

Study on the Work-Life Balance of Selected Working Single Mothers in the Coastal Community of La Huerta, Paranaque

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Abstract : This paper explores how the work-life balance of selected working single mothers situated in a coastal community is affecting their well-being. Working single mothers carry the responsibility of earning for their family while simultaneously exercising their motherhood. This study utilized a purposeful qualitative research through semi-structured interviews among ten working single mothers living in the coastal community of La Huerta, Paranaque in order to identify the following: a) experiences of the working single mothers, b) problems usually encountered, and c) how these problems are affecting their well-being. Dorothy Smith's Feminist Standpoint theory is used as a theoretical lens in order to explain their work-life balance. Results have shown that despite their dual roles as the main income earners and heads of the households, they are not neglecting to care for their well-being. They consider getting sufficient rest, eating well, and going to church as forms of caring for their well-being. Other factors that affect their work-life balance include living arrangements, work hours, type of work, and income.

Keywords : coastal community, well-being, work-life balance, Working single mother

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