it in the bulletin boards and social



media accounts for information dissemination that this study is being conducted and encouraged solo mothers to participate in the study.

The study only included women categorized as solo parent who live with a child or children 17 years old and below, currently residing in the Province of Cavite for at least six (6) months and assumes full parental responsibility for her child/ children. Those who did not meet any of the aforementioned criteria was excluded. Solo mothers who are psychologically/cognitively challenged and are incompetent to consent was also excluded in the study.

### **Data Collection**

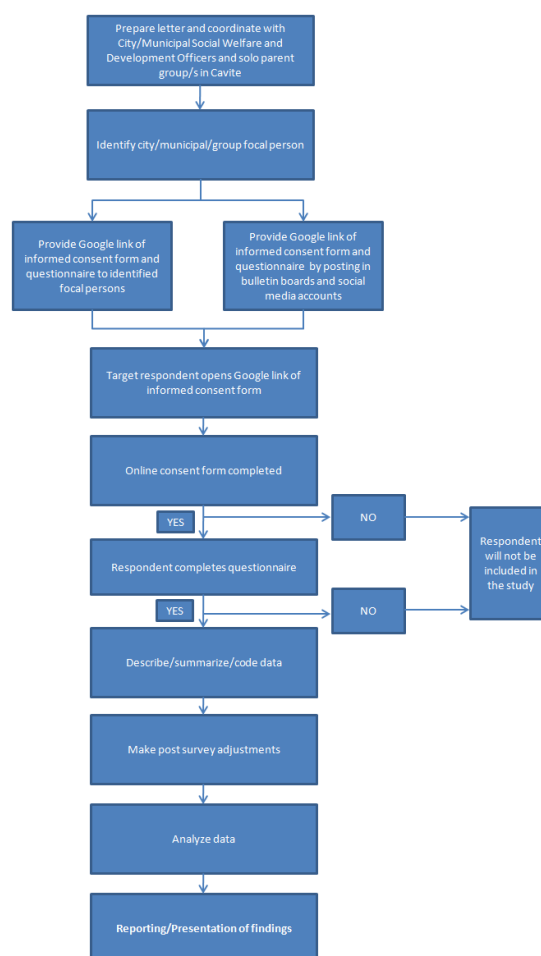
The study used survey as a data collection method which is identified as a quick and flexible way to collect data by asking the solo mothers certain questions.

The researcher coordinated and prepared a letter addressed to the City/Municipal Social Welfare and Development Officers and Solo Parent Groups requesting for assistance in disseminating information about the study, conducting the data gathering and identifying focal person in their respective organizations who will assist in the dissemination of informed consent form and questionnaire (Appendix 1).

After identifying the focal person for each city, municipality and solo parent, the researcher oriented them about the study and provided the Google link of informed consent form and questionnaire. The researcher provided also the research advocacy material for posting in the City/Municipal Social Welfare and Development Office's and Solo Parent Group's bulletin boards and social media accounts. The researcher likewise posted the research advocacy material in her own personal social media account (Appendix 2).

Each respondent was provided with a Google form link containing the informed consent for the study and the questionnaire. Solo mothers who were not able to complete the online consent form and those who incompletely answered the questionnaire were automatically excluded in the study. Answering the questionnaire only took 20 minutes or less. Instruction was given that if in case the respondent decided to withdraw at any point of the study, the respondent shall contact and inform the researcher through the given contact details. After completing the required samples, data was coded, described, summarized, and analyzed. The following data collection workflow was followed in this study:

Figure 2. Data Collection Workflow.



## **Research Setting**

The Province of Cavite was the site of the research. On the Philippine Island of Luzon, the province of Cavite is situated in the CALABARZON area. It is considered as one of the most industrialized and fastest-growing provinces in the country. Each city and municipality in the province have Local Social Welfare and Development Offices which implements programs, projects, and activities for solo parents.

There are 15, 309 recorded solo parents in the province and 88.88% (13,606) of them are women (Cavite Ecological Profile, 2020). In the Province of Cavite, solo mothers are given financial assistance to augment their resources. Educational, medical, and burial assistance is given to solo mothers and their immediate family members. They are also given opportunity to attend skills training and be given livelihood assistance that will serve as their capital for sustainable livelihood. Counseling services are also provided to walk-in solo mothers needing support thru the Local Social Welfare and Development Offices. Blood-letting activities are also conducted in the provincial level as part of health activities for solo parents. Solo mothers like any other women in the province can also access health services thru the City/Municipal Health Office. Employees who are working in government offices are enjoying their Solo Parent leave every year and are given opportunity to request for flexible work arrangements. However, not all solo mothers enjoy these privileges and not all Local Government Units particularly the city or municipal levels implement these programs and services. Likewise, monitoring of policy implementation and evaluation of implemented programs, projects and services for solo mothers are not conducted.

The increased benefits were given to the solitary parents as the Expanded Solo Parents Welfare Act, also known as Republic Act 11861, expired into law on June 4,

2022. However, not all solo mothers in the province benefit from this recent policy.

### **Research Instrument**

The study used the Parental Burnout Assessment (PBA) questionnaire developed and evaluated by Roskam et. al (2018) using samples of English- and French-speaking parents of children ranging in age from 0 to 39 years. The questionnaire is a 23-item self-report survey with ratings on seven-point Likert scales: never (0), once a month or less (1), once a week (4), once a few times a week (5), and every day (6). The study tool in English is a component of the International Investigation of Parental Burnout, which looks at the conceptual validity, prevalence, and cross-cultural variance of parental burnout worldwide under the direction of Professors Isabelle Roskam and Moïra Mikolajczak. There are 51 countries participating in the consortium. Currently, the research instrument was used in Southeast Asia particularly in Thailand and Vietnam.

The English version of tool was validated by Roskam, I. et al. (2018). Results revealed that all the estimated factor loadings found in the Confirmatory Factor Analysis (CFA) were significant at  $p < 0.001$ . The range of the standardized factor loadings was 0.69 to 0.88, and the reliability estimations were rather high. Correlations between the four factors were as follows: 0.76 (exhaustion-contrast with previous parental self), 0.76 (exhaustion-feelings of being fed up), 0.66 (exhaustion-emotional distancing), 0.78 (feelings of being fed up with contrast to previous parental self), 0.76 (emotional distancing from previous parental self), and 0.79 (feelings of being fed up). The four-factor internal structure of the PBA—the standardized root mean square residual (SRMS) = 0.04, the comparative fit index (CFI) = 0.94, the Tucker-Lewis index

(TLI) = 0.93, and the root mean square error of approximation (RMSEA) = 0.07—is validated by these results. The tool was translated to Filipino/Tagalog by the University of the Philippines Sentro ng Wikang Filipino (Appendix 7). Since the tool has not been used in the Philippines, face validity was conducted and the applicability of this tool to Filipino women was checked. Reliability analysis results are described in Table 1.

**Table 1**

*Reliability analysis*

PB Dimensions	Cronbach's Alpha	Conclusion
Exhaustion	0.8940	Valid & consistent
Contrast	0.8646	Valid & consistent
Saturation	0.9446	Valid & consistent
Distancing	0.7207	Valid & consistent

The total Parental Burnout Assessment Score was calculated by adding the score obtained on all items of the questionnaire (min. 0; max. 138). The tool identified parental burnout, its dimensions and intensity which is described in Table 2.

**Table 2**

*Parental Burnout Dimensions and Intensity Interpretation*

Parental Burnout	How to Interpret
Parental Burnout Dimensions	
1. Exhaustion	Sum of PBA items 1, 3, 4, 8, 9, 10, 15, 21 and 23.
2. Contrast	Sum of PBA items 2, 5, 13, 17, 18 and 19.
3. Saturation	Sum of PBA items 6, 7, 11, 12 and 16.
4. Distancing	Sum of PBA items 14, 20 and 22.
Parental Burnout Intensity	
1. Diagnosis of parental burnout	Score of 86 and above
2. Risk of parental burnout	Score of 53 to 85

The control variables in the study include age, educational level, family structure/condition of solo mothering, employment status, the number, age, and sex of children living in the same household with the parent, children's status, living

arrangements, support system and kind of help/support.

### Plan for Data Analysis

When the author of the study got the database, the data were checked whether people responded seriously, and the database was cleansed of single moms who did not choose the correct response for any of the questions. Presence of outliers were searched. For example, one respondent was removed from the database since she indicated that she has three children aged 12-17 years old, yet her age was 19 years old.

To avoid mixing data, all variables were coded and re-checked. For example, instead of coding from 1 to 7, the PBA had to be coded from 0 to 6. When necessary, the necessary modifications were made. Following these first verifications, statistical analyses were carried out.

The statistical program IBM SPSS (version 21) was used to examine the data. The sample's demographic characteristics were described using descriptive statistics. The connection between profiles and the dimensions and degree of parental burnout was analyzed using Pearson's R or Spearman's Rho. Procedures for data analysis are outlined in Table 3.

**Table 3**

*Data Analysis Procedures*

Research objectives	Variables to measure	Level of measurement	Statistical Test
1.To describe the profile of solo mothers	Age of solo mother	Ratio	Descriptive statistics using means, standard deviation, frequency distributions and
	Educational level of solo mother	Ordinal	
	Family structure/Condition of solo mothering	Nominal	
	Employment status of solo mother	Nominal	

	Number of children living in the same household	Ratio	cross tabulations or contingency tables
	Age of children living in the same household	Ratio	
	Sex of children living in the same household	Nominal	
	Disease/disability or behavior/emotional/learning disorder of children living in the same household	Nominal	
	Living arrangement	Nominal	
	Support System	Nominal	
	Kind of help/support	Nominal	
2.To describe level of parental burnout dimensions among solo mothers grouped according to intensity	Parental burnout dimensions	Ordinal	Descriptive statistics using means, standard deviation, frequency distributions and cross tabulations or contingency tables
	- Exhaustion		
	- Contrast		
	- Saturation		
	- Distancing		
	Parental burnout intensity	Ordinal	
	- Diagnosis of parental burnout		
	- Risk of parental burnout		
3.To determine relationship between parental burnout and the profile of the solo mothers	Parental burnout and the profile of the solo mothers	Ordinal, Ratio, Nominal	-Correlation analysis
	a. Age of solo mother		Pearson's R
	b. Educational level		Spearman's Rho
	c. Family structure/Condition of solo mothering		Spearman's Rho
	d. Employment status of solo mother		Pearson's R
	e. Number of children living in the same household		Spearman's Rho
	f. Living arrangement		Spearman's Rho
	g. Support System		Pearson's R
	h. Kind of help/support		Spearman's Rho
			Spearman's Rho

- i. Age of children living in the same household
  - j. Sex of children living in the same household
  - k. Disease/disability or behavior/emotional/learning disorder of children living in the same household
- 

### **Data Management**

All data gathered in this study is stored and will be disposed properly. Only the researcher and the statistician (if needed) will have the access to the data. The collected data will remain confidential and are securely stored on transportable media handled by the researcher. Electronic data are secured were passwords were created to gain access to data records. All electronic data will be permanently deleted after completion of the study.

### **Ethical Considerations**

The researcher sought for the approval of the UPOU Institutional Research Ethics Committee prior to the conduct of the study and the National Ethical Guidelines for Health and Health-related research was used as reference.

An informed consent form (Appendix 3) was prepared which was later translated to Filipino language by the UPM Sentro ng Wikang Filipino. The purpose of the study, research intervention, procedures, duration, participant selection including the inclusion criteria of the study, risks, benefits, reimbursements, and confidentiality were stated in the Informed Consent Form. Voluntary participation, conflict of interest, right to refuse or withdraw were also reiterated. Data management, sharing of results and who to contact regarding the study were also stipulated.



## Chapter IV

### RESULTS AND DISCUSSIONS

The objective of this research was to describe parental burnout experience among solo mothers and determine if there is a correlation between parental burnout and the profile of solo mothers. Among the Province of Cavite, this research was the first to examine parental burnout among single moms.

There were limited studies about this locally while several studies were conducted internationally. The studies mentioned in this paper however when compared to the findings of the present study have differences specifically in terms of participants, setting and variables considered.

Studies conducted throughout the world have revealed that moms experience parental burnout at a greater rate than dads (Furutani et al., 2020; Gawlik & Melnyk, 2021; Lebert-Charron et al., 2021; Roskam et al., 2021; Sorkkila & Aunola, 2022). When a mother's balance was negative, particularly when risks manifestly exceeded resources, burnout was observed in the mother. Because they experience more parenting stress, they have a greater risk of parental burnout (Roskam & Mikolajczak, 2020). Additionally, Roskam et al. (2021) discovered that parental burnout is more common in single parents. These findings imply that solo mothers are prone to experience parental burnout. According to Kim and Kim's (2020) research, single moms tend to have a lesser quality of life than married mothers. However, there was a favorable correlation found between the quality of life of solo mothers and their age, income, education, and professional work position. These single women are more likely to experience parental burnout due to their reduced quality of life. Additionally, Lebert-Charron et al. (2022) discovered that parental fatigue, anxiety, and

depression are more common among single moms.

A total of 399 solo mothers from the 23 different cities and municipalities in the Province of Cavite fully completed the questionnaires. Data from 3 (0.75%) solo mothers were removed because they answered some questions incorrectly.

**Table 4**

*Profile of solo mothers*

Variable	Category	All solo mothers (N=396)	
		N	(%)
Age	19 – 29	40	10.1
	30 – 48	287	72.5
	49 above	69	17.4
Educational level	Elementary undergraduate	9	2.3
	Elementary graduate	10	2.5
	High School undergraduate	26	6.6
	High school graduate	144	36.4
	College undergraduate	74	18.7
	College graduate	112	28.3
	Postgraduate	21	5.3
Family structure/ Condition of solo mothering	By choice	70	17.7
	By circumstance	326	82.3
Employment status	Employer	6	1.5
	Self-employed	65	16.4
	Wage and salary worker	178	44.9
	Unemployed	147	37.1
Number of children living in the same household	1	126	31.8
	2	123	31.1
	3	101	25.5
	4	25	6.3
	5 & over	21	5.3
Living arrangement	Parents and/or siblings	178	44.9
	Children	180	45.5
	Other family members	32	8.1
	In-laws	2	0.5
	Others	4	1
Support System	Parents and siblings	207	52.27
	Other family members	43	10.86
	Friends	10	2.52
	In-laws	11	2.78
	Others	8	2.02
Kind of help/support	None	117	29.55
	Financial	198	50

	Emotional	49	12.4
	Spiritual	25	6.3
	Financial/spiritual	4	1
	Financial/emotional	13	3.3
	Emotional/spiritual	21	5.3
	Financial/emotional/ spiritual	86	21.7
Age of child	0-3years	62	6.93
	4-7 years	137	15.31
	8-11 years	226	25.25
	12-17 years	470	52.51
Sex of child	Male	466	52.07
	Female	429	47.93
Disease/ disability or behavior/ emotional/ learning disorder	Yes	59	6.59
	No	836	93.41

Table 4 shows the profile of solo mothers of this study. Most solo mothers were middle-aged adult aged 30-48 years old (72.5%) and were high school graduates (36.4%). The majority were solo mothers by circumstance (82.3%). In terms of employment, most of the solo mothers were wage and salary workers (44.9%) and had one child (31.8%) mostly male (50.3%) aged 12-17years old (66.4%) and does not have any disease, disability, or disorder (92.7%). Most of the solo mothers were living alone with their children (45.5%) and were provided financial support (50%) by their parents and siblings (52.27%) who help them in fulfilling their parental responsibilities.

**Table 5**

*Parental Burnout Intensity among the solo mothers*

Parental burnout intensity	N	(%)
No burnout	367	92.68
At risk	18	4.55
Burn out	11	2.78

Table 5 shows the intensity of parental burnout among the solo mothers. 367 (92.68%) were considered not experiencing parental burnout (No Parental Burnout Group) and 18 (4.55%) were considered at risk to have parental burnout (At-Risk

Group). The results of this study showed that only 2.78% of the solo mothers were identified to be experiencing parental burnout. This is partly in line with the results of a research conducted in 2022 by Caponpon and Dela Cruz, which found that parental fatigue is average for single parents and greater for joint parents and parents who have nannies or other family members helping with the parenting.

Most of the solo mothers in No Parental Burnout Group were middle-aged adults (72.21%), high school graduate (36.0%) and wage and salary workers (45.2%). Most of these solo mothers have two children living in the same household (31.9%) mostly male (52.43%) aged 12-17 years old (52.68%) and does not have any disease, disability, or disorder (93.07%). 45.8% of these solo mothers live with their parents and siblings who also helps them in fulfilling their parental roles (51.2%) by providing mostly financial support (49.9%). 82.3% of these mothers were solo mothers by circumstance.

Most of the solo mothers in the At-Risk Group were middle-aged adults (77.78%); were either high school or college graduate (33.3%); have three children living in the same household (38.9%) aged 12-17 years old (53.33%), who were female (55.56%) and does not have any disease, disability or disorder (97.78%). This somewhat contradicts the findings of the study of Sadziak et. al. (2019) which found out that mothers of children with special needs particularly those with autism and mild to moderate intellectual disabilities have a low level of risk for parental burnout indicating that these mothers are about to achieve the stage of constructive adaptation to the situation of having a child with a disability. The current study finding implies that even if the solo mother's child has a good health condition, still the solo mother is at-risk to have parental burnout. Furthermore, majority of the at-risk group were solo

mothers by circumstance (77.8%); live with their children only (50%); declared that no one helps them in fulfilling their parental roles (50%) and if were given support, they received mostly financial help (38.9%). Likewise, majority of these at-risk solo mothers were wage and salary workers. Charron Lebert et al. al. (2021) discovered a negative correlation between parental exhaustion and occupational satisfaction. This is possibly because stress experienced at work increases the risk for parental burnout. In the case of the current study's solo mothers, these solo mothers are trying to juggle work while doing other responsibilities and providing other needs of her children. Parental burnout is at danger due to this stress. However, Swit and Breen (2022) noted that parents who were jobless, especially during the COVID-19 epidemic, were more likely to experience parental burnout. Therefore, this present study implies that both employed and unemployed solo mothers are at-risk to have parental burnout.

Majority of the solo mothers in the burnout group were middle-aged adults (72.73%), high school graduate (54.5%) and were solo mothers by circumstance (90.9%). This is contrary to the findings of several studies wherein parental burnout was reported higher in younger parents (Roskam et al., 2021; Sorkkila & Aunola, 2022; Lebert-Charron et al., 2021). Beyer and Lazzar (2023) portrayed middle adulthood as a period of transition which plays out at the interpersonal and intergenerational levels through roles including parenting. Erik Erikson's theory—which holds that motherhood is the major generative type and that individuals are primarily concerned with leaving a positive legacy of themselves—that midlife adults face the crisis of generativity vs. stagnation was highlighted. Due to each person's responsibilities, there might be disputes in both work and family relationships at this time. Specifically, for this present study, it implies that these solo mothers might experience stress during their midlife causing an imbalance which makes them at-risk of parental burnout. In terms of

employment, 36.4% of burnout solo mothers in this study were unemployed which is similar to the findings of Roskam et. al. (2021) that unemployed parents exhibit parental burnout. However, Gawlik and Melnyk (2021) negated this since based on the results of their study, working parents are increasingly burned out as well. Most of the burnout solo mothers have one to two children (72.73%) living in the same household, aged 12-17 years old (46.43%) mostly male (53.57%). This is related to the findings of Lebert-Charron et. al. (2021) which specified that the number of children living in the home has something to do with parental burnout. This is also comparable to the study findings of Caponpon and Dela Cruz (2022) which found out that those with one child have a high level of parental burnout. This current study finding implies that these solo mothers are being overprotective to her child/children which might contribute to the increased parental burnout scores. However, this does not agree to the findings of several studies which stated that more children are related to parental burnout (Roskam et al., 2021; Favez et al., 2022; Gawlik & Melnyk, 2021). Likewise, majority of the burnout solo mothers of this present study had children who does not have any disease, disability, or disorder (96.43%). This contradicts the finding of Findling et. al. (2022) which stated that mothers of children without special needs have a significantly lower parental burnout. This is not also congruent to the study results of Sekułowicz et. al. (2022) as well as Sorkkila and Aunola (2022) which stated that having a child with disease, disability, disorder or has special needs has related to parental burnout. Having child or children with anxiety or attention deficit hyperactivity disorder (ADHD) and concern of parents that their child may have an undiagnosed mental health disorder were strongly associated with parental burnout (Lebert-Charron et al., 2021). Parents who said that their kids faced certain difficulties (including hyperactivity, physical issues, behavioral issues, and peer pressure) were

more likely to fit the high burnout parental burnout profile (Upadyaya & Salmela-Aro, 2021). This current study finding implies that whatever the condition of the solo mother's children, whether or not the child has or has no disorder, disability or disease, solo mothers can experience parental burnout. Most these burnout solo mothers also live with their children alone (63.6%) and received mostly financial support (72.7%) from their parents and siblings (45.5%) who help them in fulfilling their parental responsibilities.

**Table 6**

*Parental Burnout among solo mothers in terms of Dimensions*

Parental Burnout Dimension	No Burnout		At Risk		Burnout	
	Mean	Std.Deviation	Mean	Std.Deviation	Mean	Std.Deviation
Exhaustion	8.37	7.499	31.61	6.554	42.27	6.857
E1 I'm so tired out by my role as a parent that sleeping doesn't seem like enough	1.29	1.791	3.22	2.415	4.00	2.145
E3 I feel completely run down by my role as a parent	.80	1.353	3.28	2.081	3.73	2.195
E4 I have zero energy for looking after my child(ren)	.33	.810	2.61	2.173	4.64	1.433
E8 I have the impression that I'm looking after my child(ren) on autopilot	.77	1.438	3.39	1.914	5.27	.905
E9 I have	.77	1.271	4.17	1.150	4.91	.944

the sense that I'm really worn out as a parent						
E10 When I get up in the morning and have to face another day with my child(ren), I feel exhausted before I've even started	.72	1.251	3.67	1.815	5.27	.905
E15 My role as a parent uses up all my resources	.78	1.534	3.61	1.819	5.18	.982
E21 I find it exhausting just thinking of everything I have to do for my child(ren)	.65	1.281	3.17	2.065	4.55	1.809
E23 I'm in survival mode in my role as a parent	4.26	2.438	4.50	1.855	4.73	2.054
Contrast C2 I feel as though I've lost my direction as a mum	1.87	3.233	15.11	4.457	27.36	5.446
C5 I don't think I'm the good mother that I used to be to my child(ren)	1.31	1.431	2.94	2.014	3.82	2.272
C13 I tell myself that	.99	1.136	3.33	1.879	4.82	1.328
	.67	.918	2.28	1.776	5.18	.982



I'm no longer the parent I used to be						
C17 I'm ashamed of the parent that I've become	.56	1.017	1.56	1.688	4.45	1.753
C18 I'm no longer proud of myself as a parent	.53	.888	2.56	2.121	4.36	1.804
C19 I have the impression that I'm not myself any more when I'm interacting with my child(ren)	.64	.988	2.44	1.854	4.73	1.849
Saturation	0.88	2.118	10.83	5.773	23.91	4.742
S6 I can't stand my role as mother any more	.83	.908	2.35	1.766	4.73	1.348
S7 I feel like I can't take any more as a parent	.89	1.059	2.47	1.772	5.18	.982
S11 I don't enjoy being with my child(ren)	.53	.754	1.71	1.929	4.64	1.804
S12 I feel like I can't cope as a parent	.90	.709	2.76	2.078	4.82	1.079
S16 I can't take being a parent any more	.72	1.074	2.18	2.007	4.55	1.753
Distancing	1.75	2.568	8.83	3.348	14.18	3.816
D14 I do what I'm supposed to	3.00	2.372	4.33	1.815	5.27	.905

do for my child(ren), but nothing more D20 I'm no longer able to show my child(ren) how much I love them D22	.40	.791	1.89	1.844	4.45	1.753
Outside the usual routines (lifts in the car, bedtime, meals), I'm no longer able to make an effort for my child(ren)	.57	.944	2.61	2.004	4.45	1.753

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Parental Burnout Assessment: E = Exhaustion; C = Contrast; S = Saturation; D = Distancing

Table 6 shows parental burnout among solo mothers in terms of dimensions. The burnout group has the highest mean score in all parental burnout dimensions. In terms of Exhaustion dimension, the at-risk group had the highest mean scores in the statement *"I'm in survival mode in my role as a parent"* while those burnout solo mothers had the highest mean score in the statements *"I have the impression that I'm looking after my child(ren) on autopilot"* and *"When I get up in the morning and have to face another day with my child(ren), I feel exhausted before I've even started"*. This implies that these solo mothers feel exhausted, tired and has no more energy to cope with her responsibilities. This exhaustion is the most common first symptom of parental burnout to appear which can manifest on an emotional, cognitive and/or physical level.

In terms of Contrast dimension, at-risk solo mothers had the highest mean score in the statement “*I don’t think I’m the good mother that I used to be to my child(ren)*” while burnout solo mothers had the highest mean score on the statement “*I tell myself that I’m no longer the parent I used to be*”. This suggests that these solo mothers think that they are no longer the same mother they were, same with the mother they wanted to be.

The at-risk group had the highest mean score in the statement “*I feel like I can’t cope as a parent*” under the Saturation dimension. While the burnout group had the highest mean score in the statement “*I feel like I can’t take any more as a parent*”. It appears that these solo mothers feel that they cannot handle being a solo parent anymore, they see parenting as too challenging to manage and overcome and that they do not desire parenting anymore.

In terms of Distancing dimension, at-risk and burnout groups have the highest mean score in the statement “*I do what I’m supposed to do for my child(ren), but nothing more*”. This implies that the solo mothers feel that they have no energy left to be a mother to their child/children or at least not as much as usual.

Determining a meaningful correlation between parental burnout and the characteristics of single moms was one of the study's other goals. Correlation analysis was used for this purpose. Correlation between parental burnout in terms of intensity as well as dimensions and profile of at-risk and burnout solo mothers and their children are shown in Tables 7 to 10 respectively.

**Table 7**

*Correlation between parental burnout intensity and profile of at-risk and burnout solo mothers*

Profile		At risk	Burnout
Age of solo mother	Pearson Correlation	0.037	-0.255
	<i>p</i> -value	0.883	0.45
Educational level	Correlation Coefficient	-0.462	-0.151
	<i>p</i> -Value	0.054	0.657
Family structure/ Condition of solo mothering	Correlation Coefficient	-0.142	0
	<i>p</i> -Value	0.574	1
Employment status	Correlation Coefficient	-0.110	0.026
	<i>p</i> -Value	0.663	0.939
Number of children	Pearson Correlation	0.054	0.388
	<i>p</i> -Value	0.83	0.238
Living arrangement	Correlation Coefficient	0.238	-0.072
	<i>p</i> -Value	0.341	0.834
Support system	Correlation Coefficient	0.049	-0.155
	<i>p</i> -Value	0.847	0.649
Kind of help/support	Correlation Coefficient	0.186	-0.506
	<i>p</i> -Value	0.460	0.112

\*. Correlation is significant at the 0.05 level (2-tailed).

\*\*. Correlation is significant at the 0.01 level (2-tailed).

\*\*\*. Correlation is significant at the 0.05 and 0.10 level (2-tailed).

.<sup>a</sup> Cannot be computed because at least one of the variables is constant.

Table 7 shows the correlation between parental burnout intensity and profile of both at-risk and burnout solo mothers. Contrary to the study's premise, no significant link was found between the degree of parental burnout and the profiles of at-risk and burnout solo moms ( $p > 0.05$ ). This was in line with the conclusions of the research of Sodi et al. al. (2020), which found that parental burnout and sociodemographic traits—specifically, age, gender, and educational attainment—have no association.

**Table 8***Correlation between parental burnout intensity and profile of solo mothers' children*

Profile of children		At risk	Burnout
A1	Pearson Correlation	0.41	-0.146
	<i>p</i> -Value	0.091***	0.669
A2	Pearson Correlation	0.139	0.074
	<i>p</i> -Value	0.581	0.829
A3	Pearson Correlation	0.06	0.176
	<i>p</i> -Value	0.812	0.604
A4	Pearson Correlation	-0.104	0.508
	<i>p</i> -Value	0.682	0.11
A5	Pearson Correlation	-0.273	0.508
	<i>p</i> -Value	0.273	0.11
A6	Pearson Correlation	. <sup>a</sup>	0.508
	<i>p</i> -Value		0.11
S1	Correlation Coefficient	-0.032	.776**
	<i>p</i> -Value	0.899	0.005***
S2	Correlation Coefficient	0.009	0.27
	<i>p</i> -Value	0.972	0.421
S3	Correlation Coefficient	0.34	0.436
	<i>p</i> -Value	0.167	0.18
S4	Correlation Coefficient	-0.108	0.501
	<i>p</i> -Value	0.671	0.116
S5	Correlation Coefficient	-0.27	0.501
	<i>p</i> -Value	0.278	0.116
S6	Correlation Coefficient	. <sup>a</sup>	0.501
	<i>p</i> -Value		0.116
D1	Correlation Coefficient	0.211	0.401
	<i>p</i> -Value	0.401	0.222
D2	Correlation Coefficient	0.046	0.15
	<i>p</i> -Value	0.857	0.66
D3	Correlation	0.303	0.388

	Coefficient		
	<i>p</i> -Value	0.222	0.238
D4	Correlation	-0.13	0.501
	Coefficient		
	<i>p</i> -Value	0.608	0.116
D5	Correlation	-0.256	0.501
	Coefficient		
	<i>p</i> -Value	0.305	0.116
D6	Correlation	. <sup>a</sup>	0.501
	Coefficient		
	<i>p</i> -Value		0.116

Profile of children: A1 (Age of 1 child); A2 (Ages of 2 children); A3 (Ages of 3 children); A4 (Ages of 4 children); A5 (Ages of 5 children); A6 (Ages of 6 up to 10 children); S1 (Sex of 1 child); S2 (Sexes of 2 children); S3 (Sexes of 3 children); S4 (Sexes of 4 children); S5 (Sexes of 5 children); S6 (Sexes of 6 to 10 children); D1 (Disease/disability/disorder of 1 child); D2 (Disease/disability/disorder of 2 children); D3 (Disease/disability/ disorder of 3 children); D4 (Disease/disability/disorder of 4 children); D5 (Disease/disability/disorder of 5 children); D6 (Disease/disability/ disorder of 6 to 10 children);

\*. Correlation is significant at the 0.05 level (2-tailed).

\*\*. Correlation is significant at the 0.01 level (2-tailed)

\*\*\*. Correlation is significant at the 0.05 and 0.10 level (2-tailed).

.<sup>a</sup> Cannot be computed because at least one of the variables is constant.

However, the age of only child was found to be positively correlated with risk for parental burnout at 5% and 10% level of significance ( $r=0.41$ ,  $P=0.091$ ) and that there was a statistically significant relationship between sex of an only child and parental burnout at the 0.01 level ( $\rho=0.776$ ,  $P=0.005$ ) which were shown in Table 8. This implies that as the age of solo mother's only child increases, the risk for parental burnout also increases. Likewise, sex of the solo mother's only child is associated with parental burnout.

Based on several studies, child age is a predictor of parental burnout. It was discovered in the Giraldo et al. al. (2022) found that parental burnout rises in households with at least one kid under the age of four. It was more common for parents of little children to feel worn out (Le Vigouroux et al., 2022) thereby linking to higher burnout (Favez et al., 2022; Roskam et al., 2021; Lebert-Charron et al., 2021).

Likewise, those parents in burnout profile were more likely to have under 10-year-old child/ren as stated in the study of Sorkkila and Aunola (2022). This was negated in this current study since most of the burnout solo mothers have children aged 12-17 years old who belongs to the adolescence stage. During adolescence stage, children undergo different changes not only physically but also emotionally which affects their relationship with others including their parents. Misunderstandings between mothers and their children may result to stress which may lead to parental burnout. This may have anything to do with Zimmermann et al.'s study findings. al. (2022), which showed that moms with greater degrees of parental burnout were more likely to adhere to Storm and Stress attitudes about adolescence.

Furthermore, the 'only child syndrome' exists which is considered as one criticism on parents who have one child since it was believed that this child could develop anxiety disorders or become spoilt brats. Multiple studies in China and Western countries have been done to understand the development of a child with and without siblings where they found out that those who grew up as single children showed differences in their social behaviors (Maruwada, 2023). Furthermore, speech and communication skills tend to differ consistently between males and females, both in adults and children. Boys are more likely than females to experience communication, language, and speech impairments. In a similar vein, females acquire their language abilities and regular communication process more quickly and advanced than boys do (Adani & Capanec, 2019). This might be one of explanations why sex of the solo mother's only child is associated with parental burnout. Male only child of these burnout solo mothers may have different social behaviors which may result to parental stress and eventually to parental burnout.

**Table 9**

*Correlation between parental burnout dimensions and at-risk and burnout solo mothers' profile*

Profile		PB Dimensions							
		Exhaustion		Contrast		Saturation		Distancing	
		At-risk	Burnout	At-risk	Burnout	At-risk	Burnout	At-risk	Burnout
Age	Pearson Correlation	-0.02	-0.061	-0.418	-0.094	.488*	-0.240	-0.143	-0.601
	p-Value	0.937	0.858	0.084	0.783	0.04	0.478	0.571	0.050
Educational level	Correlation Coefficient	-0.188	0.201	-0.15	-0.270	-0.205	-0.382	-0.195	-0.174
	p-Value	0.455	0.552	0.554	0.422	0.415	0.246	0.437	0.608
Family structure/ Condition of solo mothering	Correlation Coefficient	0.052	0.050	-0.13	0.256	-0.207	0.000	-0.3	-0.363
	p-Value	0.839	0.884	0.608	0.448	0.409	1.000	0.226	0.273
Employment status	Correlation Coefficient	-0.037	0.083	-0.061	0.034	-0.109	-0.131	-0.003	0.337
	p-Value	0.883	0.808	0.809	0.921	0.667	0.700	0.989	0.311
Number of children	Pearson Correlation	-0.124	0.463	-0.079	0.325	0.377	0.502	-0.151	-0.176
	p-Value	0.624	0.152	0.756	0.329	0.123	0.115	0.55	0.606
Living arrangement	Correlation Coefficient	-0.048	0.119	0.068	-0.317	0.319	-0.096	0.117	0.321
	p-Value	0.849	0.726	0.789	0.342	0.197	0.779	0.643	0.336
Support system	Correlation Coefficient	-0.348	0.209	0.027	-0.374	0.489*	-0.410	0.019	-0.389
	p-Value	0.157	0.538	0.916	0.257	0.039	0.211	0.939	0.238
Kind of help/ support	Correlation Coefficient	0.424	-0.349	-0.131	-0.490	-0.04	-0.394	-0.305	-0.559
	p-Value	0.08	0.293	0.604	0.126	0.874	0.230	0.219	0.074

\*. Correlation is significant at the 0.05 level (2-tailed).

\*\*. Correlation is significant at the 0.01 level (2-tailed).

\*\*\*. Correlation is significant at the 0.05 and 0.10 level (2-tailed).

.<sup>a</sup> Cannot be computed because at least one of the variables is constant.

Table 9 shows the correlation between parental burnout dimensions and profile of at-risk and burnout solo mothers. The age of solo mother ( $r=0.488$ ,  $P=0.04$ ) as well as support system ( $r=0.489$ ,  $P=0.039$ ) was found to be positively correlated with Saturation dimension among at-risk solo mothers at 0.05 level of significance which supports the hypothesis of this study. This suggests that the at-risk mother's thoughts of being tired of her parental position grow as she gets older. In this present study,



these at-risk solo mothers are on midlife stage where parenting can be stressful which increases risk for parental burnout.

It was shown that social support was linked to less parental burnout (Lin et al., 2022). One of the factors influencing a solo mothers' stress is low perceived social support (Sartor et al., 2023). This finding is supported in this study since most of the burnout solo mothers live lone with their children and are supported by their parents and siblings. This limited social support can contribute to parental burnout.

However, there were no significant relationships observed between parental burnout dimensions and at-risk solo mother's educational level, family structure, employment status, number of children, living arrangement and kind of help/support received ( $P>0.05$ ). There were also no significant relationships observed between parental burnout dimensions and burnout solo mother's age, educational level, family structure, employment status, number of children, living arrangement, support system and kind of help/support received ( $P>0.05$ ).

**Table 10**

*Correlation between parental burnout dimensions and profile of at-risk and burnout solo mothers' children*

Profile of children		PB Dimensions							
		Exhaustion		Contrast		Saturation		Distancing	
		At-risk	Burnout	At-risk	Burnout	At-risk	Burnout	At-risk	Burnout
A1	Pearson	0.033	-0.156	0.223	0.049	0.326	-0.008	0.213	-0.433
	Correlation								
	p-Value	0.897	0.646	0.374	0.887	0.187	0.981	0.396	0.184
A2	Pearson	0.005	0.114	-0.123	-0.014	0.343	0.385	-0.051	-0.331
	Correlation								
	p-Value	0.985	0.739	0.627	0.967	0.163	0.242	0.840	0.321
A3	Pearson	-0.116	0.501	-0.137	0.028	0.383	0.293	-0.082	-0.512
	Correlation								
	p-Value	0.646	0.116	0.587	0.936	0.117	0.382	0.747	0.108
A4	Pearson	0.059	0.470	-0.188	0.526	0.099	0.426	-0.324	0.158
	Correlation								
	p-Value	0.817	0.144	0.455	0.097	0.695	0.191	0.190	0.643

A5	Pearson Correlation	-0.416	0.470	-0.137	0.526	0.248	0.426	-0.188	0.158
	<i>p</i> -Value	0.086	0.144	0.588	0.097	0.322	0.191	0.455	0.643
A6	Pearson Correlation	. <sup>a</sup>	0.470	. <sup>a</sup>	0.526	. <sup>a</sup>	0.426	. <sup>a</sup>	0.158
	<i>p</i> -Value		0.144		0.097		0.191		0.643
S1	Correlation Coefficient	0.343	0.550	0.054	0.727*	-0.377	0.715*	-0.272	0.535
	<i>p</i> -Value	0.163	0.080	0.832	0.011	0.123	0.013	0.276	0.090
S2	Correlation Coefficient	-0.063	0.220	-0.141	0.259	0.120	0.322	-0.086	-0.087
	<i>p</i> -Value	0.803	0.516	0.577	0.442	0.634	0.333	0.735	0.799
S3	Correlation Coefficient	-0.034	0.535	0.077	0.267	0.473*	0.429	-0.091	-0.252
	<i>p</i> -Value	0.892	0.090	0.761	0.427	0.047	0.187	0.719	0.454
S4	Correlation Coefficient	-0.081	0.401	-0.151	0.512	0.117	0.453	-0.340	0.104
	<i>p</i> -Value	0.749	0.222	0.551	0.108	0.644	0.162	0.167	0.762
S5	Correlation Coefficient	-0.450	0.401	-0.086	0.512	0.308	0.453	-0.115	0.104
	<i>p</i> -Value	0.061	0.222	0.736	0.108	0.213	0.162	0.650	0.762
S6	Correlation Coefficient	. <sup>a</sup>	0.401	. <sup>a</sup>	0.512	. <sup>a</sup>	0.453	. <sup>a</sup>	0.104
	<i>p</i> -Value		0.222		0.108		0.162		0.762
D1	Correlation Coefficient	0.211	0.501	0.047	0.409	-0.306	0.201	0.356	0.363
	<i>p</i> -Value	0.402	0.116	0.853	0.211	0.217	0.553	0.148	0.273
D2	Correlation Coefficient	-0.080	0.150	-0.172	0.061	0.297	0.271	-0.115	-0.217
	<i>p</i> -Value	0.754	0.660	0.496	0.858	0.231	0.421	0.649	0.522
D3	Correlation Coefficient	-0.086	0.518	0.130	0.198	0.510*	0.390	-0.087	-0.301
	<i>p</i> -Value	0.734	0.103	0.607	0.559	0.031	0.236	0.730	0.369
D4	Correlation Coefficient	-0.129	0.401	-0.145	0.512	0.145	0.453	-0.321	0.104
	<i>p</i> -Value	0.609	0.222	0.567	0.108	0.567	0.162	0.195	0.762
D5	Correlation Coefficient	-0.443	0.401	-0.069	0.512	0.309	0.453	-0.104	0.104
	<i>p</i> -Value	0.065	0.222	0.787	0.108	0.213	0.162	0.682	0.762
D6	Correlation Coefficient	. <sup>a</sup>	0.401	. <sup>a</sup>	0.512	. <sup>a</sup>	0.453	. <sup>a</sup>	0.104
	<i>p</i> -Value		0.222		0.108		0.162		0.762

Profile of children: A1 (Age of 1 child); A2 (Ages of 2 children); A3 (Ages of 3 children); A4 (Ages of 4 children); A5 (Ages of 5 children); A6 (Ages of 6 up to 10 children); S1 (Sex of 1 child); S2 (Sexes of 2 children); S3 (Sexes of 3 children); S4 (Sexes of 4 children); S5 (Sexes of 5 children); S6 (Sexes of 6 to 10 children); D1 (Disease/disability/disorder of 1 child); D2 (Disease/disability/disorder of 2 children); D3 (Disease/disability/ disorder of 3 children); D4 (Disease/disability/disorder of 4 children); D5 (Disease/disability/disorder of 5 children); D6 (Disease/disability/ disorder of 6 to 10 children);

- \*. Correlation is significant at the 0.05 level (2-tailed).
- \*\* . Correlation is significant at the 0.01 level (2-tailed).
- \*\*\* . Correlation is significant at the 0.05 and 0.10 level (2-tailed).
- .<sup>a</sup> Cannot be computed because at least one of the variables is constant.

Table 10 shows the correlation between parental burnout dimensions and profile of both at-risk and burnout solo mothers' children. There is a statistically significant relationship observed between sex ( $\rho=0.473$ ,  $P= 0.047$ ) and condition ( $\rho=0.510$ ,  $P= 0.031$ ) of at-risk solo mother's three children, and Saturation dimension at 0.05 level of significance. In this current study, it suggests that a solo mother having three female children with no disease, disability or disorder is associated with risk for parental burnout and to the solo mother's overwhelming feeling on parenting. This might be related to the expectations of solo mothers on their female children. In the Philippines, girls are expected to do household chores and look after younger siblings if their mother is engaged in economic activity (factsanddetails.com, 2019). If these expectations were not met, stress can result which may lead to risk for parental burnout and particularly on the saturation feeling of solo mothers.

There is also a statistically significant relationship observed between sex of only child and Contrast dimension ( $\rho=0.727$ ,  $P=0.011$ ) as well as Saturation dimension ( $\rho=0.715$ ,  $P=0.013$ ) among burnout solo mothers. This current study finding assumes that the sex of a burnout solo parent's only child is correlated to her feeling of not being the mother she was and wanted to be as well as her feeling that she cannot handle being a parent anymore. Here in our country, parents are typically highly permissive of their children particularly boys, even on their children's socially inappropriate behaviors in public. Obvious disciplining, reprimanding or any public display of anger towards children are not well observed (factsanddetails.com, 2019).

According to Pajaron's (2019) paper, males than daughters reported a more liberal parenting style from their parents. It has been demonstrated that an authoritative approach is associated with higher levels of educational achievement, self-worth, and protection against drug use in one's kid. Challenges related to this parenting culture can be associated to stress that leads to burnout.

According to Fernández et al. al. (2022) discovered that women exhibit significant levels of weariness and contrast, two of the four characteristics of parental burnout. Lebert-Charron et. al. (2022) in contrast, found out that single mothers have lower levels of emotional exhaustion compared to mothers with a partner who was perceived as unavailable or moderately available. This current study finding somewhat agrees with these studies since significant correlations were found in both the Saturation and Contrast dimensions. However, these studies were conducted in different setting, culture, and participants.

When Expanded Solo Parents Welfare Act lapsed into law in June 2022, solo parents in our country are entitled to receive a number of benefits including support from the government. These includes monthly stipend; priority job placements and training opportunities; food, clothing, housing, education, and health care expenses coverage; food, housing, and medical assistance; discounts and VAT exemption on baby items up to 6 years; counseling services; educational benefits and leave benefits.

In the Province of Cavite, solo parents including solo mothers are issued identification cards for them to use to avail these benefits and privileges. At present, financial assistance and solo parent leave are usually enjoyed by solo mothers in the province which are quite very limited compared to what is stated in the law. These limited benefits and privileges are evident and can be seen in day-to-day experiences

of these solo mothers. There were solo mothers getting sick maybe because of tiredness being the lone provider of everything for the children. They have limited finances to provide their children the necessities. To address this, solo mothers opt to seek any assistance in government offices to aid their resources. This certain parental stress can be related to why solo mothers easily get mad when their requests for assistance were not readily available or easily provided.

In Cavite Province, even it is considered a modernized province, the Filipino culture of families having a good relationship among its members is still evident. This is one major factor why there is low parental burnout as well as low relationship between the profile and parental burnout among solo mothers in the province. Solo mothers in Cavite province usually have family members particularly their parents and siblings who help them raise their children and fulfill parental obligations.

In addition, there are no known training programs for nurses in the province related to nursing care management intended particularly for solo mothers and their children. There are conferences related to mental health concerns in general but there are no orientations, trainings or seminars that capacitate nurses on how to deal with parental burnout and solo parenting. Such capacity development programs will greatly help in providing holistic care to these women as well as their children.

## **Chapter V**

### **CONCLUSION AND RECOMMENDATIONS**

#### **Summary**

The overall goals of this study are to characterize the experience of parental burnout among single moms and identify any connections between parental burnout and the characteristics of single mothers. Specifically, this study intends to: (1) describe the profile of solo mothers which includes age, educational level, condition of solo mothering, employment status, number of children living in the same household, age of children living in the same household, sex of children living in the same household, disease/disability or behavior/emotional/ learning disorder of children living in the same household, living arrangements, support system and kind of help/support received; (2) describe level of parental dimensions among solo mothers grouped according to intensity in terms of Exhaustion, Contrast, Saturation and Distancing and; (3) determine relationship between parental burnout and the profile of the solo mothers.

The goal of this present study is to determine if solo mothers in the Province of Cavite experience parental burnout especially now that we are experiencing the COVID-19 pandemic, which affects not only the solo mothers but also their children. By determining parental burnout among these solo mothers, necessary holistic nursing care can be planned and implemented depending on their needs. Necessary policies, programs and activities for this vulnerable sector can also be advocated that eventually can help them.

A descriptive correlational research design and the purposeful sampling approach were employed in the study. There were 396 solo mothers who were

participated in this study by answering a Google Form. The sample's demographic features were described using descriptive statistics, and the association between the profiles and the dimensions and degree of parental burnout was ascertained by correlation analysis.

Among the solo mothers, 4.55% of solo mothers were identified to have risk for parental burnout and 2.78% solo mothers were identified to be experiencing parental burnout. A statistically significant relationship between the age of only child and risk for parental burnout was found. Parental fatigue was shown to be connected with the sex of an only child. There is also a statistically significant relationship observed between age of solo mother as well as support system and Saturation dimension among at-risk group. Similarly, a statistically significant relationship was observed between sex and condition of at-risk solo mother's three children and Saturation dimension. Finally, it was found out that the sex of a solo mother's only child is associated with Contrast as well as Saturation dimensions among burnout solo mothers.

### **Conclusion**

The purpose of this research was to describe parental burnout experience among solo mothers and to determine significant relationship between the profile and parental burnout intensity as well as dimension among solo mothers. Based on the analysis conveyed, it can be concluded that not all solo mothers experience parental burnout. Similarly, there is a low correlation between parental burnout and the profile of solo mothers. Future exploration about this topic could be useful. Given these findings, nurses play an important role in preventing parental burnout among solo

mothers by identifying those risk and contributory factors which may affect these women and their children. Also, nurses can use the findings of this research to carefully plan and implement care congruent to the needs of solo mothers.

### **Recommendations**

Given the results of this research, it is recommended that *nurses* utilize the findings of this study as baseline data in planning and implementing appropriate interventions and effective strategies for providing holistic nursing care to solo mothers. It is also suggested that topics related to nursing care management specifically for solo parents and their children be included in capacity building activities for nurses including seminars, orientations, and conventions.

There is a need for *Local Chief Executives and Policy makers* at the provincial level to enact policies that will mandate implementation and funding of programs, projects, activities (PPAs) for solo mothers and their children. Organizing and strengthening committees and councils in Local Government Units particularly the Gender and Development Council and Local Council for the Protection of Children is also recommended which will spearhead the planning, implementation, monitoring and evaluation of PPAs for solo mothers.

Agencies such as Department of Labor and Employment (DOLE), Department of Education (DepEd), Office of the Provincial Health Officer, Office of the Provincial Social Welfare and Development Officer and Office of the Provincial Population Officer to set up suitable parental burnout prevention strategies that can help solo mothers and their children including planning and implementation of efficient and effective PPAs that will benefit *solo mothers and their children* particularly those focused on



capability building for service providers including orientations related solo parent laws, provision of assistance (such as medical, educational, livelihood), conduct of advocacy activities for prevention of parental burnout among solo mothers as well as monitoring and evaluation of PPAs implemented at the provincial level. Provision of technical assistance and resource augmentation by the provincial agencies to the city, municipal and barangay counterparts are also advised. It is also recommended for concerned agencies to organize solo parent federation in each city and municipality and federate at the provincial level. The federation will serve as the voice of the *solo parents'* sector in the province and will work together for the benefit and common good of all *solo parents* and their children.

Further study about the topic is likewise recommended for other *researchers* particularly to cover other socio-demographic variables and to include causal relationships among variables.

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## **Appendices**



**Appendix A**  
**Correspondence**

**Date**

**Ms.** \_\_\_\_\_  
**City/Municipal Social Welfare and Development Officer**  
**City/Municipality of** \_\_\_\_\_

**Dear Ms.** \_\_\_\_\_,

Good day!

I am Mary Joyce P. Lontoc, a registered nurse taking the degree Masters of Arts in Nursing Major in Maternal and Child Health at the University of the Philippines- Open University. I am a proponent of the study entitled “**Profile and Parental Burnout among Solo Mothers in the Province of Cavite, Philippines**” which purpose is to determine if solo mothers experience parental burnout. The study aims to help make improvements in terms of provision of effective and efficient programs, projects and activities and implementation of policies that will benefit solo mothers.

Relative to this, I am respectfully requesting for your approval and assistance in conducting this study in your area of jurisdiction. Likewise, may I also request for a designated focal person from your office for me to coordinate with about this endeavour. Details of the study will be discussed thoroughly prior to the conduct of the study.

If you have other inquiries or concerns, you can contact me at my mobile number +639209835528.

Thank you very much and may this merit your favourable consideration. I firmly believe that you will be of great help to make this research study a successful one

Sincerely,

**Mary Joyce P. Lontoc**

**Appendix B**  
**Research Advocacy Material for Posting in Bulletin Board/Social Media Account**

Magandang araw!

Ako si Mary Joyce P. Lontoc, isang Registered Nurse na kasalukuyang nag-aaral ng Masters of Arts in Nursing Major in Maternal and Child Health sa University of the Philippines- Open University. Sa kasalukuyan, ako ay nagsasagawa ng pag-aaral tungkol sa “**Profile and Parental Burnout among Solo Mothers in the Province of Cavite, Philippines**” at kailangan ko ng iyong tulong. Naniniwala ako na ang iyong pakikilahok ay malaking tulong upang maging matagumpay ang pag-aaral na ito.

Kung ikaw ay:

- babae na kinikilala bilang solo parent
- may anak o mga anak edad 17 years old pababa na kasamang nakatira sa bahay
- anim na buwan o higit pang nakatira sa Lalawigan ng Cavite
- inaako mag-isa ang buong responsibilidad bilang magulang

Humihingi po ako ng kaunting oras mula sa iyo upang sagutan ang aking survey sa pamamagitan ng pagpindot sa link na ito: <https://forms.google/abcde1234samplelink>  
Maraming salamat po!

**Appendix C**  
**Informed Consent Form (English Version)**

**Informed Consent Form**

[Name of Researcher]                   **MARY JOYCE PAZ-LONTOC**  
[Name of Organization]               **University of the Philippines-Open University**  
[Project and Version]               **Profile and Parental Burnout among Solo Mothers in the**  
**Province of Cavite, Philippines**

**PART I: INFORMATION SHEET**

**INTRODUCTION**

Good day! I am Mary Joyce P. Lontoc, a registered nurse taking the degree Masters of Arts in Nursing Major in Maternal and Child Health at the University of the Philippines- Open University.

I am the proponent of this study entitled “Profile and Parental Burnout among Solo Mothers in the Province of Cavite, Philippines”. I am inviting you to participate in this endeavour. You can take time to reflect if you want to participate or not. Rest assured that if you decide to participate in this study, all concepts will be explained thoroughly and if there will be questions, I will be glad to entertain any time.

**PURPOSE OF THE RESEARCH**

The purpose of this research is to determine if solo mothers experience parental burnout. The study aims to help make improvements in terms of provision of effective and efficient programs, projects and activities and implementation of policies that will benefit solo mothers.

**TYPE OF RESEARCH INTERVENTION**

The participants of this study will answer a Filipino/Tagalog questionnaire in Google form via given link which will be provided by the researcher through the designated focal person for each city, municipality and solo parent group. Research advocacy material containing the Google form link to access the questionnaire will also be posted in City/Municipal Social Welfare and Development Office’s or solo parent group’s bulletin boards and social media accounts (Instagram and/or Facebook) for information dissemination that this study is being conducted and encourage solo mothers to participate in the study. The researcher will also post the research advocacy material in her personal social media accounts.

**PARTICIPANT SELECTION**

In this study, the participants were chosen based on the following inclusion criteria: women categorized as solo parent who live with a child or children 17 years old and below, currently residing anywhere in Cavite Province for at least six (6) months, assumes full parental responsibility and consented to participate in the study. Those who will not meet any of the aforementioned criteria will be excluded in the study.

You were chosen to participate in this research because the researcher believes that you will be of great help to make this research study a successful one.

## **VOLUNTARY PARTICIPATION AND CONFLICT OF INTEREST**

The researcher would like to reiterate that you can choose to participate in the study or not. Being a government employee assigned in the Provincial Social Welfare and Development Office, the researcher would like to be clear that the office and the whole Provincial Government of Cavite has nothing to do with this study. Any of the government programs and services that you are receiving from the office will still be provided even if you choose not to participate.

## **PROCEDURES**

- A. The research study will have the data collection phase and the data analysis phase. As part of the data collection phase, the participants of the study will answer a questionnaire in Google form via given link.
- B. The questionnaire that will be answered concerns the exhaustion that one can feel as a parent. The participant will choose the answer that best matches her personal feelings. There will be no right or wrong answer.
- C. If you do not like to answer any of the questions, you can stop answering the questionnaire and your answers will not be recorded.

## **DURATION**

The research may take 4 to 6 weeks including both the duration of the research and follow-up if necessary. Answering the questionnaire will only take 20 minutes or less of your time.

## **RISKS**

Since the questionnaire will include personal issues and is confidential, potential risk for discomfort may arise. Please be assured that you do not need to answer any question or take part in the survey if you feel that it is too personal or makes you uncomfortable.

## **BENEFITS**

If the study yields a positive result, results can be useful in the crafting of policies and in planning and implementation of programs, projects and activities that will be helpful for solo mothers. However, the researcher can't guarantee that you will personally experience benefits from participating in this study. On the other hand, others may benefit in the future from the information we find in this study.

## **REIMBURSEMENTS**

Participants of this study will not receive any payment for expenses incurred as a result of their participation.

## **CONFIDENTIALITY**

Any information that is obtained in connection with this study and that can be identified with you will remain confidential and will be disclosed only with your permission or as required by the law. Your name will not be included on the forms. No one else except the researcher and statistician will have the access to the results of the survey.

## **SHARING THE RESULTS**

The results of the study can be shared to the Nurse's Organizations, Local Councils for the Protection Children, City or Municipal Health Officers, City or Municipal Social Welfare and Development Officers and other identified stakeholders needing the results during meetings or as requested. The sharing of the results of the study can be presented broadly as well through publications and conferences but rest assured that your name and details will not be mentioned during presentations.

## **RIGHT TO REFUSE OR WITHDRAW**

Your participation in this study is voluntary and includes the right to withdraw at any time of the study.

## **DATA MANAGEMENT**

All data that will be gathered will be stored and disposed properly. Only the researcher and the statistician (if needed) will have the access to the data. The collected data will remain confidential and stored on transportable media such as USB or portable external drive which will be stored securely and will be handled by the researcher. To secure electronic data, passwords will be created to gain access to data records. Research files or other confidential information will be compressed and encrypted before they are transferred to the statistician via electronic means. All electronic data will be permanently deleted after completion of the study.

## **WHO TO CONTACT**

Call or send a message to Mary Joyce Lontoc at +639209835528 or email at [candypazrn@yahoo.com](mailto:candypazrn@yahoo.com) or FB/Messenger Account Candy Paz Lontoc if you have questions about the study, if you wish to withdraw at any point from the study, any problems, unexpected discomforts, or think that something unusual or unexpected is happening.

You may also contact Ms. \_\_\_\_\_ of REC with contact details \_\_\_\_\_ who has approved the research study proposal.

In case that you think you need professional help from a psychologist, I can make a referral or you may also contact the \_\_\_\_\_ at \_\_\_\_\_.

## **PART II: CERTIFICATE OF CONSENT**

**I hereby consent to be included in the list of participants of this study that aims to determine if solo mothers experience parental burnout.**

**I have read the foregoing information. I have had the opportunity to ask questions about it and any questions I have been asked have been answered to my satisfaction. I consent voluntarily to be a participant in this study.**

Print Name of Participant: \_\_\_\_\_

Signature of Participant: \_\_\_\_\_

*\*Since the Informed Consent Form will be included in Google Form, name and signature will not be included; the participant will tick a box indicating that she consented to participate in the study.*

Date[MM/DD/YYYY]: \_\_\_\_\_

### **STATEMENT BY THE RESEARCHER OR PERSON TAKING CONSENT**

I have accurately shared the information sheet to the potential participant, and to the best of my ability made sure that the participant understands that the following will be done:

1. Information about the participant will be gathered for the purpose of the study mentioned above but identity will always be confidential
2. The participant will answer questionnaire
3. Data gathered will be confidential and will be stored and disposed properly
4. Results of the study will be shared as agreed

I confirm that the participant was given an opportunity to ask questions about the study, and all the questions asked by the participant have been answered correctly and to the best of my ability. I confirm that the individual has not been coerced into giving consent, and the consent has been given freely and voluntarily.

A copy of this Informed Consent Form has been provided to the participant.

Print Name of Researcher or person taking the consent \_\_\_\_\_

Signature of Researcher or person taking the consent \_\_\_\_\_

Date[MM/DD/YYYY]: \_\_\_\_\_

**Appendix D**  
**Informed Consent Form (Filipino Version)**

**Informed Consent Form**

[Pangalan ng Mananaliksik]

**MARY JOYCE PAZ-LONTOC**

**University of the Philippines-Open University**

**Profile and Parental Burnout among Solo Mothers in the Province of Cavite, Philippines**

**UNANG BAHAGI: INFORMATION SHEET**

**PANIMULA**

Magandang araw! Ako si Mary Joyce P. Lontoc, isang rehistradong nars na kumukuha ng degree na Masters of Arts sa Nursing Major in Maternal and Child Health mula sa University of the Philippines-Open University.

Ako ang tagapagtaguyod ng pag-aaral na ito na pinamagatang "Profile and Parental Burnout among Solo Mothers in the Province of Cavite, Philippines". Inaanyayahan kitang makibahagi sa gawaing ito. Maaari kang mag-ukol ng panahon upang pag-isipan kung gusto mong makilahok o hindi. Makatitiyak na kung magpasya kang lumahok sa pag-aaral na ito, ang lahat ng mga konsepto ay ipapaliwanag nang lubusan at kung magkakaroon ka ng mga katanungan, ikalulugod kong sagutin ang mga iyon anumang oras.

**Layunin ng Pananaliksik**

Ang layunin ng pananaliksik na ito ay ang matukoy kung ang mga solong ina ay nakakaranas ng "parental burnout" o labis na pagkapagod bilang magulang. Ang pag-aaral ay naglalayong makatulong sa pagpapabuti sa mga tuntuninng pagbibigay ng epektibo at mahusay na mga programa, proyekto at aktibidad at pagpapatupad ng mga patakaran na makikinabang ang mga solong ina.

**URI NG INTERBENSYON NG PANANALIKSIK**

Ang mga kalahok sa pag-aaral na ito ay sasagutin ang isang Filipino na talatanungan sa Google form gamit ang link na magmumula sa mananaliksik at ipapamahagi ng itinalagang focal person para sa bawat lungsod, munisipalidad at grupo ng mga solong magulang. Ilalagay din ang materyal napang-adbokasiya ng pananaliksik na naglalaman ng link ng Google form para maakses ang talatanungan sa mga bulletin board at social media account ng City/Municipal Social Welfare and Development Office o grupo ng mga solong magulang (Instagram at/o Facebook) para sa pagpapakalat ng impormasyon na ginagawa ng pag-aaral na ito at hikayatin ang mga solong ina na lumahok sa pag-aaral. Ilalagay din ng mananaliksik ang materyal na pang-adbokasiya ng pananaliksik sa kanyang mga personal na social media account.

**PAGPILI NG KALAHOK**

Sa pag-aaral na ito, ang mga kalahok ay pinili batay sa mga sumusunod na pamantayan: mga babaeng nasa kategorya ng solong magulang na nakatira kasama ang isang anak o mga batang may gulang na labing pito pababa, kasalukuyang naninirahan saanman sa Probinsya ng Cavite, umaako ng buong responsibilidad bilang magulang at pumayag na lumahok sa pag-aaral. Ang mga hindi makakatugon sa alinman sa mga nabanggit na pamantayan ay hindi isasama sa pag-aaral.

Napili kang lumahok sa pananaliksik na ito dahil naniniwala ako na malaki ang maitutulong mo upang maging matagumpay ang pag-aaral na ito.

## **BOLUNTARYONG PAKIKILAHOK AT SALUNGATAN NG KAPAKINABANGAN**

Nais kong ulitin na maaari mong piliin na lumahok sa pag-aaral o hindi. Bilang isang empleyado ng gobyerno na nakatalaga sa Provincial Social Welfare and Development Office, nais kong linawin na ang tanggapan at ang buong Pamahalaang Panlalawigan ng Cavite ay walang kinalaman sa pag-aaral na ito. Anumang programa at serbisyo ng gobyerno na iyong natatanggap mula sa opisina ay ibibigay pa rin kahit na piliin mong hindi lumahok.

### **Mga Pamamaraan**

A. Ang pananaliksik na ito ay magkakaroon ng yugto ng paglilikom ng datos at yugto ng pagsusuri ng datos. Bilang bahagi ng yugto ng paglilikom ng datos, sasagutin ng mga kalahok ng pag-aaral ang isang talatanungan sa Google form sa pamamagitan ng ibinigay na link.

B. Ang talatanungang sasagutin ay may kinalaman sa pagkapagod na nararamdaman ng isang magulang. Pipiliin ng kalahok ang sagot na pinaka-angkopsa kanyang personal na damdamin. Walang tama o maling sagot.

C. Kung hindi mo gustong sagutin ang alinman sa mga tanong, maaari mong ihinto ang pagsagot sa talatanungan at ang iyong mga sagot ay hindi itatala.

### **PANAHONG ITATAGAL**

Ang pananaliksik ay maaaring tumagal ng 4 hanggang 6 na linggo kasama ang panahong nakatalaga sa pananaliksik at pagsubaybay o follow up kung kinakailangan. Ang pagsagot sa talatanungan ay hindi lalampas ng 20 minuto.

### **MGA PANGANIB**

Dahil ang talatanungan ay may kasamang mga personal at kumpidensyal na isyu, maaaring magdulot ito ng pagkabalisa at hindi magandang pakiramdam. Hindi mo kailangang sagutin ang anumang tanong o makilahok sa survey kung sa palagay mo ay masyado itong personal o hindi ka komportable.

### **MGA BENEPISYO**

Kung ang pag-aaral ay magbubunga ng positibong resulta, ang mga resultang ito ay maaaring maging kapaki-pakinabang sa paggawa ng mga patakaran at sa pagpapalano at pagpapatupad ng mga programa, proyekto at aktibidad na makatutulong sa mga solong ina. Gayunpaman, hindi ko magagarantiya na personal kang makakatanggap ng mga benepisyo mula sa pagsali sa pag-aaral na ito. Sa kabilang banda, ang iba ay maaaring makinabang sa hinaharap mula sa impormasyong makikita natin sa pag-aaral na ito.

### **MGA KOMPENSASYON**

Ang mga kalahok ng pag-aaral na ito ay hindi makakatanggap ng anumang bayad para sa mga gastos na natamo bilang resulta ng kanilang paglahok.

### **KUMPIDENSYALIDAD**

Ang anumang impormasyon na makukuha kaugnay ng pag-aaral na ito at maaaring mapagkikilanlan sa iyo ay mananatiling kumpidensyal at isisiwalat lamang sa iyong pahintulot o ayon sa hinihingi ng batas. Ang iyong pangalan ay hindi isasama sa mga form. Walang sinuman maliban sa mananaliksik at estatistiko (statistician) ang magkakaroon ng akses sa mga resulta ng survey.



### **PAGBABAHAGI NG MGA RESULTA**

Ang mga resulta ng pag-aaral ay maaaring ibahagi sa mga Organisasyon ng Nars, Lokal na Konseho para sa Proteksyon ng mga Bata, Mga Opisyal ng Pangkalusugan ng Lungsod o Munisipyo, Mga Opisyal ng Kagalingang Panlipunan at Pagpapaunlad ng Lungsod o Munisipyo at iba pang natukoy na stakeholder na nangangailangan ng mga resulta sa panahon ng mga pagpupulong o kung hinihiling. Ang pagbabahagi ng mga resulta ng pag-aaral ay maaaring ipakita nang malawakan pati na rin sa pamamagitan ng mga publikasyon at kumperensya ngunit makatitiyak na ang iyong pangalan at mga detalye ay hindi babanggitin sa mga presentasyon.

### **KARAPATAN SA PAGTANGGIO HINDI PAGPAPATULOY**

Ang iyong pagsali sa pag-aaral na ito ay boluntaryo at may karapatan kang umatras anumang oras sa durasyon ng pag-aaral.

### **PAMAMAHALA NG DATOS**

Lahat ng datos na makakalap ay itatabi at itatago nang maayos. Tanging ang mananaliksik at ang estatistiko (kung kinakailangan) ang magkakaroon ng akses sa datos. Ang mga nakolektang datos ay mananatiling kumpidensyal at nakaimbak sa transportable media tulad ng USB o portable external drive na ligtas na maiimbak at itatago ng mananaliksik. Para masigurong protektado ang mga elektronikong datos, gagawa ng mga password para makakuha ng akses sa mga rekord ng datos. Ang mga file ng pananaliksik o iba pang kumpidensyal na impormasyon ay paliliitin at ii-encrypt bago sila mailipat sa estatistiko sa pamamagitan ng mga elektronikong paraan. Ang lahat ng elektronikong datos ay permanenteng tatanggalin pagkatapos makumpleto ang pag-aaral.

### **SINO ANG DAPAT KONTAKIN**

Tumawag o magpadala ng mensahe kay Mary Joyce Lontoc sa +639209835528 o mag-email sa [candypazrn@yahoo.com](mailto:candypazrn@yahoo.com) o FB/Messenger Account Candy Paz Lontoc kung mayroon kang mga katanungan tungkol sa pag-aaral, anumang problema, hindi inaasahang masamang pakiramdam, o sa palagay mo ay may kakaibang bagay o hindi inaasahang mangyari.

Maaari mo ring kontakin si Ms. \_\_\_\_\_ ng REC na nag-apruba sa pagpanukala sa pananaliksikna ito gamit ang detalye na \_\_\_\_\_.

Kung sa tingin mo ay kailangan mo ng propesyonal na tulong mula sa isang sikolohista, maaari akong gumawa ng referral o maaari ka ring makipag-ugnayan sa mga kinatawan ng \_\_\_\_\_ sa \_\_\_\_\_.

## **IKALAWANG BAHAGI: Sertipiko ng Pahintulot**

**Ako ay pumapayag na mapabilang sa listahan ng mga kalahok ng pag-aaral na ito na naglalayong matukoy kung ang mga solong ina ay nakakaranas ng labis na pagkapagod bilang magulang o “parental burnout”.**

**Nabasa ko ang naunang impormasyon. Nagkaroon ako ng pagkakataon na magtanong tungkol dito at anumang mga katanungan na mayroon ako ay nasagot ng maayos. Kusang-loob akong pumapayag na maging kalahok sa pag-aaral na ito.**

Pangalan ng Kalahok: \_\_\_\_\_

Lagda ng Kalahok: \_\_\_\_\_

\*Dahil ang Kasulatan sa Pabatid-Pahintulot (Informed Consent Form) ay isasama sa Google Form, ang pangalan at lagda ay hindi isasama; ang kalahok ay maglalagay ng tsek sa isang kahon na nagsasaad na pumayag siyang lumahok sa pag-aaral.

Petsa [MM/DD/YYYY]: \_\_\_\_\_

### **PAHAYAG NG MANANALIKSIK O TAONG KUMUHA NG PAHINTULOT**

Wasto kong ibinahagi ang information sheet sa potensiyal na kalahok, at sa abot ng aking makakaya ay siniguro na nauunawaan ng kalahok na ang mga sumusunod ay gagawin:

1. Ang impormasyon tungkol sa kalahok ay kukunin para sa layunin ng pag-aaral na nabanggit sa itaas ngunit ang pagkakakilanlan ay mananatiling kumpidensyal
2. Sasagutin ng kalahok ang talatanungan
3. Ang mga datos na nakalap ay magiging kumpidensyal at maayos na itatago
4. Ang mga resulta ng pag-aaral ay ibabahagi ayon sa napagkasunduan.

Kinukumpirma ko na ang kalahok ay nabigyan ng pagkakataong magtanong tungkol sa pag-aaral, at lahat ng kanyang mga tanong ay nasagot nang tama at sa abot ng aking makakaya. Kinukumpirma ko na ang kalahok ay hindi pinilit na magbigay ng pahintulot, at ang pahintulot ay ibinigay nang malaya at kusang-loob.

Ang isang kopya ng Informed Consent Form na ito ay ibinigay sa kalahok.

Pangalan ng Mananaliksik o taong kumukuha ng pahintulot \_\_\_\_\_

Lagda ng Mananaliksik o taong kumukuha ng pahintulot \_\_\_\_\_

Petsa[MM/DD/YYYY]: \_\_\_\_\_

**Appendix E**  
**Research Instrument (English Version)**

Dear Respondent,

This study is for research purposes only and information provided will be treated confidentially. Thank you for the anticipated cooperation.

Email Address: \_\_\_\_\_

City/Municipality where you live: \_\_\_\_\_

Age: \_\_\_\_\_

Educational level:

- |  |   |
|--|---|
| <input type="checkbox"/> Elementary undergraduate  | <input type="checkbox"/> Elementary graduate  |
| <input type="checkbox"/> High school undergraduate | <input type="checkbox"/> High school graduate |
| <input type="checkbox"/> College undergraduate     | <input type="checkbox"/> College graduate     |
| <input type="checkbox"/> Post graduate             |   |

Family structure:

- |                                    |  |
|------------------------------------|--|
| <input type="checkbox"/> By Choice | <input type="checkbox"/> By Circumstance |
|------------------------------------|--|

Employment status:

- |  |   |
|--|---|
| <input type="checkbox"/> Employer      | <input type="checkbox"/> Wage and Salary Worker |
| <input type="checkbox"/> Self-employed | <input type="checkbox"/> Unemployed             |

Number of children living in the same household: \_\_\_\_\_

Details about Child/Children living with the respondent:

No.	Age of Child	Sex M-Male F-Female	Does your child have disease, disability or behavior/ emotional/ learning disorder?	
			Yes	No
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				

Whom are you living with?

- |   |                                  |                                  |
|---|----------------------------------|----------------------------------|
| <input type="checkbox"/> Parent/s and/or Siblings | <input type="checkbox"/> In-laws | <input type="checkbox"/> Friends |
| <input type="checkbox"/> Other family members     | <input type="checkbox"/> Others  |                                  |

Who helps you in fulfilling your parental responsibilities?

- Parent/s and/or Siblings     
  In-laws     
  Friends  
 Other family members     
  Others

What kind of help/support?

- Financial     
  Emotional     
  Spiritual

The questionnaire below concerns the exhaustion that one can feel as a parent. Choose the answer that best matches your personal feelings. There is no right or wrong answer. If you have never had this feeling, indicate: "Never". If you felt this way, indicate how often by ticking among the options ranging from "A few times a month or less" to "Daily".

	<i>Never</i>	<i>A few times a year</i>	<i>Once a month or less</i>	<i>A few times a month</i>	<i>Once a week</i>	<i>A few times a week</i>	<i>Every day</i>
1. I'm so tired out by my role as a parent that sleeping doesn't seem like enough							
2. I feel as though I've lost my direction as a mum							
3. I feel completely run down by my role as a parent							
4. I have zero energy for looking after my child(ren)							
5. I don't think I'm the good mother that I used to be to my child(ren)							
6. I can't stand my role as mother any more							
7. I feel like I can't take any more as a parent							
8. I have the impression that I'm looking after my child(ren) on autopilot							
9. I have the sense that I'm really worn out as a parent							

10. When I get up in the morning and have to face another day with my child(ren), I feel exhausted before I've even started							
11. I don't enjoy being with my child(ren)							
12. I feel like I can't cope as a parent							
13. I tell myself that I'm no longer the parent I used to be							
14. I do what I'm supposed to do for my child(ren), but nothing more							
15. My role as a parent uses up all my resources							
16. I can't take being a parent any more							
17. I'm ashamed of the parent that I've become							
18. I'm no longer proud of myself as a parent							
19. I have the impression that I'm not myself any more when I'm interacting with my child(ren)							
20. I'm no longer able to show my child(ren) how much I love them							
21. I find it exhausting just thinking of everything I have to do for my child(ren)							
22. Outside the usual routines (lifts in the car, bedtime, meals), I'm no longer able to make an effort for my child(ren)							
23. I'm in survival mode in my role as a parent							

Source : Roskam, I, &Mikolajczak, M. (2018). A step forward in the measurement of parental burn-out : The Parental Burnout Assessment. *Frontiers in Psychology*.

Thank you for your participation!

**Appendix F**  
**Research Instrument (Filipino/Tagalog Version)**

Mahal na Tagasagot (Respondent),

Ang pag-aaral na ito ay para sa mga layunin ng pananaliksik lamang at ang impormasyong ibinigay ay ituturing na kumpidensyal. Salamat sa iyong kooperasyon.

Email Address: \_\_\_\_\_

Lungsod/Munisipyo kung saankanakatira: \_\_\_\_\_

Edad: \_\_\_\_\_

Antas ng edukasyon:

- |   |   |
|---|---|
| <input type="checkbox"/> Hindi nakatapos ng elementarya<br><input type="checkbox"/> Hindi nakataposng hayskul<br><input type="checkbox"/> Hindi nakataposng kolehiyo<br><input type="checkbox"/> Gradwado | <input type="checkbox"/> Nakatapos ng elementarya<br><input type="checkbox"/> Nakatapos ng hayskul<br><input type="checkbox"/> Nakataposng kolehiyo |
|---|---|

Istruktura ng Pamilya:

- Sa pamamagitan ng mga pangyayari

Katayuan ng trabaho:

- |   |   |
|---|---|
| <input type="checkbox"/> May-ari ng kompanya o negosyo<br><input type="checkbox"/> May sariling trabaho o self-employed | <input type="checkbox"/> Empleyado o Sinuswelduhan<br><input type="checkbox"/> Walang trabaho |
|---|---|

Bilang ng mga bata na nakatira sa isang bahay: \_\_\_\_\_

Mgadetalye tungkol sa Bata/Mga Bata na nakatira kasama ng kalahok:

No.	Edad ng bata	Kasarian L- Lalaki B-Babae	Ang iyong anak ba ay may sakit, kapansanan o pag-uugali/emosyonal/kapansanan sapag-aaral?	
			<i>Oo</i>	<i>Wala</i>
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				

Sino ang mga kasama mo sa bahay?

- Magulang at/o Kapatid                      MgaBiyenan                      MgaKaibigan                      Iba

pang miyembro ng pamilya                      Iba pa

Sino ang tumutulong sa iyo sa pagtupad ng iyong mga responsibilidad bilang magulang?

- Magulang at/o Kapatid                      Mga Biyenan                      Mga Kaibigan                      Iba

pang miyembro ng pamilya                      Iba pa

Anong uri ng tulong o suporta?

- Pinansiyal                      Emosyonal                      Espiritwal

Ang talatanungan saibaba ay may kinalaman sa pagkahapo o pagkapagod na nararamdaman bilang isang magulang. Piliin ang sagot na pinaka-angkop sa iyong personal nadamdamin. Walang tama o maling sagot. Kung hindi mo pa nararanasan ang ganitong pakiramdam, ipahiwatig ang: “Hindi kailanman”. Kung ganito ang naramdaman mo, ipahiwatig kung gaano kadalas sa pamamagitan ng pagmarka sa mga opsiyon mula sa "Ilang beses sa isang buwan o mas kaunti" hanggang sa "Araw-araw".

	<i>Hindi kailanman</i>	<i>Ilang beses sa isang taon</i>	<i>Isang beses sa isang buwan o mas kaunti</i>	<i>Ilang beses sa isang buwan</i>	<i>Isang beses sa isang linggo</i>	<i>Ilang beses sa isang linggo</i>	<i>Araw-araw</i>
Pagod na pagod na ako sa aking tungkulin bilang isang magulang na tila hindi sapat na pahinga ang pagtulog							
Pakiramdam ko ay nawalan ako ng direksiyon bilang isang ina							
Pakiramdam ko ay pagod na pagod ako sa aking tungkulin bilang isang magulang							
4. Wala akong lakas para alagaan ang aking (mga) anak							

5. Palagay ko'y hindi na ako ang dating mabuting nanay sa aking (mga) anak.							
6. Hindi ko na kayang panindigan ang tungkulin ko bilang ina							
7. Pakiramdam ko ay hindi ko na kaya maging isang magulang							
8. Mayroon akong impresyon na binabantayan ko ang aking (mga) anak nang hindi ayon sa aking kagustuhan pero dahil iyon ay dapat							
9. Meron akong pakiramdam na pagod na pagod na ako bilang isang magulang							
10. Kapag bumabangon ako sa umaga at kailangang harapin ang isa pang araw kasama ang aking (mga) anak, pakiramdam ko ay pagod na pagod ako bago pa man ako magsimula.							
11. Hindi ako natutuwa na makasama ang aking (mga) anak							
12. Parang hindi ko na kakayanin ang maging isang magulang							
13. Sinasabi ko sa sarili ko na hindi na akoang dating ako bilang isang magulang.							



14. Ginagawa ko ang dapat kong gawin para sa aking (mga) anak, ngunit wala nang iba pa							
15. Ang aking tungkulin bilang isang magulang ay umuubos sa lahat ng aking lakas at mapagkukunan nito.							
16. Hindi ko na kaya ang pagiging magulang							
17. Nahihya ako sa nagging ako bilang magulang							
18. Hindi ko na maipagmamalaki ang sarili ko bilang isang magulang							
19. Mayroon akong pakiramdam na wala na ako sa aking sarili kapag nakikipag-ugnayan ako sa aking (mga) anak							
20. Hindi ko na kayang ipakita sa aking (mga) anak kung gaano ko sila kamahal							
21. Nakakapagod isipin ang lahat ng kailangan kong gawin para sa (mga) anak ko							
22. Sa labas ng karaniwang gawain (pagsakay sa kotse, oras ng pagtulog, pagkain), hindi ko na magawang magsikap sa ibang bagay para sa aking (mga) anak.							

23. Ako'y nagpapakatatag sa aking papel bilang magulang							
---	--	--	--	--	--	--	--

*Pinagmulan: Roskam, I, & Mikolajczak, M. (2018). A step forward in the measurement of parental burn-out: The Parental Burnout Assessment. Frontiers in Psychology.*

Salamat sa inyong pakikibahagi!

**Appendix G**  
**Certification for Translation**



**UNIVERSITY OF THE PHILIPPINES MANILA**  
**SENTRO NG WIKANG FILIPINO**

3/P Gusaling Joaquin Gonzales, Padre Faura St., Ermita, Manila  
Telephone Nos. (632) 8526 2492; 8814 1246 Email: upm-swf@up.edu.ph



September 13, 2022

**CERTIFICATION**

This is to certify that the Sentro ng Wikang Filipino University of the Philippines Manila translated the ICF and Questionnaire for the study entitled "Profile and Parental Burnout among Solo Mothers in the Province of Cavite, Philippines" from English to Filipino.

Date translated: August 22, 2022

Name of Translator/s: Mr. Ryan Machado


Date edited: September 3, 2022

Name of Editor/s: Ms. Ma. Caselyn B. Morada

The translation of the document was reviewed and verified to be a generally accurate representation of the document in the original language (English).

Sentro ng Wikang Filipino Manila attests to the correctness and accuracy of the translated document done by its bonafide translator.

This certification is being issued upon the request of Ms. Mary Joyce P. Lontoc for whatever purpose it may serve her.

  
CAROLINA S. PULUMBARIT  
Assistant Professor and Director

**Appendix H**  
**Letter to the Author of the Research Instrument**

Good day Professors Roskam and Mikolajczak,

I am Mary Joyce Paz-Lontoc, a registered nurse from the Philippines and is currently studying at the University of the Philippines-Open University taking my Master of Arts in Nursing Major in Maternal and Child Health degree. In partial fulfillment of the requirements in the university, we are required to do a study in line with maternal and child health concepts.

Upon discussion with my thesis adviser, I decided to pursue the study about parental burnout among solo mothers in a province here in the Philippines.

Reading about your studies and other details about what you did regarding Parental Burnout made me eager to pursue the proposed study.

In relation to this, I am respectfully requesting for your approval to use the PBA questionnaire in my study.

Thank you very much and I am anticipating that this will be given a positive response. Your help will be very much appreciated.

Sincerely,

Mary Joyce Paz-Lontoc, RN  
UP-Open University MAN Student  
Student No. 2011-81655  
Contact No: +639209835528

## **Appendix I**

### **Response from the Author of the Research Instrument**

Dear Mary,

Thanks for your e-mail and the interest in our work. Moïra and I believe that anyone should be able to measure parental burnout for free. So you can use the PBA in your research.

Note that, thanks to the International Investigation of Parental Burnout, the PBA is available in more than 20 languages. The foreign translations can be downloaded from our website <https://www.burnoutparental.com/instruments-and-materials>.

I attach the English version of the files you need to use the PBA to this email. The choice of diagnostic thresholds is always debatable, different approaches and cut-off scores, such as displaying at least 66.6% of the parental burnout symptoms every day (see the categories in the document which is joint to this email), or scoring higher than 1.5 standard deviation above the group mean, have been suggested to identify parents showing parental burnout (for a review, see Brianda et al., 2020).

Recently, we applied multi-informant and multi-method assessment to provide clinicians with validated cut-off scores on the PBA. By using bundle of indicators of parental burnout, such as self-reports of parents, views of external clinical judges, and biological measure of chronic stress (the hair cortisol concentration), we ended up on the following validated cut-off criteria values on PBA: 86.26 (95% CI: 79.49 – 93.03) for the identification of parents suffering from parental burnout and 52.67 (95% CI: 40.91 – 64.43) for identifying parents at risk of developing clinically significant levels of parental burnout (see <https://osf.io/ujfb3> for more details about the preregistered analysis strategy).

Do not hesitate to come back to us for further information.

Best,  
Isabelle & Moïra

Prof. Isabelle ROSKAM  
Université catholique de Louvain (UCLouvain)  
Psychological Sciences Research Institute (IPSY)  
10 Place du Cardinal Mercier  
1348 Louvain-la-Neuve  
Belgium  
[www.burnoutparental.com](http://www.burnoutparental.com)

## **Appendix J Debriefing Statement (English)**

Thank you for your participation!

### **PURPOSE OF THE RESEARCH**

The purpose of this research is to determine if solo mothers experience parental burnout. The study aims to help make improvements in terms of provision of effective and efficient programs, projects and activities and implementation of policies that will benefit solo mothers.

### **CONFIDENTIALITY**

Any information that is obtained in connection with this study and that can be identified with you will remain confidential and will be disclosed only with your permission or as required by the law. Your name will not be included on the forms. No one else except the researcher and statistician will have the access to the results of the survey.

### **WHO TO CONTACT**

Call or send a message to Mary Joyce Lontoc at +639209835528 or email at [candypazrn@yahoo.com](mailto:candypazrn@yahoo.com) or FB/Messenger Account Candy Paz Lontoc if you have questions about the study, if you wish to withdraw at any point from the study, any problems, unexpected discomforts, or think that something unusual or unexpected is happening.

You may also contact Ms. \_\_\_\_\_ of REC with contact details \_\_\_\_\_ who has approved the research study proposal.

In case that you think you need professional help from a psychologist, I can make a referral or you may also contact the \_\_\_\_\_ at \_\_\_\_\_.

## **Appendix K Debriefing Statement (Filipino)**

Salamat sa inyong pakikibahagi!

### **Layunin ng Pananaliksik**

Ang layunin ng pananaliksik na ito ay ang matukoy kung ang mga solong ina ay nakakaranas ng “parental burnout” o labis na pagkapagod bilang magulang. Ang pag-aaral ay naglalayong makatulong sa pagpapabuti sa mga tuntunin ng pagbibigay ng epektibo at mahusay na mga programa, proyekto at aktibidad at pagpapatupad ng mga patakaran na makikinabang ang mga solong ina.

### **KUMPIDENSYALIDAD**

Ang anumang impormasyon na makukuha kaugnay ng pag-aaral na ito at maaaring mapagkikilanlan sa iyo ay mananatiling kumpidensyal at isisiwalat lamang sa iyong pahintulot o ayon sa hinihingi ng batas. Ang iyong pangalan ay hindi isasama sa mga form. Walang sinuman maliban sa mananaliksik at estatistiko (statistician) ang magkakaroon ng akses sa mga resulta ng survey.

### **SINO ANG DAPAT KONTAKIN**

Tumawag o magpadala ng mensahe kay Mary Joyce Lontoc sa +639209835528 o mag-email sa [candypazrn@yahoo.com](mailto:candypazrn@yahoo.com) o FB/Messenger Account Candy Paz Lontoc kung mayroon kang mga katanungan tungkol sa pag-aaral, anumang problema, hindi inaasahang masamang pakiramdam, o sa palagay mo ay may kakaibang bagay o hindi inaasahang mangyari.

Maaari mo ring kontakin si Ms. \_\_\_\_\_ ng REC na nag-apruba sa pagpanukala sa pananaliksikna ito gamit ang detalye na \_\_\_\_\_.

Kung sa tingin mo ay kailangan mo ng propesyonal na tulong mula sa isang sikolohista, maaari akong gumawa ng referral o maaari ka ring makipag-ugnayan sa mga kinatawan ng \_\_\_\_\_ sa \_\_\_\_\_.

## Appendix L Curriculum Vitae of Private Psychologist

**ALYSSA KAE SOLIS ALEGRE, RPm, MPsy(Clin), Rpsy, ICAPH**  
 Brgy. Guinhawa South Tagaytay City, Cavite  
 Contact No.: 09062045712  
 E-mail address: *alyssa.alegre23@gmail.com*



**Registered Psychometrician**  
**Registered Psychologist**  
**International Certified Addiction Professional II**  
**Certified Gestalt Therapist**  
**Employee Assistance Program (EAP) Professional**  
**Psychological Association of the Philippines (PAP) Board Member**  
**Psychological Association of the Philippines (PAP) Executive Committee-ERO**

### EDUCATIONAL BACKGROUND

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<i>Graduate Studies</i>	<p><b>Polytechnic University of the Philippines (PUP)</b>          Doctor Of Philosophy in Psychology major in Clinical Psychology          On-going          48 units</p> <p><b>Lyceum of the Philippines</b>          Doctor of Philosophy in Psychology          Batangas City          August 2019- November 2020          12 units</p> <p><b>University of Santo Tomas</b>          Master in Psychology specialization in clinical psychology          January 2016- May 2018</p>
<i>Tertiary</i>	<p><b>Cavite State University-Main Campus</b>          Indang, Cavite          Bachelor of Science in Psychology          June 2011 – April 2015  <i>Full Academic Scholar</i></p> <p><b>AMA Computer Learning Center</b>          Dasmariñas, Cavite          Computer System, Design and Programming          2009-2011  <i>Full Academic Scholar</i></p>
<i>Secondary</i>	<p><b>Tagaytay City National High School</b>          Tagaytay City, Cavite          June 2005 – April 2009  <i>First Honorable Mention</i></p>
<i>Primary</i>	<p><b>Isidro Cuadra Elementary School</b>          Brgy. Asisan, Tagaytay City          June 1999 – March 2005  <i>Valedictorian</i></p>



## EMPLOYMENT BACKGROUND

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<b>Clinic Operations Director</b>	Light Level Psychological Solution Inc	July 2022- present
<b>Consultant/ Psychologist</b> (Counseling and Psychotherapy)	Childfam Possibilities Psychosocial Services (CPPS)	February 2022-present
<b>Professorial Lecturer</b>	Samuel Christian College	February 2021-present
<b>Consultant/ Psychologist</b> (Counseling and Psychotherapy)	Prescription Psychiatrist Psychologist (PPP)	April 2021-January 2022
<b>Consultant on Mental Health Community Based Rehabilitation Program</b>	Municipality of GMA, Cavite	February 2021-January 2022
<b>Consultant/ Psychologist</b> (Counseling and Workplace Coaching)	Active One, Reliance Health Inc. UNILAB	August 19, 2020-present
<b>Consultant on Mental Health Technical Working Group</b>	Commission on Human Rights	February 2020-December 2020
<b>Consultant/Psychologist</b>	My-Cord	Dec 20, 2019-present
<b>Clinical Director/Psychologist</b>	Lifeline Rehabilitation Center Brgy. Lalaan II Silang Cavite	July 2, 2015-present
<p>Program Development            Supervising Psychometricians            Inpatient and Outpatient Psychological Treatment (clients with SUD, Bipolar Disorder, Depression, Trauma and Stress Related Disorder, ASD, ADHD)            Couple Counseling            Family Counseling            Screening and Psychological Assessment            Counseling and Psychotherapy            OJT supervision</p>		
<b>Professor/ lecturer</b> (Master Level- MA in Psychology)	St. Dominic of Asia Bacoor, Cavite	September 07, 2019-present
<b>Assistant Professor (part time)</b> (Undergraduate level Pre-Med, BS Psychology)	AMA School of Medicine General Trias, Cavite	June 3, 2019 – March 2020
<b>Consultant/ Psychologist</b>	Brand New Day (NGO) Silang Cavite	September 2018-December 2020

<b>Instructor I</b>	Cavite State University Main Indang Cavite	June 15, 2015- May 2018
Teaching Research Student's Adviser Thesis Adviser Statistician Expert Validator		
<b>English Tutor</b>	Yun's Korean Center St. Martin Village Silang Bayan	September 11, 2014- January 23, 2015
<b>On the Job Training</b>	CvSU- Child Development Center Mentor: Mrs. Mylene Ramirez 120 hour	June 23 – Aug. 6, 2014
<b>On the Job Training</b>	Higher Power Place Inc Mentor: Leonora L. Torrente 120 hours	May 21 – June 4, 2014
<b>On The Job Training</b>	Magsaysay Institute of Shipping Scholarship Department Mentor: Mrs. Cheryl Gabarda 120 hours	April 21 – May 16, 2014
<b>Marketing Secretary</b>	RunCav Talents and Events Prod. Dasmariñas Cavite	Dec. 2011-June 2012
<b>Marketing and Events Secretary</b>	Tagaytay Hotel Olivarez Plaza, Tagaytay City	April 2011- Oct. 2011

#### ELIGIBILITY

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Registered Psychometrician	Lic No. 4143	August 9, 2015
Registered Psychologist	Lic No. 1223	November 28, 2018
International Certified Addiction Professional II	Cert No. 250	January 11, 2020

#### PROGRAM DEVELOPMENT

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**Commission on Human Rights-Mental Health Visitorial Program**  
Commission on Human Rights  
March 2020-December 2020

**Commission on Human Rights-Mental Health Investigative Program**  
Commission on Human Rights  
March 2020-December 2020

**Community-Based Rehabilitation Treatment Program**  
Municipality of GMA Cavite  
February 2021-January 2022

**ORGANIZATION/ AFFILIATION**

<b>ORGANIZATION</b>	<b>POSITION</b>	<b>EXCLUSIVE YEAR</b>
Psychological Association of the Philippines	Board Member (Ethics Review Board and Public Interest)	October 2021-present
Internal Society of Substance Use Professionals	Deputy Chairperson	February 2021-September 2021
Psychological Association of the Philippines-CALABARZON-MIMAROPA	Member	2014-present
Psychological Association of the Philippines (PAP)	Member	2015-2021
College of Arts and Sciences-Student Council	Vice President Internal Affairs	2013-2014
College of Arts and Sciences-Student Council	Secretary	
Psychological Association of the Philippines – Junior Affiliate	Member	2014 – 2015

**RESEARCH PAPERS PREPARED/ PRESENTATION**

**Family Functioning, Differentiation of Self and Drug Use of People Who Use Drugs (PWUD) in CALABARZON and NCR**  
December 2020  
Polytechnical University of the Philippines

**Program Evaluation of Zamboanga del Norte Federation of Parents Association, Inc. (ZNFPA)**  
November 2018-January 30, 2018  
ChildFund Philippines

**Evaluation of Therapeutic Community as a Modality in Selected Rehabilitation Centers in Cavite: A basis for Program Enhancement**  
Master's Thesis  
University of Santo Tomas

MA Clinical Psychology  
May 2018

Research Presentation  
CALABARZON Conference  
De La Salle University  
Dasmarinas, Cavite

**Research Project: Impact of Parental Interchanged Roles on Family Members in Cavite**

Presented for funding  
Cavite State University-Main Campus  
April 11, 2016

**Keri o Ligwak: Bullying Experiences, Perceived Social Acceptance and Coping Mechanisms of Transvestite and Non-Transvestite Gays**

Undergraduate Thesis  
Cavite State University Main  
April 2015

**SEMINARS, TRAINING, WORKSHOPS, AND SPEAKING ENGAGEMENTS**

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- Training Facilitator  
**Stress Resilience Toolbox**  
San Miguel Infrastructure  
May 2022-present
- Training Facilitator  
**Stress Resilience Tool Box**  
Insular life  
May 2022-July 2022
- Resource Speaker  
**Work-Life Balance During Challenging Times: Mental Health Webinar Series**  
Department of Interior And Local Government  
October 20, 26, and November 3, 2021
- Resource Speaker  
**#SuperJuan #WonderJuan Building Self Confidence**  
Commission on Appointment  
March 18, 2021
- Resource Speaker  
**Building Resilience**  
Commission on Appointment  
Nov 26 and Dec 1, 2020
- Trainer/ Resource Speaker  
**Training on Understanding Self, Deepening Activities**  
Technological University of the Philippines (TUP)  
Nov 11, 2020
- Resource Speaker  
**Navigating Stress and Coping Strategies**  
Coca Cola Inc  
Oct 15, 2020
- Resource Speaker  
**Building Resilience**  
Senate of the Philippines  
Nov 4, 2020

- Resource Speaker (International level)  
**Building Resilience**  
POLO OWWA KOREA  
July 26, 2020
- Resource Speaker  
Psychological Association of the Philippines  
**How to deal with a suicidal caller: Suicide Assessment and Prevention**  
April 21, 2020
- Program facilitator  
**Katatagan Online: Resilience Program**  
May- June 2020
- Participant
- Participant  
**ISSUP Webinar: Motivational Interviewing Course (International level)**  
**Session 2 and 3: Fundamental Skills in MI (OARS)**  
June 18, 2020
- Trainee  
**Walk-through training on Basic Level Series of the Universal Treatment Curriculum for Substance Use Disorders (International level)**  
**Universal Treatment Curriculum 1-8**  
August 19-28, 2019  
Amorsolo Square, Rockwell , Makati, Philippines
- Trainee  
**UTC 8-Ethics for Addiction Professional**  
July 8 to 11 2019  
Lifeline Rehabilitation Center,  
Lalaan II, Silang Cavite
- Trainee  
**10<sup>th</sup> Recovery Symposium**  
**Course 1-Delivery of Peer Recovery Support Services (International level)**  
October 8-12 2018  
Intercontinental Westlake Hotel  
Hanoi, Vietnam
- Trainee  
**UTC 1 Physiology and Pharmacology of Addiction Professionals**  
**UTC 6- Case Management for Addiction Professional (International level)**  
November 6-10, 2017  
ISSUP Philippines National Conference  
Novotel, Cubao, Quezon City
- Participant  
**STEP BY STEP: A SEMINAR WORKSHOP ON QUALITATIVE RESEARCH**  
March 03, 2017  
Department of Social Science and Humanities, Psychology Department
- Trainee  
**INTENSIVE WORKSHOP IN GESTALT THERAPY**  
February 9-11, 2017  
De La Salle University  
Dasmarinas Cavite
- Participant

**CAS ORIENTATION/ SEMINAR-WORKSHOP ON INTERGARTION OF GENDER AND DEVELOPMENT IN COURSE SYLLABI AND CLASSROOM METHODOLOGIES AND IN RESEARCH AND EXTENSION AGENDA**

January 5, 2017

SM Rolle Hall

Cavite State University Main

- Participant  
**THE PSCHOLOGY OF ADDICTION: A SEMINAR ON DRUG RECOVERY SUPPORT PROGRAM**  
November 25, 2016  
Tanghalang Teresita  
University of Santo Tomas
- Participant  
**Opportunities and Challenges for Psychology Graduates Developing Essential Core Competencies**  
November 2, 2016  
Provincial Capitol Gymnasium  
Trece Martires City, Cavite
- Facilitator  
**NO BIO NO BOTO**  
March 14, 2016  
SM Rolle Hall  
Cavite State University Main
- Participant  
**SEMINAR- WORKSHOP ON MAINSTREAMING GENDER AND DEVELOPMENT ON CAS FACULTY RESEARCHERS**  
December 08, 2015  
SM Rolle Hall  
Cavite State University Main
- Facilitator  
**FLIP THE COIN: Seminar/Workshop on Doing Qualitative Research**  
SM Rolle Hall  
Cavite State University Main
- Participant  
**SYNERGY: Raising the Bar of Services for Survivors of Sexual Exploitation and Violence**  
Oct 27, 2015  
Thomas Aquinas Research Complex  
University of Santo Thomas
- Participant  
**“Let’s Do Quali”: Seminar/Workshop on Teaching and Doing Qualitative Research**  
Oct 10, 2015  
Mini Auditorium Tech Building  
Far Eastern University Manila
- Participant  
**H0tindad: Pagtuklas sa Maskara at Pagkatao ng mga Pilipino sa Likod ng Makabagong Panahon**  
Sept 12, 2015  
Freedom Hall  
Lyceum of the Philippines, Batangas
- Participant

**Psychology Circle @12: Enhancing the Talents and Skills of Psychology Students of Competence**

Feb 27, 2015

SM Rolle hall

Cavite State University, Main

- Participant

**Pre Employment Seminar 2014**

Aug 28, 2014

Sm Rolle Hall

Cavite State University, Main

- Participant

**RA 10029: Professionalizing the Practice of Psychology**

Aug 23, 2014

Sm Rolle Hall

Cavite State University, Main

- Participant

**Leadership Challenges: Inspiring others to Make a Difference**

August 11, 2014

SM Rolle Hall

Cavite State University Main

- Participant

**Jesse Robredo Caravan of Good Governance**

June 25, 2014

Quadrangle

Cavite State University Main

- Participant

**Integrating Mindfulness in Personal Life and Professional Practice**

January 18, 2014

University of the East

Caloocan City

- Participant

**PAPJA 2014: Philippine Psychology in the Midst of Change**

January 17, 2014

SMX Center - MOA

Passay City

- Participant

**From Interview to feedback: What you need to know about psychological assessment**

December 6, 2013

Provincial Gymnasium

Trece Martires City, Cavite

- Participant

**A journey to the Self: See, Elavate, Love and Flourish**

May 22 2013

SM Rolle Hall

Cavite State University Main

- Participant

**I LEAD: Empowering Student's Morality and Personality towards effective Leadership**

March 7, 2013

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SM Rolle Hall

- Cavite State University Main

  - Facilitator  
**Why psychology? Why Not? Enthusiasm, Optimism and Enhancement of the Psyche**  
 Sept 20, 2012  
 SM Rolle Hall  
 Cavite State University Main
  - Participant  
**Diversity of Skills, Talents and Artistry Geared Toward unity**  
 February 23, 2012  
 SM Rolle Hall  
 Cavite State University Main

**PERSONAL BACKGROUND**

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Date of Birth:	23 February 1992	Place of Birth:	Pasay City
Civil Status:	Single	Nationality:	Filipino
Religion:	Roman Catholic	Gender:	Female

**ALYSSA KAE SOLIS ALEGRE**



**Appendix M**  
**Memorandum of Agreement with Private Psychologist**

**MEMORANDUM OF AGREEMENT**

**KNOW ALL MEN BY THESE PRESENTS:**

This MEMORANDUM OF AGREEMENT is entered into by and between:

**MARY JOYCE M. PAZ-LONTOC**, of legal age, Filipino citizen, married and residing at Block 18 Lot 21 Camella Trece, Brgy. Cabuco, Trece Martires City, Cavite hereinafter called the "FIRST PARTY";

-and-

**ALYSSA KAE S. ALEGRE**, of legal age, Filipino citizen, single, and residing at Guinhawa South Tagaytay City, hereinafter called the SECOND PARTY.

**WITNESSETH:**

**WHEREAS**, the FIRST PARTY is a graduate student at the University of the Philippines Open University and conducting a thesis entitled " Profile and Parental Burnout among Solo Mothers in the Province of Cavite, Philippines ", as a requirement to complete her Degree in Master of Arts in Nursing;

**WHEREAS**, the FIRST PARTY will conduct her survey among solo mothers in the Province of Cavite as respondents through Google Forms from October 12, 2022 to November 12, 2022;

**WHEREAS**, the FIRST PARTY is aware that the questions on the survey forms might cause emotional distress to the respondents. Hence, there is a need to have a standby Clinical Psychologist who can provide professional psychological help to respondents;

**WHEREAS**, the SECOND PARTY is a registered Clinical Psychologist who can provide and agreed to provide the professional psychological help that may be needed by the respondents of the FIRST PARTY;

**NOW THEREFORE**, for and in consideration of the premises, the owner and the contractor entered into this Contract with the following terms and conditions to wit:

1. The SECOND PARTY authorized the FIRST PARTY to provide the respondents with the contact details of the SECOND PARTY by indicating her contact details on the Informed Consent and Debriefing Statement on the Survey Forms;
2. The SECOND PARTY agreed to provide professional psychological services to the respondents of the FIRST PARTY in case of a psychological adverse events to the respondents;
3. The SECOND PARTY agreed to charge the amount of Two Thousand Two Hundred Pesos (Php 2,200.00) for one-hour psychological counseling as a professional fee;

4. The PARTIES agreed that the professional fee of the SECOND PARTY for the psychological counseling should be for the account of the respondent engaged in her service/s;

IN WITNESS WHEREOF, the parties have hereunto set their hands this \_\_\_ day of NOV 09 2022 at PROVINCE OF CAVITE.

*Mary Joyce M. Paz-Lontoc*  
MARY JOYCE M. PAZ-LONTOC  
FIRST PARTY

*Alyssa Kae S. Alegre*  
ALYSSA KAE S. ALEGRE  
SECOND PARTY

SIGNED IN THE PRESENCE OF:

*Ederlyn T. Matigres*  
*Juel F. Salazar*

ACKNOWLEDGMENT

REPUBLIC OF THE PHILIPPINES )  
PROVINCE OF CAVITE )S.S.  
PROVINCE OF CAVITE )

BEFORE ME, a Notary Public, this NOV 09 2022 day of \_\_\_\_\_ in PROVINCE OF CAVITE, Philippines, personally appeared:

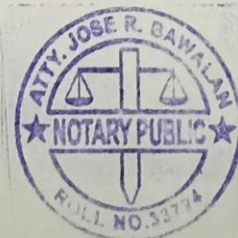
NAME	EVIDENCE OF IDENTITY	DATE/PLACE ISSUED
MARY JOYCE M. PAZ-LONTOC	_____	_____
ALYSSA KAE S. ALEGRE	_____	_____

known to me to be the same persons who executed the foregoing Memorandum of Agreement and they acknowledge to me that the same is their free act or deed.

This instrument, consisting of TWO (2) pages, including the page on which this acknowledgment is written, has been signed on the left margin of each and every page thereof by the parties and their witnesses, and sealed with my notarial seal.

IN WITNESS WHEREOF, I have hereunto set my hand and affixed my notarial seal, on the day, year and place above-written.

Doc No. 192;  
Page No. 29;  
Book No. XXIV  
Series of 2022.



ATTY. JOSE R. BAWALAN  
Notary Public for the Province of Cavite  
Until December 31, 2022  
PTR No. 5502793 Trece Martires, Cavite 01/04/2022  
IBP No. 172060 Cavite Chapter 01/05/2022  
MCLE No. VI-0029726 Valid until 04/14/2022  
Roll No. 33794  
Brgy. Luciano Trece Martires Cavite