

## ABSTRACT

**Name of institution** : De La Salle University- Dasmariñas  
**Address** : Dasmariñas, Cavite  
**Title** : Relationship of the Level of Emotional Stress and  
the Level of Coping of Teenage Single Mothers  
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### OBJECTIVES OF THE STUDY

#### **A. General Objective**

This study aimed to determine the relationship of the level of emotional stress and level of coping of single teenage mothers.

#### **B. Specific Objectives**

1. To find out the demographic profile of the respondents in terms of:
  - a. Socio-economic Status
  - b. Educational Attainment
  - c. Age
2. To find out the level of emotional stress of the single teenage mothers.
3. To find out the coping mechanism of teenage single mothers.

4. To find out if there a significant difference in the level of stress when they are grouped according to:
  - a. Socio-economic Status
  - b. Educational Attainment
  - c. Age
5. To find out if there is a significant difference in their coping mechanism when they are grouped according to:
  - a. Socio-economic Status
  - b. Educational Attainment
  - c. Age
6. To find out if there is a significant relationship between the level of emotional stress and the coping mechanism of teenage single mothers.

### **Scope and Coverage**

The research focused on the coping emotional stresses and coping mechanism of single teenage mothers. A total of 30 single teenage mothers were selected. Their age ranges from 15 to 21 years old, all are studying and living with their families in Cavite.

### **Methodology**

The study is conducted within DLSU-D and in some parts of the Cavite area. In this study, descriptive research using survey method design was used.

The questionnaires used in the study were self made questionnaires and these were the main instrument used to gather the desired data needed in the research.

### **Major Findings:**

1. Most teenage single mothers have high economic status. 9 or 30 percent out of 30 respondents have more than 300,000 pesos income. In terms of their educational attainment, 25 or 83.33 percent of the total respondents are college students. 8 or 25.67 percent are age 20 when they got pregnant.
2. Most of the respondents have high emotional stress with a frequency of 18 or 60 percent.
3. The majority of single teenage mothers used coping mechanism in terms of their emotional level with 26 or 86.67 percent.
4. The level of stress according to socio-economic status has no significant difference. There is a significant difference in terms of educational attainment while the age of the respondents has no significant difference in their level of emotional stress.
5. The coping mechanism according to socio-economic status has no significant difference and does not affect their way of coping. The Educational attainment also has no significant difference whether the respondents are in college or high school level. In terms of age, there is a significant difference between the age of 19 and above to 18 and below.

6. The level of stress and the coping mechanism have no significant relationship according to the result of the study.

### **Conclusions:**

In the light of the findings of the study, the following conclusions are formulated.

1. The respondents have high economic status that they can handle their situation with the help of their parents. Most of the respondents have reached the college years when they become pregnant. The age of the respondents shows that the age 20 is the common age when women get pregnant.
2. Most of the respondents have high emotional stress because of their situations that they raising their child/children without a father and that they are still studying.
3. The single teenage mother use their emotional level when it comes to their coping mechanisms but the study determined that using emotional coping does not relieve their emotional stress.
4. The socio-economic status and age of respondents have no effect or difference when it comes to their level of stress because of the same situation they are in. The educational attainment of the respondents affect their level of stress compared to college students where in they learn more about pregnancy in their education.
5. The coping mechanism according to socio-economic status and educational attainment do not affect the respondents' way of coping.

There is a significant difference on the age of respondents because older teenagers are more mature than a pregnant 16 year old who cannot cope easier.

6. The level of emotional stress and the coping mechanism used by the teenage single mothers do not relieve their emotional stress. It can help them temporarily but not with emotional stress.

### **Recommendations:**

On the basis of the findings, the researchers made the following recommendations:

1. Guidance counselors and other concerned individuals in the school must design a program that would help teenage single mothers to face their difficulties.
2. Students should conduct more studies about the teenage single mothers to understand and accept their situation and to broaden their knowledge as to what circumstances the single teenage mother experience. Other researchers should conduct further studies.
3. Parents should be more aware and more understanding of the situation of their child if ever this happens to them. They should show support by easing the burden of being a single teenage mother.