



## Social Stigma of Single Mother Students and their Influence on Help-Seeking Behavior and life Satisfaction

Agoot <sup>1\*</sup>, Dominick B Allauigan <sup>2</sup>, Jedidah C Lago <sup>3</sup>, Precious Ivonne P Pilarba <sup>4</sup>, Karen C <sup>5</sup>

<sup>1-5</sup> Isabela State University, City of Ilagan, Isabela, Philippines

\* Corresponding Author: **Agoot**

### Article Info

**ISSN (online):** 2583-8261

**Volume:** 04

**Issue:** 04

**July - August 2025**

**Received:** 03-03-2025

**Accepted:** 05-04-2025

**Page No:** 57-61

### Abstract

This study aimed to determine the influence of social stigma on the help-seeking behavior and life satisfaction of single mother students. Specifically, it examines their demographic profile, the level of social stigma, the likelihood of help-seeking when experiencing personal, emotional, or suicidal problems and their degree of life satisfaction. It also tested for significant relationships and standardized scales such as the Young Parent Stigma Scale, General Help-seeking Questionnaire, and the Satisfaction with Life Scale, the data were analyzed using frequency distribution, general weighted mean, Pearson's Correlation, Spearman-Order Correlation, and Multiple Regression Analysis. Results showed that most single mother students were aged 20-23, enrolled in college. With one child, and from families with income ranging from ₱15,000 to ₱99,000. The influence of stigma on help-seeking behavior was moderate. Respondents were somewhat likely to seek help, especially from parents and intimate partners, but were less inclined to approach professionals or use hotlines. Their life satisfaction was rated as slightly satisfied. No significant relationships were found between stigma and help-seeking behavior, or between help-seeking behavior and life satisfaction. The findings suggest that while stigma is present, it doesn't significantly deter help-seeking or reduce life satisfaction. Other variables such as resilience and informal support systems may be more influential.

**DOI:** <https://doi.org/10.54660/IJSSER.2025.4.4.57-61>

**Keywords:** Single Mother Students, Social Stigma, Help-Seeking Behavior, Life Satisfaction, Psychological Well-Being

### Introduction

Single-mother students face a unique set of challenges as they juggle academic demands and parenting. In the Philippines, while laws like the Expanded Solo Parents Welfare Act (RA 11861) aim to ease these burdens, cultural stigma remains a powerful force. This stigma often results in feelings of shame, social exclusion, and hesitation to seek help—even when needed. The stigma stems from societal expectations rooted in traditional family values that often marginalize young or single mothers. These negative perceptions can lead to mental health struggles, lower life satisfaction, and hesitancy in reaching out for institutional or emotional support.

This research aimed to investigate how such stigma affects the help-seeking behavior and overall life satisfaction of single mother students. Grounded in Andersen's Behavioral Model, which examines the interplay between individual needs, enabling resources, and environmental pressures in determining health behaviors, this study identifies social stigma as a predisposing factor that could deter help-seeking and reduce well-being. Understanding these dynamics can inform more empathetic policies and institutional support systems designed for student-mothers.

## Methods

This study utilized a quantitative descriptive-correlational design to examine the relationships among social stigma, help-seeking behavior, and life satisfaction among single mother students. A total of thirty (30) single mother students, aged 18 to 24 years old, were purposively selected from three educational institutions in Ilagan, Isabela: Isabela National High School, Isabela School of Arts and Trades, and Isabela State University–Ilagan Campus. These participants were currently enrolled in school and solely responsible for providing for their children.

To gather data, the researchers used four standardized instruments. The Young Parent Stigma Scale (YPSS) was employed to measure different dimensions of stigma, including internalized, anticipated, enacted, and racialized stigma. The General Help- Seeking Questionnaire (GHSQ) assessed the likelihood of participants seeking help from various sources, both formal and informal. The Satisfaction with Life Scale (SWLS) was used to evaluate the respondents' cognitive judgments of their overall life satisfaction. Additionally, a demographic survey collected essential background information, such as age, educational attainment, number of children, and parents' monthly income.

Data collection was conducted using printed questionnaires, with participants providing informed consent and assured of confidentiality throughout the process. The responses were then coded and subjected to statistical analysis. Descriptive statistics such as frequency and mean were used to summarize the data. To assess relationships among the variables, Pearson's correlation and Spearman's rho were employed, while multiple regression analysis was utilized to identify potential predictive relationships between social stigma, help-seeking behavior, and life satisfaction.

## Results

The results of the study indicated that the majority of respondents were between 20 and 23 years old, currently pursuing college education, had one child, and came from families with a monthly income ranging from ₱15,000 to ₱99,000. Their responses to the Young Parent Stigma Scale yielded an overall mean score of 2.24, which reflects a moderate level of perceived stigma. This suggests that although the participants were aware of societal judgment, its influence on their behavior remained at a manageable level.

In terms of help-seeking behavior, participants registered an overall mean score of 3.87, suggesting they were somewhat likely to seek support when encountering personal or emotional difficulties. Notably, they were more inclined to approach informal sources such as intimate partners and parents. In contrast, formal sources of support—such as hotlines and religious leaders—were less frequently considered, indicating a preference for trusted, emotionally familiar networks over institutional avenues.

With regard to life satisfaction, the overall score of 4.45 suggested that respondents were slightly satisfied with their current life circumstances. While many expressed general contentment, their responses also indicated that they had not yet fully achieved the life they envisioned for themselves, revealing a subtle but significant aspiration for improvement. Despite these findings, statistical analysis revealed no significant relationship between the level of social stigma and help-seeking behavior. Likewise, no meaningful correlation

was observed between help-seeking behavior and life satisfaction. Furthermore, the participants' demographic characteristics did not show any significant association with the degree of stigma experienced. These results imply that factors other than stigma or demographic background may be exerting a stronger influence on both the participants' help-seeking tendencies and their overall sense of well-being.

## Discussion

Although respondents reported moderate levels of social stigma, it did not significantly affect their help-seeking behavior or life satisfaction. These findings suggest that informal support systems—particularly family and intimate partners—play a more vital role in determining whether help is sought. Additionally, the slight life satisfaction score suggests that while the students have unmet goals, they still maintain a degree of contentment and hope.

The results challenge common assumptions that stigma inevitably leads to withdrawal or distress. Instead, they highlight the resilience of single mother students and the potential buffer offered by trusted social connections. Other unmeasured factors such as personal coping strategies or institutional support may also mitigate the effects of stigma.

## Conclusion

This study concludes that social stigma, while present, does not significantly influence the help-seeking behavior or life satisfaction of single mother students in Ilagan, Isabela. Most respondents rely on informal support and remain slightly satisfied with life. Institutional programs must therefore prioritize reducing stigma, promoting accessible support, and reinforcing the value of informal help networks. Further research should explore deeper psychological, cultural, and institutional factors that shape the lived experiences of student mothers.

## References

1. Akintola O. The role of community support in fostering resilience among single mothers in education. *J Community Psychol*. 2021;49(4):345-60.
2. Andersen RM. Revisiting the behavioral model and access to medical care: does it matter? *J Health Soc Behav*. 1995;36(1):1-10. doi:10.2307/2137284
3. Ato EC. Changing social norms to ease higher education of student mothers in Caraga Region, Philippines [master's thesis]. Rotterdam: Erasmus University; 2018. Available from: [https://thesis.eur.nl/pub/46687/Ato-Elvie-C.\\_MA\\_2017\\_18\\_SPD.pdf](https://thesis.eur.nl/pub/46687/Ato-Elvie-C._MA_2017_18_SPD.pdf)
4. Bain MC. Exploring the challenges of single mothers in the Philippines: empowerment as diaconal task of Evangelical Church in the Philippines [master's thesis]. Oslo: VID Specialized University; 2020. Available from: <https://hdl.handle.net/11250/2825396>
5. Baluyot MKM, Yapo FCD, Gatchalian JM, Jose JP, Juan KLMP, Tabiliran JP, Tus J. Kinsenas, katapusan: the lived experiences and challenges faced by single mothers. *Psychol Educ*. 2023;7:182-8. Available from: [https://www.researchgate.net/publication/368818922\\_Kinsenas\\_Katapusan\\_The\\_Lived\\_Experiences\\_and\\_Challenges\\_Faced\\_by\\_Single\\_Mothers](https://www.researchgate.net/publication/368818922_Kinsenas_Katapusan_The_Lived_Experiences_and_Challenges_Faced_by_Single_Mothers)
6. Baluyot MK, Gatchalian J, Barandino C, Guinoo P, Plaza RAF, Torrero K, Lopez MA, Yapo F, Evangelista CB, Tus J. The unprepared: a case study of teenage

- mothers' experiences and child-rearing practices. *J Name*. 2024;22:21-38. Available from: [https://scimatic.org/show\\_manuscript/3217](https://scimatic.org/show_manuscript/3217)
7. Beck AT, Epstein N, Brown G, Steer RA. An inventory for measuring clinical anxiety: psychometric properties. *J Consult Clin Psychol*. 1988;56(6):893-7. doi:10.1037/0022-006X.56.6.893
  8. Beeler S. Undergraduate single mothers' experiences in postsecondary education. *New Dir Higher Educ*. 2016;2016:69-80.
  9. Bell T. Empowering single mothers through institutional support: lessons from single mothers in Sabah. ResearchGate. 2022. Available from: [https://www.researchgate.net/publication/364342529\\_EMPOWERING\\_SINGLE\\_MOTHERS\\_THROUGH\\_INSTITUTIONAL\\_SUPPORT\\_LESSONS\\_FROM\\_SINGLE\\_MOTHERS\\_IN\\_SABAH](https://www.researchgate.net/publication/364342529_EMPOWERING_SINGLE_MOTHERS_THROUGH_INSTITUTIONAL_SUPPORT_LESSONS_FROM_SINGLE_MOTHERS_IN_SABAH)
  10. Burke M, Martin L. Family bonds and friendships as protective factors against stigma-related stress in single mothers. *Soc Work J*. 2021;28(2):112-26. Available from: [https://www.researchgate.net/publication/313185970\\_Promoting\\_Strengths\\_and\\_Resilience\\_in\\_Single-Mother\\_Families](https://www.researchgate.net/publication/313185970_Promoting_Strengths_and_Resilience_in_Single-Mother_Families)
  11. Camacho J, Perez L. Stigma and access: barriers faced by single mothers in utilizing supportive services. *Int J Fam Stud*. 2020;12(1):55-70.
  12. Catilogo MIU. Neda: PH can still achieve upper-middle income status by 2025. *INQUIRER.net*. 2024 Jul 4. Available from: <https://business.inquirer.net/467082/neda-ph-can-still-achieve-upper-middle-income-status-by-2025>
  13. Corrigan PW, Watson AC. The two faces of stigma: structural and psychological barriers to mental health care. *J Soc Issues*. 2002;58(2):293-307. doi:10.1111/1540-4560.00259
  14. Creswell JW. Research design: qualitative, quantitative, and mixed methods approaches. 4th ed. Thousand Oaks: SAGE Publications; 2014.
  15. Cruse LR, Richburg-Hayes L, Hare A, Contreras-Mendez S. Evaluating the role of campus childcare in student parent success. Washington: Institute for Women's Policy Research; 2021. Report No.: C506. Available from: <https://iwpr.org/iwpr-publications/evaluating-campus-care-in-student-parentsuccess/>
  16. Dagupon LG, Garin ZC. Lived experiences of solo parents: a case study. *Int J Adv Res Publ*. 2022;5(4). Available from: <https://www.ijarp.org/published-research-papers/apr2022/Lived-Experiences-Of-Solo-Parents-A-Case-Study.pdf>
  17. Dharani MK, Balamurugan J. The psychosocial impact of stigma on single mothers: a review. *Cureus J Med Sci*. 2024. Available from: [https://www.researchgate.net/publication/380195725\\_The\\_psychosocial\\_impact\\_on\\_single\\_mothers'\\_well-being\\_-\\_A\\_literature\\_review](https://www.researchgate.net/publication/380195725_The_psychosocial_impact_on_single_mothers'_well-being_-_A_literature_review)
  18. De Ungria B. SEC socio economic classes in the Philippines ABCDE: where are you? BiZ CoACH | Atomic Transformation With ZYX Thinking. 2023 Oct 27. Available from: <https://bongdeungria.com/sec-socio-economic-classes-in-the-philippines-abcde-where-are-you/>
  19. Dor A. Single motherhood by choice: difficulties and advantages. *J Educ Dev Psychol*. 2021;11(1):18-27. doi:10.5539/jedp.v11n1p18
  20. Edwards P. Social disengagement and mental health outcomes for single mothers. *Ment Health Stud Q*. 2024;18(1):78-92.
  21. Ellis-Sloan K. Teenage mothers, stigma and their presentations of self. *Sociol Res Online*. 2014;19:16-28. doi:10.5153/sro.3269
  22. Foster A, Thorpe R. Coping strategies for combating stigma among single mothers. *J Resil Stud*. 2021;10(2):89-102.
  23. Gault LRC, Reichlin JM, Cruse S, Contreras T, Hare B. Investing in single mothers' higher education. Washington: Institute for Women's Policy Research; 2021 Jan 27. Available from: <https://iwpr.org/investing-in-single-mothers-higher-education-state/>
  24. Goffman E. Stigma: notes on the management of spoiled identity. Englewood Cliffs: Prentice-Hall; 1963.
  25. Golombok S, Zadeh S, Imrie S, Smith V, Freeman T. Single mothers by choice: mother-child relationships and children's psychological adjustment. *J Fam Psychol*. 2016;30(4):409-18. doi:10.1037/fam0000188
  26. Govender D, Naidoo S, Taylor M. 'I have to provide for another life emotionally, physically and financially': understanding pregnancy, motherhood and the future aspirations of adolescent mothers in KwaZulu-Natal South, Africa. *BMC Pregnancy Childbirth*. 2020;20:620. doi:10.1186/s12884-020-03302-8
  27. Jain M, Mahmoodi V. Being one in a world of twos: experiences and consequences of single parenting. *Grad Stud J Psychol*. 2022;18(Special Issue). Available from: <https://www.tc.columbia.edu/media/centers-amp-labs/gsjp/gsjp-volume-pdfs/Being-One-in-a-World-of-Twos-Jain--Mahmoodi-2022.pdf>
  28. Jeon S, Song H. Self-stigma among single mothers: psychological implications and self-worth reduction. *Asian J Psychol*. 2023;30(1):43-56.
  29. Jorm AF. Mental health literacy: public attitudes and knowledge about mental disorders. *Aust N Z J Psychiatry*. 2019. Available from: <https://pubmed.ncbi.nlm.nih.gov/11059991/>
  30. Kahraman H. On being unable to be a single mother by choice in Turkey. *World Women Stud J*. 2021;6(1):18-34. Available from: [https://www.researchgate.net/publication/351276426\\_On\\_Being\\_Unable\\_to\\_be\\_A\\_Single\\_Mother\\_by\\_Choice\\_in\\_Turkey](https://www.researchgate.net/publication/351276426_On_Being_Unable_to_be_A_Single_Mother_by_Choice_in_Turkey)
  31. Keyes CLM. Mental health in adolescence: a developmental perspective. In: Keyes CLM, editor. *Handbook of adolescent health psychology*. New York: Springer; 2007. p. 23-37. doi:10.1007/978-0-387-69002-7\_2
  32. Kim A, Jeon S, Song J. Self-stigma and mental health in divorced single-parent women: mediating effect of self-esteem. *Behav Sci*. 2023;13(9):744. Available from: [https://www.researchgate.net/publication/373727682\\_Self-Stigma\\_and\\_Mental\\_Health\\_in\\_Divorced\\_Single-Parent\\_Women\\_Mediating\\_Effect\\_of\\_Self-Esteem](https://www.researchgate.net/publication/373727682_Self-Stigma_and_Mental_Health_in_Divorced_Single-Parent_Women_Mediating_Effect_of_Self-Esteem)
  33. Kohl H. Struggles of single motherhood. *Acenda*. 2021 Sep 17. Available from: <https://acendahealth.org/blog/struggles-of-singlemotherhood/>

34. Korkor OP. Understanding the experiences of women leaders in Ghanaian senior high schools through phenomenological inquiry [dissertation]. Christchurch: University of Canterbury; 2023.
35. Lannin DG, Bible JP. Self-stigma of seeking help: a meta-analysis. In: Vogel DL, Wade NG, editors. *The Cambridge handbook of stigma and mental health*. Cambridge: Cambridge University Press; 2022. p. 111-42. Available from: [https://www.researchgate.net/publication/362482365\\_Self-Stigma\\_of\\_Seeking\\_Help\\_A\\_Meta-Analysis](https://www.researchgate.net/publication/362482365_Self-Stigma_of_Seeking_Help_A_Meta-Analysis)
36. Lee JS, McLanahan S. Single motherhood and child well-being: the influence of family structure, gender, and race. *Soc Sci Res*. 2010;39(2):142-56.
37. Lim YZG, Honey A, McGrath M. The parenting occupations and purposes conceptual framework: a scoping review of 'doing' parenting. *Aust Occup Ther J*. 2022;69:98-111. doi:10.1111/1440-1630.12786
38. Link BG, Phelan JC. Conceptualizing stigma. *Annu Rev Sociol*. 2001;27:363-85. doi:10.1146/annurev.soc.27.1.363
39. Long S, Clark M, Ausloos C, Jacoby R, Mcghee C. The wellness and self-care experiences of single mothers in poverty: strategies for mental health counselors. *J Ment Health Couns*. 2019;41(4):343-59. doi:10.17744/mehc.41.4.05
40. Mabuza M, Thwala S, Okeke CIO. Single parenting and its effects on the psychosocial development of children in Swaziland. *Mediterr J Soc Sci*. 2004;5(23):2252-62.
41. Mahalik JR, Burns SM, Syzdek M. Masculinity and perceived normative health behaviors as predictors of men's health behaviors. *Soc Sci Med*. 2007;64(11):2201-9. doi:10.1016/j.socscimed.2007.02.035
42. Maleka HL. The psychological health of teenage mothers from selected secondary schools in Seshego Township, Limpopo Province [master's thesis]. Sovenga: University of Limpopo; 2020.
43. Martinez R. Counseling and empowerment programs for single-mother students in educational institutions. *Educ Psychol Rev*. 2022;19(3):274-90.
44. McLanahan S, Sandefur G. *Growing up with a single parent: what hurts, what helps*. Cambridge: Harvard University Press; 1994.
45. Meisenbach RJ. Stigma management communication: a theory and agenda for applied research on how individuals manage moments of stigmatized interaction. *Commun Theory*. 2010;20(1):1-23. doi:10.1111/j.1468-2885.2009.01352.x
46. Mishra PS, Thamminaina A, Mishra N. Single mothers: strategies of family management and support systems in relation to health. *Virtual Commons - Bridgewater State University*. Available from: <http://vc.bridgew.edu/jiws/vol22/iss5/24>
47. Montañó DE, Francisco BD. Surviving and thriving: stories of single student-mothers in Western Visayas, Philippines. *Eur Mod Stud J*. 2024;8(5). Available from: [https://www.researchgate.net/publication/385531291\\_Surviving\\_and\\_Thriving\\_Stories\\_of\\_Single\\_Student-Mothers\\_in\\_Western\\_Visayas\\_Philippines](https://www.researchgate.net/publication/385531291_Surviving_and_Thriving_Stories_of_Single_Student-Mothers_in_Western_Visayas_Philippines)
48. Mudau TS. Redressing marginalisation among teenage mothers through university community engagement approach. *Gend Behav*. 2019;17:13539-48. Available from: <https://pubmed.ncbi.nlm.nih.gov/32956170/>
49. Ndlovu CC, Makoni P, Gundani HV. COVID-19 lockdown related teenage pregnancy: concept analysis. *Int J Adv Res Nurs*. 2021;4:101. Available from: [https://www.researchgate.net/publication/349711686\\_COVID\\_19\\_lockdown\\_related\\_teenage\\_pregnancy\\_Concept\\_analysis](https://www.researchgate.net/publication/349711686_COVID_19_lockdown_related_teenage_pregnancy_Concept_analysis)
50. Ntshayintshayi PN, Sehularo LA, Mokgaola IO, Sepeng NV. Exploring the psychosocial challenges faced by pregnant teenagers in Ditsobotla subdistrict. *Health SA Gesondheid*. 2022;27:1880. doi:10.4102/hsag.v27i0.1880
51. Olsson M, Møller E. The psychological effects of social stigma on single-mother students. *J Educ Soc Psychol*. 2021;22(4):299-313.
52. Owens R. 'It's the way they look at you': why discrimination towards young parents is a policy and practice issue. *Child Soc*. 2022;36:1280-95. Available from: <https://durham-repository.worktribe.com/output/1201138/its-the-way-they-look-at-you-why-discrimination-towards-young-parents-is-a-policy-and-practice-issue>
53. Pallant J. *SPSS survival manual*. 6th ed. Maidenhead: Open University Press; 2016.
54. Pardillo RS. School cribs: a phenomenological examination of the challenges single student mothers experience to manage their dual roles. *Int J Soc Sci Hum Res*. 2023;6(5):57-65. Available from: [https://www.researchgate.net/publication/371050041\\_SCHOOL\\_CRIBS\\_A\\_Phenomenological\\_Examination\\_of\\_the\\_Challenges\\_Single\\_Student\\_Mothers\\_Experience\\_to\\_Manage\\_Their\\_Dual\\_Roles](https://www.researchgate.net/publication/371050041_SCHOOL_CRIBS_A_Phenomenological_Examination_of_the_Challenges_Single_Student_Mothers_Experience_to_Manage_Their_Dual_Roles)
55. Patterson JL. Single mothers and the higher education experience. *J Coll Stud Dev*. 2003;44(5):735-51.
56. Pew Research Center. *The American family today*. 2015 Dec 17. Available from: <https://www.pewresearch.org/social-trends/2015/12/17/1-the-american-family-today/>
57. Pinugu E. Plight of single-parent families. *INQUIRER.net*. 2024 Feb 19. Available from: <https://opinion.inquirer.net/171008/plight-of-single-parent-families>
58. Pueyo J. Moms too soon: status and challenges of teenage mothers—implications for extension. *J Int Women Stud*. 2022;23:6. Available from: <https://vc.bridgew.edu/cgi/viewcontent.cgi?article=2848&context=jiws>
59. Ramos ES, Tus J. Beating the odds: an exploratory study on single mothers' lived experiences in childrearing practices. *Asian J Curr Res*. 2020;5(1):58-70. Available from: [https://www.researchgate.net/publication/347105987\\_Beating\\_the\\_Odds\\_An\\_Exploratory\\_Study\\_on\\_Single\\_Mothers'\\_Lived\\_Experiences\\_in\\_Childrearing\\_Practices](https://www.researchgate.net/publication/347105987_Beating_the_Odds_An_Exploratory_Study_on_Single_Mothers'_Lived_Experiences_in_Childrearing_Practices)
60. Cook RJ, Cusack S. *Gender stereotyping: transnational legal perspectives*. Philadelphia: University of Pennsylvania Press; 2011. Available from: [https://repository.law.miami.edu/cgi/viewcontent.cgi?article=1826&context=fac\\_articles](https://repository.law.miami.edu/cgi/viewcontent.cgi?article=1826&context=fac_articles)
61. Rendall MS, Shattuck RM. Women's sequencing of first births relative to first substantial employment before and after the 1990s welfare reforms. In: *PAA 2017 Annual*

- Meeting. College Park: University of Maryland; 2017. Available from: <https://www.popcenter.umd.edu/research/working-papers/papers/2016-002/view>
62. Rickwood DJ, Deane FP, Wilson CJ. When and how do young people seek professional help for mental health problems? *Med J Aust.* 2005;183(S7):S35-9. doi:10.5694/j.1326-5377.2005.tb05948.x
  63. Rojas M. Single mothers and societal stigma: a stress perspective. *J Fam Psychol.* 2021;25(2):150-68.
  64. Sheppard B, Martínez E, Jung HH. 'Years don't wait for them.' Increased inequalities in children's right to education due to the Covid-19 pandemic. New York: Human Rights Watch; 2021. Available from: <https://www.hrw.org/report/2021/05/17/years-dont-wait-them/increased-inequalities-childrens-right-education-due-covid>
  65. Smith A, Benning K. Institutional shortcomings and policy gaps for single-mother students. *J Policy Educ.* 2022;19(3):189-202.
  66. SmithBattle L. Walking on eggshells: an update on the stigmatizing of teen mothers. *MCN Am J Matern Child Nurs.* 2020;45:322-7.
  67. Stringer KL, Baker EH. Stigma as a barrier to substance abuse treatment among those with unmet need: an analysis of parenthood and marital status. *J Fam Issues.* 2018;39(1):3-27. doi:10.1177/0192513X15581659
  68. Sumbane GO, Makua NM. Exploring the mental health challenges and coping behaviour of lesbian, gay, and bisexual students at an institution of higher learning. *Int J Environ Res Public Health.* 2023;20:4420. doi:10.3390/ijerph20054420
  69. Philippine Statistics Authority. Highlights of the preliminary results of the 2021 annual family income and expenditure survey. 2021. Available from: <https://psa.gov.ph/content/highlights-preliminary-results-2021-annual-family-income-and-expenditure-survey>
  70. Teen Vogue. Cradle to college: the hidden struggles of parenting while in school. 2019 Oct 7. Available from: <https://www.teenvogue.com/story/cradle-to-college-part-1>
  71. Vinson J. *Embodying the problem: the persuasive power of the teenage mother.* New Brunswick: Rutgers University Press; 2018. Available from: [https://www.researchgate.net/publication/321685916\\_Embodying\\_the\\_Problem\\_The\\_Persuasive\\_Power\\_of\\_the\\_Teen\\_Mother](https://www.researchgate.net/publication/321685916_Embodying_the_Problem_The_Persuasive_Power_of_the_Teen_Mother)
  72. Williams DR, Mohammed SA. Discrimination and racial disparities in health: evidence and needed research. *J Behav Med.* 2009;32(1):20-47. doi:10.1007/s10865-008-9185-0
  73. Williams M, Smith J, Johnson L. Mothers' strategic pursuit of higher education to meet basic needs. *J Educ Psychol.* 2023. doi:10.1177/19367244231218709
  74. Zhao W, Cheng X. Empowerment strategies and mental health outcomes for stigmatized populations. *Glob Ment Health J.* 2022;14(2):200-15.