



International Journal of Multidisciplinary Research and Growth Evaluation.

The Lived Experience of Solo Parents on Sleep Struggles

Ericka Lei S De Castro ^{1*}, Aubry B Catalan ², Heart Jieliane R Llaga ³, Cristine Lae C Erasga ⁴

^{1, 2, 3, 4} College of Arts and Sciences, City of Cabuyao, Laguna, Philippines

* Corresponding Author: Ericka Lei S De Castro

Article Info

ISSN (online): 2582-7138

Volume: 06

Issue: 03

May - June 2025

Received: 07-04-2025

Accepted: 08-05-2025

Published: 05-06-2025

Page No: 1913-1925

Abstract

This study investigates The Lived Experiences of Solo Parents to address Sleep Struggles. The research aims to know What are the lived experiences of solo parents with sleep struggles, how do solo parents cope with their sleep struggles, what themes were generated based on the data that was gathered and What intervention/program can be generated to improve the sleep quality of solo parents.

The researchers used a phenomenological approach under the qualitative type of research. Data was gathered through the combination of online and face-to-face interviews with five Solo Parents participants who are qualified to participate as the participants resulted in having sleep struggles after taking the PSQI test. Additionally, the exposed themes that emerged were given by the participants during the said interview. The data collected from the participants revealed that multiple elements contribute to the sleep quality of single parents. While some individuals struggle with falling asleep due to anxiety and daily stressors, others experience disrupted sleep patterns due to their natural sensitivity to external stimuli, making it harder for them to achieve restful sleep. Findings indicate that the 5 five Solo Parents from the City of Cabuyao Laguna, demonstrate sleep struggles. The study highlights the importance of sleep to each solo parent's participants, suggesting to assessment and study of a program that holds the philosophy where solo parents develop trust, relationships, communication, and self-awareness.

Keywords: Solo parents, Sleep struggles, Sleep patterns, Sleep struggles, Sleep quality

1. Introduction

Managing finances, balancing duties, and supporting children emotionally is all part of the arduous journey of being a single parent. Still, when sleep deprivation enters the picture, it further complicates an already hectic lifestyle. The physical and mental health of single parents can be affected by poor sleep quality, which is defined as having trouble falling or staying asleep. It can exacerbate the daily challenges that single parents encounter. The constant cycle of tiredness is one of the primary challenges that single parents face, as they often do not get enough rest. They frequently find themselves in a state of perpetual exhaustion due to the demands of parenthood, paired with restless nights. According to Pacheco (2023) ^[1], Feelings of anger and inadequacy may arise from this tiredness, making it difficult to perform everyday chores properly.

Sleeplessness can make single parents feel even more alone and isolated. Even though their friends and relatives can be around to support them, it can be an incredibly lonely night when they are having trouble falling asleep. Single parents who suffer from sleep deprivation could feel alone in their problems if they do not have a spouse to help them with the responsibilities of parenting at night or to spend the restless nights with. It is impossible to overestimate the effect of not getting enough sleep on mental health. Sleep deprivation can make the stress and worry that single parents already experience worse. Their mental health may suffer as a result of the persistent concern and ruminating that frequently accompany restless nights, which may cause emotions of anxiety and sadness. Moreover, Sleeplessness can seriously impair the capacity of single parents to carry out their caregiving responsibilities. According to Suni (2023) ^[2], lack of sleep can affect cognitive function, making it harder to focus, decide what to do, and solve problems.

It could make it more difficult for them to provide their kids with the required attention and assistance, making them feel guilty and inadequate. Another issue that worries single parents is the financial burden of Sleeplessness. Lack of sleep might cause one to be less productive at work or skip entire days. It can lead to a loss of income and heightened financial strain, exacerbating their difficulties in meeting their needs. According to Wang (2020) ^[3], Sleeplessness can harm a single parent's relationship with their child, in addition to its other costs. Prolonged sleep deprivation can cause irritation and mood fluctuations, which makes it difficult for mothers to be patient and composed around their kids. As single parents find it challenging to address their children's emotional needs, this can strain parent-child interactions and result in feelings of shame and inadequacy. Despite these difficulties, single mothers who suffer from Sleeplessness exhibit incredible fortitude in managing their everyday existence. To control their symptoms, they frequently create coping mechanisms, such as creating rituals for going to bed and relaxing, as well as asking friends, family, or mental health specialists for support. Many single parents who suffer from Sleeplessness find strength in their love and determination for their children, even though the journey may not always be easy. Many single parents who struggle with Sleeplessness discover that their passion for their kids and commitment to giving them the best life possible is their sources of strength despite their challenges. The researchers chose this topic because they observed the rising numbers of solo parents in the Philippines.

2. Methodology

A. Research Design

This study will employ a phenomenological approach in qualitative research methodology. Phenomenological research is a qualitative research methodology that helps describe a person's experiences in life. The primary objective of the phenomenological method is to investigate the phenomena that have impacted an individual. This approach highlights specifics and identifies a phenomenon as experienced by an individual in a particular situation. It can also be used to look at common behavioral patterns among a group of people. Philosophy, education, and psychology all provide the groundwork for phenomenological research. Its objective is to extract the purest data that has never been collected before. When it comes to the lessons they learn from the subjects, researchers may write personal notes. This enhances the trustworthiness of the data, allowing researchers to generate unbiased narratives by eliminating these biases. According to Good (2023) ^[5], Research on phenomenology aims to understand the nature of things by using people's experiences as a guide. It means "study of phenomena," which means that it is the study of how these objects or phenomena are understood by the audience you are researching.

B. Research Locale

This research study focuses on solo-parent individuals residing in Cabuyao City, Laguna, Philippines. Laguna

province serves as the research locale due to its diverse population and accessibility for data collection. Through in-depth interviews and observations, this study aims to explore the lived experiences, perceptions, and coping mechanisms of solo parents regarding their sleep quality.

In the early 20th century, Cabuyao saw significant industrial development. It became a hub for manufacturing and trade, particularly in the textile and shoe industries. This industrialization continued to expand throughout the 20th century, transforming Cabuyao into an important economic center within Laguna Province. Today, Cabuyao is recognized for its industrial estates, which host numerous multinational and local companies. Its strategic location near Metro Manila and efficient transportation links contribute to its economic significance. Despite its industrial focus, Cabuyao also retains historical landmarks and cultural traditions, reflecting its diverse heritage. The population of Cabuyao is eclectic, with a mix of Tagalog heritage and influences from its industrial growth. Festivals and local events celebrate both traditional customs and modern achievements, creating a dynamic cultural landscape.

C. Population and Sampling

In this study, we will use snowball sampling, a non-probability sampling technique, to identify and recruit participants. According to Kenndy (2021), the Snowball sampling method involves asking research participants to identify other potential participants. It is often used to study individuals with specific traits that may be difficult to locate. It is beneficial when the population is hard to access or when participants belong to a particular group that is not readily identifiable through conventional sampling methods.

The process will begin with an initial set of participants who meet the inclusion criteria. These participants will be asked to refer to other individuals who also meet the requirements, thus creating a "snowball" effect as the sample expands. This method enables us to tap into a network of individuals who may not be easily accessible through traditional means, thereby ensuring a more inclusive and diverse sample within the context of our research. Some advantages of snowball sampling include cost and efficiency. However, it has some limitations, including nonrandom selection procedures, correlations between network size and selection probabilities, reliance on the subjective judgments of informants, and confidentiality concerns. While snowball sampling can introduce biases, such as selection bias, it is a practical approach for reaching hidden or niche populations, making it well-suited to the study's goals.

D. Research Participants

The participants for this study will be solo parents, whether male or female, who must have 1-3 children and have had no partner in the last 6 months or longer. Potential candidates for participation must be 21 years old or above, and participants must have a high score on the PSQI to be eligible for the study. The researchers recruited 5 participants to gather the data needed for the study.

E. Research Instrumentation

To obtain the necessary data, the researcher will develop a questionnaire consisting of questions suitable for gathering data from solo parents. The researchers plan to conduct both in-person and online interviews. The interview questions that will be used are researcher-made and validated by a professional. Additionally, the researcher will utilize the Pittsburgh Sleep Quality Index (PSQI) to assess the sleep quality of the research participants. These interview questions will be crucial for gathering qualitative data, which will be transcribed verbatim and systematically tabulated for analysis. Before commencing the study, approval was obtained from the head of the College of Arts and Sciences department, ensuring compliance with written informed consent that outlines the agreed-upon terms and guarantees participants' rights to anonymity.

Participants received and reviewed the approved consent form, followed by a comprehensive briefing by the researchers to ensure a complete understanding of the study's objectives and procedures. Interviews will be scheduled at times and locations convenient for the interviewees. Throughout the interviews, strict adherence to informed consent, debriefing procedures, and confidentiality protocols will be maintained while gathering necessary personal information from participants.

F. Data Gathering Procedure

The experimenters were guided throughout the data-gathering process by a standardized framework consisting of a carefully crafted set of interview questions. The researcher will use a validation letter to at least three Psychology Professionals for the research interview questions. It would be helpful to know the validity of the questionnaire, which the research adviser has critically reviewed. After critically checking the interview questions, the researcher will get the participants' approval for the interview to be conducted. These questions were specifically designed to elicit detailed answers and foster a nuanced understanding of the participants' gestures. Adhering to the moral guidelines outlined in the psychologist's code of conduct, strict processes were implemented to ensure the privacy and confinement of performers' benefits. The exploratory approach demonstrated an emphasis on scholarly rigor and ethical integrity. Through direct interaction with participants and adherence to established ethical standards, the investigation aims to provide invaluable insights into the complex boundaries of negotiating work-life balance in educational environments.

H. Ethical Consideration

Researchers must ensure that single parents are fully informed about the study's goals, participation requirements, and any potential risks associated with it. Informed consent requires language that is easily understood and accessible. Preserve the participants' identities and private information. There should be safeguards in place to protect data and guarantee that responses are not linked back to specific participants. Acknowledge that single parents can be in vulnerable circumstances on the emotional and financial fronts.

Researchers should be considerate of their situation and refrain from taking advantage of them or applying undue pressure to participate.

The backgrounds of single parents are varied. Cultural variations should be respected in research and taken into account as potential influences on participant experiences and perceptions. Additionally, keep in mind that discussing parenting difficulties may evoke powerful emotions. Researchers must be prepared to offer assistance or recommendations to participants who encounter problems during or after the study.

Ensure that the recruitment process is inclusive and diverse among single-parent communities, eliminating bias that may exclude specific groups. Consider giving participants input on the research results and their implications. Engaging participants can empower them and show appreciation for their contributions. Be particularly mindful of how the research findings may be exploited. Researchers should strive to ensure that their conclusions promote positive change and do not unintentionally perpetuate stereotypes or stigmas associated with single parenthood. These ethical considerations aim to ensure that research involving single parents is conducted with courtesy and responsibility, prioritizing their well-being and dignity.

3. Results and Discussions

This chapter presents the themes collected from the participants, aiming to explore and interpret the lived experiences of Solo Parents on Sleep Struggles. It presents the analysis and discussion of findings, connecting them to the study's objectives and theoretical framework. This approach aims to gain a deeper understanding of their unique challenges and perspectives.

The results and discussion are divided into three parts: the Illustrative Examples, the Main Themes which presents the Thematic Chart, and the Proposed Program Plan.

Table 1: Illustrative Examples Highlighting the sleep quality of solo parents

Participants	Responses	Researcher Observation
Participant 1	"so syempre po since naging single parent ako, nawalan ako ng katuwang, nawalan ako ng kasama sa pagaalaga sa anak ko uh kahit sa pagpapadede syempre sa madaling araw nagigising kase nagugutom sobrang hirap po talaga halos hindi nap o ako makakumpleto ng tulog, halos 2-3 hours na lang po yung tulog ko"	Her eyes show fulfillment and gentleness with a hint of tiredness and sadness as a solo parent who speaks the overwhelming truth of having to attend to her child's needs all by herself.
Participant 4	"oo yun talaga, simula nang naging mag isa ako mag isa na lang nagtrabaho nag alaga sa mga anak ko, kasi nga diba 4 na anak ko tapos ako lang mag isa hirap talaga matulog minsan ilang oras lang tulog ko mga 1 o hanggang 5 lang tulog ko kasi kailangan ko mag linis laba, tapos sa umaga naman gising ng maaga para sa papsok na anak tsaka trabaho."	Participant 4 responds with same and more deep emotion that highlights physical fatigue due to the cyclical nature of work of a solo parent.

Table 1 presents the deep emotion of participants 1 and 4. It is clear from observing and evaluating the participants' feelings and various responses that the two solo parent participants were firmly established and dedicated to their life

cycle. Although they also faced struggles, they still managed to provide for and care for their children when they became single parents.

Table 2: Illustrative Examples Highlighting the sleep pattern and routine of a solo parent

Participants	Responses	Researcher Observation
Participant 3	"ano yung sleep pattern ko at routine and madalas papatulugin ko muna si baby ah saka ako gagawa nung mga iba pang bagay tulad ng pag-aayos sa bahay o kaya minsan masisingit ko yung iglip ganon"	The participant expressed a quiet determination. Underlying the outward appearance of weariness from her daily tasks was a quiet sense of acceptance and gentle strength.
Participant 4	"yun nga hirap halos hindi makatulog, minsan diba sabi ko na rin sa sasakyan ako ng amo ko natutulog kasi kulang na ako sa tulog minsan 5 oras lang tulog ko kaya pag may pagkakataon tulog talaga ako kasi mahirap na diba?"	In the midst of the struggle, a resolute survival instinct crops up—she takes every chance to rest knowing that she would risk more problems by ignoring her own well-being.

Participants defined sleep as fragmented, not enough, and conditioned by children's needs and daily demands. Participant 3 manifested low-key fatigue and muted resignation, frequently sleeping only after resolving her child's and household duties—her words dripping with resignation and a muted sense of power. Participant 4 shared

a stronger sense of desperation, revealing episodes of dozing in the employer's car due to extreme fatigue. Both expressed feelings of physical and emotional exhaustion, *yet also* immense resilience and determination to survive the hardship of single parenting.

Table 3: Illustrative Examples Highlighting the Coping strategies when dealing with all the responsibilities as a solo parent

Participants	Responses	Researcher Observation
Participant 3	“Ang aking coping strategies kasi is yung focus nalang siguro sa positive side kasi pag inisip ko pa yung mga problema, mabaliw lang ako”	Even in the midst of emotional heaviness, she was able to collect herself and provide a smile—an act of resilience covered with grace.
Participant 5	“Ano lang trabaho lang tanggap lang ako ng tanggap ng labada para syempre may mapagkakitaan na rin para sa araw araw yun. Ano ganto lang sabi ko rin na madalas pag may oras ako nakikipag kwentuhan ako sa mga kaibigan o dito sa mga kapitbahay ko.”	Participant 5 despite the weight of her responsibilities, found lightness and meaning in brief but meaningful human connections.

Throughout the interviews, both Participant 3 and Participant 5 displayed facial expressions and behaviors that betrayed the emotional depth of their lived realities as solo parents. Both participants' whole being conveyed a woman keeping herself together by sheer determination, employing optimism not just as a decision but as an imperative to stay alive. Even amid emotional burden, they were able to gather

themselves and present a smile—an act of gritting out surrounded by dignity. Their stories, combined, show a soft yet immense emotional strength—rooted in hope, small pleasures, and an inflexible will. Although exhaustion and suffering are ever-present, so are an underlying desire to get through, to stay afloat, and to live with dignity and hope.

Table 4: Illustrative Examples Highlighting the side effects of having sleep struggles

Participants	Responses	Researcher Observation
Participant 4	“ano minsan ano. hahaha tulala ako hahaha. oo natutulala nalang ako tapos yun nga.nakakatulog ako sa kahit sa kotse ng amo ko. Mahirap din kasi di ko minsan magawa trabaho ko kasi nga puyat ako kulang tulog ko ganun”	The combination of tired smiles, nervous chuckles, and wandering thoughts painted a picture of someone navigating her day-to-day reality by masking vulnerability with lightheartedness.
Participant 5	“ano tulad nyan pag may sakit anak ko kulang ako sa tulog ganto di ko masyado magawa. Gawain kasi medyo masakit rin sa ulo kasi nga kulang sa tulog”	Participants' words carried the strength of a mother who pushes through exhaustion for the sake of her child.

During the interviews, Participants 4 and 5 revealed the emotional and physical strain of single parenthood through their tone and body language, providing deep insight into how they manage daily exhaustion while still keeping their commitments. Combined, their words and expressions portrayed the affective depth of single parenting with chronic fatigue. Although they were different in the coping strategies

each employed—one built on humor as a defense mechanism, the other on stoic duty—both expressed the common thread of grit. Their statement reveals that beneath the appearance of living from day to day lies a subdued resilience shaped by love, necessity, and resistance to giving up, even when worn out.

Table 5: Illustrative Examples Highlighting the important type of support in dealing with responsibilities.

Participants	Responses	Researcher Observation
Participant 2	“Yung supports naman na importante para sa kinabuhay ko yung syempre yung unang-una tulong pinansyal saka emotional na rin.”	Her words expressed the deep longing of a single parent—not just to get by, but to be understood, heard, and emotionally relieved.
Participant 4	“ahhh yung sa ayun nga sabi ko dati yung sa kapatid ko minsan tinutulungan nya kami ako lalo na sa mga bata, kasi nga diba puro trabaho rin nam,an ako hanap buhay lang ng hanap buhay tsaka yung pag wala akong pasok nakakapahinga rin ako, minsan nga diba na pasyal kami. Kaya pag nandyan kapatid ko o may araw na wala akong pasok nakaka pahinga talaga ako”	Participant four, shows a weak, real smile appeared when she spoke about those infrequent days off work or the times when her brother took on caregiving duties

Both participants, 2 and 4, expressed the deep desire of a solo parent—not simply to get by, but to be connected, to be known, and to be emotionally supported. However, even amid these unarticulated burdens, she was grateful for the small assistance she was offered, attesting to quiet resilience based on acceptance and hope. Collectively, their stories

demonstrated that even small gestures of support—financial, emotional, or simply the gift of time—made a significant difference. They were anchors of relief, enabling these women to briefly escape survival mode and reconnect with themselves and their children, if only for a moment.

Table 6: Illustrative Examples Highlighting the most effective strategies in managing sleep.

Participants	Responses	Researcher Observation
Participant 2	“Yung strategies na most effective para sa kinabuhay ko is yung kung siguro yung di ko na masyado iniisip mga negative na bagay parang kung ano lang importante yun ang uunahin ko ayun”	There was a serenity of words and the firmness of tone implied that, despite challenges she endured.
Participant 3	“Ano ah siguro yung dapat kahit sobrang overwhelming ng pagiging solo Parents yung mga problema doble talaga, dapat kalmado ka para mas maganda yung mga nagagawa mong desisyon ganun”	Her face appeared to relax with comprehension, a faint crease between her eyebrows as she weighed the enormity of what it means to be a solo parent.

Both participants' general moods and explanations were characterized by intentional calmness—a conscious choice to approach life's obstacles with focus and pragmatism despite their internal angst and outside influences that may be

present. The words of the participants captured not only the stress they endured but also their profound realization that patience and clarity were essential to proceed with resilience, affirming the lessons of experience. Both of them use more

subtle descriptions of their emotional and physical manifestations, as well as the intentionality of both participants in managing their circumstances. These are

intended to present their strength, vulnerability, and wisdom in managing the complexities of single parenting.

Thematic Chart A

Themes	Participants	Responses
Sleep Deprived	Participant 3	"Ahh...sa pagtulog ano naman malaki talaga naging differences...nung wala paakong anak kahit ilang oras tulog ko ayos lang perongayon iba na...madalas tatlo hanggangapat na oras na lang...ganun."
	Participant 4	"Ah...ano simula nung naging parents akomabibilang na lang sa daliri kung ilangbesesako nagkaroon ng kumpletong tulog haha..sobrang puyat talaga kapag may anak na.."
	Participant 5	"ahhhh!... oo yun talaga, simula nangnaging mag isa ako.... (chatting) mag isanalang nagtrabaho... nag alaga sa mga anakko, kasi nga diba 4 na anak ko tapos ako langmag isa... hirap talaga matulog minsanilangoras lang tulog ko... mga 1 o hanggang5langtulog ko kasi kailangan ko mag linis laba, tapos sa umaga naman gising

The first main theme, "Sleep Deprived," shows the severe physical and emotional cost of single parenting, especially that of sleep deprivation, but also showcases the resilience and mental toughness solo parents achieve to adapt to such

issues. Their stories reflect the difficulties of parenting on one's own and the intense devotion to the children's welfare, as well as presenting the grit and resilience necessary to manage the all-consuming nature of raising a family alone.

Thematic Chart B

Themes	Participants	Responses
Struggles in Adjusting to New Sleep Patterns	Participant 1	" <u>uhm</u> sa sleep pattern ko naman po, ang ginagawa ko nung una kase hirap na hirap pa akong magadjust kase syempre hindi ko naman po talaga alam yung gagawin ko kaagad nung naging solo parent ako"
	Participant 2	" <u>nung</u> una hirap na hirap ako feeling ko stress na stress ako. gabi-gabi umiiyak ako nang walang dahilan pakiramdam ko pasan pasan ko ang buong mundo"
	Participant 4	" <u>ahmm</u> .. yun nga hirap halos hindi makatulog, minsan diba sabi ko na rin sa sasakyan ako ng amo ko natutulog kasi kulang na ako sa tulog"

The main theme that emerged is the "Struggles in Adjusting to New Sleep Patterns," which is dominated by intense emotional and physical hardship. The loss of sleep, perpetual stress, and emotional wear all point toward the drastic effect that being a single parent has on their health. Their narratives convey a profound level of emotional vulnerability as they attempt to play new roles without backup or direction.

At the same time, their experiences demonstrate the resilience required to survive these challenges and the gradual transformation they undergo during their solo parenting journey. Solo Parents expressed that it was a struggle adjusting to their new sleep patterns; at first, they didn't know what to do, but over time, they started to get the hang of it and were starting to adjust.

Thematic Chart C

Themes	Participants	Responses
Self-distraction as an Escape	Participant 1	"uh coping strategies naman po is uh ang coping strategy ko na lang po ay yung makabonding ko po yung anak ko syempre po after ng nakakapagod na araw, yung makita ko lang yung anak ko na malusog, Makita ko yung anak ko na mahimbing na natutulog at walang sakit okay na ako dun di ko na iniisip sarili ko."
	Participant 2	"Ahm....sa coping strategies ko naman madalas ano pakikinig ng kanta ganyan....o kaya kinakain ko na lang...stress eating ganun haha."
	Participant 4	"ano lang...tra—trabaho lang tanadpo lana ako na tanadpo"

This highlights the theme of 'Self-distraction as an Escape' with diverse coping mechanisms that suit their contexts and emotional statuses. While some use deliberate measures to deal with their stress, others cope by sinking themselves in work or deriving strength from children. Solo parents shared

strategies for dealing with the challenges of being a single parent. A child's happiness and health can be a source of strength for some parents and bonding with their children can provide emotional relief. Additionally, they expressed that self-distraction helps them cope and continue their day.

Thematic Chart D

Themes	Participants	Responses
Dealing with the physical consequences of sleep struggles	Participant 1	"syempre isa na po dun yung alam mo yung kahit hindi mo naman sinasadyang magalit pero hindi mo mapigilan kase syempre sa pagod din diba pagod sa gawaing bahay tapos syempre yung anak mo lalo na po sakin na baby pa po yung anak ko, ayun po mabilis akong magalit mabilis akong mahilo, kahit sa pagkain, nawawalan ako ng gana kumain kase ang hirap sobrang sakit den talaga lagi ng ulo."
	Participant 2	"Ano masakit sa ulo...madalas pag matutulog na ako sa gabi inaano ako..ano...sleep paralysis o kaya bangugungot naman...minsan nga ayoko na lang matulog kasi madalas siya mangyari.." "ano—tulad nyan pag may sakit anak ko kulang ako sa tulog ganto di ko masyado magawa gawain kasi medyo masakit rin sa ulo kasi nga kulang sa tulog."

The theme that comes through from these statements is "Dealing with the physical consequences of sleep struggles." The statements of the participants show how always being tense, often due to fatigue, can manifest as anger, headaches, and other physical problems. The mental burden is just as significant, with fears and anxieties around sleep disorders, such as sleep paralysis and nightmares, contributing to the overall load. Solo Parents expressed that due to exhaustion

from doing household chores and taking care of their baby, participants often become irritable even if they don't intend to. Solo parents have experienced physical symptoms such as dizziness, headaches, loss of appetite, and sleep paralysis, sometimes accompanied by nightmares that make participants afraid to sleep. Participants also mentioned being too drained to do any household tasks.

Thematic Chart E

Themes	Participants	Responses
Financial and emotional support from family	Participant 1	"so ayun po tulad ng sinabi ko kanina talagang yung support po ng pamilya ko tsaka ng kaibigan ko yung pinakaimportante po sakín kase since wala nga po akong partner tapos baby pa po yung anak ko talagang yung simpleng tulong nila sakín yung sila na yung magbabantay kapag may ginagawa po akong gawaing bahay sila po yung magbabantay sa anak ko pag tulog tas ako kikilos or sila naman po yung magbabantay sa anak ko pag ako naman po yung matutulog."
	Participant 2	"Yung supports naman na importante para sakín ano.... yung syempre yung unang-una tulong pinansyal...saka emotional na rin." "Emotional support from my family, friends...ayun." "ahhh... yung sa ayun nga sabi ko dati yung sa kapatid ko..... minsan tinutulungan nya"

The theme that emerged is "Financial and emotional support from family." Participants shared different experiences in terms of financial and emotional support from family or friends. The stories of Participants 1 to 4 together illustrate the key role that support systems play in overcoming the difficulties of being a solo parent. Throughout all their

experiences, support—whether emotional, monetary, or pragmatic—is regarded as a key lifeline in helping them sustain both their functionality and emotional well-being. Solo parents expressed that support from their family and friends is essential, as they are receiving both financial and emotional support despite their situation.

Thematic Chart D

Themes	Participants	Responses
Keeping an optimistic attitude	Participant 1	"syempre mahalaga na di ako nagiisip ng mga negative na bagay kase kung magiisip pa ako ng mga negative mas mahihirapan ako."
	Participant 2	"Yung strategies na most effective para saakin is yung kung...siguro yung di ko na masyado iniisip mga negative na bagay parang kung ano lang importante yun ang uunahin ko...ayun."
	Participant 5	"ano lang gawin ko lang dapat kong gawin tapos ano--- sipag lang tsaka wag na dibdibin kasi wala rin naman e... tulad kunyare sa anak ko lagi ko sila pinag sasabihan... nasunod naman siguro—isa rin yun lagi ko silang pinag sasabihan tsaka para maitindihan nila ganun..."

This theme, "Keeping an optimistic attitude," illustrates the resilient mindset that solo parents cultivate over time. It is not a denial of hardship but rather a conscious effort to confront challenges with clarity, strength, and an unwavering commitment to their family. The ability to find emotional stability in the face of adversity is what ultimately helps them endure and move forward. Solo parents expressed that maintaining a positive mindset is crucial to their daily lives, as dwelling on negative thoughts only exacerbates the hardships they are already facing.

"Gabay para sa Kinabukasan Program"

The "Gabay para sa kinabukasan Program" aims to provide

solo parents with monthly financial assistance and essential commodities to meet their daily needs. It also aims to offer emotional and psychological support through expert counseling that promotes mental wellness. The program also seeks to foster a strong connection by bringing together solo parent associations, where members can share life experiences, tips, and support. Additionally, it aims to assist single parents in processing documents, particularly those with limited time due to work or other commitments. Finally, the program fosters awareness and confidence in existing government and professional aid, motivating single parents to avail and utilize assistance services effectively.

Table 13: Propose Program

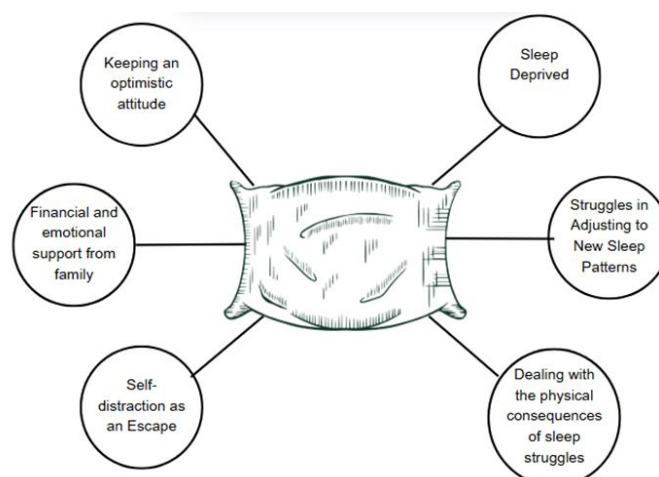
Target Beneficiaries	Objectives	Proposed Intervention	Program Goals	Location	Effectiveness
-Solo parents residing in Cabuyao City, Laguna. -Prioritized: Those with low income, multiple dependents, or documented sleep and stress concerns.	-To provide accessible mental health support -To improve sleep quality and reduce fatigue -To ease financial burden	-Parent support group -Housing and financial support -Program Assistance -Access to professional counseling	-Enhance the sleep quality -Promote mental well-being -Practical support -Foster a sense of community -Empower solo parents	-In every barangay at the City of Cabuyao Laguna -If the program will be given a chance to held it anywhere in the Philippines	-They offer government and professional assistance -They will get different types of benefits may it be financial or emotional benefits -They provide opportunities to re-connect and have a good relationship with other people
- Solo parents who are full-time workers or self-employed and struggle with time for self-care.	-To assist in the completion of important legal and government documents	-Sleep Wellness Workshop	-Improve awareness of healthy sleep habits	-Barangay health centers -Workplaces (for	-Allows participation even with limited time -Removes transportation

4. Discussion

The findings of this study offer a deeper understanding of the lived experiences of solo parents as they navigate various sleep-related challenges. Six themes emerged from the participants' narratives, each offering insight into the physical, emotional, and social struggles they face, as well as the coping strategies they adopt to maintain balance in their

lives.

Sleep Deprived, Struggles in Adjusting to New Sleep Patterns, Dealing with the physical consequences of sleep struggles, Self-distraction as an Escape, Financial, and Emotional Support from Family, and Keeping an Optimistic Attitude.

**Fig 4:** Key Emerging Themes

The diagram highlight six key themes derived from the experiences of solo parents struggling with sleep: Sleep Deprived, which presents how the participants experienced Sleep Deprivation when they became solo parents and how their lives and sleep patterns changed as a result. Struggles in Adjusting to New Sleep Patterns: The participants reported struggling to adjust to new sleep patterns. Dealing with the physical consequences of sleep struggles, in this theme, the participant explains how, even though it is not her intention to become angry, she finds it easy to do so due to her tiredness. Self-distraction as an Escape: In this theme, the participants stated that they most often use self-distraction as a strategy to escape the difficulties they are experiencing. Financial and Emotional Support from Family: In this theme, the participants stated that the support from their family is invaluable to them. Lastly, Keeping an Optimistic Attitude, the participants said that even though they find it hard to be a solo parent, they remain positive in every situation. These themes underscore the multifaceted impact of sleep struggles on solo parents, revealing both the challenges they encounter and the strategies they employ to navigate their circumstances. The gathered data were carefully examined and evaluated, ensuring a thorough analysis of the information collected. The findings are organized into key themes that answer the research questions, highlighting the lived experiences of solo parents with sleep struggles, how solo parents cope with their sleep struggles, the themes that are generated based on the data that was gathered, and the intervention and program that can be generated to improve the sleep quality of a solo parent.

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