

ABSTRACT

NAME OF INSTITUTION : De La Salle University - Aguinardo

ADDRESS : Bagong Bayan, Dasmariñas, Cavite

**TITLE : The Stress and Coping Behavior of Institutionalized Unwed Mothers
and its Implications to their Self-Concept**

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OBJECTIVES OF THE STUDY:

A. GENERAL :

To have a better understanding and knowledge on the stress and coping behavior of institutionalized unwed mothers and its implications to their self-concept.

B. SPECIFIC:

1. To know the self-concept of institutionalized unwed mothers.
2. To find out the stress level, the vulnerability to stress, and coping behavior of unwed mothers.
3. To determine the psychological profile of unwed mothers.

SCOPE AND COVERAGE:

The respondents were residents of Kaisahang Buhay Foundation whose ages range from 15 to 21 years. The study covers the stress level and vulnerability to stress of unwed mothers and their corresponding coping behaviors and its implications to their self-concept.

METHODOLOGY:

A descriptive type of research was used in the study through the use of the purposive sampling technique. Five respondents from Kaisahang Buhay Foundation who are unwed mothers were chosen for this study. Data were gathered by using the Pasao Self-Concept Rating Scale, The Social readjustment Rating Scale, Vulnerability to Stress Scale, and a Questionnaire developed by the researchers.

MAJOR FINDINGS:

Relative to Specific Problem # 1. Majority (4 or 80%) of the unwed mothers have a negative self-concept.

Relative to Specific Problem # 2. Majority (4 or 80%) of the unwed mothers have a high level of stress.

Relative to Specific Problem # 3. Majority (4 or 80%) of the unwed mothers are moderately vulnerable to stress.

Relative to Specific Problem # 4. All (5 or 100%) of the respondents have accepted their present conditions as unwed mothers.

Relative to Specific Problem # 5. Institutionalized unwed mothers tend to have low self-concept, high stress level, moderate vulnerability to stress and adequate coping behavior.

CONCLUSIONS:

After a careful analysis of the findings, the researchers concluded the following:

1. That the lower the self-concept of institutionalized unwed mothers is, the higher their stress level;
2. That the lower the self-concept of institutionalized unwed mothers is, the higher their vulnerability to stress;
3. That the lower the self-concept of institutionalized unwed mothers is, the higher their coping behavior.

The researchers therefore conclude that all assumptions are rejected.

RECOMMENDATIONS:

In the light of the obtained findings and conclusions, the researchers came up with the following recommendations:

1. It is highly recommended that other welfare institutions design programs that will enhance the self-concept of the unwed mothers.
2. More studies be made regarding the stress and coping behavior of unwed mothers and its implication to their self-concept.

3. It is recommended that the number of respondents should be increased and psychological variables such as aspirations, intelligence, and personality may be included.
4. Comparative studies should be done across institutions for validity of the study.
5. A comparative study should be done between institutionalized unwed mothers and non-institutionalized unwed mothers to know their similarities and differences so that a program would be made to benefit the whole.

