



## Resilience and Coping Mechanisms of Solo Parents in Cabuyao City: Basis for an Intervention Program

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### Abstract

This study examined the resilience and coping mechanisms of solo parents in Cabuyao City as the basis for developing an intervention program. Specifically, it aimed to determine the level of resilience among solo parents and identify the coping strategies they commonly use in dealing with the challenges of raising their families independently. It also sought to identify the difficulties experienced by solo parents in terms of emotional, financial, social, and parental responsibilities.

A quantitative descriptive research design was used in the study. Data were collected through survey questionnaires distributed to selected solo parent respondents in Cabuyao City. The gathered data were analyzed using statistical tools such as frequency, percentage, and weighted mean to properly interpret the responses of the participants.

The findings showed that most solo parents have a moderate to high level of resilience, which helps them manage their daily challenges and responsibilities. The coping mechanisms commonly used by the respondents include seeking support from family and friends, practicing problem-solving skills, managing stress in a positive way, and maintaining an optimistic outlook in life. However, some respondents still experienced difficulties, especially in accessing emotional support, financial assistance, and mental health services, which affects their overall well-being. Based on the results, an intervention program was proposed to further strengthen the resilience and coping skills of solo parents in Cabuyao City. The program aims to provide support, guidance, and practical strategies that can help solo parents better handle their responsibilities and improve their quality of life.

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### 1. Introduction

In the Philippines, the number of solo parent households has continuously increased due to factors such as separation, widowhood, migration, and economic challenges. Local studies revealed that solo parents commonly experience financial difficulties, emotional stress, and challenges in balancing parental responsibilities and work obligations (Dela Cruz, 2021; Mendoza, 2023) <sup>[4, 6]</sup>. These challenges may negatively affect their psychological well-being and quality of life.

Recent Philippine studies emphasized the importance of resilience in helping solo parents manage stress and adapt to daily challenges. According to Reyes and Santos (2023) <sup>[7]</sup>, resilient solo parents are more capable of handling emotional and financial pressures while maintaining family stability. Similarly, Villanueva (2024) <sup>[9]</sup> found that resilience contributes to better emotional adjustment and overall well-being among Filipino solo caregivers.

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Coping mechanisms also play a significant role in reducing stress among solo parents. Aquino and Marquez (2022) <sup>[1]</sup> reported that seeking social support, positive thinking, and problem-solving are among the most common coping strategies used by Filipino solo parents. However, limited access to mental health services and financial assistance remains a major concern for many solo parent families.

Despite the growing number of studies on solo parenting in the Philippines, most local research focused on lived experiences and social issues using qualitative approaches. Limited quantitative studies have examined resilience and coping mechanisms among solo parents, particularly in Cabuyao City. Hence, this study aimed to examine the resilience and coping mechanisms of solo parents in Cabuyao City as the basis for an intervention program.

## 2. Methodology

### 2.1. Research Design

This study was conducted in the Cabuyao City, which collectively represent a diverse socio-economic environment. Cabuyao City was selected as the research locale because of its heterogeneous population, varying levels of economic development, and the presence of both urban and semi-urban communities.

### 2.2. Research Locale

The study was conducted in the Cabuyao City. Data collection was limited to solo parents living within this area to ensure a focused and relevant examination of their experiences. Choosing this specific location allowed the researcher to better understand how solo parents cope with challenges and develop resilience in their local context. Focusing on this area also provided valuable insights that could inform the design of an intervention program tailored to support the needs of solo parents in the Cabuyao City.

### 2.3. Population and Sampling

The study utilized purposive sampling to select solo parents in Cabuyao City who met the inclusion criteria and could provide relevant information regarding resilience and coping mechanisms. Purposive sampling is commonly used in social science research when participants are selected based on specific characteristics related to the objectives of the study (Calmorin & Calmorin, 2021). According to Sevilla *et al.* (2020), this sampling technique allows researchers to gather data from respondents who possess direct experiences relevant to the research problem. A total of 340 solo parents participated in the study to ensure sufficient and reliable data for analysis.

### 2.4. Research Participants

To be eligible for participation in this study, individuals must meet the following criteria:

#### Inclusion Criteria

- Solo Parents of Cabuyao City
- 18 yrs old and above
- with valid Solo Parent ID
- Residing in Cabuyao City

### 2.5. Research Instrumentation

The study used a structured questionnaire consisting of the Brief COPE Inventory and the Connor-Davidson Resilience Scale (CD-RISC), both adapted for solo parents in Cabuyao

City. These standardized tools were used to measure coping mechanisms and resilience levels.

Data was collected through face-to-face interviews, with participants also providing demographic information. Responses were encoded, treated with strict confidentiality, and analyzed using appropriate statistical tools. A statistician assisted in determining the appropriate sample size.

The CD-RISC assessed respondents' resilience, while the Brief COPE Inventory identified their coping strategies. Both instruments used a Likert scale to quantify responses, providing data on how solo parents manage stress and adapt to challenges.

### 2.6. Data Gathering Procedure

Data was collected through face-to-face interviews, which facilitated the acquisition of respondents' demographic profiles and questionnaire responses. An overt participant observation was also conducted to triangulate and strengthen the validity of the gathered data. The determination of the sample size was guided by a statistician to ensure adequacy and representativeness.

Respondents were allotted sufficient time to accomplish the instruments. Upon retrieval, questionnaires were checked for completeness, coded, and securely stored prior to statistical treatment using appropriate software. Strict confidentiality and data privacy were observed throughout the research process.

The study employed standardized instruments, namely the Connor-Davidson Resilience Scale (CD-RISC) to assess resilience and the Brief COPE Inventory to measure coping mechanisms. Both instruments were adapted for solo parents in Cabuyao City and administered using a Likert-scale format to generate quantifiable data on resilience levels and coping strategies.

### 2.7. Ethical Consideration

This study adhered to strict ethical standards to ensure the protection, dignity, and well-being of all participants. Ethical approval was obtained from the University of Cabuyao Ethics Committee prior to data collection. All participants were provided with an informed consent form detailing the study purpose, procedures, risks, and voluntary nature of participation, including the right to withdraw at any time without penalty.

Confidentiality and data privacy were strictly maintained. All responses were anonymized and coded, with audio recordings and transcripts securely stored in password-protected and access-restricted files. Consent forms were kept separately in a locked storage. The study also complied with the Data Privacy Act of 2012 (RA 10173).

## 3. Results

This chapter presents the results, analysis, and interpretation of the data gathered from the respondents, organized according to the specific research objectives to ensure clarity and coherence.

The study focuses on the resilience and coping mechanisms of solo parents in Cabuyao City, examining indicators such as personal growth, self-efficacy, optimism, perseverance, and positive parenting adjustment, as well as the coping strategies employed in managing solo parenting challenges. It also determines the relationship between coping mechanisms and resilience to identify how these variables influence psychological adaptation and functioning.

Data was analyzed using appropriate statistical tools, including mean, standard deviation, and Spearman's rank

correlation coefficient, with the assistance of a statistician to ensure accuracy and reliability of results.

**Table 1:** Level of Resilience of Solo Parents in terms of Personal Growth

Personal Growth	Mean	SD	Verbal Interpretation
Past successes give me confidence in dealing with new challenges and difficulties.	2.91	0.48	High
I try to see the humorous side of things when I am faced with problems.	3.48	0.693	Very High
Good or bad, I believe that most things happen for a reason.	2.91	0.48	High
I have a strong sense of purpose in life.	2.90	1.02	High
I like challenges.	2.51	0.626	High
Overall	2.94	0.268	High

Legend: 3.21–4.00 = Very High | 2.41–3.20 = High | 1.61–2.40 = Moderate | 0.81–1.60 = Low | 0.00–0.80 = Very Low

### 3.1. Personal Growth

The table shows that solo parents demonstrate strong adaptive capacity and positive psychological functioning in managing life stressors, suggesting that optimism and humor are frequently employed as adaptive coping strategies in

stressful situations. Solo parents commonly utilize positive reframing, humor, and social support as effective coping mechanisms in dealing with economic and emotional stressors (Aquino & Marquez, 2022; Reyes & Santos, 2023) [1, 7].

**Table 2:** Level of Resilience of Solo Parents in terms of Self-Efficacy

Self-Efficacy	Mean	SD	Verbal Interpretation
I am able to adapt when changes occur.	3.44	0.563	Very High Efficacy
I can deal with whatever comes my way.	3.83	0.582	Very High Efficacy
I give my best effort no matter what the outcome may be.	3.45	0.554	Very High Efficacy
I believe I can achieve my goals, even if there are obstacles.	3.38	0.553	Very High Efficacy
Under pressure, I stay focused and think clearly.	2.81	0.993	High Efficacy
I prefer to take the lead in solving problems rather than letting others make all the decisions.	2.89	0.962	High Efficacy
I think of myself as a strong person when dealing with life's challenges and difficulties.	3.31	0.767	Very High Efficacy
I am able to handle unpleasant or painful feelings like sadness, fear, and anger.	2.96	0.332	High Efficacy
I feel in control of my life.	3.71	0.76	Very High Efficacy
Overall	3.31	0.455	Very High Efficacy

Legend: 3.21–4.00 = Very High Efficacy | 2.41–3.20 = High Efficacy | 1.61–2.40 = Moderate | 0.81–1.60 = Low | 0.00–0.80 = Very Low

The table shows that solo parents possess strong self-efficacy, adaptability, and perseverance, which help them effectively cope with parenting demands. Solo parents who exhibit higher levels of resilience are better able to manage

emotional, financial, and caregiving demands, leading to improved adjustment and family functioning (Reyes & Santos, 2023; Villanueva, 2024) [7, 9].

**Table 3:** Level of Resilience of Solo Parents in terms of Optimism

Optimism	Mean	SD	Verbal Interpretation
When there are no clear solutions to my problems, sometimes fate or God can help.	3.44	0.563	Very High
I tend to bounce back after illness, injury, or other hardships.	3.83	0.582	Very High
In dealing with life's problems, sometimes you have to act on a hunch without knowing why.	3.40	0.548	Very High
I work to attain my goals no matter what roadblocks I encounter along the way.	3.91	0.411	Very High
During times of stress/crisis, I know where to turn for help.	3.73	0.716	Very High
I take pride in my achievements.	3.71	0.81	Very High
Overall	3.67	0.379	Very High

Legend: 3.21–4.00 = Very High | 2.41–3.20 = High | 1.61–2.40 = Moderate | 0.81–1.60 = Low | 0.00–0.80 = Very Low

The table shows that solo parents maintain strong optimism, which helps them stay focused, hopeful, and resilient in managing the demands of solo parenting. Solo parents who maintain a positive outlook and future-oriented mindset are

more capable of managing stress and sustaining effective parenting roles despite socioeconomic challenges (Dela Cruz, 2021; Mendoza, 2023) [4, 6].

**Table 4:** Level of Resilience of Solo Parents in terms of Perseverance

Perseverance	Mean	SD	Verbal Interpretation
Having to cope with stress can make me stronger.	2.95	0.501	High
Even when things look hopeless, I don't give up.	3.85	0.374	Very High
During times of stress/crisis, I know where to turn for help.	1.85	1.506	Moderate
I am not easily discouraged by failure.	3.44	0.563	Very High
Overall	3.02	0.289	High

Legend: 3.21–4.00 = Very High | 2.41–3.20 = High | 1.61–2.40 = Moderate | 0.81–1.60 = Low | 0.00–0.80 = Very Low

The table shows that while solo parents demonstrate strong perseverance, enhancing access to social and institutional support may further improve their coping capacity. Solo parents often rely heavily on personal endurance and

informal support networks but may still experience gaps in formal assistance and community-based support systems (Aquino & Marquez, 2022; Mendoza, 2023) <sup>[1, 6]</sup>.

**Table 5:** Level of Resilience of Solo Parents in terms of Positive Parenting Adjustment

Positive Parenting Adjustment	Mean	SD	Verbal Interpretation
I have at least one close and secure relationship that helps me when I am stressed.	2.91	0.48	High
I can make unpopular or difficult decisions that affect other people, if it is necessary.	3.71	0.76	Very High
Overall	3.31	0.562	Very High

Legend: 3.21–4.00 = Very High | 2.41–3.20 = High | 1.61–2.40 = Moderate | 0.81–1.60 = Low | 0.00–0.80 = Very Low

The table shows that strong adaptive parenting capacities among solo parents while emphasizing the importance of strengthening social support systems to further enhance their well-being and parenting adjustment. Solo parents commonly

develop self-reliance and effective parenting practices as a response to financial and emotional pressures, enabling them to maintain family stability despite limited external support (Mendoza, 2023; Reyes & Santos, 2023) <sup>[6, 7]</sup>.

**Table 6:** Summary – Level of Resilience (All Indicators)

Indicator	Mean	SD	Verbal Interpretation
Personal Growth	2.94	0.268	High
Self-Efficacy	3.31	0.455	Very High
Optimism	3.67	0.379	Very High
Perseverance	3.02	0.289	High
Positive Parenting Adjustment	3.31	0.562	Very High

Legend: 3.21–4.00 = Very High | 2.41–3.20 = High | 1.61–2.40 = Moderate | 0.81–1.60 = Low | 0.00–0.80 = Very Low

The table shows that solo parents possess strong optimism, self-efficacy, and positive parenting adjustment, which help them effectively cope with the demands of solo parenting. This finding is supported by international literature emphasizing that optimism, resilience, and self-efficacy are

significant predictors of psychological wellbeing and adaptive functioning among parents experiencing chronic stress and caregiving demands (Southwick *et al.*, 2020; Carver & Scheier, 2022) <sup>[8]</sup>.

**Table 7:** Level of Coping Strategies – Problem-Focused Coping

Problem-Focused Coping	Mean	SD	Verbal Interpretation
I've been concentrating my efforts on doing something about the situation I'm in.	3.13	0.744	Moderate
I've been taking-action to try to make the situation better.	3.39	0.754	High
I've been trying to come up with a strategy about what to do.	3.23	0.88	Moderate
I've been thinking hard about what steps to take.	2.92	0.796	Moderate
Overall	3.17	0.302	Moderate

Legend: 3.26–4.00 = High | 2.51–3.25 = Moderate | 1.76–2.50 = Low | 1.00–1.75 = Very Low

The table shows that respondents prefer practical actiontaking over extensive planning in dealing with stressful situations. This finding is supported by local studies which revealed that Filipino solo parents commonly adopt active

and practical coping strategies to address daily financial, parental, and emotional challenges, particularly through immediate problem-solving and task-oriented behaviors (Aquino & Marquez, 2022; Dela Cruz, 2021) <sup>[1, 4]</sup>.

**Table 8:** Level of Coping Strategies – Emotion-Focused Coping

Emotion-Focused Coping	Mean	SD	Verbal Interpretation
I've been turning to work or other activities to take my mind off things.	3.36	1.169	High
I've been saying to myself 'this isn't real.'	3.36	1.169	High
I've been using alcohol or other drugs to make myself feel better.	3.67	0.666	High
I've been giving up trying to deal with it.	3.20	0.792	Moderate
I've been saying things to let my unpleasant feelings escape.	3.16	0.89	Moderate
I've been using alcohol or other drugs to help me get through it.	3.06	0.719	Moderate
I've been trying to see it in a different light, to make it seem more positive.	3.56	0.832	High
I've been criticizing myself.	3.06	1.041	Moderate
I've been giving up the attempt to cope.	3.28	0.776	High
I've been looking for something good in what is happening.	2.81	0.817	Moderate
I've been making jokes about it.	3.28	0.86	High
I've been doing something to think about it less, such as going to movies, watching TV, reading, daydreaming, sleeping, or shopping.	3.05	0.9	Moderate
I've been accepting the reality of the fact that it has happened.	3.23	0.718	High
I've been expressing my negative feelings.	3.43	0.845	High
I've been trying to find comfort in my religion or spiritual beliefs.	3.41	0.748	High

I've been learning to live with it.	3.20	0.792	Moderate
I've been blaming myself for things that happened.	3.06	0.75	Moderate
I've been praying or meditating.	3.22	0.891	Moderate
I've been making fun of the situation.	3.26	0.947	High
Overall	3.25	0.2413	Moderate

Legend: 3.26–4.00 = High | 2.51–3.25 = Moderate | 1.76–2.50 = Low | 1.00–1.75 = Very Low

The table shows that solo parents moderately utilize emotion-focused coping to manage emotional stress, although healthier adaptive coping strategies may still be strengthened. This finding is supported by international literature which

emphasizes that emotion-focused coping is commonly used in managing chronic stress, particularly when individuals perceive limited control over stressful situations (Compas *et al.*, 2021; Carver & Connor-Smith, 2020)<sup>[3, 2]</sup>

**Table 9:** Level of Coping Strategies – Seeking Social Support

Seeking Social Support	Mean	SD	Verbal Interpretation
I've been getting emotional support from others.	3.56	0.5940	High
I've been getting help and advice from other people.	3.06	0.7190	High
I've been getting comfort and understanding from someone.	3.55	0.8540	High
I've been trying to get advice or help from other people about what to do.	3.19	0.8400	Moderate
Overall	3.34	0.4143	High

Legend: 3.26–4.00 = High | 2.51–3.25 = Moderate | 1.76–2.50 = Low | 1.00–1.75 = Very Low

The table shows that emotional support serves as an important coping resource for solo parents in managing stress and parenting responsibilities. Solo parents commonly rely on family, friends, and close community networks for

emotional support, which plays a vital role in reducing stress and maintaining psychological well-being (Dela Cruz, 2021; Mendoza, 2023)<sup>[4, 6]</sup>.

**Table 10:** Summary – Problem-Focused, Emotion-Focused, and Seeking Social Support

Coping Strategy	Mean	SD	Verbal Interpretation
Problem-Focused Coping	3.17		Moderate
Emotion-Focused Coping	3.25		Moderate
Seeking Social Support	3.34		High

Legend: 3.26–4.00 = High | 2.51–3.25 = Moderate | 1.76–2.50 = Low | 1.00–1.75 = Very Low

The table shows that solo parents tend to favor social and emotional coping strategies over task-oriented approaches. Seeking social support is one of the most effective coping

strategies in reducing stress and enhancing resilience among individuals with high caregiving responsibilities (Carver & Connor-Smith, 2020)<sup>[2]</sup>

**Table 11:** Significant Relationship between Resilience and Coping Strategies

Variables	N	p-value	Interpretation	p-value	Decision on Ho	Interpretation
Resilience development and coping strategies	340	0.060**	Very Weak Negative Correlation	0.269*	Failed to Reject Ho	Not Significant

Legend: \*Highly Significant at 0.05, Spearman Rho Correlation | \*\*Interpretation: 0.00 = No Correlation; 0.01–0.10 = Very Weak; 0.11–0.25 = Weak; 0.26–0.50 = Moderate; 0.51–0.75 = Strong; 0.76–0.99 = Very Strong; 1.00 = Perfect Correlation

The tables show a very weak negative and nonsignificant relationship between resilience development and coping strategies among solo parents, indicating that coping strategies do not significantly influence resilience development. Thus, the null hypothesis was retained. Resilience among solo parents may be shaped more by other factors such as personal characteristics, lived experiences, and available support systems rather than coping strategies alone. Solo parents' resilience is largely influenced by family support, socioeconomic conditions, and personal endurance developed through lived experiences rather than coping strategies alone (Dela Cruz, 2021; Mendoza, 2023)<sup>[4, 6]</sup>.

#### 4. Discussions

This study on the resilience and coping mechanisms of solo parents in Cabuyao City revealed that respondents generally demonstrate a considerable level of resilience, particularly in terms of adapting to challenges, maintaining a positive outlook, and experiencing personal growth despite the demands of single parenthood. However, resilience was found to be less consistent in areas related to emotional and

financial stress management, suggesting that these aspects remain challenging and require additional support interventions.

In terms of coping mechanisms, the results showed that solo parents commonly utilize adaptive strategies such as problem-focused coping and emotion-focused coping, which include planning, seeking solutions, and obtaining emotional support from others. These strategies were generally associated with better psychological adjustment and higher resilience levels. On the other hand, avoidant coping strategies, such as withdrawal or ignoring problems, were least utilized and were linked to lower resilience outcomes when practiced.

Although the statistical analysis revealed no significant relationship between coping strategies and resilience, the pattern of results suggests that individuals who frequently engage in adaptive coping tend to exhibit higher resilience, while those who rely on avoidant coping show lower resilience. This implies that coping strategies may still play a meaningful role in resilience development, even if not statistically confirmed in this study.

Overall, the findings conclude that solo parents in Cabuyao City possess a moderate to strong capacity for resilience, supported by the use of adaptive coping strategies. The study highlights the importance of strengthening emotional, financial, and social support systems, as well as promoting effective coping mechanisms, to further enhance the well-being and personal development of solo parents.

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