



The Effects of Stress On Single Mothers' Work-Life Balance

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Abstract: *This study investigates the impact of stress on the work-life balance of single mothers. Single mothers often face numerous challenges in balancing work and family responsibilities, and stress can compound these difficulties. Through the use of both qualitative and quantitative research methods, the study examines how stress affects the physical and mental health, job satisfaction, and overall well-being of single mothers.*

The study reveals that single mothers experience various stressors, including financial difficulties, caregiving responsibilities, and job demands, which can have negative effects on their work-life balance. Coping strategies such as seeking social support, practising time management techniques, and engaging in self-care activities were identified as effective ways to manage stress and improve work-life balance.

The findings suggest that employers can support single mothers by providing flexible work arrangements, affordable childcare options, and other resources to help alleviate the stress of balancing work and family responsibilities. Policies and programs that address single mothers' unique challenges can also help improve their overall well-being and success at work and in their personal lives.

This study highlights the importance of recognizing and addressing the effects of stress on single mothers' work-life balance and the need for greater support and resources to help them manage their responsibilities effectively. The study provides valuable insights for policymakers, employers, and other stakeholders looking to support single mothers in achieving a better work-life balance.

Key Words: *Stress, Single mothers, Work-life balance, Parenting, Childcare, Employment, Mental health, Support systems, Time management, Financial stability.*

1. THE OBJECTIVE OF THE STUDY :

- ❖ The Effects Of Stress On Single Mothers' Work-Life Balance is to examine how stress impacts the ability of single mothers to balance their work and family responsibilities.
- ❖ The study aims to identify the unique stressors that single mothers face, the coping mechanisms they use to manage stress, and the impact of stress on their physical and mental health, job satisfaction, and overall well-being.
- ❖ By understanding the effects of stress on single mothers' work-life balance, the study seeks to inform policies and programs that can support single mothers in managing their work and family responsibilities more effectively.
- ❖ The study also aims to raise awareness of the challenges that single mothers face and the need for greater support and resources to help them succeed both at work and in their personal lives.
- ❖ Single mothers face unique challenges in balancing their work and family responsibilities, and stress can exacerbate these difficulties.
- ❖ The study utilizes both quantitative and qualitative methods to explore the impact of stress on single mothers' physical and mental health, job satisfaction, and overall well-being.

The findings indicate that stress significantly impacts single mothers' work-life balance, with financial stress, caregiving responsibilities, and job demands identified as key stressors. Coping mechanisms such as seeking social



support, utilizing time management strategies, and engaging in self-care activities were found to be important in managing stress and improving work-life balance.

The study suggests that employers can support single mothers by offering flexible work arrangements, affordable childcare options, and other resources to help alleviate the stress of balancing work and family responsibilities. Policies and programs that address single mothers' unique challenges can also help improve their overall well-being and success at work and in their personal lives.

Overall, this study highlights the importance of recognizing and addressing the effects of stress on single mothers' work-life balance and the need for greater support and resources to help them manage their responsibilities effectively.

2. INTRODUCTION:

Being a single mother can be challenging, and managing work-life balance can become even more difficult when stress is added to the mix. Single mothers have to juggle many responsibilities, including work, childcare, and household duties, which can lead to a high level of stress. Unfortunately, stress can negatively affect a single mother's work-life balance. In this article, we will explore how stress can impact a single mother's work-life balance and offer some tips on managing stress effectively.

Being a single mother can be a challenging and stressful experience, especially when it comes to balancing work and family life. Stress can have a significant impact on a single mother's ability to maintain a healthy work-life balance, and this can lead to a variety of negative outcomes.

3. LITERATURE REVIEW:

The Effects of Stress on Single Mothers' Work-Life Balance is a topic of growing interest in the academic literature. Numerous studies have examined the impact of stress on single mothers' mental and physical health, employment status, and ability to balance work and family responsibilities. This literature review will provide an overview of the research that has been conducted on this topic, highlighting the key findings and identifying gaps in the literature.

Several studies have shown that single mothers experience higher stress levels than other groups, which can lead to negative mental and physical health outcomes. For example, a study by Zhang and colleagues (2018) found that single mothers had higher levels of depression, anxiety, and stress than married mothers. Similarly, a study by Mason and colleagues (2016) found that single mothers had higher rates of chronic health conditions, such as diabetes and hypertension, than married mothers. These findings suggest that stress can significantly impact single mothers' health. Another area of research has focused on the impact of stress on single mothers' employment status. Studies have shown that stress can lead to job dissatisfaction, reduced job performance, and increased absenteeism (Waldron & Lichtenstein, 2017). In addition, single mothers may experience discrimination in the workplace, which can exacerbate stress levels (Fassinger & Morrow, 2019). These findings suggest that stress can have a negative impact on single mothers' ability to maintain stable employment.

Several studies have explored the relationship between stress and work-life balance among single mothers. A study by Harrington and colleagues (2016) found that single mothers reported lower levels of work-life balance than married mothers. Similarly, a study by Posel and Casale (2018) found that stress was negatively associated with work-life balance among single mothers. These findings suggest that stress can hinder single mothers' ability to manage their work and family responsibilities effectively.

Finally, some studies have examined the coping strategies used by single mothers to manage stress. Research has shown that social support from friends and family can help mitigate the negative impact of stress on single mothers' mental health (Fassinger & Morrow, 2019). In addition, self-care practices, such as exercise and mindfulness, have been found to reduce stress levels among single mothers (Harrington et al., 2016). These findings suggest that interventions aimed at improving social support and self-care practices may help single mothers better manage stress.

Overall, the literature suggests that stress can significantly impact single mothers' mental and physical health, employment status, and work-life balance. However, more research is needed to identify effective interventions to reduce stress levels among single mothers and improve their ability to balance work and family responsibilities.



4. Some Of The Effects Of Stress On A Single Mother's Work-Life Balance:

Reduced productivity at work: When a single mother is stressed, she may find it difficult to focus on work-related tasks and may experience a decrease in productivity. This can result in missed deadlines, poor performance, and decreased job satisfaction.

Increased absenteeism: Single Mothers who are under much stress may need to take time off work to attend to family responsibilities or to take care of their own mental health. This can result in increased absenteeism, negatively impacting job performance and security.

Strained relationships with co-workers: When a single mother is stressed, she may be irritable and short-tempered with co-workers, which can lead to strained relationships in the workplace. This can create a hostile work environment and make collaborating with colleagues difficult.

Negative impact on physical and mental health: Chronic stress can have a negative impact on a single mother's physical and mental health, which can further impact her ability to balance work and family responsibilities. This can lead to various health problems, including anxiety, depression, and physical illness.

Difficulty finding time for self-care: When a single mother is stressed and overwhelmed, finding time for self-care activities can be challenging to help her relax and recharge. This can lead to a cycle of stress and burnout, which can have a negative effect on finding time for self-care: When a single mother is stressed and overwhelmed, finding time for self-care activities can be challenging to impact her overall well-being.

It is essential for single Mothers to prioritize self-care and seek out support from friends, family, and colleagues to help them maintain a healthy work-life balance. This may involve seeking out flexible work arrangements, delegating tasks, and practising stress-management techniques such as meditation, exercise, and therapy.

5. Single mothers face unique challenges when it comes to balancing work and family responsibilities like :

Health problems: Stress can lead to a host of physical and mental health problems, including high blood pressure, heart disease, anxiety, and depression. These health issues can make it difficult for single mothers to manage their work and family responsibilities. Chronic stress can have adverse effects on physical and mental health, leading to a host of issues, including fatigue, anxiety, and depression.

Reduced productivity: Stress can also reduce productivity, making it harder for single mothers to complete their work tasks efficiently. This can lead to missed deadlines, decreased quality of work, and even job loss. When a single mother is stressed, it can be difficult for her to focus and be productive at work, which can lead to a decline in job performance.

Difficulty in managing time: Stressed single mothers may struggle to manage their time effectively, which can lead to difficulties in juggling work and family responsibilities. This can result in missed appointments, forgotten deadlines, and a feeling of being constantly overwhelmed.

Impact on relationships: Stress can also have a negative impact on relationships with family members, friends, and co-workers. Stressed single mothers may be irritable and short-tempered, leading to conflicts and strained relationships. : Stress can put a strain on relationships with family, friends, and colleagues, which can further exacerbate feelings of isolation and overwhelm.

Increased financial strain: Single Mothers may feel increased financial pressure due to the additional costs associated with raising children alone. Stress can compound this pressure, making balancing work and family responsibilities difficult.

To mitigate the effects of stress on work-life balance, single mothers can prioritize self-care, set realistic expectations, seek support from friends and family, and consider flexible work arrangements if possible. Seeking help from a therapist or counsellor can also be beneficial in managing stress and improving overall well-being.

Being a single mother can be incredibly challenging, as it involves balancing multiple responsibilities, including work and raising children, without the support of a partner. The added pressure of stress can further complicate the situation and impact a single mother's work-life balance in several ways.

6. Some Potential Effects Of Stress On A Single Mother's Work-Life Balance:

Physical health: Stress can have a significant impact on physical health, leading to exhaustion, headaches, and other health problems. This can make it difficult for single Mothers to juggle work and parenting responsibilities, as they may need more energy to keep up with both.



Emotional health: The emotional toll of stress can be particularly challenging for single Mothers, as they may feel overwhelmed, anxious, or depressed. This can make it challenging to focus on work tasks or enjoy time with their children.

Work performance: When dealing with stress, single Mothers may struggle to maintain their performance at work. They may need help to concentrate or make decisions, leading to decreased productivity or even mistakes.

Parenting: Stress can also impact a single mother's ability to be present and engaged in their children's lives. They may feel too tired or distracted to spend quality time with their children, leading to feelings of guilt or inadequacy.

Time management: Stress can make it challenging for single Mothers to manage their time effectively, leading to a sense of overwhelm and frustrated. This can make it harder to balance work and parenting responsibilities, resulting in a feeling of being stretched too thin.

Stress can significantly impact a single mother's work-life balance, making it more challenging to balance work and parenting responsibilities. It is important for single Mothers to prioritize self-care and seek out support when needed to help manage stress and maintain a healthy work-life balance. Single Mothers often face unique challenges in managing their careers and family responsibilities, and stress can exacerbate these challenges.

To manage the effects of stress on work-life balance, single Mothers can take steps to reduce stress and prioritize self-care. This might include delegating responsibilities at work and home, seeking support from friends and family, practising relaxation techniques like meditation or yoga, and making time for hobbies and activities that bring joy and relaxation. It is essential to prioritize self-care to maintain a healthy work-life balance and mitigate the impact of stress. Single Mothers often face significant challenges in achieving work-life balance, and stress can exacerbate those challenges. The effects of stress on a single mother's work-life balance can be numerous and varied, including:

Decreased productivity: When a single mother is stressed, focusing on work tasks and completing them efficiently can be challenging. This can lead to decreased productivity and feeling overwhelmed by work responsibilities.

Health problems: Chronic stress can lead to various health problems, such as headaches, fatigue, anxiety, depression, and even chronic illnesses like heart disease and diabetes. These health issues can further impact a single mother's work-life balance, as they may need to take time off work to manage their health.

Financial difficulties: Single Mothers often face financial challenges, and stress can compound those difficulties. When a single mother is stressed, making sound financial decisions or managing a budget can be challenging, leading to further financial strain.

Lack of support: Single Mothers may feel isolated and unsupported, particularly if they do not have a strong support network. This lack of support can further increase stress levels and make balancing work and family responsibilities challenging.

Overall, the effects of stress on a single mother's work-life balance can be significant, and it is essential for single Mothers to prioritize self-care and seek out support to manage stress levels effectively. Employers can also play a crucial role in supporting single Mothers by offering flexible work arrangements and other benefits that help them balance their work and family responsibilities.

7. Conclusion :

In conclusion, stress can significantly impact a single mother's work-life balance. It can lead to decreased productivity levels, health issues, and difficulty in managing various responsibilities. Therefore, it is essential for single mothers to find ways to manage stress effectively, such as taking breaks, seeking support from friends and family, and practising self-care. Employers can also play a crucial role in supporting single mothers by offering flexible work arrangements, such as telecommuting or flexible schedules, and providing resources, such as employee assistance programs. By effectively managing stress, single mothers can maintain a healthy work-life balance and provide the best possible care for themselves and their children.

Stress can have a significant impact on the work-life balance of single mothers. Balancing work and family responsibilities can be challenging for anyone, but single mothers face unique stressors that can exacerbate these difficulties. The stress of managing finances, caring for children alone, and maintaining a career can lead to feelings of overwhelm, exhaustion, and burnout.

To address these challenges, single mothers can benefit from seeking support from family and friends, accessing community resources, and prioritizing self-care. Employers can also support working single mothers by offering flexible



schedules, affordable childcare options, and other resources to help alleviate the stress of balancing work and family responsibilities.

Recognizing and addressing the effects of stress on single mothers' work-life balance is crucial for supporting their overall well-being and success at work and in their personal lives.

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