



## **Exploring the Experience of Employed Single Mothers in Raising Children**

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Received: August 04, 2025

Revised & Accepted: September 29, 2025

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### **Abstract**

**Background:** This qualitative study draws on in-depth, repeated narrative interviews with a single employed mother in urban Nepal. It explores her everyday struggles in balancing paid work and childcare within a patriarchal society where single mothers often face financial and time constraints, social stigma, and limited institutional support. The study specifically investigates how this mother manages time and resource constraints to meet her professional and personal commitments, and how she prioritizes her child's needs over her own interests and desires.

**Methods:** A qualitative narrative approach was used, and in-depth, repeated interviews were conducted with a single mother raising her daughter in difficult circumstances. The data were coded, categorized, and analyzed thematically using feminist and resilience theory frameworks to explore coping strategies, sacrifices, and resilience in the face of structural inequalities and societal discrimination.

**Findings:** The results reveal that single mothers possess remarkable time management skills, often juggling multiple tasks and prioritizing their children's needs over their own comfort. Despite facing significant challenges, including limited resources, financial struggles, and a lack of social support, these mothers demonstrate exceptional resilience by putting their children's futures first and taking on both maternal and paternal responsibilities. The study highlights how single mothers frequently sacrifice their own dreams, whether it is the prospect of remarrying or simply enjoying some downtime, to safeguard their children's stability and emotional well-being. Furthermore, they work tirelessly to instill discipline, positive values, and a sense of social responsibility, striving to raise their children into strong and responsible individuals, despite the hurdles they encounter.

**Conclusion:** In conclusion, the research highlights that working single mothers take on the dual roles of caregiver and provider, facing tremendous challenges with strength and



commitment. Their sacrifices highlight the pressing need for supportive policies, inclusive social attitudes, and institutional support that recognize and uplift single mothers in the evolving family landscape of Nepal.

**Keywords:** Child-rearing Experience, Employed Single Mothers, Parenting Challenges, Resilience, Sacrifices

## **Introduction**

A single mother refers to a woman who is exclusively responsible for the upbringing of her children. In Nepal, the family forms the foundation of the social structure, where the contributions of both parents are deemed significant. Nevertheless, the evolving society has fostered circumstances that enable women to voice their concerns against oppression, advocate for women's education, and champion women's empowerment, among various other matters. The notion of single motherhood has also gained prominence swiftly. Within a patriarchal framework, single mothers continue to be perceived through a traditional lens. They encounter greater challenges compared to the average mother, as they must contend with the responsibilities of child-rearing, as well as time and financial constraints. Viewed from this angle, the genuine struggles faced by single mothers resemble a fairy tale. Contemporary marriage theories tend to underestimate the prevalence of non-marriage, have not been sufficiently validated, or do not resonate well with women of lower socio-economic status (Edin, 2000).

## **Global Rise of single motherhood and associated challenges**

Single motherhood is an increasingly prevalent social phenomenon across the globe. Single mothers encounter distinct challenges in nurturing their children, managing financial obligations, offering emotional support, and securing their children's educational achievements. In cultures where conventional family frameworks typically highlight the importance of a two-parent household, single mothers often confront social stigma and systemic obstacles. In this generation, more than two-thirds of all children will spend some time in a single-parent family before reaching age 18. The damage done in the name of justified stigma, therefore, harms a great many children (Dowd, 1999).

## **Consequences of single motherhood on family and children**

Understanding the Consequences of Single motherhood for children is a central issue in evaluating the change in family structure (McLanahan & Booth, 1989), which affects their ability to provide holistic nurturing and quality education. Single motherhood is now becoming the norm. The number of single mothers has been steadily increasing for so many reasons, such as giving birth outside marriage, separation, divorce, the death of a partner, or simply because some women choose to have a child and stay single. The birth rate among single mothers also varied, along with educational, socioeconomic, and racial barriers (Ramos & Tus, 2020).



The responsibilities of a single mother extend beyond conventional parenting roles. They frequently take on the duties of both caregivers and providers, leading to limitations in time and resources. This situation can influence their children's capacity to uphold consistent discipline and involvement in educational pursuits. Furthermore, working single mothers encounter extra challenges in balancing their job obligations with the requirements of raising children, which may hinder their ability to offer academic assistance or engage in school-related events.

### **Struggles of single mothers in the Nepalese context**

Despite patriarchal cultures, women are capable of carrying out their duties, even when they are by themselves, and persevering through difficult situations to support the health and education of themselves and their children (Adhikari et al., 2024). In Nepal, where social expectations and economic disparities are significant, single mothers frequently face social injustice, inadequate social support, and financial obstacles. These challenges can result in emotional strain, impacting the overall well-being of both the mother and her child. Nevertheless, numerous single mothers exhibit resilience, placing their children's educational needs above their own personal desires, and endeavour to establish a stable environment that fosters learning and development. Plus, the family environment and financial stability can significantly impact children's academic performance at school. A student participating in project work tends to excel in all activities. Interestingly, a child who struggles academically and does not complete homework often performs exceptionally well in project work (Dinesh, 2025). Family environment can play a major role in such conditions.

### **Challenges, resilience, and support systems in single motherhood**

A single mother has to face a new life with twice the responsibility of a typical mother with a partner. (Rhiger, 2019). He emphasizes the need to focus on how single mothers manage discipline, cultural environment, and education, including the strategies, challenges, and support systems they utilize. Understanding these experiences can help in understanding policies and interventions that better support single-parent families, ensuring that children of single mothers receive equal opportunities for educational success and personal development. Single motherhood has been identified as a challenging role, with disadvantages including financial hardship and poor mental health. Resilience is a multidimensional construct, requiring two conditions to be met: the presence of some form of adversity and a positive adaptation (Cheeseman et al., 2011).

### **Daily struggles and emotional burdens of single mothers**

Single mothers alone genuinely comprehend the daily obstacles they encounter from dawn until dusk, having lived through them personally. These obstacles encompass managing their time, dealing with financial difficulties, facing societal expectations, and experiencing emotional solitude. They bear the dual responsibility of being nurturing figures, offering love, care, and empathy, while simultaneously grappling with the deep sorrow that accompanies this duty.



Many women find themselves in the role of single mothers without a partner or extended family to assist them. As the population of single mothers in the workforce increases, there is an escalating demand for research focused on achieving a balance between work and parenting. Single mothers frequently have to fulfil financial obligations and care for their children, confronting unique challenges that can be more intense than those encountered by two-parent families. In addition to this, single mothers must navigate a multitude of societal expectations and limitations while managing their household responsibilities.

### **Financial hardship, social expectations, and children's education**

Research has looked at the impact of marital relationships on the depression experienced by single mothers (Brown & Moran, 1997). Although the number of women choosing to have children without a partner has increased recently, these 'single mothers by choice' or 'choice mothers' differ from those who become single parents through divorce or separation (Jadva et al., 2009). Many single-parent families face financial struggles. For single mothers, this is especially challenging after their partner's death, particularly when it comes to meeting basic needs. Furthermore, single mothers are considered to be more financially vulnerable compared to other groups, which can be stressful. As a result, going to school can be costly, with expenses including shoes, uniforms, bags, and school fees. Studies have shown that family income is more closely linked to children's ability and achievement than to their emotional well-being. With limited resources, how can single mothers meet all these needs? Unlike their friends, they cannot afford to buy everything their children want, which can reduce their motivation to study and attend school, as they may feel inferior (Rahman et al., 2017). Single parenthood can also be a result of parental substance abuse or other addictions (Goldscheider et al., 2015). A father's influence on a child's development includes their self-concept, gender identity, anxiety levels, impulsivity, moral development, self-control, delinquent behaviour, cognitive development, and school achievement. Therefore, a father plays a significant role in a child's overall development (Johnson, 1981). Research has explored the experiences of low-income single mother students nearing graduation or who have recently completed their undergraduate degree, examining the factors they perceive as enabling or hindering their degree completion (Matuschka, 2019).

### **Professional struggles of employed single mothers**

Employed single mothers face significant challenges in balancing their professional responsibilities with the demands of raising their children. Single mothers are the representatives of existing social structures and role disparities. They work to become financially independent (Ritzer, 2011). The types and circumstances of single parenthood have varied over the past half-century (Weinraub & Kaufman, 2019). Despite their dual roles they have to carry, limited research explores how these mothers effectively manage their time and resources, prioritize their children's needs, and navigate the emotional, financial, and social pressures inherent in single parenthood. In a patriarchal society, the mother raises the child. Technically.



### **Significance of the Study**

Single-parent families succeed. Within these families, children thrive, develop, and grow, just as they do in a variety of family structures. Tragically, they must do so in the face of powerful legal and social stigma that works to undermine them (Dowd, 1999). Through a comprehensive examination of the experiences faced by single working mothers, this article aims to enhance the understanding of the obstacles related to women's empowerment, family management, and the educational framework within society. This research is significant in shedding light on the everyday challenges encountered by single mothers, their time and resource management, and their impact on their children's education. By integrating the experience of a single working mother, the article not only delivers crucial insights to both academic and social policymakers but also aids in redefining the role and influence of women across all societal levels. This study will offer a more profound understanding from both individual and societal viewpoints, while also delivering valuable insights for future policies and practical measures that will foster the empowerment of women and families.

### **Research Gap**

The literature indicates that, despite extensive research on single mothers, a significant gap remains regarding the challenges and difficulties they encounter in child-rearing, which this study aims to address. This lack of understanding obstructs the creation of tailored support systems and policies designed to mitigate their hardships and improve the well-being of both themselves and their children. This research issue underscores the dual responsibilities of professional and personal commitments that a single mother must navigate.

### **Objectives of the Study**

The first objective of this research is to examine how employed single mothers manage their resources and time to fulfil their personal and professional obligations. The second objective is to examine how they fulfil their children's needs by prioritizing their own personal needs, interests, feelings, and wants.

### **Research Questions**

- a. How do employed single mothers manage their time and resources to meet both professional and personal obligations?
- b. How do employed single mothers prioritize their children's needs over their own personal needs, feelings and interests?

### **Methodology**

#### **Research Design**

This study employed a qualitative narrative inquiry approach to investigate the experience of an employed single mother raising children in challenging socio-economic and cultural



environments. Narrative inquiry is especially suitable for capturing life stories that demonstrate how individuals create meaning from their lived experiences (Clandinin & Connelly, 2000). Through these narratives, this research explored the mother's sacrifices, coping mechanisms, and resilience.

The design also aligns with feminist research paradigms, which focus on centering marginalized voices and questioning the structural inequalities that shape lived experience (Hooks, 2000; Riessman, 2008). Recent studies have similarly shown the value of qualitative, narrative, and feminist-informed approaches in capturing the complexities of single motherhood, particularly within structural constraints (Thorpe et al., 2024; Caragata, 2022). On the 8<sup>th</sup> of Kartik in the year 2081, the researcher paid a visit to her home, where they engaged in meaningful discussions. This conversation was later used as data for the research article. They also communicated through Social media (Messenger) on the 29<sup>th</sup> of Mangsir, 2081. Following that, there were several more meetings and conversations between the researcher and the participant. The topics discussed during these conversations were carefully coded and categorized afterwards.

### **Sampling and Population**

The study focused on an employed single mother who is raising children in an urban area of Nepal. To select participants, the researcher used a purposeful sampling strategy (Patton, 2015) and applied criterion sampling (Creswell & Poth, 2018) to ensure that there were individuals who met specific conditions:

They are single mothers (divorced, separated, or unmarried but solely responsible for caregiving).

They are employed (either in formal or informal sectors).

They are the primary caregiver of their children.

For this study, one participant was selected, allowing for repeated in-depth interviews to obtain thick, rich, and longitudinally nuanced narrative data. This strategy aligns with precedents in qualitative feminist research that prioritize depth over breadth (Hesse-Biber, 2013; Caragata, 2022).

### **Data Collection**

Data were collected through in-depth, semi-structured narrative interviews, conducted multiple times with the participant.

Audio recording and transcription: After getting the participant's consent, the interview was recorded. This way, the researcher could capture the emotional tone, pauses, and subtle





narrative details. The recordings were transcribed word-for-word in Nepali and then translated into English for analysis, with careful attention to preserving cultural and contextual meanings during the translation process.

**Interview process:** The researcher used semi-structured prompts to guide the interviews, which allowed participants the freedom to steer the conversation. This method helped uncover themes related to resource management, time allocation, emotional sacrifices, and strategies for resilience.

**Trust-building:** Conducting multiple sessions helped build rapport, creating a safe space for participants to share sensitive information, in line with best practices in feminist qualitative interviewing (Seidman, 2006; Thorpe et al., 2024).

### **Data Analysis**

The study used thematic narrative analysis (Riessman, 2008) to dive deep into the data. During the open coding phase, the researcher took her first look at the transcripts and came up with descriptive codes like “sacrifice of personal needs,” “time management challenges,” “social stigma,” and “maternal resilience.”

Next came the categorization, where these codes were grouped into broader categories such as work–life balance, coping strategies, emotional burden, and structural barriers. Then, the researcher developed overarching themes to address the research objectives, focusing on topics like resilience strategies, maternal sacrifice, and agency in the face of inequality.

For interpretation, the researcher applied feminist theory (hooks, 2000) to shed light on issues of gender inequality and societal discrimination, while also using resilience theory (Walsh, 2016) to explore how strengths and adaptive strategies can emerge during tough times. Recent research has highlighted the importance of examining single mothers’ stories through a dual lens of resilience and feminism (Thorpe et al., 2024; Caragata, 2022).

### **Theoretical Analysis**

Conflict in married life often stems from disagreements, familial oppression, and the influence of a patriarchal society. Within such a patriarchal framework, the errors or shortcomings of men are readily accepted, whereas the positive contributions of women frequently go unacknowledged, representing a significant injustice towards them. The violence and oppression that a husband may impose on his wife and children exacerbate inequality and conflict within the family unit, which in turn has a direct impact on the future of the children involved. These circumstances compel mothers to confront various hardships and assume the role of single parents in raising their children. This scenario is indicative of class and power disparities (Ahmad, 2009), where men are perceived by society as the "dominant class" while women are viewed as the "subjugated class. Social organization and class inequality, ill-



matched marriages, social and cultural pressure, and obsolete ideas, values, and lifestyles give rise to dissatisfaction and rebellion in wedded life. This is harmful to family stability (Marx, 1997).

As Marx (1977) articulated, the existence of unequal relationships within the social framework, coupled with the abuse of power and authority, leads to conflict and oppression (Soon, 1960). Consequently, it is evident that the necessity for women to raise children as single mothers in a patriarchal society arises from structural inequality and exploitation from a Marxist viewpoint.

From the perspective of social roles, women are often tasked with the dual responsibility of earning a living and managing household duties. Despite this, single working mothers are required to fulfil both roles—providing care at home while also earning an income—and they must endure patience, struggle, pain, social stigma, discrimination and pressure. Even amidst these challenges, they strive to guide their children towards achievement and success with remarkable resilience and morale. Resilience theory emphasizes the patience, strength, and coping mechanisms that individuals exhibit even in challenging circumstances (Deepak, 2021).

In the context of Nepal, the experiences of single working mothers illustrate that despite the prevailing inequalities and societal discrimination, they continuously endeavour to reorganize their lives and educate, nurture, and raise their children. Thus, Resilience Theory serves as a robust theoretical framework for comprehending the experiences of employed single mothers.

### **Ethical Considerations**

Ethical principles guided all stages of this research.

**Informed consent:** The participant was informed about the study's purpose, use of audio recording, and translation process, and gave consent before participation.

**Confidentiality:** Pseudonym (Sabina) has been used, and identifying details have been removed. Data were stored securely.

**Emotional sensitivity:** Given the emotional weight of the narratives, interviews were conducted empathetically, with the option to pause or discontinue at any time.

**Reflexivity:** The researcher engaged in reflexive journaling to address potential biases and to remain aware of power dynamics between researcher and participant (Creswell & Poth, 2016; Hesse-Biber, 2013).

**Ethical approval:** Approval was obtained from the participant.





## **Findings and Discussion**

### **Findings**

#### **Theme 1: The juggling act – Time management and multitasking**

One of the most impressive aspects of Sabina's (pseudonym) life is her incredible knack for managing time and multitasking. For her, every single minute is precious. She shares, "My top priority is taking care of my daughter and securing her future, so I make sure not to waste a single minute." Sabina rises as early as four in the morning to tackle household chores, whip up meals, and pack her daughter's tiffin before heading off to work. In the evenings, she is back at it, balancing household responsibilities with her child's schoolwork, often burning the midnight oil to make sure everything gets done. This relentless cycle of multitasking sheds light on a harsh truth for single mothers: they simply cannot afford to waste time since the weight of both work and childcare rests entirely on their shoulders. Sabina's day is all about squeezing out every bit of productivity in the absence of a partner, ensuring her daughter's well-being is always a top priority. This mirrors earlier findings in Nepal (Khatri, 2021) and global studies, which reveal that single mothers frequently reshape their routines to stretch their capacity well beyond typical working hours. Sabina's story powerfully illustrates how single mothers place their children's development at the heart of their daily lives, often at the expense of their own rest and leisure.

#### **Theme 2: Economic precarity and resourcefulness**

Another important theme is Sabina's ongoing battle with financial instability. She openly shares, "Every day feels like a battle to secure proper education, healthcare, and a decent standard of living for my children." Even though she has a job, her paycheck barely stretches to cover the basics like food, rent, school fees, and healthcare. For Sabina, managing her resources is a daily exercise in resilience. She talks about making thoughtful financial choices, trimming unnecessary expenses, and saving whenever she can to ensure a brighter future for her daughter. The struggle to provide quality education is especially tough. So, like many single mothers in Nepal, she makes sacrifices to enrol her daughter in a safer, better-equipped school, even if it tightens her budget. The clash between educational dreams and financial realities is not just a Nepalese issue. (Caragata, 2022) found that single mothers in Latin America are also constantly finding ways to stretch their limited resources to secure their children's education. Sabina's journey also highlights how financial uncertainty brings emotional stress. She describes the "battle" of juggling daily expenses, which leaves her feeling exhausted yet resolute. These economic challenges, however, also foster resilience, pushing her to hone her budgeting skills and resourcefulness, which are essential for keeping her family afloat.



### **Theme 3: Performing dual roles – emotional and paternal support**

Every woman's life is strongly influenced by her father, husband and son (Khanal, 2019). Sabina's story really shines a light on the incredible lengths single mothers go to to fulfil both maternal and paternal roles for their kids. She shares, "No matter what, I have loved my daughter deeply, meeting her every need, and I'll keep doing that. I won't let her miss out on a father's love." Understanding how important confidence and emotional support are for her daughter, Sabina actively encourages her to get involved in sports and other activities. But her efforts to provide that "fatherly love" go way beyond just material support. She sees herself as both a protector and a mentor, working hard to shield her daughter from negative influences in society. This balancing act can be emotionally taxing, yet it also showcases her incredible resilience. As Walsh (2016) points out, families facing tough times often adapt their roles to keep things balanced and functional. Sabina truly embodies this adaptive spirit by broadening her maternal role to fill the gap left by a father figure. Research indicates that parents manage emotional stress and how various feelings can influence their decisions (Wolford et al., 2020). At the same time, Sabina's experience highlights the emotional weight of juggling these dual responsibilities. She recognizes that her daughter might still feel the absence of a father, but she is determined to make up for it with extra love, guidance, and emotional closeness. This aligns with global research (Thorpe et al., 2024), which indicates that single mothers often focus on both nurturing and discipline, stepping into the roles of both mother and father to help maintain their children's emotional well-being.

### **Theme 4: Sacrifice and forgoing personal fulfilment**

Facing different kinds of challenges can lead to damage to women's physical, emotional and social health..(Pokharel, 2024). The theme of sacrifice runs deep in Sabina's story. She candidly shares, "I set aside my own desires for my daughter's sake and safety. If I were to remarry, who would love her as much as I do?" Even though she occasionally thinks about remarriage, her worries about the potential risks to her daughter's well-being far outweigh her personal wishes. This really shows how single mothers often have to rethink their priorities, choosing to put their children's security and growth above their own needs. But this sacrifice goes beyond just romantic relationships. Sabina talks about how she has to put her own dreams on hold, pouring her time, energy, and financial resources entirely into her daughter. She admits, "This daughter means everything to me; I've given up all my wishes for her." This sentiment captures the essence of many single mothers, who make their children the focal point of their lives. Research indicates that this pattern of sacrifice is common among single mothers around the globe (Hesse-Biber, 2013). While this devotion is often praised, feminist scholars warn that it reflects the ongoing gendered expectations that pressure women into selflessness (hooks, 2000). Sabina's journey illustrates this complexity: her sacrifices showcase her strength and resilience, yet they also shine a light on the societal norms that make such extreme self-denial feel necessary.



### **Theme 5: Navigating social stigma**

Sabina's experience underscores the stigma faced by divorced or single mothers within Nepalese society. She articulates, "When society makes us feel devalued, it really takes a toll on our self-confidence and mental well-being." These statements highlight how societal expectations often unjustly attribute blame to women when marriages falter, exacerbating their difficulties. Sabina has encountered scrutiny regarding her marital status, with others doubting her capability to raise her daughter effectively. Nevertheless, she remains resolute against these stereotypes, committed to raising her child to be a "cultured and responsible citizen." Her narrative exemplifies the fortitude of single mothers who, despite enduring social prejudice, strive to establish a stable and nurturing environment. This aligns with studies conducted in Nepal (Khatri, 2021) and globally (Thorpe et al., 2024), which underscore the emotional impact of stigma on single mothers. From a feminist perspective, this stigma exposes patriarchal structures that often absolve male failures while unfairly blaming women. Sabina's determination to challenge these stereotypes and redefine her identity as a competent mother not only showcases her resilience but also highlights the pressing need for a cultural transformation. Sands and Nuccio (1989) argue that mother-headed families face disproportionate economic insecurity, which is not a result of personal failings but of systemic inequalities that limit women's access to well-paying employment and social supports.

### **Discussion**

Sabina's narrative reflects the observations made by Isanbor (2024): the phenomenon of single motherhood is frequently perceived as "accidental" or unplanned within societal discourses, rather than acknowledged as a lived reality that can be navigated with dignity. Within such feminist ethical frameworks, single mothers are regarded not merely as victims of their circumstances but as individuals who uphold values, self-esteem, and the emotional health of their children, despite facing societal stigma. The insights derived from her narrative underscore how single motherhood in Nepal is influenced by the intersecting dynamics of patriarchy, economic instability, and cultural stigma, while simultaneously showcasing resilience and agency.

### **Time management and multitasking**

Sabina's constant balancing act between work and home life reflects a larger trend seen in both Nepali and international research. Khatri (2021) found that single mothers in Nepal often stretch their days to handle all caregiving duties, frequently at the expense of their own rest. Similarly, during the COVID-19 pandemic, many single mothers around the world reported feeling even more exhausted, as they had no partner to share the load (Thorpe et al., 2024). Resilience theory sheds light on this situation, suggesting that these mothers adapt their routines to keep their families functioning under pressure (Walsh, 2016).



### **Economic precarity**

Sabina's financial challenges echo findings from global studies that highlight economic insecurity as a key issue for single mothers (Caragata, 2022). From a Marxist viewpoint, her situation illustrates how capitalist job markets often overlook the dual responsibilities women face in both paid and unpaid work, leaving single mothers particularly exposed to hardship. While her careful management of resources shows her resilience, it also highlights systemic inequalities: her financial struggles stem not from personal shortcomings but from structural obstacles like low wages, unstable contracts, and insufficient social safety nets.

### **Performing dual roles**

Contrary to some beliefs, being a single mother does not harm children (McLanahan & Booth, 1989). Sabina's determination to provide both maternal and paternal love showcases how gender roles are reshaped in single-parent households. Her approaches—fostering emotional closeness, encouraging participation in extracurricular activities, and keeping a close eye on her children—demonstrate adaptive family dynamics. However, the necessity of stepping into both roles underscores the patriarchal norms that make a father's absence so noticeable. Resilience theory helps explain her dual role as a way to maintain emotional stability, even when faced with structural limitations (Walsh, 2016).

### **Sacrifice and self-denial**

Sabina's sacrifices resonate with feminist critiques that highlight how motherhood is often tied to ideals of selflessness (hooks, 2000). While her unwavering dedication showcases incredible resilience, it also sheds light on how patriarchal norms can lead to the erasure of women's personal needs. Her choice not to remarry is a powerful statement of agency—she is protecting her daughter—but it also reveals the constraints she faces, shaped by societal fears surrounding step-parenting. This aligns with Hesse-Biber's (2013) observations that women's sacrifices frequently go unnoticed, yet they play a vital role in the survival of families.

### **Social stigma**

Sabina's experiences with stigma echo findings from previous studies in Nepal (Khatri, 2021), which reveal that divorced women are often seen as failures or as threats to societal norms. On a broader scale, the stigma attached to single mothers is well-documented (Thorpe et al., 2024). Looking through a feminist lens, this stigma underscores the structural inequalities at play, where women are often blamed for the collapse of marriages, while men's shortcomings frequently go unnoticed. Yet, from a resilience perspective, Sabina's commitment to raising



her daughter with dignity and cultural values shows how mothers can transform stigma into a powerful motivator, highlighting their strength and capabilities.

## **Conclusion and Recommendation**

It is truly inspiring to see the sacrifices and difficulties single mothers face in fostering their children's education and creating a better future. These remarkable women have the strength to put their children's needs and wants ahead of their own, despite their limited financial resources and ongoing time management. They always try to give their kids a good education and morals, and they strive to find a balance between work and family. These mothers actually support their kids in acquiring crucial traits like self-reliance, discipline, and responsibility, even during tough times. Their independence gives them the fortitude to face obstacles and pursue their goals, even in the face of the strain of lacking social or familial support. They remain dedicated to encouraging their kids' extracurricular pursuits and goals for the future. They manage their time despite the demands of society and the expectations placed on working mothers.

Since the study primarily has a sample size of one, the findings of the research may not be generalizable to all single mothers in Nepal. However, it definitely provides a deep, contextualized and meaningful understanding. It is hoped that this research study will be very fruitful to policy designers, a large-scale phenomenological study in future with a diverse sample of single mothers in Nepal, for social support and workplace flexibility. Sabina's journey highlights the pressing need for policies and social support specifically designed for single mothers. This includes things like financial assistance, childcare services, and strong community support systems. A feminist perspective sheds light on how structural inequalities—like patriarchal norms, economic instability, and gender-based stigma—contribute to her struggles. On the other hand, resilience theory offers insight into how she turns challenges into effective strategies to secure a better future for her daughter. The study shows that even in the face of oppressive systems, single mothers are not just passive victims; they actively resist, adapt, and foster resilience within their families. It emphasizes the critical need for policy changes—like social protection, accessible childcare, and programs aimed at reducing stigma—that acknowledge and bolster the strength of single mothers. Additionally, it points out that for real societal change to happen, we must stop normalizing women's sacrifices and instead recognize them as responses to systemic inequalities that demand collective action.

**Funding Statement:** No fund available from any institution

**Institutional Review Board (IRB) Statement:** Written consent was taken from respondents before collecting data.

**Transparency Statement:** I confirm that this study has been conducted with honesty and in full adherence to ethical guidelines.

**Data Availability Statement:** Author can provide data.

**Conflict of Interest:** I declare there is no conflicts of interest.

**Authors' Contributions:** The author conducted all research activities i.e., concept, data collecting, drafting and final review of manuscript.





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