

COPING MECHANISM OF SINGLE PARENT STUDENTS IN BESTLINK COLLEGE OF THE PHILIPPINES, QUEZON CITY

ABSTRACT

AUTHORS

Nathally Afaga
Josephine Cabutotan
Princess Althea Caindoc
Aira Magbanua
Anna Maria Villamor

RESEARCH ADVISER

Ma. Regina Baluyut

AFFILIATION

Bestlink College of the
Philippines

DISCIPLINE

Social Sciences

KEYWORDS

*single parent students; coping
mechanisms; academic
challenges; emotional stress;
support systems; higher
education*

ARTICLE ID

AASGBCPJMRA-B02768

This study investigates the coping mechanisms of single parent students at Bestlink College of the Philippines, Quezon City. This research aims to understand the strategies these students employ to manage academic, emotional, and personal challenges while balancing roles as both students and parents. This study uses a quasi-experimental design with purposive sampling. Data are collected through a validated questionnaire administered to 114 single parent students. Reliability and validity of the instrument are confirmed through expert review and pilot testing. Collected data are analyzed using descriptive statistics and inferential tests to examine differences across demographic variables. The findings revealed that single parent students primarily utilized cognitive appraisal, emotional regulation, and problem-solving strategies to cope with their responsibilities. Family support emerged as a crucial resource, while peer support networks were underutilized. Financial difficulties, time management challenges, emotional stress, lack of support systems, and health issues were identified as the most common problems. Statistical analysis showed no significant differences in coping mechanisms based on age, gender, or number of children, indicating that demographic factors did not influence how challenges were managed. The study highlighted the need for institutional interventions to address the unique needs of single parent students. As a result, recommendations included enhancing counseling services, strengthening peer support networks, developing comprehensive financial assistance programs, and promoting faculty and administrative awareness of single parent student challenges. These measures aimed to create a more inclusive and supportive academic environment that fostered the well-being and academic success of this student population.

RECOMMENDED CITATION

Afaga, N., Cabutotan, J., Caindoc, P. A., Magbanua, A., & Villamor, A. M. (2025). Coping Mechanism Of Single Parent Students In Bestlink College Of The Philippines, Quezon City. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(1), 111.