

# Unpacking the Dynamism of Cagayan De Oro Solo Parent Program: A Case of Program Implementation in Cagayan De Oro City

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## INTRODUCTION

A recent World Health Organization survey revealed that there are 15 million solo parents in the Philippines, with over 14 million (95 percent) being women (WHO, 2024). In Cagayan de Oro, one thousand five hundred twenty-two (1,522) registered solo parents were documented by the City Social Welfare and Development Department for the calendar year 2022-2023.

The Republic Act 11861 or “Expanded Solo Parent Welfare Act took effect in November 2022 to promote the welfare of solo parents and their children by providing them with social protection, educational support, and other benefits, while also preventing discrimination against them. This also concerns the purpose of Sustainable Development Goals to target end poverty, achieve peace, prosperity, and a sustainable future by addressing the global challenges by 2030. Goal 5 of the Sustainable Development Goals (SDG 5), focuses on achieving gender equality.

Today, solo-parent families have become even more common, headed by a mother, father, or even grandparents raising their grandchildren. Life of a solo parent is never easy; it is a combination of emotional and financial hardship.

There are studies that explored the impact of the solo parent programs on solo parents’ lives, but have excluded the effectiveness and implementation process of the program. This research investigated the way of living and the resources for support that are accessible. This study examined the effectiveness of the implementation of the Solo Parent Program of Cagayan de Oro. The researcher intended to highlight the need for improved support systems for solo parents by looking at their experiences and the programs they availed.

## Background of the Study

The Solo Parent Program was designed to help the well-being of solo parents and their children. As defined the Republic Act 11861, solo parents are individuals who take the sole responsibility for raising their children due to various circumstances such as the death of the spouse, legal separation, abandonment, unmarried, and any person who take the sole responsibility to the child [due to the abandonment and in absence of parents for at least six (6) months (RA 1861, IRR). These demographics face unique challenges that can significantly hinder their ability to provide for their families, including economic instability and limited access to essential social services.

Acknowledging these challenges of solo parents, the Cagayan de Oro local government has initiated and implemented programs to uplift the well-being of solo parents and their families. Financial support and social services are offered to solo parents but despite the efforts, there remains a gap in understanding how these services impact the lives of solo parents and their families. Solo Parents who do not aware the full range of the program still exists, may find the existing programs insufficient to meet their needs.

This study explored the effectiveness and dynamism of the Cagayan de Oro Solo Parent Program by examining its structure, implementation, and outcomes. It also explored the lived experiences of the solo parents in Cagayan de Oro and aims to give a comprehensive overview of the existing program and its

effectiveness. The results from the study would greatly help program implementers, policymakers, and community leaders with the necessary adjustments to enhance the programs for solo parents and their children.

The results of this study would greatly help both academic purposes and practical applications aiming to uplift this vulnerable community. This study prompted local government units and non-government organizations to reassess the strategies and initiatives in implementing the solo parent program.

### **Statement of the Problem**

The ideal Filipino parenting scenario is characterized by strong family bonds, respect for elders, and the transmission of cultural values and traditions (Reyes et.al 2022; Hidayanti et al., 2023). Filipino parents are expected to provide nurture, emotional support, and guidance to their children's holistic development while fostering independence, discipline, and responsibility (Ochoa & Torre, 2020). However, the realities often differ due to economic pressures and modernization, which have disrupted traditional family structures and increased cases of broken families, single-headed families, and improper child formation. (Gozum, 2020).

The Solo Parent Program aimed to uplift the well-being of solo parent and their children by providing social assistance and welfare benefits (Republic Act 11861 IRR (2022)). While the program was implemented, there were challenges such as the complexities of the program process and the limitations of resources. In an attempt to bridge the knowledge gap between theoretical frameworks and practical application, the study looked at the real-world experiences of solo parents taking part in the Solo Parent Program. This would assist and guide the development of new policies and the enhancement of current initiatives to better meet the needs of solo parents and their families. The purpose of this study is to produce useful information that would assist and help the solo parent program implementer of Cagayan de Oro City and the Philippines in developing more responsive, inclusive, and impactful policies and services for solo parents and their children.

The study also highlights the importance of the viewpoints and experiences of the solo parents in the discussions with regard to the implementation of social welfare initiatives and programs. Solo Parenting is an overwhelming responsibility of earning a living, child-rearing, feeding, and other household chores (De Luna, et. al 2023). Unlike two-parent households, they may encounter additional challenges and responsibilities. (Baluyot et al. 2023). By recognizing their voices, the program will hope to raise awareness about their needs and the challenges they face. Ultimately, the study aimed to promote the empowerment of solo parents by recommending policies and programs aligned to their unique needs and social contributions.

The study is anchored on the premise that solo parents, particularly solo mothers who comprise the majority of beneficiaries, face unique social, emotional, and economic challenges that hinder their full participation in society. These challenges include gender-based disparities in income, caregiving responsibilities, and access to support services. In alignment with the United Nations Sustainable Development Goal 5: Achieve gender equality and empower all women and girls, this study seeks to examine how the implementation of the Solo Parent Program in Cagayan de Oro contributes to promoting gender equality by addressing the specific needs of solo parents. It aims to unpack the mechanisms through which the program supports the empowerment of solo parents, mitigates gender-based vulnerabilities, and enhances their socio-economic conditions.

### **Purpose of the Study**

The purpose of this qualitative case study was to examine the effectiveness and dynamism of the Cagayan de Oro Solo Parent Program in the specific barangay through the experiences of the registered solo parent program of Cagayan de Oro. This finding of the study aimed to provide a comprehensive analysis by observing and evaluating the perceptions of registered solo parents regarding the solo parent program. Solo Parenting is defined by the participants as not an easy responsibility, you can be a "Ina at Itay" of your children, bringing all the responsibilities of a mother and a father. Through this, the program implementer may develop initiatives and programs that uplift the living conditions of the solo parents and their families.

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## Theoretical Perspectives

The argument of this study centers on the unique challenges faced by solo parents in urban areas like Cagayan de Oro. These individuals often navigate a complex landscape of social, emotional, and economic difficulties. Balancing caregiving responsibilities with the need to provide financially can lead to heightened stress, financial strain, and social isolation. In response to these challenges, the Cagayan de Oro Solo Parent Program aims to provide essential resources and support. However, it is crucial to evaluate how effectively these programs foster resilience and empower solo parents to adapt to their circumstances.

This study is also founded on the Theory of Change of Carol Weiss, is the underlying beliefs and conditions that explain how and why a sequence of intermediate steps leads to the achievement of a long-term goal. This framework emphasizes the importance of understanding how specific interventions lead to desired outcomes, particularly in social programs aimed at supporting solo parents. The theory helped identify the pathways through which programs can improve economic conditions and overall well-being for solo parents, aligning with legislative frameworks like the Solo Parent Welfare Act and its expanded version, Republic Act 11861.

This study is anchored in Structural Theory and Behavioral Theory. Applying structural theory to solo parent programs involves recognizing and addressing systemic barriers, empowering solo parents through education and advocacy, and fostering community support to create a more inclusive and supportive environment. It also emphasizes the importance of the program in shaping individual roles and maintaining societal balance of the solo parents, while Behavioral Theory of John B. Watson examines how behaviors are learned, maintained, or changed through environmental interactions. The Solo Parent Program can be evaluated on its ability to promote positive behaviors (e.g., seeking employment, using resources) and reduce negative ones (e.g., isolation, dependence). It often uses reinforcement strategies, such as incentives for participation in training or workshops, to encourage engagement. The program's impact can be assessed by analyzing behavioral changes, including better parenting practices, active community involvement, and increased economic productivity.

To bridge the gap between theoretical frameworks and practical applications, this study examined the real-world experiences of solo parents participating in the Solo Parent Program. This exploration aimed to inform the development of new policies and the enhancement of existing initiatives to better meet the needs of solo parents and their families. The ultimate goal is to generate actionable insights that can assist the residents of Cagayan de Oro City and the Philippines in crafting more responsive and inclusive policies and services.

Ultimately, this study aimed to promote the well-being and empowerment of solo parents by advocating for policies and programs that recognize their unique needs and contributions to society. By focusing on the lived experiences of solo parents, the research aspires to contribute to a more inclusive and supportive environment that acknowledges the vital role these individuals play in the fabric of the community.

## Research Questions

Solo Parent Program was implemented to uplift the well-being of solo parents and their families. While there are studies that exist about the impact of the solo parent program in the lives of solo parents, these studies exclude the effectiveness and implementation process of the program. To address this gap, the present study sought to answer the research questions:

1. Why do solo parents apply for membership in the Solo Parent Program?
2. How was the Solo Parent Program implemented in Cagayan de Oro?
3. How does the Solo Parent Program impact the lives of the beneficiaries?

## Significance of the Study

This study holds significant importance for a diverse range of stakeholders and professional fields, advancing both knowledge and practice in several critical ways:

**Solo Parents in Cagayan de Oro.** By examining the advantages and shortcomings of the Solo Parent Program, this research would provide valuable insights into its effectiveness. The findings would help foster an inclusive and supportive environment tailored to the needs of solo parents. This informed advocacy could lead to enhanced services and resources that directly benefit solo parents, empowering them to navigate their challenges more effectively.

**Policymakers and Social Work Practitioners.** The results of this study would be invaluable to policymakers and practitioners involved in social welfare and community development and other partner agencies. By highlighting the specific needs and challenges of solo parents, the research can inform policy decisions and program designs that are more responsive and effective. This alignment can lead to the implementation of policies that address immediate needs and promote long-term resilience among solo-parent families.

**Future Researchers.** This study established a solid framework for future investigations focusing on initiatives for solo parents.

### Definition of Terms

To provide clarity and avoid misunderstandings during discussions related to this study, the following terms are defined operationally:

**Solo Parent.** This term refers to a male and female individual who solely responsible for raising one or more children without the daily presence of a spouse or partner due to the death of the spouse, abandonment, being unmarried, or any other person who takes the sole responsibility as a guardian of the children due to the absence of the parents of the child for at least six (6) months.

**Solo Parent Program.** It refers to the program initiatives designed to assist and help the solo parent and their families in providing interventions and assistance that align with their needs. In this research, the program is examined to assess its effectiveness in meeting the needs of solo parents and improving their quality of life.

**Dynamism.** It refers to the capacity for change and adaptability within a system. In the context of this study, describes the ongoing processes and interactions within the Solo Parent Program, including its ability to evolve based on the needs and feedback of participants. In this study, it refers to evaluate how responsive the program is to the changing circumstances of solo parents.

**Local Government Unit (LGU).** It refers to the government sectors responsible for delivering public services and implementing policies within a specific locality, such as Cagayan de Oro City. In this study, it focuses on the role of the LGU in administering the Solo Parent Program and how it influences the support provided to solo parents in the community.

### Organization of the Study

Chapter 1 presents the problem, the background of the problem, the problem statement, the research questions, and the theoretical perspective that guided the study. In Chapter 2, the related studies about the implementation of the solo parent program. Chapter 3 presents the methodology that guided the researcher in answering the research problem. Furthermore, Chapter 4 presents the results and the discussion of the findings of the study. Chapter 5 is the summary of the findings, the conclusion, recommendation and limitation of the study.

## LITERATURE REVIEW

This chapter explores solo parenting and support programs, integrating sociology, psychology, and social work research. It examines themes, trends, and gaps in understanding experiences and interventions' effectiveness. It especially explores literature related to the implementation of Republic Act 11861, or the Expanded Solo Parent Act. Through this exploration, the literature review aims to provide a comprehensive understanding of the contextual background and theoretical framework. The review provides a foundation for examining the Solo Parent Program in Cagayan de Oro City.



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## Solo Parent Program

Republic Act 11861: Expanded Solo Parent Welfare Act of 2000 delineates the concept of solo parents and extends specific rights and benefits to the individuals facing the challenges of solo parenthood. It acknowledges the government's recognition of the family as the cornerstone of the nation. It is in line with the state policy that the family, the foundation of the country, reinforces its unity and guarantees its overall advancement. The act commits to formulating a comprehensive program of services for solo parents and their children, to be implemented by the government agencies specified in the legislation (Republic Act 11861 IRR (2022)).

The Solo Parent Program (SPP) has resource limitations, regulatory obstacles, and a lack of specialized assistance, according to Onyango (2022), in addition to stigma and prejudice. According to the study, there is a greater need for comprehensive support programs that give priority to the experiences of solo fathers and continuous evaluation and modification. Lowering stigma, individualized care, and involving solo fathers in research initiatives are also highly prioritized.

Torres' 2020 study demonstrates the importance of mental health support for solo parents, recognizing that mental well-being is a significant aspect of their overall health and ability to manage parenting responsibilities. However, the study lacked focus on program-specific mental health, which leaves a gap in understanding types of mental health programs. This finding is relevant to the present study, suggesting that Cagayan de Oro would benefit from developing targeted mental health resources for solo parents to address these critical needs.

Furthermore, Fadare, et.al (2024) found that community engagement enhances the effectiveness of support programs for solo parents, as it fosters a sense of belonging and solidarity among participants. When solo parents are actively involved in their support networks, they are more likely to access services and maintain their engagement with these programs. However, the study did not assess long-term engagement strategies, which limits its understanding of how community involvement can be sustained over time. This gap highlights the need for the Cagayan de Oro program to develop strategies that ensure ongoing community engagement, creating a more lasting impact on the well-being of solo parents in the area.

Also, Ramos' 2020 study examined the positive effects of local support programs in Bukidnon on the lives of solo parents, showing that these programs have helped improve financial stability, access to healthcare, and overall quality of life. However, the study did not assess the sustainability of these programs, leaving a gap in understanding whether these initiatives can continue to provide long-term support. This finding provides a valuable local context for Cagayan de Oro's initiatives, as it suggests that while local support programs can be beneficial, there needs to be a focus on their sustainability to ensure that the benefits last over time.

On the other hand, Broncano's 2023 study identified the crucial role of local government in supporting solo parents through various services and policies, such as providing financial assistance and facilitating access to healthcare. However, the study lacked participant feedback on the effectiveness of these programs, which limits the understanding of whether the services provided are meeting the needs of solo parents. This gap highlights the importance of incorporating participant feedback into program evaluation in Cagayan de Oro, ensuring that local government efforts are truly addressing the challenges faced by solo parents.

The community-based programs are effective in providing support to solo parents, particularly in fostering social connections and offering emotional and practical assistance (Alday et.al., 2017). However, the study did not explore the challenges faced by these programs, such as resource limitations, volunteer burnout, or coordination difficulties. This finding is significant for Cagayan de Oro, suggesting that while community involvement is key to the success of support programs, it is essential to understand and address the challenges that may hinder the effectiveness of these programs in the region.

Moreover, Cruz (2021) highlighted the benefits of financial literacy programs for solo parents, indicating that improving their financial management skills can significantly enhance their financial stability and overall quality of life. These programs help solo parents better manage their finances, reduce stress, and plan for the future. However, the study had limited demographic diversity in its sample, which restricts its ability to

generalize findings across various socio-economic backgrounds. This gap is pertinent to the present study, suggesting that financial literacy programs could be a beneficial component of support initiatives in Cagayan de Oro, but they must be designed with diverse populations in mind to ensure their effectiveness across different demographic groups.

Santos' 2020 study found that community support networks play an important role in improving the lives of solo parents by providing emotional support, practical assistance, and a sense of belonging. These networks help reduce social isolation and provide solo parents with the resources they need to navigate daily challenges. However, the study did not assess the effectiveness of these networks, leaving a gap in understanding how well these networks' function and whether they meet the needs of the participants. This finding suggests that peer networks could be a valuable component of the Cagayan de Oro program, but further evaluation is needed to ensure their effectiveness in supporting solo parents in the area.

Torres' 2022 study explored the social isolation often experienced by solo parents, particularly due to the demands of solo-handedly managing family responsibilities. Solo parents often face loneliness, as they may have limited social support networks and struggle to balance work, caregiving, and other responsibilities. However, the study did not provide specific strategies to combat isolation, leaving a gap in practical solutions. This finding is important for Cagayan de Oro, as it suggests the need for community-building efforts to help solo parents develop stronger social connections and support systems, which can alleviate feelings of isolation and improve their overall well-being.

With the needs, expectations, and realities of solo parent experiences in the program, these cited literature and studies helped the researcher substantiate the analysis of the findings.

About societal differences in solo parenthood, Kesner and McKenry (2001) showed that solo parenthood and social competence influence children's social development within racial and ethnic minority populations. Through quantitative analysis, Kesner and McKenry assess the effects of solo parenthood on kids' social skills and ability to bounce back from hardship. The study emphasizes how crucial community networks and supportive family situations are to helping children of color in solo-parent households achieve their goals.

The challenges of solo parents as regards the accessibility of the LGU's programs and services are essential to its well-being. Hence, this poses a challenge to the LGU in Cagayan de Oro to sustain the program and address the pressing needs of solo parents.

### **On the Streamlining of Solo Parent Support: A Look at Program Efficiency and Needs Fulfillment**

This review explores the efficiency of solo parent support programs, focusing on their resource utilization and alignment with the needs of solo parents. The aim is to identify areas for improvement and optimize these vital support systems to empower solo parents.

To address the query regarding studies related to solo parent experiences and the Solo Parent Program, the following compilation includes international, national, and local studies. Each entry summarizes findings, identifies gaps, and relates them to the present study titled "On the Needs, Expectations, and Realities: A Look at Solo Parent Experiences with the Solo Parent Program."

Onyango (2022) conducted a study on the Solo Parent Program (SPP), uncovering significant challenges faced by solo parents. The research highlighted resource limitations, regulatory obstacles, and a lack of specialized assistance, which hinder the program's effectiveness. However, a notable gap in the study was its limited focus on solo fathers and the unique challenges they encounter, leaving an area of solo parenthood underexplored. The findings emphasize the necessity for comprehensive support programs that address diverse needs and work to reduce the stigma surrounding solo parenting. This aligns closely with the current study's exploration of solo parent experiences and the broader aim of improving policies and interventions for solo parents.

Kumar (2022) delved into the cultural perceptions surrounding solo parenting, uncovering the pervasive stigma that affects social integration and limits access to essential services. The study emphasized how societal attitudes can create significant barriers for solo parents, influencing their ability to participate fully in their

communities. While the qualitative insights were valuable, the absence of quantitative data to substantiate the findings limits the study's broader applicability. This gap highlights the need for mixed-method research to provide a more comprehensive understanding of stigma's effects. Kumar's findings offer a critical context for the present study, which aims to explore the societal attitudes and structural challenges shaping the experiences of solo parents.

The Solo Parent Program that the Local Government Unit (LGU) of Cagayan de Oro City offers will be the focus of recommendations that come from this study. It's crucial to understand that while these suggestions might provide best practices and insights that might be relevant to programs of a similar nature in different settings, broad generalizability cannot be ensured.

Some of the Solo Parent Program's guidelines may not be as practical or beneficial in Cagayan de Oro City due to its distinct sociocultural, economic, and administrative setting. As a result, stakeholders should carefully assess the local context and the unique requirements of solo parents in the community while implementing the recommendations.

The ideas may be very helpful as guidelines for stakeholders in lone parent support initiatives, program administrators, and legislators, even though they might not be immediately applicable to other places or programs. Other local government units (LGUs) and organizations might be able to improve the efficacy and applicability of their programs for supporting solo parents by customizing and modifying the recommendations to fit their unique situation.

Here is a compilation of studies related to the topic "On the Streamlining of Solo Parent Support: A Look at Program Efficiency and Needs Fulfillment." This includes international, national (Philippines), and local (Bukidnon or Mindanao) studies. Each entry outlines the findings, identifies gaps, relates them to the current study, and provides APA 7th edition references.

Ramilo (2024) evaluates the solo parent programs in Quezon City, revealing that while the programs have had a positive impact on the economic conditions of participants, there are gaps in service quality that need to be addressed. The study shows that the economic benefits provided by the programs have helped improve the financial situation of many solo parents, but issues related to the quality of services offered remain a concern. One limitation of the study is the lack of demographic diversity among participants, which may skew the results and limit the generalizability of the findings. The study's findings directly inform the current research by highlighting both the effective aspects of solo parent programs, such as economic support, and the areas that need improvement, such as service quality. This information is essential for understanding what works in solo parent programs and where additional attention is needed to enhance their overall effectiveness, making it highly relevant to the ongoing investigation into program efficiency.

Dagupon and Garin (2022) explore the physical, psychological, and financial experiences of solo parents in the Philippines, with a focus on their coping mechanisms and support needs. The study delves into the multifaceted challenges faced by solo parents, offering valuable insights into how they manage the demands of raising children alone while contending with financial pressures and emotional strain. Despite providing a comprehensive look at the lived experiences of solo parents, the study lacks a detailed analysis of the effectiveness of institutional support systems that are meant to assist them. This gap is significant as it leaves unanswered questions about how well-existing support structures address the needs of solo parents. The findings of this study serve as a foundational understanding of the challenge solo parents face, providing a basis for enhancing current programs and services. This aligns with the current study's goal of improving the efficiency and effectiveness of programs that support solo parents, particularly by identifying areas where institutional support may need to be strengthened.

### **Alignment to the RVM Pedagogical Perspective**

The research acknowledges the possible influence of external factors on the results, including the state of the economy, political situations, and changes made to the Solo Parent Program over the study period. These outside variables might have an impact on how the program is carried out, how the program's enrolled single

parents feel, and eventually, how the results turn out. As a result, researchers will continue to be aware of these elements and take into account how they can affect the study's results and findings, which are consistent with the mission of the Religious of the Virgin Mary community.

Additionally, by establishing a relationship with participants, maintaining anonymity, and employing open-ended questions to promote candid responses and lessen the impact of social desirability bias, the current researcher hopes to reduce social desirability bias in data collection.

In order to elevate the rights and responsibilities of single parents as a means of realizing the meaning of the fullness of life in Christ, the study seeks to improve the validity and reliability of its findings by addressing potential limitations and improving understanding of the Cagayan de Oro City Solo Parent Program.

### **Alignment of the Study to the Graduate School Research Agenda**

This study aligns with the Graduate School's research agenda by addressing key areas such as Public Administration, Social Development, and Gender and Family Studies. It supports good governance and social justice by evaluating the implementation of a local welfare policy. The study also contributes to Gender and Development (GAD) by highlighting the experiences of solo parents, aligning with Sustainable Development Goal 5 on gender equality. Its community-based approach promotes inclusive development, evidence-based policymaking, and advocacy for social transformation.

## **RESEARCH METHODOLOGY**

This chapter serves as a comprehensive guide to the foundational aspects of qualitative research methodology, encompassing the following parts: qualitative data, research design, research setting, sampling and sampling procedure, case study design, data collection, data analysis, trustworthiness, reflexivity statement, and ethical consideration. These parts of the chapter are deemed essential for the successful execution and interpretation of the study.

### **Qualitative Research**

Qualitative data is information that is hard to measure or express in numerical terms. Usually, direct or indirect observation along with open-ended questionnaires is used to collect it. Data analysis followed a progression from specific details to general themes, with the researcher interpreting the significance of the collected information. The final written report followed a flexible structure. Advocates of this form of inquiry endorse a research perspective that values an inductive approach, a focus on individual interpretation, and the representation of the intricacies of a given situation (Creswell, 2018). The underpinning of the research in this study is to explore and understand the lived experiences of solo parents in the solo parent program guided by the Theory of Change, Structural and Behavioral Theory. Toward this end, the study utilized a qualitative research design to examine and understand the effectiveness of Cagayan de Oro Solo Parent program.

Qualitative research is fundamentally constructive or interpretive, focusing on unveiling the "what", "why", "when", "where", "who", and "how" behind social behaviors and interactions, rather than merely quantifying occurrences (Lim, 2024). It is an iterative process in which improved understanding of the scientific community is achieved by making new significant distinctions resulting from getting closer to the phenomenon studied (Aspers & Corte, 2019). It also emphasizes the trustworthiness, exploring complex and context-rich phenomena (Guba & Lincoln, 1985).

Qualitative research is grounded in the philosophies that emphasize the subjective, contextual, and co-constructed nature of reality and knowledge. Constructivism which asserts that reality is constructed by human interaction and meaning-making. A researcher aims to understand how individuals will interpret their experiences within specific contexts.

In focusing on understanding the subjective meanings and interpretations that individuals assign to their experiences. Interpretivism emphasizes context, depth, and the co-construction of knowledge between researcher and participants.



Qualitative research focuses on the context and the meaning. It seeks to understand the phenomenon through the real-life experiences of the participants. The data is collected in the natural setting rather than controlled environments, which will allow the researcher to observe the behaviors and interactions as they naturally occur.

Qualitative research is a participant-centered approach that centers on the ideas, perceptions, and voices of the participants. It provides a detailed and vivid description of a phenomena.

### **Case Study Design**

The study employed a qualitative case study (Husserl, 1936; Moustakas, 1994; Creswell, 2018) to examine the Solo Parent Program in Cagayan de Oro City, focusing on their expectations, accessibility, and benefits of the program. Drawing from multiple sources of data, this design emphasizes the understanding of the Solo Parent Program's thrusts.

The study seeks to explore how solo parents perceive and experience the Cagayan de Oro Solo Parent Program with their unique social and cultural contexts. The researcher acknowledges that the values and biases are inherent in the research process and the reflexivity-critical self-reflection on one's influence on the research is essential for the transparency and trustworthiness. Methods such as in-depth interviews, focus group discussion, key informant interviews and observations are used to gather detailed and rich data.

Specifically, the researcher used a case study methodology to examine the implementation, effects, and difficulties of the solo parent program in Cagayan de Oro City. This method documented the intricacies of the program and the lived experiences of solo parents, emphasizing the value of deep learning, thereby aiming to provide an extensive and detailed account of the participants' experiences of the program.

The Case study research (e.g., Stake, Merriam) is an epistemology in the constructivist approach, the knowledge is seen as subjective, context-bound and constructed through the interaction and interpretation. The researcher's role is interactive and interpretive, with findings emerging from the meaning and understanding developed socially.

Case study in Qualitative research lies in its early use as a tool for capturing the richness and complexity of a real-life scenario, with documented roots in early historical accounts, formalized by 19<sup>th</sup>-century sociologist, and popularized by a Chicago school. Until this time, it remains a core qualitative methodology, valued for depth, contextual focus, and adaptability (Harrison, M., et.l.,(2017).

Case study research of Merriam's approach is rooted in a constructivist paradigm and highlights the understanding of meaning from the perspective of participants. It includes the holistic and contextual analysis, case views as a bounded system, studied in its real-life context focusing on understanding the complexity and uniqueness of the case study as a whole.

Cases are selected purposefully to provide in-depth and rich information relevant to the research questions, rather than for representativeness. The researcher is the primary main tool for data collection and analysis, engaging directly with participants and data to interpret meanings and patterns. Merriam emphasizes strategies such as triangulation, member checking and audit trails to ensure credibility, dependability, and confirmability of the findings.

### **Research Setting**

The study was conducted in the specific area of Cagayan de Oro, Misamis Oriental, particularly in Barangay Camaman-an, Sitio Macapaya. Sitio Macapaya is far from the barangay proper, it takes a 15-minute Habal-habal ride to reach the area. Most of the people living in Sitio Macapaya reside in the relocation houses given by the National Housing Authority (NHA), and they are usually self-employed. According to the CSWD records, there are seven eight (78) solo parents registered in Barangay Camaman-an, thirteen (13) of them are from Sitio Macapaya. The researcher only identified the six (6) participants based on the criteria of selection of

the participants. Participants are members of the solo parent program for at least two years in the program who have children ten (10) years old or below before entering the program.

This study aimed to provide valuable insights into solo parenting in Cagayan de Oro City, aid local legislators and support groups, and potentially improve support networks for solo parents in the Philippines and beyond.

### **Sampling and Sampling Procedure**

The researcher employed purposeful sampling to select participants based on the study's specific needs. Purposeful sampling is a strategic, non-random sampling method in qualitative research used to select cases most likely to provide rich, relevant, and diverse insights about the phenomenon of interest (Patton, 2015). The selection criteria cover factors influencing solo parents' experiences within the Solo Parent Program offered by the LGU of Cagayan de Oro City.

Six participants were selected from among the registered solo parents of Barangay Camaman, Cagayan de Oro. In choosing the participants, the following criteria guided the selection process: 1) a registered member of solo parent program of Cagayan de Oro for at least 2 years; 2) the participants are ages 25 years old to 35 years old with at least below 10 years old child/children before entering the solo parent program; 3) a resident of Sitio Macapaya, Barangay Camaman-an, Cagayan de Oro.

### **Data Analysis**

In this study, the qualitative analysis involved systematically examining interview transcripts, observation notes, and other non-textual materials to understand the phenomenon. Data was simultaneously collected to refine data collection based on emerging insights and to avoid collecting irrelevant information (Merriam, 2009). The process included coding guided by Saldana's (2018) coding guide, facilitating transparency and immersion in the data, which is especially beneficial for novice researchers.

The data were analyzed using the Hyper Research software to determine the codes, categories, and themes. Categories' selection criteria are important to the intended audience and are frequently mentioned. Figures or models are instruments in visualizing how categories relate to each other. Merriam (2009) emphasizes credibility, consistency, and transferability as quality criteria in qualitative research. Ethical conduct in data analysis, including informed consent, confidentiality, and accurate representation of participants' perspectives, is important.

### **Trustworthiness**

For readers to have confidence in the study's conclusions, Lincoln and Guba (1985) emphasize that credibility, dependability, and confirmability are necessary for this to happen. To ensure the validity and dependability of the study, the investigator relies on the following standards of rigor.

**Credibility** is the degree of trustworthiness one has in the veracity and conclusions of research (Polit & Beck, 2014). The study ensures credibility by using rigorous qualitative methods such as in-depth interviews, triangulation of data sources, and member checking. These strategies help confirm that the findings accurately represent solo parents' lived experiences and perceptions of the Cagayan de Oro Solo Parent Program. Member checking, where participants will review and validate the researcher's interpretations and strengthen the authenticity and believability of the findings.

**Transferability** is addressed by providing detailed and rich descriptions of the research context, participants' characteristics, and the local implementation of the Solo Parent program. This will allow the readers and other researchers to determine whether the findings apply to similar settings or populations. used in other places, researchers can do purposeful sampling. Purposeful sampling and thick description further enhance the potential for transferability to other communities or programs.

**Confirmability** is achieved by minimizing the researcher's bias and ensuring that the results are grounded in participants' data rather than the researcher's preconceptions. . This process helps confirm that the insights reflect the perceptions of solo parents, not the subjective opinion of the researcher.

**Dependability** demonstrates study through transparency and systematic. This includes clear documentation of data collection procedures, coding, and analysis methods, as well as maintaining an audit trail. Such rigor ensures that another researcher could repeat the study in a similar context and obtain comparable results, thus supporting the reliability of the findings.

### Reflexivity Statement

As the overall focal person of the Solo Parent Program of Cagayan de Oro for almost 10 years, I supervised the five districts' solo parent focal persons, who are in charge of assessing the solo parents. I aim to be transparent about my positionality and to critically reflect on how my perspectives may influence the research design, data collection, and even the interpretation of findings, this is to maintain a reflexive stance throughout this study.

I only encountered the solo parents during city-level activities, but I have observed the challenges they face during solo-parent activities. Through this experience, I have identified potential issues that may affect their participation in the solo parent program. However, I am fully aware of the rules and responsibilities involved in conducting this research, particularly regarding confidentiality and limitations.

Throughout this study, I have made a conscious effort to be transparent about my assumptions and biases. I also explicitly acknowledged and reflected on my personal biases and assumptions to ensure transparency in the research process. This reflexivity was maintained to uphold the integrity and trustworthiness of the study.

### Ethical Considerations

The protection, rights, and welfare of research participants would be the primary concern throughout all stages of this study. The investigation adhered to ethical guidelines to safeguard the welfare and interests of the participants, based on the Belmont Report (Amdur & Bankert, 2010), which remains a crucial resource for institutional review boards (IRBs). This includes a thorough commitment to the fundamental ethical principles of respect for persons, beneficence, and justice, which are core to ethical research guidelines.

**Respect for participants.** Researchers ensured that participants were treated with autonomy and respect, avoiding deception and providing informed consent. Consent forms were thoroughly explained to participants, outlining the study's objectives and their right to refuse to answer any questions they found uncomfortable. Confidentiality was strictly maintained throughout the research process. All personal data were treated with the utmost care and privacy. Identifying information were removed, and pseudonyms were used in all data records to protect participants' identities. Interviews and data collection were conducted in private settings to ensure that responses are kept secure. In addition, all electronic files were password-protected and stored on secure servers to prevent unauthorized access. Access to these files was restricted to approved research team members, ensuring that participants' personal information remains confidential.

**Principle of beneficence.** It guided the study's design to maximize benefits and minimize harm. Fair and equitable procedures were applied in the selection of study subjects, ensuring their self-determination and right to participate or withdraw from the research. Participants were informed of their right to withdraw from the study at any time without negative repercussions.

**Justice.** It was a central focus, ensuring fairness and equity in the selection and treatment of participants. The study was designed to ensure that no group is unfairly burdened or excluded from the research. The benefits and outcomes of the study were shared equitably, particularly for communities that may be underrepresented or marginalized. The research team strived to ensure that all participants were treated fairly, regardless of their background or identity, and that the findings of the study were beneficial to the wider community.

In terms of data management, the research team implemented strict procedures to protect participant data. All collected data were stored securely and were anonymized or coded to prevent identification of participants.

Electronic files were encrypted, password-protected, and stored on secure servers with access limited to authorized personnel only.

Finally, transparency and accountability were maintained throughout the research process. The study was reviewed regularly to ensure ongoing compliance with ethical standards, and any concerns were addressed promptly. By adhering to the ethical principles of respect for persons, beneficence, and justice, and implementing strict data protection measures, the research upholds the highest standards of ethical conduct, ensuring participants' rights and well-being are always prioritized.

## RESULTS AND DISCUSSION

This chapter summarizes the study's findings, profiles the participants, and addresses the practical aspects of gathering and analyzing the data.

This research examined the implementation and effectiveness of the Cagayan de Oro solo parent program in the lives of the Solo Parent members. Using the qualitative case study successfully allowed for a deeper examination and understanding of the solo parent program based on the experiences of the solo parents.

### Operational Data Collection

The researcher informed the City Social Welfare and Development Department to allow her to conduct the study using the existing solo parent organization of Barangay Camaman-an, Sitio Macapaya, as well as the Barangay Local Government Unit of Barangay Camaman-an. However, the researcher has a hard time communicating with the identified participants because of the low signal in the location of the participants.

Communicating with the participants is truly challenging. Considering the distance of their residences, having low signals, and their available time. Despite the challenges and struggles, the researcher found the significance of the participant's experiences and the invaluable insights they offered into the program's implementation and effectiveness.

The researcher dealt with the first participant and easily built rapport because the researcher already encountered the participant during the general assembly of solo parents in Barangay Camaman-an. The researcher was amazed with the participant for being so strong in facing her cancer and dealing with her chemotherapy every week. She learned about the participant's status as a widow for three years with two children. Participant 1 expressed her disappointment in receiving no assistance from the program from the time she was a member of the program.

A similar personality was encountered when the researcher proceeded to the second participant because she was one of the previous participants of the researcher during her Fieldwork 2 subject. Upon entry into the house of the participant, the participant was very happy introducing her only child and showed excitement about the interview. The second participant was a widow and a solo parent representative of Sitio Macapaya who actively participated the solo parent activities at the barangay and city-wide level. She pointed out that she enjoyed the program and was grateful to meet many individuals with the same status.

In the afternoon of the same day, the researcher patiently waited for the fourth participant who was from work on that day. Different from the first and second participants, the participant's partner abandoned them and did not exert any support for them. Participant 3 is working as a cook in a private restaurant in Cagayan de Oro. She expressed her feeling of enjoyment as one of the participants of the Solo Parent Bongga Ka Nay'Tay in celebration of 2024 Solo Parent Week.

The fourth participant is de facto separated from her husband and a member of a solo parent program for 5 years. The researcher showed pity for the participant's experiences during her marriage. She shared that her husband was a violent drunker and abusive partner.

Proceeding to Participant 5 on the same day was also considered a productive day. The fifth participant is a widow for seven years and has 2 children. Similar to the first two participants, the researcher having no



difficulty building rapport with her because she was also actively participating the solo parent activities in the barangay and city-wide level.

An unmarried solo parent is the sixth participant in the study. Participant excitedly showcasing their family's small sari-sari store upon the arrival of the researcher. She started expressing to the researcher the difficulty of being a solo parent who faced the burden alone.

During the Focused Group Discussion (FGD), the researcher emphasized the purpose of the study and why they were chosen to be the participants of the study. Because of their sharing and lively participation, the activity lasted for about two hours. The key informant interviews (KII), as the researcher's 3<sup>rd</sup> data source, were conducted in different places, one was in the house of the President of Homeowners Association of Sitio Macapaya and in the district offices of CSWD.

### **Operational Data Analysis**

As the coding began, she felt difficulty identifying the proper themes and codes. The researcher allocated 2 and a half days in the research laboratory for coding and analyzing the data using Hyper Research. It was a remarkable experience for her.

With the guidance and help of the assigned professor and mentor, the researcher successfully got the results based on the data gathered. She slowly appreciated the beauty of the study and how this study would contribute to the improvement of the solo parent program based on the data gathered from the participants.

### **Profile of the Participants**

All participants are residents of Sitio Macapaya, one of the far sitios of Barangay Camaman-an. Three of the participants are widowed, and the other three are de facto separated, abandoned, and unmarried. All of them are in the age range of 25-35 years old. These participants are in the program for at least 2 years and have children below 10 years old.

Participant 1 was a widow with two children, and she was in the program for three years. She is a strong individual fighting cancer and undergoing chemotherapy every week. Her dedication as a solo parent with cancer is truly an inspiration.

Participant 2 was also a widow due to the death of her spouse in a car accident. She has only one child, and they are living in the sitio Macapaya for 5 years. She was in the program for three years, and she is unemployed.

Participant 3 was a proud solo mother of three minor children. She was abandoned by her live-in partner and did not receive any support from him. She is proudly a working mom as the chef of one of the restaurants in Cagayan de Oro.

Participant 4 was de facto separated from her abusive spouse, and she was in the program for five years. She has 2 children below 10 years old. She expressed how miserable her life was with her husband.

Participant 5 was a widow for 5 years and has two children below 10 years old. She has been in the program for 4 years now. She used her learned skills as *manicurista* as her source of income.

Lastly, participant 6 was unmarried for 4 years and has one child. She helped her mother in their small sari-sari store as their source of income. She was in the program for 2 years, as her mother encouraged her to join the solo parent program for believing that the program would help her.

Informant 1 (KII) was a focal person of CSWD District 1A located at Barangay Carmen, Cagayan de Oro. He handled the program for more than 2 years. He is passionate in serving the solo parents in his district.

Informant 2 was a dedicated District 1B focal person of Solo Parent Program located at Barangay Lumbia, Cagayan de Oro. His under barangays are mostly in the hinterland areas.

Informant 3 was assigned at CSWD District 2A located at Barangay Gusa, Cagayan de Oro. She handled a big barangay in the city.

Informant 4, an active District 2B focal person at Barangay Macasandig, Cagayan de Oro. She was the focal person handling the Solo Parent of Barangay Camaman-an including the sitio Macapaya. She was in the program since 2022.

Informant 5 was a District 2C focal person handling the solo parent program located at Barangay 3, Cagayan de Oro. She also handling the program in the numbered barangays of the city.

Informant 6, a President of the homeowners association of Sitio Macapaya for 5 years. He was actively monitoring each of the association that resided in the relocation sitio Macapaya.

Table 1. Profile of the participants

No.	Participant (Pseudonym)	AGE	Number years being SP	Number of child/dren below 10 years old	Status
<b>In-depth Interview and Focused Group Discussion Participants</b>					
1	Bebeng	35	3	2	Widow
2	Cecil	34	3	1	Widow
3	Jane	27	3	3	Abandoned
4	Myrna	30	5	2	De facto Separation
5	Neneng	35	4	2	Widow
6	Nikki	25	2	1	Unmarried
<b>Key Informant Interview Participants</b>					
1	District 1A Focal	33	N/a	None	Single
2	District 1B Focal	31	N/a	None	Single
3	District 2A Focal	37	N/a	None	Single
4	District 2B Focal	33	N/a	1	Married
5	District 2C Focal	50	N/a	4	Married
6	President Homeowner	63	N/a	None	Married

## Presentation of Findings

This section presents the answers to the following research questions: 1. Why do solo parents apply for membership in the Solo Parent Program? 2.) How was the Solo Parent Program implemented in Cagayan de Oro? 3.) How does the Solo Parent Program impact the lives of the beneficiaries? From the dialogues with the participants, four themes emerged such as *socio-economic empowerment, complexities in the implementation process, areas for improvement in the program, and psychosocial economic support*.

Table 2: Themes and Categories with Significant Quotes

RESEARCH QUESTION	THEME/S	CATEGORY/IES	SIGNIFICANT QUOTATIONS
RQ1: Why do Solo Parents apply for membership in the solo parent program?	Socio-economic Empowerment	Livelihood and subsidy	<p>Unta naa natong subsidy maam kay may nalang maka abag abag na sa amo nga solo parent (<i>Hoping to be included in the subsidy, it would atleast help us support solo parents</i>) - Bebung, Transcript 2, Lines 38-40</p> <p>kay ako makadungog ko nga kanang tagaan ug mga kuan sa livelihood, para ako baya kulang baya akong capital maam (<i>I've heard that there is livelihood, for me I don't have enough capital for my small business</i>) -Neneng, IDI, Transcript 18, Lines 575-576</p> <p>Kuan maam, maka tabang sa pinansyal maam, ug basin kanang sa livelihood sad maam (<i>To help us financially especially livelihood, ma'am</i>)– Nikki, IDI, Transcript 24, lines 737-738</p>
		Support system	<p>Mao sad ni akong isa sa rason nganong na apil ko ani nga kalihokan maam. Naa koy masalamoha kung бага, makakita kog support system. Nga bisan lain lain among storya nga nahimo meng solo parent pero kuan na salimoha nako sila, Moang okay ra man diay kay ga share sad sila sa ilang storya nganong ing ana sila. Kung бага, dili lang ko nag inusara bisan solo parent ko kay naa koy mga kauban maam. (<i>This is also one of the reasons why I joined this activity, ma'am. It gives me people to interact with—like a support system. Even though we have different stories on how we became solo parents, I was able to relate with them. That's why I felt okay because they also shared their stories. In other words, I'm not alone even if I am a solo parent, because I have companions, ma'am.</i>) (Cecel, Transcript 7, Lines 180-186</p> <p>sa tinuod lang maam, mingaw man gud ni dre among lugar, wala sad kay lain nga kalingawan, pasalamat lang gud ko maam sa akong mga kauban nga solo parent kay nabati nako nga dili ko nag inusara. (<i>Honestly maam, here is very quiet place, no other activities, I am thankful to my co-solo parents because I can't feel being alone.</i>) – Myrna, Transcript 17, Lines 530-532</p>
RQ2: How was the Solo Parent Program implemented	Complexities in the implementation process	Barangay level initiatives	<p>“pero tungod kay naa man gud activity ang barangay nga mag invite sa PAO, nga sila na mag anha sa barangay, dili man ko lisodan sa affidavit” <i>But because of the activity initiated by the barangay like inviting the Public attorney's office, they will visit the barangay and we will not be</i></p>

d in Cagayan de Oro?			<p>having difficulty anymore” (Participant 1, Transcript 2, FGD, Lines 63-64)</p> <p>“dili man ko nalisodan kay dako kaayo ang tabang sa PAO gud kay ang lisod ra man vgud kuhaon kay ang Sworn affidavit kay need pa gud ubanon si Kap or si kagawad sa PAO pero kay ni adto naman sila sa Barangay wala rako nag lisod” <i>I didn’t have a hard time because the Public Attorney’s Office (PAO) was a huge help. The only difficult part was getting the sworn affidavit since it required the presence of the Barangay Captain or a councilor at PAO. But since they already went to the barangay, I didn’t have any trouble.</i>” (Participant 3, Transcript 3, FGD)</p> <p>“ilang problema gud ang requirements sa cenomar or kanang affidavit of barangay official kay dili man tanan barangay gud supportive sa solo parent” <i>There problems is the requirements in getting cenomar or barangay affidavits because not all barangays are supportive to the solo parent. (Participant 1, Transcript 1, KII, Lines 31-33).</i></p>
	Validating of solo parents		<p>“tapos e validate dayun nako sila, usahay mag tawag me sa barangay or amo gud sila adtoan sa ila. Pero naa man sad tay mga solo parent president mag pa tabang lang dayun me saila maam” <i>Lastly, I validated them, sometimes I call the barangay or I will visit them. But we have solo parent president in the barangay, I will ask help to them.</i> (Participant 1, Transcript 1, IKI, lines 13-14)</p> <p>“ Mag courtesy me sa barangay maam, ang hasol lang sa amo kay naa me sa hinterland, mag lisod gud usahay patapok sa mga solo parent kay naa man sila sa uma mga busy. “ <i>We will conduct courtesy to the barangay maam, but the problem is in the hinter land area, we found difficulties in gathering them because they are busy in farm work (Informant 2, Transcript 4,IKI lines 147-149)</i></p>
	Confusion in the process		<p>“kay kung mag apply man gud me ug livelihood lahi ang uban ug proceso kay ang uban dili man lisod ang pag kuha sa requirements, tapos usahay mag libog me asa mag apply ug livelihood”. <i>If we apply for livelihood, some are different processes, some are not having difficulties in getting requirements, and sometimes we are confused about where to apply for livelihood. (Participant 1, transcript 5, FGD, Lines 182-185).</i></p> <p>dili man tanan barangay gud supportive sa solo parent “ <i>Not all barangays are supportive of the solo parent (Informant 1, Transcript IKI, P1).</i></p>
	Program Awareness		<p>“Mag orient me sa mga solo parent or even sa mga brgy council maam kung unsa ang solo parent act ug unsay mga</p>



			<p>requirements ug mga programs nga pwde nila ma avail” <i>We will orient solo parents and even the barangay council of what is solo parent act all about; the requirements and what are the programs they can avail. (Informant 2, Transcript IKI, Lines 254-257)</i></p> <p>“ we visit the barangay maam, mag conduct me ug orientation og mag courtesy me sa mga barangay mag pa hibalo sa solo parent program” <i>We visit the barangay maam, conduct an orientation and have a courtesy in the barangay for them to know the solo parent program. (Informant 3, Transcript 8, IKI, 332-333).</i></p> <p>mag orient ug mga organized sa mga solo parent. Tapos storyahon sad namo ang barangay about sa solo parent kay para sad dili sila matingala unsay mga concern sa mag solo parents samot na sa mga requirements.” <i>We orient and organized solo parent. We talked the barangay about the solo parent for them not to be shocked about the concern of solo parent especially the requirements. (Informant 5, Transcript 10, IKI, lines 427-429)</i></p>
	Areas for Improvement of the Program	Budget	<p>“3 years nako nga membro sa solo parent maam, pero wala gud gaka dawatan “ <i>I am already 3years in the program but I received nothing (Participant 1, Transcript 2, Line 3).</i></p> <p>“lage kay wala gud wala kaayo’y tabang ang solo parent. Dili kayo nako ma appreciate ang program maam kay wala man kayo programa para sa amo” <i>Yes, there was no support from the program, I can’t even appreciate the program because there has no program for us. (Participant 1, Transcript 3, IKI Lines 69-70).</i></p> <p>“kuan maam, maayo unta, ug kato sa subsidy maam, nag hulat baya gud me ato nga ihatag na maam” <i>hope...the subsidy will be release because we are waiting for it” (Participant 2, Transcript 10, IDI lines 251-252).</i></p> <p>“ Financial assistance maam, katong subsidy maam unta naa nato sya kay dako kayo gud to nga tabang sa amo maam, labi na dre sa mga solo parent sa macapaya” <i>Financial assistance, maam. The subsidy should be implemented because it will greatly help us especially the solo parent in macapaya. (Participant 3, Transcript 6, FGD, 208-209)</i></p>
		Recommendation for improvement	<p>“ LGUs implement individual livelihood for solo parent since the group livelihood is not advisable kay lahi lahi m,an ang mga gusto sa mga solo parent maam.” <i>LGUs will implement an individual livelihood for solo parent since the group livelihood is not advisable because we have different</i></p>

			<p>(Participant 1, Transcript 6, FGD, lines 209-2011).</p> <p>“katong subsidy maam unta naa nato sya kay dako kayo gud to nga tabang sa amo maam, labi na dre sa mga solo parent sa macapaya” ” <i>Financial assistance, maam. The subsidy should be implemented because it will greatly help us especially the solo parent in macapaya. (Participant 3, Transcript 6, FGD, 208-209).</i></p> <p>“Unta nay spiritual activities maam ug katong stress debriefing, nga unta ma regular program sa maam kay dako kayo na nga tabnag sa amo kay labi na stressful kayo gud me isip mga solo parent” <i>There should be a spiritual activities and stress debriefing session, and I hope it will be a regular program because it will greatly help us solo parent who are facing stresses. (Participant 6, FGD).</i></p>
RQ3: How does the Solo Parent Program impact the lives of the beneficiaries?	Psychosocial Economic Growth	Behavioral Improvement	<p>Ga apil apil nako sa mga kalihokan kay sauna wala man ko ga apil sa mga kalihokan sa barangay (<i>I already joined the activities because before I didn't join the activities in barangay</i>)– Bebung, Transcript 4, IDI, Lines 80-82</p> <p>Sa tinuod lang maam, dako gud ug kausaban maam, dako ug tabang ang naa koy mga kauabn nga solo parent maam, naa koy ma storya ug naa gud pud mey activities kada byernes maam, kana sad naay mga seminar nga gihatag sa among mga solo parent maam katong Parenthood nga responsible, dako kaayo tong tabang sa ako maam. (<i>Honestly, there's a big difference maam, it was a big helped for me that I have companion, I have someone to talked to and there's also activities intended for us. We also given Responsible Parenthood which helped us a lot.</i>) – Cecel, Transcript 9, IDI, Lines 233-237</p> <p>kay sauna wala may ing ani tapos kana sila mga solo parent dili nako namakita dre sa among lugar. Na active ra lage na sila tungod sa guro sa ilang groupo (<i>Before there was no like this, I cant see solo parents actively participating barangay activities</i>) – Homeowner President, Transcript 14, IKI Lines 532-533</p>
		Changed Solo Parent's Perspective	<p>Abi nako ing ani lang ko forever. Kung бага, dili lang ko nag inusara bisan solo parent ko kay naa koy mga kauban maam (<i>I thought I am forever like this, but it changed because I am no longer alone because I found companion</i>) – Cecel, Transcript 7, IDI, Lines 183-186</p> <p>may gani dre sa camaman-an dili kaayo lisod kay mu tabang man ang tgaa barangay tapos among mga papel nga</p>

			<p>kuhaon sa abogado, kay sa barangay ra namo gi kuha kay ni adto man sila maam (<i>Luckily, here in Camaman-an, it was not difficult because the barangay will assist you especially of the documents needed in the program</i>) –Mryna, Transcript 16, IDI Lines 525-527</p> <p>“Pag muduol me sa barangay, naa mey kaduolan kay naa may naasign sa amo nga mo entertain pag mu adto me dadto” <i>If we visited the barangay, they will assist us because there is a person incharged (Cecel, Transcript 10, IDI, Lines 239-240)</i></p> <p>“Pasalamat lang gud ko maam sa akong mga kauban nga solo parent kay nabati nako nga dili ko nag inusara ug positibo na akong panlantaw sa akong kaugalingon” <i>I am thankful for my solo parent colleague, I felt I am no longer alone and I am became optimistic in life.</i> (Participant 6, Transcript 17, IDI Lines 537-538).</p>
		Improved Economic Condition	<p>“Nakapangayu man nuon ko ug hinabang financial sa CSWD para sa akong tambal maam pero lisod gihapon ang kahimtang maam ui, ako ra baya ug akong mga anak “ <i>I asked help for financial assistance in CSWD for my medicine but still life is difficult because I am living only with my child.</i> (Participant 1, transcript 2, IDI, Lines 50-51)</p> <p>naa nakoy mga naapilan na mga training training maam, katong sa gardening maam naka tabang to sa ako maam, kato sad sa hilot hilot maam, kay kung walang wala ko naa koy ma exta income maam. Ang mga seminar ba tawag ana nga gi-offer nakatabang og dako. Nagkaroon ko og kasayuran para mag ka extra income ko. – Myrna, Transcript 16 , IDI, Lines 509-512</p>
		Relieved from stress	<p>“diba sa una katong sa bag o pa gud Nawala iyang papa, depressed kaayo ko maam, sige ra gud kog tulatula ug naa ra ko sa balay, akong silingan sige na kuan sa ako nga, naila kung ecomfort ban ga dili daw ko mag palabi kay naa pa koy mga anak. Ana sad akong mga kauban nga solo parents” <i>Like, before, when her father was died, I am so depressed and I always stayed at home, but my neighbor and my co-solo parents comforted me.</i> (Participant 2, Transcript 7, IDI, Lines 172-175)</p>

From the participants’ narratives, four major themes emerged from the collected data. The first theme, *Socio-Economic Empowerment*, includes categories such as livelihood and subsidy, and the presence of a support system, highlighting how economic assistance and emotional connection help solo parents cope with challenges. The second theme, *Complexities in the Implementation Process*, includes barangay initiatives, confusion in the process, challenges in validating solo parents, and program awareness. The third theme, *Areas for Improvement*, underscores the need for increased budget allocation and presents recommendations to enhance the program’s effectiveness. Lastly, *Psychosocial-economic Growth* captures the behavioral empowerment of solo parents, changes in their perspectives, improvement in their economic conditions, and

relieved from stress as positive outcomes of the program. Figure 1 encapsulates the themes and categories generated from the study.

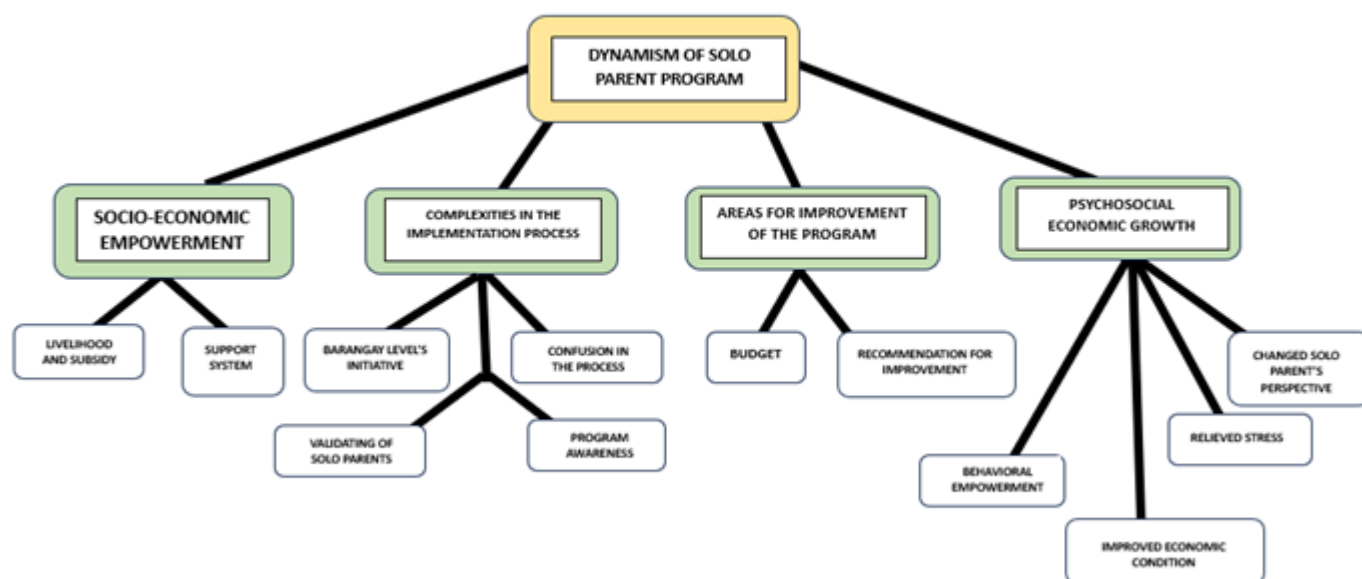


Figure 1. A Model showing the case of Solo Parent experiences of the Solo Parent Program in Cagayan de Oro

## SUMMARY OF FINDINGS, CONCLUSIONS, RECOMMENDATIONS, LIMITATIONS, AND REFLECTIONS

This chapter presents the summary of findings, conclusions, and implications derived from the comprehensive responses of the participants. Furthermore, it discusses recommendations, limitations, reflections, and utilization in relation to the results of the study.

The primary objective of this case study was to examine the effectiveness and dynamism of the implementation of the Cagayan de Oro Solo Parent program to the lives of the beneficiaries. The Solo Parent program is implemented by the Local Government unit to provide the necessary support to the solo parents and their children as mandated by the Expanded Solo Parent Welfare Act.

### Summary of the Finding

The Solo Parent Program of Cagayan de Oro is a tool for solo parents to help improve their lives in different aspects. Constructed in the identified themes of Socio-economic empowerment, complexities in the implementation process, areas for improvement of the program, and psychosocial economic growth, the following findings shed light on the experiences undertaken by the solo parent participants.

The theme “Socio-economic empowerment” highlighted the reasons of the application of the participants. Narratives within this theme revealed that participants applied for a membership because they wanted to have support from the program. Livelihood and subsidy, and support system are some of the reasons of the participants entered in the program. This reveals that the financial and economic condition of solo parents poses a big challenge in the lives of many solo parents. This finding of the study is relevant to the research of Ramilo (2024) that most of the solo parents were engaged in the program for the benefit of their economic sources. Participants emphasized that being a member of the program will allow solo parents to gain peer support, find emotional relief, and enjoy a sense of community that helps them alleviate their loneliness. This contradicts the study of Kumar (2022) that societal attitudes can create significant barriers for solo parents, influencing their ability to participate fully in their communities. But this emphasized that by having



companionship in the same situation, the solo parent can actively participate in community activities and find emotional relief through a support system.

The theme “complexities in the implementation process” has provided the picture that the implementation of a program has complexity. The local government’s role in implementing the program was crucial in supporting solo parents through various services and policies (Broncano’s 2023). This approach emphasized that in implementing the program; the challenges, difficulties, and complications of the program were present. This suggests a deep level of assessing the effectiveness of the policies and services implemented.

The theme “areas for improvement of the program”, from the participants' narrative, the program needs to be strengthened. Insufficient budget limits the availability of services and assistance for solo parents, resulting in unequal access, inconsistent implementation, and increased financial struggles for many solo parents who rely on these services. Recommendation for improvement is a very important factor for the effectiveness and impactful of the solo parent program. These results will help the implementer gain a clearer understanding of the concrete programs needed to enhance the well-being of the solo parents.

The theme “psychosocial economic growth”, based on the data collected from the participants, psychosocial economic growth has been identified as a key impact of the program on the lives of the participants. It encompasses enhanced behavioral improvement, a changed perspective on solo parenthood, improved economic conditions, and relieved from stress, empowering solo parents to navigate their journey with confidence. The findings of the study demonstrate the importance of mental health support for solo parents, recognizing that mental well-being is a significant aspect of their overall health (Torres’ 2020). Community engagement enhances the effectiveness of the programs of solo parents, as it fosters a sense of belongingness of the solo parents (Fadare, et.al., 2024).

This synthesis of findings effectively addressed the research questions by providing the insights of the participants on the reason why they applied for membership in the program, sharing their experiences and the impact of the program on their lives.

## **Implications**

The results of the study provide valuable information about the effectiveness and dynamism of the Cagayan de Oro solo parent program in the lives of solo parents. Economic stability is the main concern of the solo parent. The program can have a measurable but limited impact on proving the economic conditions of solo parents. Many solo parents face financial constraints, and belong to the poverty threshold, though the government initiates financial support and relief, but does not fully address the socioeconomic challenges of solo parents. This emphasizes the necessity for the program implementer to expand its focus on individual livelihood, skills training, and financial literacy to better equip solo parents for long-term economic stability.

Complexities of the implementation process are hindered by gaps in service delivery and accessibility. However, some innovations arise but only in limited areas. This can affect the whole implementation process of the program. To avoid a negative picture of the implementation, there should be a regular needs assessment to identify and address the gaps.

The program addresses some immediate needs of solo parents but falls short in the implementation process due to the insufficient budget and inconsistent operation. There are existing programs and services that still need to be strengthened. This suggests to the program implementer to strengthen the partnership with the private institution for funding and job opportunities that could enhance the program's sustainability. Additionally, increasing budget allocation for the solo parents' programs and services can improve the service delivery quality.

Furthermore, it has been found that the program affects the psychosocial economic growth of the solo-parent participants. Behavioral empowerment changed solo parents' perspective, and improved economic conditions and relieved from stress— is can contribute to psychosocial-wellbeing, fostering emotional resilience among solo parents. However, limited access to services means that many solo parents continue to struggle with stress

and isolation. This suggests expanding interventions such as peer support groups, spiritual activities, and community-based workshop can help build a stronger and social network for the solo parents.

## Conclusions

The Solo Parent Program of Cagayan de Oro provides critical support to solo parents, but its effectiveness is constrained by implementation challenges and limited scope. To significantly improve the well-being of solo parents and their families, there should be enhanced economic opportunities, extending psychosocial services, and even improving accessibility to address these issues. These findings emphasize the demand for continuous assessment to ensure the effectiveness of the program. The theory of change helps conceptualize the structured framework to recognize how services lead to desired outcomes. The structural theory exists to address systematic challenges and design equitable programs, while behavioral theory enhances interventions by focusing on individual behavior change mechanisms. Together, these theories provide a robust framework for examining the effectiveness of the solo parent program in Cagayan de Oro.

## Recommendations

From the findings and conclusions of this, it is recommended that the:

1. **Solo Parent Beneficiaries** may fully understand the implementation process of the Solo Parent Program especially the requirements for securing the Solo Parent Identification Card (SPIC). SPIC is the ticket for solo parents to avail the program as mandated by the RA 11861.
2. **Solo Parent Program Focal Persons** may consider standardizing program requirements and implementation across all barangay and initiating regular activities that strengthen the bond and increase the support system of solo parents. In addition, may consider strengthening the Information, Education, and Communication Campaign with solo parents in the requirement process and to empower the public about the rights of solo parents.
3. **Local Government Unit** may consider prioritizing the amendment of Cagayan de Oro Solo Parent Ordinance anchored in the Expanded Solo Parent Welfare Act of 2000 and allocate budget for the solo parent program, especially in the implementation of the solo parent monthly subsidy and including long-term interventions such as individual livelihood support for more beneficiaries. It may help solo parent lessen their burden as a solo parent.
4. **City Social Welfare and Development Department** may consider strengthening partnerships with other government agencies and NGOs. It may provide more services to solo parents through the referral system. Implement monitoring and evaluation mechanisms to track the program's effectiveness. Considering that the solo parent status may change anytime, it is more appropriate to provide funding for individual livelihood projects, rather than for group livelihood projects.
5. **Future Researchers** may consider conducting a longitudinal study that will track the implementation progress, effectiveness, and sustainability of the Cagayan de Oro Solo Parent Program

## Limitations

This study focuses on the experiences of selected members of the solo parent program, totaling six participants residing at Sitio Macapaya and six informants. Consequently, the findings cannot be generalized to all solo parent members, and may only represent certain typical cases to a limited extent. Moreover, the study does not encompass the entirety of phenomena within the solo parent program. Finally, time constraints restricted the study's scope and prevented broader investigation into the program's effectiveness.

## Reflections and Utilization

Undertaking this qualitative case study was a fulfilling journey, it marked dedication perseverance, and transformative experiences. Balancing the demands of work, family, church activities and study proved to be

an exhausting challenge, but this challenge contributed to the depth and richness of the study findings. Despite the pressures and obstacles, the determination to stay focused on the research objectives pushed me forward.

Engaging directly with the participants proved to be a vital aspect of the research process. Their lived experiences in the solo parent program provided invaluable insights that added to the context and depth analysis. From their narratives, I gained a deeper understanding of the research phenomenon, uncovering the nuances and complexities that enriched the study findings. The interaction of each participant offered new perspectives and shed light on the effectiveness of the Cagayan de Oro Solo Parent Program.

Appreciating the role of analytical tools such as Hyper research in facilitating data analysis is crucial. Through meticulous coding and analysis, I was able to navigate the complexity of the data, leading to a deeper understanding of the research topic.

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