

## Psychosocial incidence of single mothers at the State Technical University of Quevedo 2023

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### ABSTRACT

Being a single mother by one's own choice or due to certain circumstances leads to fulfilling some responsibilities around household management, raising children, work and academic activities, among others.

**Objective:** To determine the psychosocial incidence on single mothers at the Technical University of Quevedo, 2023.

**Methodology:** An observational, mixed, descriptive, correlational, cross-sectional, and field design was used. The population was 143 people, including students and teachers for the quantitative modality and 5 single mothers for the qualitative collection. The technique for collecting data was the survey and the interview, each with its questionnaire (quantitative instrument: 33 questions; qualitative instrument: 13 questions).

**Results:** In psychosocial factors, they decide to be a single mother because their partner abandons them (48.9%), they can make decisions more freely (39.9%), as a social disadvantage it can generate emotional conflicts for their child when growing up (23.1%), they take on a lot of responsibility alone (32.2%), socially the single mother is criticized (47.6%) and they support this decision (93.0%); the role of single mother within their family group, they were single mothers (40.6%), they think that this decision is okay (76.9%), it decreases their will to face day to day (27.3%), role of guest when living with their parents (42.7%) and occupies the role of father and mother when living alone (80.4%); in the work area, equal remuneration than another woman (60.1%), equal rights (53.1%), there may be inefficiency because they do not have anyone to leave their child with (46.9%) and the role is professional (33.6%); and in the emotional state, they will have fixed worries about their future (49.0%), a feeling of admiration and respect (89.5%), and they feel completely happy when their children achieve success and happiness (75.5%).

**Conclusion:** Single motherhood or being a single mother is a relevant reality in society, associated with several challenges that compromise the psychosocial state of the mother and her child.

**Keywords:** Psychosocial incidence, motherhood, single mother, parenting, emotional state.

### INTRODUCTION

In the university environment, single mothers present several challenges as students or teachers, they must achieve a balance in their studies or work with raising their children, which limits their time and energy; there may be stigmas for their condition, and even discrimination by their peers, in addition to the fact that in some universities there is not the necessary support such as daycare centers, which would facilitate the performance of the student or teacher at the University, coupled with the lack of flexibility in class schedules and academic demands.

Popularly, the term "single mother" refers to a type of single-parent family, in which she is in charge of raising her children and managing the home without a partner; in some cases, by their own decision or circumstances

beyond their control. According to data from the National Institute of Statistics and Geography (INEGI) of Mexico, there are few women who decide to exercise motherhood alone, freely and consciously, it is estimated that about 30% of single-parent households are headed by a woman who did not decide to be the head of the family out of conviction (1).

In contemporary society, single motherhood or single mother represents a reality that has become more relevant, it entails some challenges for both the mother and her children. At the economic level, in Latin America and the Caribbean it is reported that single mothers face economic disadvantages, in which 11% of households are single-parent and that this region has the highest rate of this problem (2). Colombia is the country in South America with the highest proportion of single mothers, according to a survey carried out by the University of Los Andes, about 40% of infants are born in homes of single mothers (3).

Within the same context, in Peru the total number of households of single mothers reached 645,032 thousand; Of this total, 63.7% have at least one child under 18 years of age. Currently, they face great challenges, in the first instance they know that they are alone and will be responsible for providing food, education, protection and training for their child from the beginning of the path of life (4). In Ecuador, single mothers are the visibility of the process of transferring solitary and the single-parent aspect, they present psychological and physical health affectations, associated with lack of medical controls due to the time of delay in being attended or deficit of shift, and they do not exercise, leading a sedentary life. Also, a total of 3,735,915 mothers were reported in the country according to the National Institute of Statistics and Census (INEC), of which 9.3% were single mothers, that is, 348,188 women (5).

The importance of the problem is based on the difficulties of the single mother, because the household only has one member who receives income, in addition to having to take care of the upbringing of children and household chores. That responsibility means less opportunity to finish their studies and obtain the qualifications that lead to higher wages, thus reducing the possibility of saving, formal full-time employment and future investment in children (6). It should be noted that the situation of single motherhood has grown exponentially, up to 60% in the last twenty years, in most cases they belong to the low economic stratum and work in the informal sector, as saleswomen in stores, domestic workers, beauticians and other low-paid occupations (7).

Next, some studies on the current situation, emotional state and psychosocial incidence in single mothers within the international and national context are described. In Colombia, Valle (8) in 2021 she carried out a research called "Narratives present in the experiences of single mothers in the face of coping with the stress generated by parenting" to describe the narratives present in the experiences of single mothers in the face of coping with stress due to raising their children, through a qualitative, phenomenological and hermeneutical approach with four single women. A semi-structured interview was applied. In the results, unemployment, basic level of schooling, and even the narratives of the experience of being a single mother describe a stressful and difficult experience, in which the search for a health professional, friends and family becomes a support. It is concluded that parental stress is present in single mothers, for this purpose coping strategies focused on the problem and the search for social support should be used.

Tacca et al. (9) in 2020 she conducted a study in Peru called "Parental stress and the attitudes of single mothers towards the relationship with their children", with the aim of knowing the relationship between parental stress and the attitudes of single mothers towards the relationship with their children. The methodology was quantitative, correlational, non-experimental and cross-sectional with 104 single mothers. Information was collected through the parental stress questionnaire and the parent-child relationship inventory. As a result, it was obtained that the correlation between parental stress and the attitude towards the relationship with their children was negative (-0.65), this would indicate that the greater the stress, the less support single mothers manifest less support for their children, low satisfaction, commitment, communication and autonomy, they do not establish limits and present low social desirability; In addition, women with higher education, over 40 years of age and external support in parenting present less stress. It was concluded that mothers with higher education and external support have more positive attitudes towards parenting.

In Ecuador, Campoverde (10) in 2019 she carried out a research, called "Emotional state of the single mother by choice at the State University of Milagro" to analyze the emotional state of the single mother by choice, identify family support and social acceptance, for this a mixed, cross-sectional and descriptive, prospective, analytical and phenomenological methodology was used with 147 university students of nursing careers, Psychology and engineering. In the results, the emotional state of the single mother by choice is characterized as balanced, self-confidence, self-realization, perspective, resilience, independence, security, high empathic capacity, they have a family support of 86%, 64% affirm that in the work area the perception of the single mother changes during pregnancy, and 60% consider that she can fulfill the same job as anyone else. It was concluded that the emotional state of the single mother by choice is directly related to the well-being of her child, social support, no influence of the social context, no problems in the work environment and ease of entrepreneurship.

The approach to this issue is novel, because this type of analysis has not been carried out in the country, the single mother has been investigated as an integral element of an economic and social system, but not from the thought of her as an actor or protagonist. The importance of the theme is based on the fact that it describes the

reality of a society that silently observes the decline of the family, in a false process of generalized progress, women seek their development with good reason, but for this they must fight in an egalitarian society that discards the equality of each person.

According to what has been described above, this article has the following general objective: To determine the psychosocial incidence of the context in the single mother at the State Technical University of Quevedo; and in the specific objectives, 1. To characterize the psychosocial factors associated with single mothers by choice, 2. Identify the role that the single mother plays within her family group, 3. Identify the role played by the single mother in the labor area, and 4. Describe the emotional state of single mothers by choice.

## **MATERIAL AND METHODS**

### **Research Type and Design**

The study design was observational, mixed, correlational, cross-sectional, field, and descriptive. According to Manterola and Otzen (11), observational studies are those that are based on the observation and recording of events without intervening in their natural course, it is also called non-intervention or non-experimental study. This research includes a collaboration with the study carried out by the State University of Milagro in 2023 called "Content validity of the questionnaire on the emotional state of single mothers" and "Psychosocial incidence of the single mother" which had the intervention of several public universities in Ecuador, such as the Technical University of Manabí, the State University of Santa Elena, State University of Guayaquil, State University of Guaranda, Technical University of Babahoyo, State Technical University of Quevedo, Autonomous Regional University of the Andes, State University of the South of Manabí, Technical University of Ambato, Indoamerica University Ambato, University of the Americas and Espiritu Santo University.

This report took into consideration the information obtained from primary sources, that is, students, teachers and single mothers by choice, who study or work at the State Technical University of Quevedo. It should be noted that the project at the national level was approved by the Human Research Ethics Committee (CEISH) of the Technical University of Manabí.

### **Population and sample**

The population was made up of 143 people, including students and teachers, the quantitative instrument was applied to this group; and 5 single mothers in which the qualitative instrument was used. For the sample, non-probabilistic sampling was used, taking into account the inclusion criteria and the purpose of the researchers, so it was established that the sample is the same as the population.

- Inclusion criteria for quantitative sample: male or female students enrolled in the second cycle of 2023, male or female teachers who work at the State Technical University of Quevedo, students and teachers who voluntarily collaborate in the study.
- Exclusion criteria for quantitative sample: students and teachers who do not wish to collaborate with the research, and who do not sign the informed consent.
- Inclusion criteria for qualitative sample: single mother by choice, single mother who wishes to collaborate with the study.
- Exclusion criteria for qualitative sample: single mothers for being victims or witnesses of negative events in their own family or of origin, single mothers who refuse to participate in the study.

### **Techniques and instruments**

Two techniques were used: survey and interview; each technique, with its respective instrument. The survey is a quantitative procedure that consists of collecting data through a previously designed questionnaire, consisting of 33 questions focused on knowing the psychosocial factors, mood, and role of the single mother in the family and the work area.

The quantitative instrument was developed by the authors of the research, submitted to the bioethics committee and validated by a judgment of 12 experts, the 33 questions were organized according to 4 objectives, structured in: 1. Psychosocial composed of university, community and family (items 2,5,6,7,8,9,14,15,31), 2. State of mind that defines affectivity and personality (items 3,4,11,12,18,19,20,24), 3. Role of single mothers in the family (items 1,4,10,13,16,17,21,22,23,30), and 4. Role of single mothers in institutional and labor areas (items 25,26,27,28,29,32,33). The expert professionals included Psychologists, Clinical Psychologists, Doctors, Lcdo. in nursing, Doctors of Medicine, Mg. in Health Sciences, Mg. in Nursing Sciences, Mg. in Clinical Patient Safety and Quality of Healthcare, two PhD. in Nursing Sciences and PhD. in Clinical Psychology. High validity was obtained with 93%, high relevance with 95% and high coherence with 89%; with respect to reliability, 92.3% was obtained (12).

With respect to the interview, it comprises a structured conversation in which one participant asks questions and the other person provides answers. The qualitative instrument was made up of 13 questions arranged in categories and codes, within the categories: influence on the personality of the single mother, influence on the

emotional state, parenting styles, influence on the personality of the child, influence on the affective aspect of the couple, influence on the social aspect and influence on the work area.

### Data analysis

For the processing, storage and evaluation of the data, a data matrix incorporated into Microsoft Excel spreadsheets was used, after which the information was transferred to the Statistical Package for the Social Sciences (SPSS) version 25 program with the purpose of performing the statistical analysis of the numerical data, while the categorization and qualitative coding on experiences, emotions and feelings was carried out with the ATLAS.ti software.

## RESULTS

**Board 1.** Psychosocial factors associated with single mothers by choice

n=143		Frequency	Percentage
<b>Reason for a woman who decides to be a single mother</b>	Self-realization	9	6,3 %
	Difficulty maintaining an affective relationship	21	14,7 %
	Negative experiences	28	19,6 %
	Phobia of sexual intercourse	1	0,7 %
	Abandonment of a partner due to pregnancy	69	48,3 %
	Maintaining their independence	14	9,8 %
	Panic on penetration	1	0,7 %
<b>Single Mom Advantage</b>	Fulfilling the role of mother	21	14,7 %
	Avoid relationships with unknown families	8	5,6 %
	Not Putting Up With A Man	3	2,1 %
	Protecting Your Child	41	28,7 %
	Have the right to receive financial resources	13	9,1 %
	Make decisions more freely	57	39,9 %
<b>Social disadvantage of a single mother</b>	Your child's emotional conflicts growing up	33	23,1 %
	During pregnancy she remains alone	10	6,9 %
	Emotionally unstable woman	15	10,5 %
	Woman without a stable partner	10	6,9 %
	You won't get work easily	28	19,6 %
	She becomes an abandoned mother	24	16,8 %
	Rejection of social and religious groups	23	16,1 %
<b>Consequence of being a single mother</b>	Taking on a lot of responsibility alone	46	32,2 %
	Emotional conflicts of the child as he grows	9	6,3 %
	Widespread social rejection	4	2,8 %
	Parenting without a father figure	18	12,6 %
	Economic problems	37	25,9 %
	Not finding a job	9	6,3 %
	Criticism from society	20	14,0 %
<b>In the social area, how is the single mother considered by</b>	Accepted	34	23,8 %
	Criticized	68	47,6 %
	Mockery	1	0,7 %

choice?	Rejected	8	5,6 %
	Negative example	26	18,2 %
	Sex object	6	4,2 %
Should a woman's decision to be a single mother by choice be supported?	Yes	133	93,0 %
	No	10	7,0 %

Source: Own elaboration

### Analysis and interpretation

In table #1, the psychosocial factors associated with the single mother by choice were established, according to the respondents, single women make this decision due to abandonment of a partner due to pregnancy (48.3%) and negative experiences (19.6%); in the advantages of being a single mother, making decisions with greater freedom (39.9%) and protecting their child (28.7%); as a social disadvantage, emotional conflicts of their child when growing up (23.1%) and will not get a job easily (19.6%); in the consequences of being a single mother, acquiring sole responsibility (32.2%) and economic problems (25.9%); in the social area, the single mother is criticized (47.6%) and accepted (23.8%); and support the decision of women to be single mothers by choice (93.0%).

**Board 2.** Role of a single mother within her family group

n=143		Frequency	Percentage
<b>Are you a single mom?</b>	Yes	58	40,6 %
	No	85	59,4 %
<b>You know women who have raised their children alone</b>	Yes	132	92,3 %
	No	11	7,7 %
<b>Opinion on women who want to be single mothers by choice</b>	They must be afraid of men	9	6,3 %
	Action against nature	3	2,1 %
	Sin	3	2,1 %
	Crime Against Your Child	5	3,5 %
	Selfishness, does not think about your child	5	3,5 %
	It should not be allowed to have children alone	5	3,5 %
	Lack of respect for family structure and society	3	2,1 %
	It is ok	110	76,9 %
<b>Mood Changes in the First Months of Single Mom by Choice</b>	Professional field	1	0,7 %
	Academic development	5	3,5 %
	Decreased willingness to face day by day	39	27,3 %
	Self-esteem and self-concept	22	15,4 %
	Respect for herself and others	23	16,1 %
	Fixed ideas in the past	3	2,1 %
	Emotion regulation	27	18,9 %
	Thinking about the future	23	16,1 %
<b>Single mother's role when living with her parents</b>	Stranger	5	3,5 %
	Spoiled daughter	21	14,7 %
	Housemaid	56	39,2 %
	Guest	61	42,7 %
<b>Single mother's role in the home when living alone</b>	Sibling Care	2	1,4 %
	Childcare	4	2,8 %
	Employee	1	0,7 %

	Mother	6	4,2 %
	Father	4	2,8 %
	Father and mother	115	80,4 %
	Professional	1	0,7 %
	Supplier	10	7,0 %

Source: Own elaboration

### Analysis and interpretation

Table #2 analyzed the role of single mothers within the family group, showing that, among the people surveyed, 59.4% were not single mothers; they believe that the decision to be a single mother by choice is fine (76.9%) and out of fear of men (6.3%); in the changes in the first months, decreased willingness to face day by day (27.3%) and emotion regulation (18.9%); the role of single mother when living with her parents, guest (42.7%) and domestic worker (39.2%); and role in the home when living alone, father and mother (80.4%) and mother (4.2%).

**Board 3. Role of single mother in the workplace**

n=143		Frequency	Percentage
<b>Is the remuneration received by a single mother equal to that of another woman?</b>	Yes	86	60,1 %
	No	57	39,9 %
<b>At what point does the treatment of single women in the workplace change?</b>	Pregnancy	79	55,2 %
	Childbirth	12	8,4 %
	Early childhood	13	9,1 %
	Never changes	21	14,7 %
	Always Changing	18	12,6 %
<b>Within the labor field, are single mothers treated with equal rights?</b>	Yes	76	53,1 %
	No	67	46,9 %
<b>Do you consider the single mother's job performance to be poor?</b>	Yes	35	24,5 %
	No	71	49,7 %
	Sometimes	37	25,9 %
<b>Reason why the single mother is inefficient in her work performance</b>	High responsibility of raising your child alone	48	33,6 %
	Concerned about breastfeeding	6	4,2 %
	Worried that you will not be given permission to see your child	22	15,4 %
	You have no one to leave your child with	67	46,9 %
<b>Pregnant Single Mother's Role in Her Work</b>	Easy woman according to men	26	18,2 %
	High-paid employee	25	17,5 %
	Underpaid employee	25	17,5 %
	Group leader of conflictive women	19	13,3 %
	Professional	48	33,6 %

Source: Own elaboration

**Analysis and interpretation**

Table #3 analyzed the role of single mothers in the workplace, showing that the remuneration of a single mother is equal to that of another woman (60.1%), the change in the employment treatment of single women occurs during pregnancy (55.2%), single mothers are treated with equal rights (53.1%), the work performance of the single mother is not deficient (49.7%), the single mother is inefficient in her work performance because she has no one to leave her child with (46.9%) and high responsibility to raise her child (33.6%), and the role of the pregnant single mother in her work is professional (33.6%).

**Board 4. Single Mom Emotional State by Choice**

n= 143		Frequency	Percentage
<b>Reason for a mature woman who decides to have a child alone</b>	Frustration	5	3,5 %
	Fear of loneliness and sadness	36	25,2 %
	Life Compensation of Suffering	32	22,4 %
	Fixed Concerns About Your Future	70	49,0 %
<b>Feeling when seeing a single mother by choice</b>	Admiration and respect	128	89,5 %
	Desire to imitate her	1	0,7 %
	Indifference	8	5,6 %
	Rejection	6	4,2 %
<b>When is a single mother by choice fully happy?</b>	When you're alone	9	6,3 %
	When Your Children Are Professionals	7	4,9 %
	When you see your children's success and happiness	108	75,5 %
	During pregnancy	5	3,5 %
	During childbirth	3	2,1 %
	In your child's adolescence	2	1,4 %
	On school days	2	1,4 %
	The first months of your child's life	7	4,9 %

Source: Own elaboration

**Analysis and interpretation**

In table #4, the emotional state of a single mother by choice was analyzed, it was reported in the reasons why the mature woman decides to have a child alone to fixed concerns about her future (49.0%) and fear of loneliness and sadness (25.2%); feeling when seeing a single mother by choice, admiration and respect (89.5%) and indifference (5.6%); they consider that a single mother is fully happy when she sees success and happiness of their children (75.5%), professional children (4.9%) and first months of their child's life (4.9%).

**Board 5. Qualitative analysis**

Category	Question	Keywords/coding
<b>Influence on the personality of a single mother</b>	1. How has your life changed since who decided to become a mother?	Greater responsibility to take care of their children, change in social dynamics, financial impact.
<b>Influence on the emotional state of a single mother</b>	2. What is the emotional state as a single mother? 3. If you had to describe your mood, which would you choose: satisfied, unsatisfied, happy, unhappy, depressed, anxious, stressed?	Stressed, satisfaction and love for their children, feelings of loneliness, exhaustion and lack of self-care.
<b>Single Mom Parenting Styles</b>	4. What parenting styles do you use with your child? 5. Are you permissive in raising your child? 6. Are you very demanding with your child? 7. Are you very democratic in raising your child?	Authoritative (affection, understanding and clear rules), permissive (affection and freedom), proactive and structured (planning of activities).

<b>Influence on the child's personality</b>	8. How has being single mother in the personality of your child?	Greater independence, autonomy, understanding, empathy, insecurity and feelings of exclusion.
<b>Influence on the social aspect</b>	9. What was your social life like before the decision to become a mother? 10. Has your social life changed as a result of your decision?	Active and varied social life, he participated in outings, parties and meetings.
<b>Influence in the workplace</b>	11. How was the treatment of your colleagues and your bosses during the pregnancy period and after the birth of the child? 12. Did you change jobs or tasks when you found out that you were pregnant? 13. Does your work know that you decided to become a single mother?	At work, if they knew that she decided to be a single mother, the tasks were reduced when she was pregnant. The treatment of colleagues and bosses was supportive, understanding and positive adaptation.

Source: Own elaboration

### Analysis and interpretation

Regarding the interview conducted with 5 single mothers, the following codifications were obtained: the woman's life has changed because she has greater responsibility to take care of her children, financial and social impact; in her emotional state, feelings of loneliness, lack of self-care, exhaustion, stress and satisfaction for her children predominate; the parenting style with her children, it is authoritative, permissive and proactive; The influence of a single mother on the personality of her child is characterized by autonomy, understanding, empathy, insecurity and independence; her social life before becoming a mother was active, varied and she participated in meetings, events and parties; and within work, tasks or responsibilities were decreased during pregnancy, and the treatment of colleagues and bosses was positive, supported and understood.

### DISCUSSION

After the analysis and interpretation of the results on the psychosocial incidence of the context, in the single mother at the State Technical University of Quevedo, during the year 2023. First, psychosocial factors related to single mothers by choice were established, in which it is highlighted that they make this decision due to the abandonment of a partner due to pregnancy with 48.3%, as an advantage that they can make decisions more freely with 39.9%, in social disadvantage the emotional conflict of their child when growing up with 23.1%. In the consequences, it was found to acquire responsibility alone in 32.2% and economic problems in 25.9%, socially criticized in 47.6% and accepted in 23.8%, and there is support in the decision to be a single mother by choice in 93.0%. These data are consistent with the study conducted by Tacca et al. (9) in 2020 to analyze the attitudes of single mothers and parental stress through a non-experimental and cross-sectional design with 104 single mothers from Lima, Peru. These authors indicated that more and more women decide to become single mothers, usually take advantage of this option due to abandonment or aggression by their partner (52.5%), go through economic problems (26.2%) and acquire greater responsibility (31.2%).

Regarding the role of single mother in the family, it was evident that, of the people surveyed, 59.4% were not single mothers, they believe that the decision of single mother by choice is good in 76.9%, in the changes in the first months there is a decrease in willingness to face the day to day in 27.3%, The role of the single mother who lives with her parents is that of a guest according to 42.7%, and the role in the home when she lives alone is that of a father and mother in 80.4%. These results are similar to the study carried out in 2021 by Apaza and Sandoval (13) in Peru, for this purpose, the qualitative, exploratory, descriptive and phenomenological modality was applied with 8 single mothers. As main findings, the role of the single mother is affective, educator and breadwinner of the home, she performs the function of father and mother, taking on challenges every day and that she is proud of every step of her son, accompanies him in his academic training and tries to comply with all the rules of his home.

In the role of single mother in the workplace, it was found that the remuneration is equal to that of another woman with 60.1%, the change in labor treatment occurs in pregnancy with 55.2%, they are treated with equal rights with 53.1%, their work performance is not deficient with 49.7%, inefficiency at work is based on the fact that they have no one to leave their child with 46.9%, and the role of the pregnant single mother is professional with 33.6%. These results are consistent with findings described in 2019 by Castro et al. (14) in Mexico on the working conditions of single mothers through a descriptive analysis of income, occupation, working hours and type of contract, with 213 Mexican women with children. Changes in the work treatment were evidenced when the woman is pregnant with 51.2%, they have a good work performance in 42.3%, with some difficulty because they do not have anyone to take care of their children during their working hours; and women are capable of performing any task in 55.2%.



Finally, regarding the emotional state of a single mother by choice, it was described that the mature woman decides to have a child alone due to fixed concerns about her future with 49.0%, the feeling when seeing a single mother by choice was one of admiration and respect in 89.5%, and they consider that the single mother is fully happy when she sees happiness and success in her children in 75.5%. These findings coincide with the research carried out in 2019 by Campoverde (10) in Ecuador about the emotional state of the single mother by choice at the State University of Milagro, with a population of 147 university students, using a mixed, cross-sectional, descriptive, analytical, and phenomenological methodology; obtaining that the mood of the single mother is related to the well-being of her child, she feels happy and satisfied when her son achieves happiness and success (85.0%), in addition her emotions are balanced, denoting independence, security and self-confidence.

## CONCLUSIONS

- In psychosocial factors, it was highlighted that the decision to be a single mother arises from the abandonment of their partner or aggressions, even if society criticizes them; but they feel completely happy when their child achieves success.
- Within the family group, it was evident that the single mother when she lives with her parents assumes a role of guest or domestic employee; but, when she lives alone at home with her children, she plays the role of father and mother.
- In terms of work, the single mother receives the same remuneration and can occupy the job position as any other woman, her colleagues and bosses give her their support and understanding, although there may be some inefficiency, specifically when they do not have someone to leave their children with.
- The emotional state of the woman who decides to be a single mother by choice is balanced, she feels happy and satisfied with taking care of her children, providing them with the best, although it is true that sometimes she is stressed by all the responsibilities she is in charge of.

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