

75 Years of Independence of India Opportunities and Challenges



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Azadi Ka
Amrit Mahotsav

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22	Nationalism Portrayed In Bankim Chandra Chatterjee's Novel Anandamath	Dr. Shaikh Laikh Shaikh Mahemood	217
23	Problems Of Old Age	Dr. Raneer Jaganna thrao Jadhav	225
24	Problems Of Old Age: Challenges Of Indian Society	Ms. Neelam Kumari	230
25	Open Source Software And Library Applications	Prof. Ravi Kishanrao Chavan	238
26	Use Of Remote Sensing Techniques In Landuse Planning In Latur District	Dr. Sanjay Raosaheb Sawate	244
27	Problems And Solutions For Elderly People While Adjusting To The Younger Class	Dr. Susmita S. Durgule	254
28	Single Parent Families & Their Impact On Children In Maharashtra	Dr. Ayodhya Pawal	260
29	Freedom Struggle As A Backdrop In The Works Of Prominent Indian Writers	Sampat Lal Bhadu	266
30	An Analysis On Impact Of Covid-19 On Indian Commercial Real Estate Emerging Trends In New Normal	Mr. Jawale Gautam R.	273
31	Comparative Study On Speed And Agility Among The Different Games	Jadhav Rohidas Laximan Dr. Balasaheb Sarpate	283

Single Parent Families & Their Impact On Children In Maharashtra

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Introduction:

A single parent family is a family with children that is headed by a single parent. There are several types of single parent family system but most are headed by women. Raising a child is a challenging experience. It is even more challenging for a single mother. We see a growing number of problems single mother face in society, financial struggles, lack of support, emotional battles, realizations and many more. Single parenthood is a phenomenon that has always been in existence and is as old as mankind. According to Dowd Nancy in (1997), a single parent is a parent, not living with spouse or partner, who has most of the day-to-day responsibilities in raising the child or children. According to Funmilayo Oriyomi (2011), a communicator, "The effect of single parenting are far reaching because it does not only affect the parents, it also affects the children. In fact, the effects are more devastating on the part of the children because single parenthood leaves them with deep scars. Being a single parent is a very tough and challenging task. Many of the problems that single parents have, are similar to those of two parents family but these problems seems more difficult to bear or manage when the home is being tutored by only one person. The socialization of children is very important for the continuity of any culture. The family is said to be the most important agent of socialization, especially for children. Children in most

communities are raised in a highly structured and disciplined manner, parents helped to instill and inculcate strong basic moral, spiritual, social, physical and cognitive principles in their children (Santrock, 2002).

Objectives:

1. To study single parent families & their impact on children.
2. To study causes of single parenting.
3. To study effects of single parenting on their children.
4. To study the problems faced by single parenting in the society.

Methodology:

Present study is based on the secondary data. The necessary data has been collected from various books, references, journals, articles & internet.

Result & Discussion:

Today single parent families have become even more common than the so called nuclear family consisting of a mother, father and children. Today we see all sorts of single parent families headed by mothers, fathers, and even by a grandparent raising their grandchildren. Life in a single parent household can be quite stressful for the adult and the children. The single parent may feel overwhelmed by the responsibilities of juggling caring for the children, maintaining a job, and keeping up with the bills and household chores. And typically, the family's finances and resources are drastically reduced following the parents' breakup. Single parent families deal with many other pressures and potential problem areas that other families may not face.

Causes of Single Parenting:

Some factors are responsible for determining the status of single parenthood. These factors are divorce of couples with children, desertion, death of a partner, domestic violence, rape, birth to unmarried woman or unintended pregnancy and single parent adoption.

Problems of Single parenting children:

There are so many problems like social, emotional, economical, educational etc faced by the children as well as parents.

Characteristics of Single Parenting:

Tend to be more independent and less reliant on others for problem solving. They can be very good at money management. Although this is a skill which may not come easily at first, they soon learn what is involved. Can feel resentful, hurt and angry at the other parent and use much of their energy dealing with these emotions. This can lead to further resentment because they feel their time is being absorbed in a negative way. Single parents will often use a problem solving approach with their children, talk through issues and use explanations more often than those who are dual parenting. Can be very close to their children and display more friendship qualities in their relationship than those in a dual relationship. It is necessary to develop skills in supporting their children to feel comfortable speaking about their other parents.

Effects of Single Parenting:

This reviews research on psychological effect, educational effect, behavioral effect, economic effect and conclude with effect of single parenthood in adult life. Here are some of the well-known risks for children growing up with a single mother compared to their peers in married-couple families, lower school achievement,

more discipline problems and school suspension, less high school graduation, lower college attendance and graduation, more crime and incarceration Effects of the single parenting on children's school performance and peer relations. The income is small which may give less access to child health care.

In case of single parenting, parent is not able to build stronger relationship then there are higher chances that children will face some problems, they may suffer from psychological disorders, social difficulties and irretrievable developmental consequences, such as decrease intelligence, increase anger and violent, Across numerous studies, children raised in single-mother families are at heightened risk for substance abuse, depression, anxiety, and externalizing behaviors and disorders. Single parent system caused by parental divorce may affect children either short or long term & positive.

According to a Pew Survey fifty nine percent of full time working mothers say they don't have enough leisure time. It's even harder to balance work and parenting for single working mothers. A single mother is supposed to take of the kids and provide for them all by herself. To be able to provide for the children she often has no choice but to put in extra working hours. Therefore balancing the professional responsibilities and parenting is a major problem faced by single mothers. The various responsibilities of child raising, housework, and earning, will not give the parent enough time for themselves. It results in adding stress, fatigue and pressure. That might cause parents to be more impatient and irritable, which can impact their interactions with their Children who have single parents will also have many supporters. Most cases the extended family

members will play a unique role in a child's life. Single parents who do not live with their extended families will try participating in community groups which may include single parent support groups.

Children will understand the value of their contribution and can take pleasure in their work. Children will find their parents working hard, and it will force them to collaborate and work along with their parents. Single parenting leads to economic hardships among students, lack of support from parents, lack of school resources, life stress and instability and anxiety and depression. Children may feel they have lost a protector or a guide. This sense of loss could lead to high rates of anxiety and aggression and children using their upset feelings to manipulate the parents. Advantages & Disadvantages for Children in a Single-Parent Family were decrease in income, Schedule changes, less quality time, Scholastic struggles, negative feelings, Sense of loss, Relationship difficulties and Problems accepting new relationships.

Children from single parents in general lacked nutritious food and lacked behind in terms of their health status. Children from single parent families did perform academically well as they lacked parental support that is conducive to learning. There is need for schools to organize support for single parents. There is need for the government to establish social support for single parents. There is need for schools to set up guidance and counselling programs to assist children from single families so that they are able to cope with the challenges. Being a Successful Single Parent Acceptance of Responsibility, Commitment to Family, Open Communication, Successful Home Management, Care of Self, Maintain traditions and relationships, have a

positive outlook on Challenges, Identifying Your Strengths as a Single Parent.

Conclusion:

Children in a Single-Parent Family having economical, educational, social and psychological problems faced by the children as well as single parents. They need all types of support from the society as well as government for the overall development of the children.

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