



## **Psychosocial Issues of Adolescents Living with Single Parent Families**

**John Lalmuanawma<sup>\*</sup>  
H. Elizabeth<sup>†</sup>**

### **Abstract**

*Well-being is an important indicator of reflecting one's future and it is an important domain to assess especially during adolescents' period. In meanwhile, due to the absence of the spouse, single parents are shouldering with dual responsibilities. Therefore, it is important to explore and understand the psychosocial issue of adolescents living with single-parent families. The study attempted and explored the psychosocial issues and well-being of adolescents living with single-parent families using a mixed-method approach. The study follows multi-stage sampling in Lunglei district, Mizoram comprising 60 adolescents of both genders between the age of 10 and 19 years who were living with single parents. The findings show the presence of psychosocial issues including stress and anxiety. There is a gender difference in all the dimensions of well-being. Besides, there is a relationship between family type and the well-being of adolescents living with single parents. Thus, the study concluded the need for specific psychosocial support for both the adolescents and the single parents in terms of counseling, recreational activities, career guidance and working together with parents and the child.*

**Keywords:** *Psychosocial Issues, Well-being, Adolescents, Single-Parent Families.*

### **Introduction**

Early adolescence is a challenging and dynamic stage for parents as the relationship of parent and child needs an intimate comprehension and renegotiation to understand the changes and their maturity. Psychosocial problems such as behaviour and academic performance issues are prevalent among adolescents. They started to become independent and mobile and sometimes, they are difficult to be controlled. When there is a frequent and

---

<sup>\*</sup> Ph. D. Scholar, Department of Social Work, Mizoram University, Aizawl – 796 004, Mizoram

<sup>†</sup> Assistant Professor, Department of Social Work, Mizoram University, Aizawl – 796 004, Mizoram

repetition of mis-behaviour acts, it could transit into behavioural issues and disorders. They need support, communication, and frequently monitored and professional help depending on the issues during this stage. Single parents are the sole adult authority to look after their home; they are likely to encounter difficulties in parenting during their children's development stages especially during the adolescence period. They are responsible for decision-making and maintaining discipline and communication between parent and child are central family issues at this time, and there are other distinct challenges in parenting an adolescent alone.

Well-being is an important domain where individuals experience health, happiness, and prosperity to have a positive outcome. It is an essential element in the development of the child and therefore it is one of an important indicator for the holistic health of adolescents. Thus, well-being is a positive outcome that people perceive that their life is going well and emotions and moods are included as well. In simple terms, well-being can be described as judging life positively and feeling good (Centre for Disease Control and Prevention, 2007).

Adolescents living with single parents are concern with characterized by increases in involving in conduct problems and troubles, depression and anxiety, and also a decline in academic performance. In meanwhile, it is a stage of becoming independent and enhancing responsibilities, assignments, self-reliance and personal identification with goals and values. Meanwhile, there are a few research-based studies available on the psychosocial issues and well-being of adolescents living with single-parent families both at the national and international levels with the absence of research at the regional level. The number of a household headed by single-parent families at the national level is given in census 2001 and National Family Health Survey (NFHS 2015-16). Thus, the study explored the psychosocial issues faced by adolescents living with single parents and assessed the well-being of adolescents living with single-parent families.

### **Review of Literature**

Studies were reviewed based on the psychosocial issues and well-being of adolescents living with single parents.

P. H. Jyothi (2015) explored behavioural problems of the single-parents adolescence in Mysuru city, Karnataka and found that adolescents living with single parents are more prone to behavioural problems than adolescence with intact families. Surprisingly, the parents' educational background does not have any influence either on the behavioural problems of the children and there is neither any relationship nor influence on the socio-economic status and behavioural problems of the children. The findings of the study state that there is an anxiety disorder that affects behavioural problems in children such as a feeling of loneliness.

Yasmin Khan et al. (2015) in their study found that 43.4% of adolescents have good personal well-being while 23.2% have a low level of personal well-being. Participants with a

low level of well-being were likely to have depression. The mean well-being in females adolescents adjusted for other covariates was found significant than male adolescents. The personal well-being is decreased by 3.36 units with an increase in its covariates. The personal assessment score for boys is found 0.05 units that are more than the girls. The study concludes that there is a need to find a barrier, social indicators of personal well-being and the implication of health among adolescents.

According to Mabuza, Thwala and Okeke (2014), most of the children lived with their grandparents and a few lives with either their aunt or uncle. There were proportionately more females living with their grandparents. There is no sufficient parental supervision and this let them spend more time with their peers, television, etc. and in turn, negative outcomes tend to appear such as indulging in taking drugs, teenage pregnancy, etc. The study recommends that teachers and parents should provide information about the psychosocial development of children.

Markova et al., (2014) that adolescents of the deviant group were more likely to use escape-avoidance and less likely to use problem-solving behavior. In contrast, adolescents from the control group reported less frequent escape-avoidance behavior. Other coping behaviors such as planful problem-solving, self-controlling and positive reappraisal were quite significant in both group results.

Obieke & Uchenna (2013) investigated the influence of single parenting on the psychological well-being and academic performance of single parents and found that adolescence profits psychologically and academically when both parents provide a healthy environment at home. The author concluded that there is a difference in the psychological well-being of adolescents from single parents' homes than those of intact homes. Wendy Sigle & Sara Mclanahan (2004) carried out a study concerning the well-being of the child in the absence of one of the parents. The study draws attention that children raised by one biological parent fare worse on a host of social and economic measures than children raised by intact parents. The gender differentiation that the boy in single-parent families faces greater problems that girl in single-parent families was revealed.

Oktem (1998) mentioned that divorce was one of the main reasons for single parenting. Children of divorced families face massive issues and symptoms as compared to intact parents. They experience oppositional defiant behavior, suicide attempts, and school failure due to psychological causes, conduct disorder, and somatic form disorders. According to this study, divorced mothers were more likely to have a higher level of education and were more likely to work. Compas et al., (1990) in their comparison study on single and intact families found that single mothers reported more daily hassles related to economic, family, and personal health problems, and more symptoms of depression, anxiety, and psychoticism. Single mother faces issues of maintaining discipline and low economic income. Besides, single mothers reported facing more psychological symptoms although the two groups did not differ much.

There is no difference found between children in these two family constellations on maternal reports of emotional and behavioral problems or children's self-reported emotional/ behavioral problems, stressful events, or coping strategies.

### **Objectives and Methodology**

The study aims at understanding the psychosocial issues and assesses the well-being of adolescents living with single-parent families in Lunglei District, Mizoram. Further, the study attempted to test the following hypotheses:

H1: There is a gender difference in the well-being of adolescents living with single-parent families (drawn from Single-Rushton and McLanahan, 2004).

H2: There is a relationship between family type and well-being of adolescents living with single-parents.

The study followed a mixed-method approach following a multi-stage sampling procedure. The sample is selected at Lunglei district, and at the individual levels. The Lunglei district has 4 rural development blocks namely Lunglei, Lungsen, Hnahthial, and Bnghmun. Of these, Lunglei block was purposively chosen because it has the largest population and adequate sample is available only in this block. Therefore, all the localities within Lunglei Block were included for the study. The unit of the study was 60 adolescents of both genders between the age of 10 and 19 years living with single-parent families in Lunglei District, Mizoram. The quantitative data is collected through a structured interview schedule by adopting a snowball sampling technique. Further, the tool was designed with the help of Kobo toolbox an online open data kit website. The qualitative information is elicited through Focus Group Discussions (FGDs) with adolescents living with single parents as well as the single parents living with adolescent and Key Informants Interviews (KIIs) was conducted with the community key leaders. The quantitative data was processed and analyzed with the help of SPSS software. Besides, Cross tabulation, simple percentage ratios, and Karl Pearson's Product Moment Correlation Coefficients are used to analyze the data and test the variables.

### **Results & Discussion**

#### **I. Identification of the Respondents**

The demographic characteristic of the respondents is shown in Table 1 and a maximum of 45% of the respondents were between the age of 17 and 19 years, followed by 28.3% between the age of 10 and 13 years and a least of 26.7% between the age of 14 and 16 years. A maximum number of the respondents were in the late adolescent stage and there is almost an equal distribution of respondents in the early adolescent stage and middle adolescent stage. The gender distribution was 53.3% male and 46.7% female. The study shows that a maximum of 38.3% had attained middle school education which is followed by 35% of the respondents who completed their higher secondary education and a least of barely more than one-fourth (26.7%) of the entire respondents had a high school education. Also, the family type of respondents shows that 53.3% and 46.7% were belonging to extended

family and nuclear family respectively. The reasons for being living with single- parents reported were divorce of the biological parents (63.3%), death of either of their parents (23.3%) and being born out-of-wedlock (13.3%).

Table 1: Demographic Characteristic of the Respondents

SN	Category	Percentage (%)
1	Age group	
	10-13 years	28.3
	17-19 years	45.0
	14-16 years	26.7
2	Gender	
	Male	53.3
	Female	46.7
3	Educational status	
	Middle School	38.3
	High School	26.7
	Higher Secondary Education	35.0
4	Type of family	
	Nuclear	53.3
	Extended	46.7
5	Reason for having a single parent	
	Divorced	63.3
	Death of spouse	23.3
	Unmarried/Unwed	13.3
6	Gender of the respondent's parent living with	
	Female	70.0
	Male	30.0
7	Education of the respondent's parent living with	
	>HSSLC	43.3
	Graduation & above	30.0
	> HSLC	23.3
	> 8th standard	3.3
8	Maintenance received from the away parent	
	Not receive	85.0
	Received	15.0

(Source: Computed)

The general background of the single parent whom the adolescent living with shows that 70% of them were their biological mother (*female*) and while 30% of them biological father (*male*). It is informative to reveal that the majority of them were having a stepmother

but most of the respondents living with their biological mothers were usually residing in an extended family i.e. joining the maternal grandparents' family. The educational statuses of the single parents' are higher secondary education (43.3%), graduate (30%), high school leaving certificate (23.3%), and middle school (3.3%). All the parents of the respondents are literate and also attained at least middle school education. The level of involvement of the *away parent* in terms of financial support and contact shows that 85% of the respondents do not at all receive any financial support and involvement from the away parent and while 15% of the respondents regularly received maintenance including financial support from the away parent. There are two types of maintenance received as such in the case of legal divorce of the respondent's parents and also to which the family of the away parent is regularly extending their support and contact in the respondent's lives because of their relationship.

## II. Economic Characteristics of the Respondents

The economic conditions of the respondents as shown in Table 2 determine the living conditions of the respondents. All the respondents were students and attending schools and yet, they are not having an independent source of income. The occupation of the single-parents who are living with them shows that enterprising business (*variety shopkeepers, working in a beauty parlor, selling of second-hand belt, selling betel leaf*) is one of the most common occupations (41.7%) followed by government employees (26.7%), self-employed (16.7%), daily wage laborers (1.7%) and homemaker (13.3%). The single-parents who were engaging in homemaking do not have any other source of income and are financially dependent upon other family members and this was commonly found in an extended family.

Table 2: Economic Characteristics of the Respondents

SN	Category	Percentage (%)
1	Occupation	
	Student	100.0
2	Occupation of the respondent's parent ( <i>living with</i> )	
	Business enterprise	41.7
	Government employee	26.7
	Self-employed	16.7
	Homemaker	13.3
	Daily wage laborer	1.7
3	Annual Family Income	
	Rs. 2,40,001 - Rs 3,00,000	53.3
	Rs. 3,00,000 and above	25.0
	Rs. 1,80,001 - Rs. 2,40,000	20.0
	Rs. 1,20,001 - Rs. 1,80,000	1.7

(Source: Computed)

Among the respondents, more than half (53.3%) of the annual family income range Rs. 2,40,001–3,00,000 followed by one-fourth (25%) belonging to three lakhs and above, one-fifth (20%) range Rs. 1,80,001 - 2,40,000 and Rs. 1,20,001 - 1,80,000 (1.7%). Therefore, more than half of the entire respondents were having a monthly income of Rs. 25000 and it is also observed that none of the respondents were belonging to a poor or very poor family.

### III. Psychosocial Issues

The psychosocial issues among adolescents living with single-parent families were examined using fourteen factors presented in Table 3.

Table 3: Psychosocial Issues

SN	Factor	Mean	S.D.
1	Rejection by peer group	3.5	0.7
2	Discrimination in society	3.3	0.9
3	Denial by family	3.2	0.9
4	Rebelliousness	2.9	0.9
5	Depression	2.8	0.9
6	Isolation	2.8	0.8
7	Lack of concentration	2.7	0.9
8	Non-progressive in work	2.6	0.8
9	Blink mind	2.6	0.8
10	Lowering self-confidence	2.3	0.7
11	Inferiority complex	2.3	0.8
12	Low self-esteem	2.3	0.7
13	Stress	2.2	0.6
14	Tension	2.2	0.6
	<i>Total mean score</i>	2.7	0.8

(Source: Computed)

Among the fourteen factors, the maximum mean score of the first three psychosocial factors related are rejection of peer group (3.5), discrimination in the society (3.3), denial by reality (3.2) followed by the rebelliousness (2.9), equal distribution of depression and isolation (2.8). The study reveals that the respondents were affected by frequent lack of concentration (2.7), equal distribution of non-progressiveness of work and blink mind (2.6). However, the adolescents living with single-parents are rarely affected by lowering self-confidence (2.3), inferiority complex (2.3), low self-esteem (2.3) and stress (2.2). Therefore, the overall mean score on psychosocial issues is 2.7 indicating that adolescents living with a single-parent family are having either one or the other psychosocial challenges in life.

#### III.(A). Psychosocial Stress & Anxiety

All stresses are not psychosocial in nature. However, the psychosocial related induced stress and anxiety encountered by adolescents living with single-parents were examined by the twelve listed factors below.

Table 4: Psychosocial stressors

Sl. No.	Stressor	Mean	S.D
1	Remarried of both the parents	3.6	0.7
2	Alcohol abuse of self	3.4	1.0
3	Substance abuse of self	3.3	1.0
4	Having romantic affairs	2.9	0.8
5	Over-ambitiousness	2.9	0.9
6	Low educational attainment	2.9	0.9
7	Violence behavior	2.9	0.9
8	Disorganized family	2.6	0.8
9	Family social status	2.6	0.8
10	Interpersonal relationship	2.6	0.7
11	Victims of sexual abuse	2.6	0.7
	<i>Overall mean score</i>	2.9	

(Source: Computed)

Among the twelve factors, the maximum mean score of the first three factors to psychosocial stressors are remarried of the parents (3.6), alcohol abuse (3.4) and substance abuse (3.3) which is followed by stressors with an equal distribution on involving in romantic affairs (2.9), over ambitiousness (2.9), low educational attainment (2.9) and violence behaviour (2.9). However, the other psychosocial stressors such as disorganized family 2.6), family social status (2.6), interpersonal relationship (2.6) and being sexually abused (2.6) are also reported by some of the respondents. Thus, the overall score on the psychosocial stressor and anxiety ranges at a mean score of 2.9. Therefore, the above-mentioned factors were profoundly prevalent among adolescents living with single-parent families.

#### IV. General Well-being

The following 8 factors indicated the general well-being of adolescents living with single-parents.

Table 5: Well-being

Sl. No.	Indicator	Mean	S.D
1	Advice from parent	1.7	0.7
2	Accept parent advice	1.7	0.9
3	Liberty choosing career	1.5	0.5
4	Continuing education accordingly	1.5	0.7
5	Parental involvement for personal development	1.4	0.6
6	Peer group interactions	1.4	0.5
7	Parent monitoring of conduct	1.2	0.4
8	Good parent-child relationship	1.2	0.4
	<i>Overall mean score</i>	1.5	

(Source: Computed)



The general well-being of the adolescents living with single-parents as shown in Table 5 has an averages mean score of 1.5. Among the listed indicators of general well-being, the maximum mean scores were receiving less advice from parents (1.7) and accept parental advice (1.7) with an equal distribution. Further, the liberty to choose career (1.5) and continuing education accordingly (1.5) were also less concern by the single parents. Besides, parental involvement for personal development (1.4) and participation in peer-group interaction (1.4) amongst them also has a low mean score which is unsatisfactory. In connection with these, parent monitoring of conduct (1.2) and good-parent-child relationship (1.2) also had an extreme low mean score. This means that the single-parent either does not have time or do not concern them.

## V. Patterns of Well-being of Adolescents living with Single Parents

Table 6: Patterns of Well-being

Sl. No	Dimension	N	Minimum	Maximum	Mean	SD
1	Personal Growth	60	0.50	0.85	0.72	0.09
2	Environmental Mastery	60	0.46	0.86	0.68	0.09
3	Autonomy	60	0.50	0.88	0.67	0.08
4	Positive Relations	60	0.54	0.83	0.65	0.06
5	Self-Acceptance	60	0.50	0.79	0.65	0.08
6	Purpose in Life	60	0.44	0.81	0.63	0.10

(Source: Computed)

Among the dimensions measured on patterns of well-being among adolescents living with single-parents, *autonomy* (0.88) has a maximum score which is significantly highest among the dimension followed by a dimension on *environmental mastery* (0.86) and *personal growth* (0.85) respectively. The trend is followed by *positive relations* (0.83) and *purpose in life* (0.81). However, *self-acceptance* by the respondents has attained the lowest mean score of 0.79 and yet is found to be satisfactory.

### Testing of Hypotheses

The hypotheses in this study were tested through Karl Pearson's Coefficient t-test to determine the significant difference and relationship existed between variables.

## VI. (A). Gender and Well-being of Adolescents Living with Single Parent Families

Table 7 on the gender & well-being of adolescents living with single-parent families presented the gender relationship pattern with the listed dimensions. The dimensions of well-being assessed for gender differences include autonomy, environmental mastery, personal growth, positive relations, purpose in life and self-acceptance by the respondents.

Among the dimensions on gender and well-being of the respondents, *personal growth on male adolescents* (0.72) has attained the highest as compared to that of the *personal growth on female adolescents* (0.71). On the other hand, among the female adolescents living

with single-parents, a dimension on *positive relations* (0.72) is the highest whereas a dimension on *personal growth* (0.72) is the highest among the male adolescents living with single parents. The results of the t-test of various dimensions of well-being indicate that only in *positive relations* there is a significant gender difference. In the other entire dimension, no significant gender difference is observed. Thus, the analysis confirmed that there is a gender difference in the well-being of adolescents living with single-parent families.

Table 7: Gender & Well-being of Adolescents Living with Single Parent Families

Sl. No	Dimension	Gender				t
		Male		Female		
		Mean	SD	Mean	SD	
1	Autonomy	0.63	0.06	0.66	0.06	1.7
2	Environmental Mastery	0.66	0.08	0.67	0.08	0.3
3	Personal Growth	0.72	0.10	0.71	0.09	0.4
4	Positive Relations	0.65	0.09	0.72	0.09	2.7**
5	Purpose in Life	0.61	0.09	0.66	0.11	1.7
6	Self-Acceptance	0.64	0.07	0.67	0.08	1.6

(Source: Computed)

\*\*  $P < 0.01$

\*  $P < 0.05$

#### VI. (B). Gender of the Parent Living with and Adolescents Well-being

The result of t-tests presented in table 8 as 'gender of the parent living with and adolescent's well-being' shows that there is no significant gender difference in the well-being of single-parents.

Table 8: Gender of the Parent Living with and Adolescents Well-being

Sl. No	Dimension	Gender of Parent living with				t
		Male		Female		
		Mean	SD	Mean	SD	
1	Autonomy	0.63	0.06	0.65	0.06	1.20
2	Environmental Mastery	0.65	0.08	0.67	0.08	0.87
3	Personal Growth	0.72	0.11	0.72	0.09	0.14
4	Positive Relations	0.66	0.09	0.69	0.10	1.19
5	Purpose in Life	0.64	0.11	0.63	0.10	0.49
6	Self-Acceptance	0.66	0.07	0.64	0.08	0.80

(Source: Computed)

\*\*  $P < 0.01$

\*  $P < 0.05$

Among the listed dimensions on gender of the parent living with and adolescent well-being, the dimension on *personal growth* (0.72) attained the highest among the male single-parent which is followed by *positive relations* (0.66) and self-acceptance (0.66) with an equal mean score. Further, the *environmental mastery* (0.65) is followed by *purpose in life* (0.64) and a minimum mean score on *autonomy* (0.63). On the other hand, among the female single parents, the dimension on *personal growth* (0.72) attained the highest, followed by *positive*

*relations* (0.69), *environmental mastery* (0.67), *autonomy* (0.65), *self-acceptance* (0.64) and a minimum mean score value on *purpose in life* (0.63).

Thus, the examination on the well-being of the gender of the single-parents living with adolescents has shown that both male and female single-parent has an equal maximum mean score value on the personal growth (0.72). There is an equal minimum mean score value on *autonomy* (0.63) among the male biological parents to that of *purpose in life* (0.63) among female biological parents. Hence, the ranges of mean score are between a maximum of 0.72 and a minimum of 0.63 with both male and female single-parents who are living with the respondents.

## VII. Type of Family and Well-being of Adolescents Living with Single Parent Families

Table 9: Family Type and Well-being

Sl. No	Dimension	Type of Family				t
		Nuclear		Extended		
		Mean	SD	Mean	SD	
1	Autonomy	0.63	0.06	0.67	0.06	2.25**
2	Environmental Mastery	0.66	0.07	0.68	0.10	0.86
3	Personal growth	0.71	0.10	0.73	0.07	1.17
4	Positive Relations	0.67	0.10	0.70	0.08	1.57
5	Purpose in life	0.65	0.10	0.62	0.10	1.14
6	Self-Acceptance	0.66	0.08	0.64	0.08	1.10

(Source: Computed)

\*\* $P < 0.01$

\* $P < 0.05$

Among the dimensions on the type of family and well-being of adolescents living with single-parent families, the mean score of *personal growth* is highest among the respondents with 0.71 on nuclear family and 0.73 on extended family. Among the respondents belonging to the nuclear family, the maximum mean score *personal growth* (0.71) is followed by *positive relations* (0.67), *environmental mastery* and *self-acceptance*, *purpose in life* (0.65) and a minimum mean score on *autonomy* (0.63). On the other hand, the maximum mean score *personal growth* (0.73) on extended family is followed by *positive relations* (0.70), *environmental mastery* (0.68), *autonomy* (0.67), *self-acceptance* (0.64) and a minimum mean score on *purpose in life* (0.62).

Therefore, among the respondents belonging to the nuclear family, the higher the positive relations the higher it resulted in the personal growth. Likewise, the higher the environmental mastery and self-acceptance among the respondents, the higher it resulted in positive relations. Hence, the higher the positive relations, environmental mastery, and self-acceptance, purpose in life and autonomy the greater the score on personal growth. Similarly, among the respondents belonging to extended family, the higher the positive relations, environmental mastery, autonomy, self-acceptance, purpose in life, the greater it resulted in

the personal growth. In a comparison of both the type of families, the overall dimensions of well-being, the t-test shows that autonomy is highly significant in an extended family. Adolescents in extended family have a better autonomy, environmental mastery, personal growth, and positive relations while purpose in life and self-acceptance is higher in a nuclear family. Thus, there is a relationship between family type and well-being of adolescents living with single-parents.

## **Conclusion**

In conclusion, the study found that a maximum of the respondents were in the late adolescent stage and there was almost an equal distribution of respondents belonging to the early adolescent stage (10 to 13years) and middle adolescent stage (14 to 16 years). All the respondents were unmarried, having a formal education and are belonging to the age group of 10 and 19 years. Besides, a maximum of the respondents are belonging to a nuclear family and the respondents living with single parents belonging to the extended family have an overall significantly higher growth and development than the respondents living with single parents belonging to nuclear family type. The examined psychosocial issues that are frequently affecting the respondents are rejection by the peer group, discrimination in the society and denial by family. Surprisingly, the respondents were rarely affected by lowering self-confidence; inferiority complex arises out of single parenting, low self-esteem, stress, and tension. Thus, the respondents' living with a single-parent family is having either one or the other psychosocial challenges in life. Among the factors of psychosocial stressors, remarried of both the parents, alcohol and substance abuse were highly prevalent among the respondents while disorganized family, family social status, interpersonal relationship and being sexually abuse were less prevalent and experienced by only few of them. Regarding the general well-being, adolescents living with single parents are receiving less advice from their parents and at the same time, even seldom parental bits of advice were rarely accepted. The liberty to choose career was restricted and the choice of continuing formal education was also less concern by the single-parents. There is a poor supervision and monitoring the conduct of adolescents living with single parents and the overall relationship or intimacy between the adolescents and their single-parent is poor. Among the dimensions on well-being of adolescents living with single parents, *personal growth* attained the highest among the male respondents while *positive relations* attained the highest among the female respondents and the significant gender difference is found only in *positive relations*. Subsequently, among the single-parents living with adolescents, the dimension on *personal growth* attained the highest on both male and female single parents while there is an equal minimum mean score value on *autonomy* among the male biological parents and *purpose in life* among female biological parents. There is no significant gender difference in the well-being of the single-parents. It was found that the adolescents living with single parents belonging to extended family typically have a better autonomy, environmental mastery, personal growth, and positive relations while purpose in life and self-acceptance is found to be higher among the adolescents living with single parents in a nuclear family. Thus, there is a relationship between family type, family environment and the well-being of adolescents living with single-parents.

Therefore, the study suggested the need to provide psychosocial support in terms of counseling, provision of recreational activities, career guidance and skills development to the adolescents living with single parents. In fact, nevertheless the need for skills in parenting of adolescents, importance of supervision and guidance and healthy and congenial family environment has promoted the psychosocial and well-being of adolescents living with single parent families.

\*\*\*\*\*

## References

- Compas, B. E. et al., (1990). *Stress, coping, and adjustment in mothers and young adolescents in single and two-parent families*. *Am J Community Psychol*, 8(4), 525-545. [10.1007/bf00938058](https://doi.org/10.1007/bf00938058)
- Khan, Y. et al., (2015). *Psychological Well-Being (PWB) of School Adolescents Aged Between 12 and 18 years, its Correlation with General Levels of Physical Activity (PA) and Socio-Demographic Factors In Gilgit, Pakistan*. *Iranian Journal of Public Health*, 44(6), 804–813.
- Markova, S. et. al., (2014). *Coping Strategies of Adolescents with Deviant Behaviour*. *International Journal of Adolescence and Youth*, 22(1), 36-46. <https://doi.org/10.1080/02673843.2013.868363>
- Mabuza, Thwala, S., & Okeke CIO. (2014). “*Single parenting and its effects on the psychosocial development of children in Swaziland*”. *Mediterranean Journal of Social Sciences*, 5(23), 2252-2262. [10.5901/mjss.2014.v5n23p](https://doi.org/10.5901/mjss.2014.v5n23p)
- Oktem, F. (1998), *Demographic features and psychosocial problems in single-parent families: 1985 – 1995*. *Turk J Pediatr*, 40(2), 159-166.
- Obieke, A., & Uchenna. (2013), “*Single-Parenting, Psychological Well-Being and Academic Performance of Adolescence in Lagos, Nigeria*”. *Journal of Emerging Trends in Educational Research and Policy Studies*, 4(1), 112-117.
- P H, Jyothi (2015). *Behavioural Problems of the Single Parent Adolescents*. *International Journal of Latest Technology in Engineering Management and Applied Science*, 4(7), 25-27. <https://www.ijltemas.in/DigitalLibrary/Vol.4Issue12/25-27.p>
- Sigle, W., & Mclanahan, S. (2004), *Father absence and child well-being: A critical review*. In Moynihan, D.P., Rainwater, L. and Smeeding, T., (Eds.). *The Future of the Family*, 116-155. <https://www.russellsage.org>