

# Succumbing the Hardship of Solo Teenage Mother: A Narratological Research

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**Abstract**— Solo teenage motherhood has been a worldwide concern, encompassing the evaluated figures from different agencies and organizations around the globe to develop panicking results that need to be addressed. It has been significantly considered a key contributor to child mortality and the central problem of adolescents today. Hence, the study pursues to contribute to research concerning the experiences of solo teenage motherhood. It is anchored on the Feminist Standpoint theory and feminist perspective proposed by Sandra Harding in 1983. Feminist standpoint theory focuses on the knowledge from the experiences and challenges common to women (Wood, 2009). Feminist standpoint allowed for understanding women's experience and the challenges of having a child and utilizing a qualitative narratological approach, where 1 participant for the in-depth interview was employed. This study aims to understand the experiences of solo teenage mothers, empirically identify the reasons and factors of solo teenage motherhood, and obtain relevant information that will add to the growing body of knowledge in the field of solo teenage motherhood. It attempts to analyze the stigma experienced by teenage mothers as well as the differentiated views of this experience. Information was analyzed and evaluated to uncover nine vital themes Doubled roles as Mother and Father, Societal Judgements, Financially Unstable, Praying to God, Farming, Child as a Source of Strength, Regrets are always in the End, Raising a Child is not easy and lastly, Think of the Consequences of Decision from their responses to the research questions; these are Our findings will help in understanding how solo teenage mothers succumb the hardship they encounter and what are the things that help them continue living contentedly.

**Keywords**— Solo Teenage Mothers Challenges; Teenage Mother; Hardships, Philippines

## INTRODUCTION

Solo teenage parenthood is a phenomenon that has always existed, in particular, difficulties and challenges they face in daily life. It investigates their strengths and weaknesses, hopelessness, extent, or lack of support and encouragement. These questions are raised about how they gain credit for their achievements. This study shows that young women need support to seek meaning in their lives and help recover from a situation of early motherhood. The parenting role focuses on promoting children's emotional well-being through hardship; they must understand their responsibilities as solo teenage mothers. In this study, solo teenage mothers will be aware of the importance of parenting and know how to overcome their hardships, especially for their child's development.

In the global setting, early motherhood is considered one of the essential public health issues and is assessed by obstetricians & gynecologists, pediatricians, child psychologists, sociologists, family physicians, and nurses (Diaconescu S, Ciuhodaru T, Cazacu C, Sztankovszky L-Z, Kantor C, & Iorga M (2015). According to the last census in Iran, the highest number of recorded marriages was devoted to women 15–19 years of age. Southeastern Iran, such as Kerman

province, has a high rate of early marriage. Based on the Government Strategy Plan, the fertility rate among Iranian teenage mothers is expected to increase significantly by 2025. Although teenage mothers face social stigma in many societies, in the Islamic culture of Iran, adolescent mothers enjoy familial and social support. Iranian families support adolescent mothers in the maternal role and attempt to reduce their problems. Iranian culture emphasizes the increase in fertility rates, and mothers have an invaluable position in this culture. So, adolescent pregnancy is confirmed by Iranian culture.

However, in the national setting, during the World Population Day Forum held in Quezon City last July 2019, the Commission on Population (Popcom) raised concerns about early and unplanned pregnancies by citing that around 500 teenage girls have given birth in the country every day as more adolescents engage in premarital sex. Popcom said some 196,000 Filipinos between the ages of 15 and 19 get pregnant yearly. Similarly, according to the 2013 National Demographic and Health Survey (NDHS) and the 2013 Young Adult Fertility and Sexuality Study (YAFSS), the number of women aged 15-19 who have begun childbearing increased from eight percent in 2003 to 10 percent in

2013. While a more recent 2017 NDHS study revealed that the issue of adolescent fertility is vital for both health and social reasons, as children born to very young mothers are at increased risk of sickness and death. The study further said that teenage mothers are more likely to experience adverse pregnancy outcomes and to be constrained in their ability to pursue educational opportunities than young women who delay childbearing.

Additionally, the Department of Health (DOH)-Davao reported that based on the National Demographic Health Survey (NDHS) in 2017 released by the Philippine Statistics Authority, Davao Region has the highest adolescent birth rate ages 10 to 19, across the country. Davao City, as expected, topped the provinces in 2016 and 2017.

Lastly, this study aims to know and understand the risk and challenges that a solo teenage mother in Purok-6 Barangay Camanlangan, New Bataan Davao de Oro undergoes and how she socially adjusts and recover to such difficulties, thus, contributing to knowing certain risks that only solo teenage women also experience, the researcher was intrigued of this fast-growing issue in our modern times because such increase may affect so many aspects in a country. However, this study will impart significant concepts that would feasibly create developments in the study of solo teenage mothers.

### **Purpose of the Study**

This study aimed to investigate the hardships of solo teenage mothers and how they overcame the said problem. Being a solo teenage mother, there are many challenges that may come in their life. Most common is financial hardship, educational endeavor, developmental stages as a teenage mother, and response to social stigma. However, to recognize the hardships of solo teenage mothers, empirically identify the reasons and factors of obtaining relevant information that will add to the growing body of knowledge in the field of solo teenage mothers.

Along with this premise, this study helped solo teenage mother boost their confidence in overcoming the hardships they are facing and finding a better solution in every situation they are in. The result of the study served as baseline information in strengthening the weaknesses of the solo teenage mother to fulfill their inaccessibility. Therefore, this study emphasized that awareness of the solo teenage mother regarding how one of them overcame and successfully triumphed over their

hardships had a big impact on the other solo teenage mother and the community.

To help answer these questions, the researcher actively cooperated with the participant regarding this issue. To make this happen, this study proposed to circulate more proficiency about how one teenage mom must overcome such a phenomenon for the participant's awareness. Regarding this issue, a solo teenage mother without resourcefulness becomes more confident in solving problems.

### **Research Questions**

The research questions of this study were as follows:

1. What are the experiences of a solo teenage mother relating to motherhood?
2. How does the solo teenage mother cope with the challenges encountered relating to motherhood?
3. What are the insights of the solo teenage mother on the hardships encountered during motherhood?

### **Theoretical Lens**

This study is anchored on the Feminist Standpoint theory and feminist perspective proposed by Sandra Harding in 1983. Feminist standpoint theory focuses on the knowledge from the experiences and challenges common to women (Wood, 2009). The feminist standpoint allowed for understanding women's experiences and challenges in having a child. To understand those outside the dominant group, one must research from their perspective; the feminist standpoint states that the group shares a common social position and, therefore, share common experiences (Lorber 2001), which the present research study seeks to identify.

Motherhood at a young age is a unique experience among females in society. This study will look at the situation of solo teenage mothers through the tenets of feminist standpoint theory. These experiences, for purposes of this study, are limited to their financial hardship, educational endeavor, developmental Stages as a teenage Mother, and response to social stigma.

Financial hardships relate to the negative experiences that solo teenage mom encounters in their daily lives. These experiences were noted in this study.

The second ambition is educational endeavors about the positive experiences and challenges of single teenage mothers' happens in their lives.

The third area will be the developmental stages of a teenage mother. Motherhood is not perfected in a snap of the fingers. There are always processes and situations that turn a woman into a mother. These journeys toward motherhood were noted in this study.

The last theme will be a response to social stigma. Becoming a mother at a young age receives comments from community members. This stigmatization is also noted in this study. The common feedback was also investigated, and the college mothers' feelings toward this stigmatization were reported.

There are many other areas of experience in the life of solo teenage mothers. This study limits these experiences to four areas that immediately affect the life of a solo teenage mother. Their experiences as individuals are connected to their life as a mother. The relationship with their family affects both their perception of motherhood and their life as solo teenage moms lastly, how they respond to social stigma and influence by their families.

### **Significance of the Study**

This study benefited the following fields and individuals who could relate to teenage motherhood:

- **Teenage Mother.** As direct recipients of the study, teenage mothers were able to share the challenges they experienced during motherhood at an early age. This also allows a more profound understanding of how they overcome the risks of being young parents.
- **Parents of Teenage Mothers.** This study gave vital information to parents of teenage mothers so they could know what risks and challenges their daughters may be encountering, thus, enabling them to provide positive interventions to their daughters' situations.
- **Future Researchers.** It could be of great help for future researchers to be provided with studies to benchmark their future research. This study may help them to give more understanding and new insights and development to the current trends locally and globally.

### **Definition of Terms**

- **Narratological Research.** It refers to a group of approaches that rely on individuals' written or spoken words or visual representation. These approaches typically focus on the lives of individuals as told through their own stories.

- **Phenomenon.** This refers to a fact or situation that exists or happens, especially one whose cause or explanation is in question.
- **Succumbing the Hardship.** It is defined as a goal of a certain person to fight against the challenges in life.
- **Teenage Mother.** It refers to an individual between the ages of 10 and 19 (World Health Organization 2009) who is already engaged in a huge responsibility as a mother.
- **Triumph.** It refers to and defines how a solo teenage mom successfully conquers hardships.

### **Limitations and Delimitations of the Study**

In this qualitative research, we selected one participant, a Camanlangan, New Bataan, Davao de Oro resident. The conduct of this study was limited to only one selected participant. Moreover, this research included the participant's cooperation in spreading social awareness on the importance of surviving and seeking solutions as a solo teenage mother. The participant's participation answered the public's questions on how vital conquering such a situation is since the gathered data from the participant is the sample of the community. Furthermore, this study set the parameters for exploring one's experiences of succumbing to hardships as a solo teenage mother.

## **METHODOLOGY**

### **Research Design**

Procedures for selecting study participants and collecting and analyzing data were described in this section. This study utilized a narrative approach since one person put in the center of the study research and studied a particular phenomenon concerning the solo teenage mothers in the community in Camanlangan, New Bataan Davao de Oro. Narrative represented the individual's identity, and the communication through stories was widespread. The individual employees and their attitudes and perceptions were put at the center of the research.

Furthermore, this study was conducted to disclose a wide range of issues and perceptions that helped provide and develop an understanding of how and why the solo teenage mothers had to fight against the challenges and encourage others to be more realistic in making decisions. This research showed how solo teenage mothers overcame such phenomena. In addition, one on



one in-depth interview was used in this study as it nurtured from its results and the data collected.

### **Research Locale**

The Camanlangan, New Bataan Davao de Oro, was selected as the site of interest for this study. Camanlangan is a Barangay in the Municipality of New Bataan, Davao De Oro. The early tribal group originally called it 'Kamang Bahalag Malangan' (continue, just crawl even if you will be delayed). There are several tribal groups in Camanlangan: Mansakas and Mandayas. New Bataan is located in the province of Davao de Oro, Philippines.

The participant selected for this study was one of the solo teenage mothers in Barangay Camanlangan. The participant was currently studying and making money on her own while raising her children. Therefore, we conducted this research to determine her struggles and difficult experiences as a solo teenager and how they coped in this situation. More than that, the selected solo teenage mother becomes a role model among the other solo teenage parents here in Barangay Camanlangan, New Bataan, Davao de Oro.

### **Role of the Researcher**

The researchers used the primary research instrument in the chosen research locale in qualitative research. The researcher brought to the investigation from his or her background and identity should be treated as his or her bias (Maxwell, 2005).

Due to the hardships that the solo teenage mothers experienced, the researchers came up with this research to determine their struggles and difficult experiences as solo teenagers and how they coped in this situation as a community. For some reason, a qualitative narrative approach was considered an option in collecting data. Furthermore, we had undertaken survey research methods used to be conducted with the participant at a given time in collecting data. Moreover, one on one in-depth interviews were used for data collection. It was a suitable method to identify attitudes and opinions, more than focus group interviews successfully used to create new ideas (Trost, 2010). Meanwhile, selecting the data-gathering procedures and the tools used in the said problem should be relevant.

We collected our data from an inside view which is more of an objective viewer. In addition, the said actual one-on-one in-depth interviews were carried out individually to provide a more comfortable environment where the

research informants could freely express their full understanding of the said issue. It is to attempt to access the thoughts and feelings of study participants.

This was not an easy task, as it involved asking a person to talk about things that may be very personal to them. This also aided our data collection, survey methods, and understanding of the process and phenomenon being studied, as these were something that needed to be truly experienced before writing about them. The data collected were the researcher's primary responsibility to safeguard participants and the data.

### **Research Participants**

In this study, one of the solo teenage mothers in Barangay Camanlangan served as an informant regarding this study. This is supported by Creswell (2013), who suggested collecting extensive details about a few sites or individuals. He also provided observations and some recommendations for the sample size range for the five approaches. One of them was the narrative inquiry. One to two cases were observed unless developing a collective story. We decided to use purposive sampling under a non-probability sampling technique. Thus, the selected participant was most beneficial to the research purposes where the researchers wanted to gain detailed knowledge about a specific phenomenon.

The inclusion of this study was the selected solo teenage mom among the others, who were taken into account since she was the main subject in this study and could help us gather information with her responses to our questionnaires. Additionally, this study's exclusion criteria are the son/daughter of the participant and those teenage mothers with partners.

### **Data Collection Procedure**

In this study, data were collected over a day in April. The said data were taken through the conduct of one on one in-depth interviews. Above all, before we conducted an interview, we first asked permission from the participants and informed them about the time of the interview so that we knew when to approach them. The procedures for data collection in this study are highlighted below.

In-depth Interviews. Through this, we gathered information that was needed for this study. The said interview utilized a questionnaire that we made. We made four questions for the selected participants. The

interview was one-on-one since we only had one participant in this research. It has no time limit as long as the participants answered the questions as we went on our interview.

There was one informant in the said interview. This involved one of the solo teenage mothers in Barangay Camanlangan. As we went on our interview, we did a recording to document the informants' responses. After that, we encoded it immediately.

### **Data Analysis**

The response of the participant was analyzed using narrative analysis. Narrative analysis is a cluster of analytic methods for interpreting texts or visual data with a storied form. A common assumption of narrative methods is that people tell stories to help organize and make sense of their lives, and their storied accounts are functional and purposeful. Using narrative analysis is very helpful because it is flexible and a helpful research tool that can probably grant a substantial, complex, and rich data account. Narrative analysis is useful for uncovering the underlying ideologies embedded in stories and the larger culture that creates the narratives. From the interpretative paradigm, the focus is to understand how individuals interpret their everyday lived experiences. The data analysis and interview stage co-occurred because the researchers continuously reflected on and coded participants' stories as we interviewed her.

Moreover, during the data collection period, the collected data were reviewed, synthesized, and recorded to keep absolute, careful, and detailed records of everything. After collecting adequate amounts of data through the conduct of one on one in-depth interviews, participant observation and narrative analysis will be used to analyze the results further. This was where the responses were analyzed.

### **RESULT AND DISCUSSIONS**

As indicated in this study, its purpose was to explore the experiences of the Solo Teenage Mother in Barangay Camanlangan, New Bataan, Davao de Oro, and from there, identify the hardships and difficulties she encountered, her coping mechanism and the lessons she learned from the experiences.

The preceding assertion motivated us to employ the narratological qualitative research method in our investigation. We take the clue from Creswell (2012) about teenage mother experiences into more composite

descriptions based on "what and how" they experienced the phenomenon. According to (Lester 2002), supported by saying that this method is effective at bringing to the fore the experiences and perceptions of individuals from their point of view. Hence, the whole idea was to get first-hand pieces of information from the research informant. Through the said framework, the participant for in-depth interviews was invited to share her experiences. The participants in this study were solo teenage mothers. The participant is a Camanlangan, New Bataan, Davao de Oro resident.

### ***Experiences of solo teenage mothers relating to motherhood***

As the results of the study revealed, there were three hardships experienced by the research participant. These were, Doubled roles as a Mother and Father, Societal Judgment, and Financial Unstable.

### ***Doubled roles as a Mother and Father***

As the research participant's response revealed, being in a dual role as mother and father to their children is the most difficult thing to do. This evidence that solo teenage mothers continue to perform the majority of household tasks related to children and family functioning shows that it is their feelings in time with children that not only may matter most for the child's wellbeing (Author 2014). Single parents have experienced even greater challenges as they must be both mothers and fathers to raise their children. In such a situation, a single parent is, in one way or another, obliged to play two roles in raising the child, and in many cases, it becomes a problem for the children (Tessa, 2011).

### ***Societal Judgment***

The research informants discussed the societal judgment of the public towards their situation. It's difficult for them to get through the problem because of what the public might think of their current situation as a teenage parent.

They feel anxious because every time they do a certain obligation as a mother and parent, they tend to think much of what others might think of them. Such difficulties in their situation and hearing the emotional disturbance criticism tend to break their hope and desire. According to Powell (2016), in contrast, some people find solo teenage motherhood offensive due to stringent religious beliefs or moral and ethical norms. This often

leads them to behave in a discriminatory and prejudiced way towards solo teenage mothers.

### ***Financially Unstable***

As the response of the research participant revealed, this aspect has perhaps the most significant impact on one's life because it covers all the needs and wants of the people. The financial burden is another concern of a solo teenage mother. "Compared to two-parent households, lone parents have not only reduced money but also half the adult time resources available" (Craig, 2005).

They often run out of budget since they need to provide for their own needs and their child. Even a middle-class single mother is confronted with financial uncertainty due to divorce and/or a lack of child support from the child's father (Tharps, 2005). Particularly, student mothers who depend on their parents do not know what to prioritize first. Even some teenage mothers with employed partners also have trouble budgeting their finances for their family and expenses. Not only that, it makes it more stressful when thinking about how to get by their child's needs on a day-to-day basis as it is one of the major challenges that disrupt their education.

Additionally, financial problems could be the most common problem which single parents experience. This is especially true for single parents with little or no education and marketable skills. Even after income redistribution, single-parent households face substantially higher poverty risk than couple-parent households, even those employed. Most single parents should work long hours to fulfill the financial needs of the family (Maldonado & Nieuwenhuis 2015).

### ***Solo teenage Mothers cope with the challenges encountered relating to motherhood***

As the study results revealed, there were three experiences by the research participant. The Importance of Prayer and Willingness to do things for their child.

### ***Praying to God***

Prayer has always been the weapon and source of strength of every Filipino in times of darkness and problem. In this study, the research participant highly emphasized that they seek the guidance and importance of prayer in times of tough situations. According to Okeyo (2012), their coping mechanisms included: problem-focused, avoidance, and emotion-focused strategies, and the support they received upon resuming studies was spiritual and social support. In addition, one woman said that prayer "was like medicine," and

another said she would "only talk to the Man above" since no one would understand how she felt.

### ***Farming***

Some solo teenage mothers rely on farming as a source of income to sustain their child's needs. According to (Tomczak 2005), the primary function of agricultural holding has been food production and providing income for the single parent working on a farm and forming a household together. In addition, it's difficult to gauge how many single parents are relying on farming as their source of income nowadays.

### ***Child as Source of Strength***

Despite the extreme physical fatigue, solo mothers were more than willing to endure for their child's comfort. The Filipino value of 'lakas ng loob,' (strong optimism and confidence in oneself) was also crucial for the solo mothers' willingness to sacrifice and endure challenges to make ends meet. Because they had to be strong and believe in themselves, they could accomplish things to help them and their children survive. It has been expressed that it boosted their morale, and they continued to be persistent and not give up on challenges that they faced daily living. In addition, one of the most important motivations that the informants had most emphasized was their child's future. Not only were they persistent in surviving the hardships, but also, they are determined to make a better future for their children.

One of the authors stated that one of the possibilities of implementing limited change that benefits single-parent mothers lies in ineffective leadership and willingness to take risks (Schneider & Deane, 2015). Indeed, every mother must embrace that responsibility instead of complaining and cursing, which would potentially cause a more hopeless case.

Single parents in the family can be a role models for their children. Their child is their source of strength. Children raised in single-parent families will understand their role in the lives of their families. It helps them prepare themselves for their future. It is a good approach that can help prepare them for the real world. Children learn to align their needs with the family's (Malachi 2017).

Furthermore, effective positive youth development with solo teen parents also includes mentoring. Mentoring is a cost-effective tool to improve economic, psychosocial, and social outcomes for teen parents and their children.



Mentors serve as resources to help teen parents overcome barriers, adjust to parenting, and develop educational and career goals (Koller et al., 2013, South-Paul et al., 2014).

Finally, their sacrifices are not just for self-fulfillment but for the child. Not only to establish the family for a stable living condition but also to prove their capabilities to others. Despite the struggle of being a mother at the same time, they still insist on doing their best no matter what. They are motivated to strive more for a brighter future for the child, personal growth, and a source of strength and happiness (Cabaguing 2017).

Insights of the solo teenage mothers on the hardships they encountered during motherhood

As the study results revealed, there were two highlighted themes experienced by the research participant that taught her lots of realizations in life. These were repentance is always behind and the positivity of a solo teenage mother.

### ***Regrets are always in the End***

The regret was associated with an unwanted pregnancy, problems related to pregnancy and motherhood, and loss of the previous desired position. Incompetence in performing the maternal role developed a sense of guilt and self-blame. Some teenage mothers experience depression, particularly in the postpartum period. In contrast, Elder D. Todd Christofferson explained: "Without repentance, there is no real progress or improvement in life. We gain access to the atoning grace of Jesus Christ and salvation through repentance. Repentance points us to freedom, confidence, and peace." Your clicks have consequences; therefore, we must do it wisely.

### ***Raising a child is not easy***

The research informant discussed that raising children is hard, and any parent who says differently is lying. Parenting is emotionally and intellectually draining and often requires professional sacrifice and serious financial hardship. Kids are needy and demanding from the moment of their birth. Parenting is considered by many to be one of the most difficult yet important obligations for adults in general who choose this path, yet some parents are not doing their share. In the case of a single-parent home, frequently, one person is left with that responsibility topped off by the tasks included in running a household, with very little, if any, financial

and/or moral support or parenting time from the other parent (Nepomnyaschy, & Garfinkel, 2011).

### ***Think of the Consequences of Decisions***

The informant of the research discussed that decision-making with caution is a must. We have to think better about our decision. Decisions should be made with the entire basis that is being gathered. We should not be in a rush in our decision, especially on this kind of matter. Knowing what is right and knowing what would be the possible outcome in every decision should be taken accordingly. According to the Center for Parent and Teen Communication (2018), parents can support teens by recognizing that risk-taking is a necessary and important part of development. But if it seems like your teens are taking unsafe risks or making rash decisions, parents should be the voice of reason. Help them weigh the pros and cons of their actions and support them to think through consequences before acting.

### ***Implications to Practice***

The essential findings of our study will stand as a head start for future information flow in the community, individuals, and the government regarding this societal problem. Results may benefit society in understanding how solo teenage mothers practiced early motherhood in terms of the hardships they experienced and how they survived.

First, as emphasized by our participant, financial instability indicates that lack of financial assistance is one of the common problems experienced by solo teenage mothers out there. Aside from that, we found out that many solo teenage mothers hardly afford the necessities for their children. This means that there are existing problems in the community to consider that need to address by the government.

Second, societal judgments imply that society must have this awareness that their judgments won't help the solo teenage mother, yet they are allowing them to feel embarrassed. Based on the gathered data, the participant is more likely to feel fear and ashamed because of what she heard, such as criticism of her situation. She always looks on the positive side, and that's how she continues living.

Third, difficulty earning money implies that many solo teenage mothers find it difficult to make a living since they have doubled the role as mother and father simultaneously as their child. As we gathered the data,

our participant said that she doesn't have any work since we are amidst this pandemic.

This study also implies that family relationship support from parents is very important for the success of solo teenage mothers who are still developing their skills in becoming a mother. Response to Social Stigma, becoming a mother at a young age receives comments from other people in the community, so stigmatization was noted in the study. Our research will assist in untying the current trend and also help keep them in the community system, including the support of the family and the community.

### **Recommendations for Future Research**

This study explores the experiences of the solo teenage mother and how she succumbs to the hardships relating to motherhood. Nevertheless, the result of this qualitative exploration is limited only to one solo teenage mother in Barangay Camanlangan, New Bataan, Davao de Oro.

Based on the results obtained in the present study, the researchers recommend to future researchers interested in looking into the study result to look at a more specific selection of participants.

It can also be recommended that further studies on social stigmatism be conducted. During the interviews, the solo teenage mother narrated how their pregnancies were met with negative reactions and judgments, frequently leading to withdrawal from the outside world. Further explorations, including the solo teenage mother, looked up as many of the mothers shared similar experiences of negative criticisms from parents, peers, and the community.

It is also recommended that a similar study be conducted with solo teenage fathers and their lived experiences as solo teenage fathers. That would be a different view in the spectrum of being a parent. In addition, the school institution must have programs for solo teenage mothers who want to continue schooling as part of their extension program.

### **Concluding Remarks**

This study described the lived experiences of a solo teenage mother. Solo teenage mother experienced juggling and struggling in her attempts to be the mother she wanted to be. Hence, the solo teenage mother is motivated and inspired at the same time. The participant also mentioned some positive aspects of parenting, such as finding children a source of comfort and meaning in

their lives. In addition, the support participants developed a positive attitude about their lifestyles and worldviews. Keyes (2005) indicated that individuals' subjective wellbeing, their perceptions of their lives and the quality of their functioning contribute to mental health. They are strengthened by the presence of the people who support them in their journey, and they can manage and cope with the demands of being solo mothers. "A mother's love needs to be given unconditionally to establish trust and a firm foundation of emotional intimacy in a child's life.

Furthermore, general support from family members regarding caring for the child and taking over some child-care responsibilities so that the adolescent mother can do what is necessary (for instance, work to provide financially) is also experienced by them in a positive way Carvalho (, 2010). It suggests that solo teenage mothers experienced a challenging yet fulfilling role. This is similar to previous studies indicating that adolescent parents often want to give their children what their parents had failed to provide for them (Dornig, Seamark & Lings 2004). Their lived experiences can inspire other solo mothers to strive more and fight.

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