

Investigating the Unique Difficulties Single Mothers by Choice Face in Parenting without a Partner

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Abstract: *This study examined the advantages and difficulties experienced by twenty single mothers who make the decision to remain single (SMC) using a qualitative phenomenological method. The difficulties that single mothers encounter have been researched; they will be included in this study along with the advantages that SMC see in this kind of family structure. The research method was semi-structured, in-depth, non-directive interviews. The findings demonstrated that the difficulties encountered by SMCs are similar to those faced by women who become single mothers for other causes. Due to contradictory societal attitudes and the fact that they are the only ones responsible for their child or children, they endure emotional stress. SMCs simultaneously emphasized their independence in making choices and their capacity to maintain harmony in their homes and prevent any disputes with their spouses. The study's findings show that the women's challenges do not become any simpler just because they decide to become single mothers. SMCs are nonetheless able to recognize the advantages of this family structure because to it.*

Keywords: Financial challenges, Emotional support, Stigma and societal judgments

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