

Exploring the Work-Life Balance of Single Parents and Its Impact on Life Satisfaction: The Interactive Roles of Social Support and Demographic Factors

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ABSTRACT

This research paper, "Exploring the Work-Life Balance of Single Parents and Its Impact on Life Satisfaction: The Interactive Roles of Social Support and Demographic Factors," investigates the complex relationship between work-life balance, social support, and demographic factors and their combined influence on the life satisfaction of single parents. Grounded in an intersectional theoretical framework, the study sheds light on the challenges single parents face and their potential connection to issues of discrimination and disadvantage. While not its primary focus, the research indirectly addresses these concerns by examining the correlations between the identified factors and life satisfaction among single parents. The study's objectives encompass understanding the work-life dynamics of single-parent households, the role of social support, and the moderating effects of demographic characteristics. The research not only provides insights into the struggles faced by single parents but also offers recommendations for supportive interventions and policies. The findings suggest that improving work-life balance and fostering social support networks can significantly enhance the well-being of single parents, with particular attention to the unique needs of female business owners. This research serves as a foundation for further exploration of family dynamics and well-being within diverse family structures, contributing to developing more inclusive and supportive policies for single parents and their families.

Keywords: Single Parents, Work-Life Balance, Life Satisfaction, Social Support,

INTRODUCTION

Background of the Study

Families are an essential aspect of society. It is the primary source with whom the child learns and interacts. The family's most necessary and remarkable responsibility is setting plans and elevating norms and preconceptions. Single parenthood has developed as a dynamic and standard family structure in today's rapidly evolving socio-economic environment, presenting a distinctive combination of issues and possibilities. This study sets up the conditions for an in-depth analysis of single parents' lives as the researcher attempts to understand the challenging network of influences that affect their well-being.

It was previously regarded as uncommon and has become a distinctive component of modern family life. It illustrates the dedication and adaptability of those who balance the demanding roles of a caregiver and

provider in their families. However, solo parents are prone to put in twice as much effort to provide for their children.

The awareness of work enthusiasm, job fulfillment, and work-family balance demands have become essential in the twenty-first-century workplace as individuals are presented with advanced innovations and more information through learning about their rights in the workplace and the repercussions for workforce commitment (Popoola & Fagbola, 2023).

Single parenthood is a popular and developing family structure in today's culture, with its concerns and benefits. It is becoming more frequent worldwide, with individuals taking on the duties of caretakers and income earners in their households. Challenges connected with single parenthood have received considerable emphasis, as single parents frequently face the complicated burden of managing their work and home duties, and this juggling effort can have dire consequences for their overall quality of life. This study aims to comprehensively understand the subtle involvement of factors that influence the well-being of single parents. Thus, the current researcher specifically explore the roles of work-life balance, social support, and numerous demographic characteristics in impacting single parents' overall life satisfaction.

Back then, fathers were the providers, and mothers were the caretakers of the family. However, it gradually changed over the years. Today, society seems to be more open to the single-parent concept. As defined by Mabuza et al. (2014), *single parenting* is the situation of one parent providing for and nurturing children without the presence of another parent, often the mother or father (Baluyot et al., 2023). The pressures of managing child care, pursuing a profession, paying bills, and keeping up with household tasks may overwhelm a single parent (Baluyot et al., 2023). Thus, single-parent homes typically face additional commitments and potential challenges that other families may not. Gridiron (2017) claimed that women are now the household's secondary source of income (Omori & Smith, 2010). Work presses and the inclination of women to work beyond the house have escalated. Furthermore, women remain to shoulder the responsibility of child care while doing household duties (Gridiron, 2017).

Family arrangements have altered along with the steady shift in the workplace. As presented in the study of Garcia et al. (2021), the American Psychological Association (APA, 2019) reported that single-parent households are now more common than the "nuclear family," which comprises a mother, father, and children. As reported by De Castro (2023), the total population of single parents in the Philippines has been projected to be 14 million to 15 million, according to World Health Organization-funded research conducted by the Department of Health (DOH) and the University of the Philippines-National Institutes of Health. As a result, it is crucial that the country's public and private sectors encourage policies and initiatives that support and encourage single parents (De Castro, 2023). Further, Fajardo-Jarilla (2023) stated that the most recent data from the government and non-governmental organizations, nine out of 10 single parents in the Philippines are women, frequently needing more help. Teenage moms, in particular, continue to be particularly at risk. They were more likely to skip school to look after their children, forcing them to seek employment instead, mainly if their partners had abandoned them (Fajardo-Jarilla, 2023).

Despite being one of the most religious countries in the world, the Philippines struggles to remove the established perception that society responds to single parents' predicament. These viewpoints diminished the value of single parents and altered their household's feeling of purpose and duty (Garcia et al., 2021). The difficulties they face are less visible and appear to be minimized. Aside from that, work-life balance is a significant issue in today's culture, and single parents frequently confront exclusive barriers in that regard. Understanding how work-life balance affects their life satisfaction might give insights into how to support them successfully. As a key tool for those confronting life's problems, social support may

influence single parents' capacity to manage stress while keeping a good attitude. Finally, demographic characteristics may affect the utilization of resources and opportunities, and study findings into their impact on single parents' life satisfaction can guide policies and initiatives targeted at bridging gaps. Single parents may gain a greater awareness of the aspects influencing their satisfaction with life. They will be able to make decisions with greater confidence and receive support from this research. On the other hand, government agencies and policymakers may use this study as part of their resources to establish policies and programs that benefit single parents, such as affordable childcare facilities, flexible work arrangements, and social assistance programs. Meanwhile, employers may learn how to establish a more encouraging work environment for single parents, which can lead to higher satisfaction with work and efficiency among their employees. Organizations and individuals who customize their programs following the distinctive needs outlined in the study can give social support to single parents. Finally, the academic and scientific communities may acquire the findings of this study to investigate the well-being of single parents and add to the pool of literature in this field.

Review of Related Literature

Individuals categorize single parents as separated from their relationships and raising their children independently. Aside from that, they provide for the household and support their child's development. Garcia et al. (2021) mentioned that according to the American Psychological Association (APA, 2019), individuals see all types of single-parent households, including moms, spouses, and grandparents raising their grandkids.

Filipinos are said to have good and close family relationships. They prioritized and concentrated their efforts on their family above anything else. They work all day and do anything they can to provide food and look after their family. As discussed by Garcia et al. (2021), the concept of Filipino families in the Philippines might be broadened to incorporate non-traditional families such as single-parent homes. These are understanding of the changing needs of Philippine society, which are caused by various causes such as economic, social, and political concerns, innovations in technology, and migration, among others (Tarroja, 2010).

Although nine out of 10 single parents in the Philippines are women, frequently having little help, Burden (1986) emphasizes the needs of single-parent individuals, particularly single female parents, who are experiencing workplace-family role pressure, which has a bearing on their well-being regardless of high job satisfaction. Interestingly, single parents did not report higher child-related difficulties or absence levels than their married counterparts. In the study, many female parents were single parents with issues. Due to salary and partner income inequalities, lone males received more child support than single females (Burden, 1986).

Work-life balance

Mortelmans et al. (2019) emphasized that single parents suffer more significant obstacles in attaining a balanced work-life than their married, partnered, or childless peers (Baluyot et al., 2023). Meanwhile, Garcia et al. (2021) recognized their critical challenges as securing constant financial and emotional support, which was made worse by the lack of partners or enough work opportunities. As a result, work and family assistance become crucial means of satisfying the demands of these single-parent homes.

According to Gragano et al. (2020), individuals emphasize health regarding work-life balance. When weighed against work-family balance, it was discovered that work-health balance provided satisfactory outcomes regarding job satisfaction. Other demographic factors such as age, gender, and parental status

had little influence on work-health balance regarding job satisfaction. Based on the research findings, Gragano et al. (2020) concluded that the employees who participated in the study valued health and family over other non-work attributes. Furthermore, the study highlighted the significance of health in a work-life balance dynamic, which is seen as crucial as the family domain (Gragano et al., 2020).

Van Gasse and Mortelmans (2020) created strategies and a typology to help single moms cope with the stresses of motherhood and working environments. The researchers' results must be considered to evaluate various perspectives other than financial challenges to construct a practical approach for single moms. Further, findings by Van Gasse & Mortelmans (2020) may be used by employers, legislators, and professionals in the field who work with single moms after divorce to help them and effectively educate them on how to deal with life's occurrences.

Thus, women are progressively establishing a difference and accomplishing notable professional achievements in today's industry, particularly in high-paying professions. Surprisingly, many of these brilliant women are leaders in their careers and loving moms to their children. This puts work-life balance at the forefront, emphasizing the significance of understanding how these women efficiently handle the simultaneous duties of job and family (Cochran, 2021).

Social Support

The family has always been at the core of breadwinning. Like the breadwinners, the single parents, to provide for their families, individuals undertake additional jobs and participate in various outside interests. Many breadwinners say that being a member of an environment and social group that welcomes and supports them for who they are as people is vital. The fact that they feel accepted and appreciated and have friends is the most essential proof of positive social support (Nene et al., 2023). Despite this, breadwinners continue to believe that their families play a large part in their social support despite an analysis of the available support. Nene et al. (2023) further highlighted that among the most significant essential factors influencing a person's happiness in their present situations is their views of social support from their family (Diaz & Bui, 2017).

The single parent is entirely responsible for primary care. Mahomed et al. (2021) conducted a study on single parents rearing kids with ADHD, wherein single parents must fulfill many tasks and duties, sometimes leading to increased stress and other emotional issues. In the study, single parents viewed lack of support as an essential roadblock in their ADHD child-rearing experience. Further, Mahomed et al. (2021) mentioned that single parents parenting children with mental health disorders are susceptible to heightened parental vulnerabilities (Golombok et al., 2016). This is evident in the single parents' testimonials regarding their lived experiences in this study, where they complained of an overwhelming feeling of responsibility and relationship issues (Mahomed et al., 2021).

Further, support networks differed, with married people relying on their spouses, females on family, and men on coworkers. Single males had more extensive networks compared to their counterparts. Due to family commitments, single or married ladies committed more time to work. Further, child-related issues did not differ between parent groups (Burden, 1986).

Life Satisfaction

For single parents, managing the delicate balance between job and personal life may sometimes feel like an endless balance. Their situation is exacerbated by the fluctuation in the level of social support available to them, which can impact their general well-being. Furthermore, demographic characteristics like financial status and schooling add extra issues, changing the dimensions of life satisfaction. Thus, the current study will explore the complicated interrelationship of these three core aspects—work-life balance,

social support, and demographic factors—to shed light on the broad context of life satisfaction among single parents.

Previous studies have focused more on single mothers. The present research is focused on more than just single moms; otherwise, the condition of single fathers will also be emphasized. Although their population may be small, the present researcher want to give equal consideration to studying the situation of both genders. It must be accepted that many studies have been conducted in this area, especially in other countries. Still, the shape of single-parent households in the Philippines cannot be denied due to its conservative tradition regarding the concept of family. Due to the high percentage of single parents in the Philippines, researcher seek to understand better their situation and how they balance their lives with their jobs and family life. Additionally, the present study will explore single parents' life satisfaction and work-life balance, how it is mediated by the social support they receive, and how their demographic profiles moderate it.

Further, other academic scholars have independently explored different variables considering the presence of either a mediator variable or a moderator variable. Thus, as the previous studies have not considered the moderator and mediator variables presented in this paper, the current researcher will explore this area to answer the gaps. Considering the differences in demographic profiles of the individuals, their career status, and the social support the single parents receive, the possibility of having different results is undeniable. In this case, this study will explore how these variables interplay with one another and how they affect the work-life balance that impacts life satisfaction among single parents.

Theoretical Framework

The current study does not show or emphasize discrimination among single parents as its objective. However, scrutinizing work-life balance, social support, and demographic indicators concerning life satisfaction may subtly touch issues of discrimination or disadvantage that some single parents might experience. While the study's primary goal is to understand better the correlations between these elements and life satisfaction among single parents, it may also provide light on the struggles and disadvantages that some single parents face, which can be linked to forms of discrimination.

Intersectionality is a theoretical structure for understanding how various discriminations and disadvantages impact an individual, group of people, or societal circumstances. It considers people's overlapping identities and backgrounds to comprehend the complexities of the prejudices they confront. In a nutshell, intersectional theory argues that individuals are frequently hindered due to several causes of discrimination (YWCA Boston, 2017).

Conceptual Framework

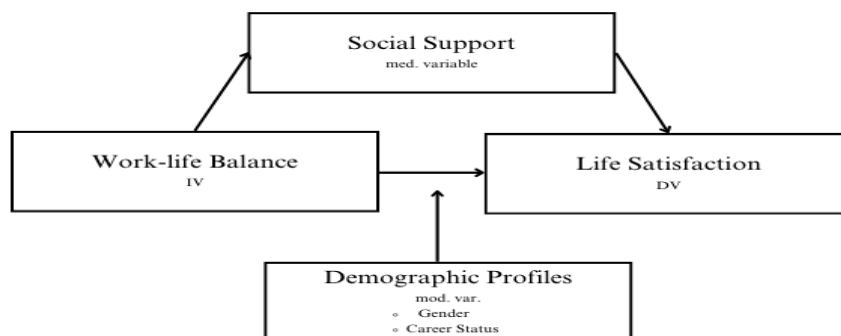


Figure 1. Conceptual Framework

This study explores the link between the variables that impact life satisfaction among single parents. This paper will focus on and investigate single parents' life satisfaction and work-life balance, how it is mediated by social support, and how their demographic characteristics moderate it.

General Objectives of the Study

The study aims to provide a holistic view of the life satisfaction of single parents and offer practical guidance for improving their well-being in various aspects of life. The present study can be structured to address the specific elements and dimensions of the research. Aside from the eagerness to understand how single-parent households juggle their work and life demands, this study will explore how single parents perceive balancing work and personal life influences their overall life satisfaction. Further, to analyze the role of social support that single parents receive in their immediate environment and learn the types and sources of social support most beneficial to single parents. Demographic factors, as the moderator of the study, will help the researcher identify potential disparities and inequalities in life satisfaction based on demographic characteristics. These elements will then be analyzed on how each factor interacts. The findings of this study provide recommendations for Supportive Interventions and Policies that can enhance the well-being and life satisfaction of single parents and generate insights that may inform future research on family dynamics and well-being in diverse family structures. As for the single parents themselves, this paper aims to empower them with self-understanding.

Statement of the Problem

1. Does work-life balance significantly predict life satisfaction?
2. Does Social Support significantly mediate the relationship between work-life balance and life satisfaction?
3. Do demographic profiles, such as gender and career status, significantly moderate the relationship between work-life balance and life satisfaction?

Hypotheses of the Study

1. Work-life balance does not significantly predict life satisfaction.
2. Social support does not mediate the relationship between work-life balance and life satisfaction.
3. Demographic profiles, such as gender and career status, do not moderate the relationship between work-life balance and life satisfaction.

METHODOLOGY

Research Design

The current study used non-experimental quantitative research; hence, the researcher will utilize a cross-sectional-predictive non-experimental quantitative research approach based on Johnson's (2001) categories. The resources needed to determine future outcomes were acquired with the research design used in studying the data with the provided purpose of the investigation. This attempts to expand from a review of existing occurrences or any other method of prediction that has yet to be explored, tried, or recommended. The researcher chose the cross-sectional strategy since the data acquired from the corresponding participants will be immediately relevant during that relatively fleeting period (Johnson, 2001). Furthermore, this research design helped seek answers to the presented research questions since the study explored the presented variables that influence life satisfaction among single parents of both genders.

Participant & Sampling

The research investigates single parents who are now working and those who are entrepreneurs managing their businesses. The researcher will select the individuals to see whether their career differences impact their life satisfaction.

As a result, the researcher utilized two non-probability sampling approaches. Given the participants' time availability, the researcher will use convenience sampling to carry out this research. Purposive sampling was used to grasp this study's extent better since the participants have traits that the researcher requires for this paper. In other words, individuals are chosen "on purpose" in purposive sampling.

Convenience sampling is a type of non-probability or non-random sampling in which participants of the target population meet practical standards (Etikan et al., 2016), such as easy availability, accessible locations, availability at a specific time or readiness to participate, are included in the study. Meanwhile, purposive sampling, also known as judgment sampling, is the purposeful participant selection based on the characteristics that the participant holds (Etikan et al., 2016).

Instruments or Materials

Demographic Profile

The researcher modified the traditional demographic questionnaire used at the time. Further, the researcher included data they consider necessary for the current study and that single parents may provide voluntarily. This section presents the participants who will take part in the present study. Furthermore, information about this part of the study is collected using a nominal scale with pre-coded options.

Social Support Scale

Caplan et al. (1975) developed a scale with subscales indicating the level of support employees perceive from colleagues, supervisors, partners, and family/friends (Arab Psychology Psychological Scales, 2022). It describes how far these three resources will go to help an employee, how easy they are to talk to, how they can be relied on when things on the job get unpleasant, and how ready they are to address an employee's issues. On the other hand, Kumar's (2021) study aimed at contextualized validation of the "Social Support Scale" that the creator designed and intended to utilize on Indian educators. The Likert scale here spans from 1 to 7, with 1 being strongly disagree, 2 -6 having no verbal labels applied, and 7 being strongly agree. Furthermore, the Cronbach's Alpha values for the three dimensions are 0.905, 0.875, and 0.903, indicating that the scale was sufficiently reliable.

Satisfaction With Life Scale (SWLS)

SWLS was established by Diener et al. (1985) on the premise that to quantify life satisfaction, one must approach individuals for an overall appraisal of their lives. 1=strongly disagree, 2=disagree, 3=slightly disagree, 4=neither agree nor disagree, 5=slightly agree, 6=agree, and 7=strongly agree. The 5-item total correlations for the SWLS items were .31, .63, .61, .75, and .66, indicating that the scale has high internal consistency.

Work Interference with Personal Life (WIPL) Scale

WIPL was developed by McAuley et al. (2003) and validated by Hayman (2005). The scale was determined with a few modifications to determine whether participants felt they had a good work-life balance. The scale has seven items; responses are rated on a five-point Likert scale. Item 7 of the questionnaire is reviewed in reverse. The overall scores range from 7 to 35, with a higher number indicating less work-life balance. As Agha et al. (2017) reported, WIPL's internal consistency was at 0.9.

Procedures (Data Collection)

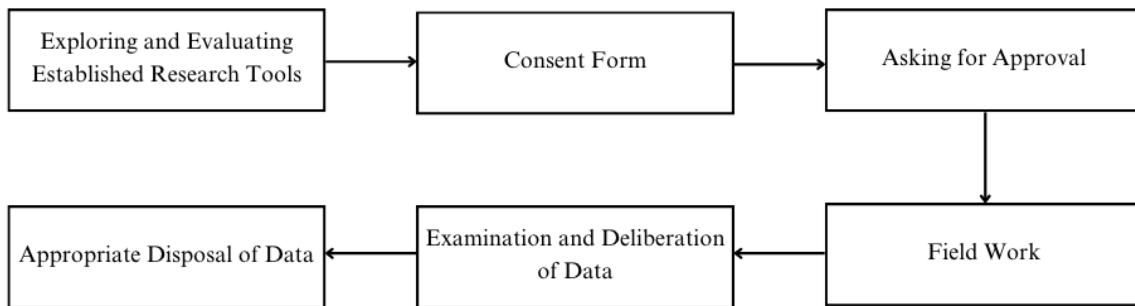


Figure 2. Data Procedures

The research procedure will begin with the present study of the researcher carefully searching for standardized research tools that correspond to the study's aims. Before assessing suitable individuals, the current researcher will create a comprehensive consent form. Individuals interested in participating can use this as a gateway into the research. It details the research's goal, probable risks, and participant rights. It also emphasizes the voluntary nature of participation and the strict confidentiality procedures to secure respondents' data. The researcher will then consult with licensed professionals to verify that the research follows ethical norms and protects the well-being of participants. The study moves on to the data gathering phase, where throughout this phase, the researcher thoroughly follows the research procedure, treating participants with respect and obtaining informed permission. After the data is obtained, it is thoroughly reviewed. It also serves as the framework for a complete discussion of the findings, allowing for a better understanding of the research's implications.

Data Analysis

The three research questions in this cross-sectional predictive study will be addressed by observing data analysis approaches for determining whether the work-life balance of single parents impacts their life satisfaction, considering the mediating role of social support and the moderating influence of demographics.

The first research question presented in this paper will address whether work-life balance significantly predicts life satisfaction. Thus, a regression analysis is a statistical technique used to investigate interactions between variables (Sykes, 1993). Typically, the researcher attempts to determine the causal influence of one variable on another, which in this study is to explore whether work-life balance significantly predicts life satisfaction.

However, a mediating analysis will be used to explore the second research question presented. *Mediation analysis* is a statistical method used to determine whether the impact of an independent variable X on a dependent variable Y (i.e., XY) can be understood partially by a series of impacts of the independent variable on an intervening mediator variable Z and of the variable that intervenes on the dependent variable (i.e., XZY) (Fiedler et al., 2011). This study shows that social support mediates between work-life balance and life satisfaction among single parents.

Determining the demographic profiles, such as gender and career status in significantly moderating the relationship between work-life and life satisfaction will be explored through a descriptive analysis, where it assesses an issue or phenomena by recognizing patterns in data to answer who, what, where, when, and to what degree queries (Loeb et al., 2017). It helps researchers discover an issue or phenomenon and, as a

result, develop inquiries and hypotheses predicated on what has been discovered. Further, a multi-moderator analysis will be utilized, given that the single parents' demographic profiles are considered. Memon et al. (2019) mentioned in their study that the multi-group Analysis (MGA) assists researchers in determining if two or more variables have the same or different relationship across subgroups (MacKinnon, 2011). When the moderator variable is categorical, MGA is the preferable analytical approach if the moderating impact affects the whole model (Memon et al., 2019). In other words, it assesses and opposes the impact of each structure path across separate groups.

RESULTS

This section of the paper shows the results of the data gathering and analysis on exploring the work-life balance of single parents and its impact on life satisfaction: the interactive roles of social support and demographic factors.

Research Question 1: Does work-life balance significantly predict life satisfaction?

Table 1: Multiple Regression on Dependent Variable to Independent Variable

Variables	b	Std.Err.of b	t(98)	p-value
Intercept	4.52	0.52	8.56	0.000
WIPL	-0.21	0.17	-1.19	0.233

The table shows that the independent variable "WIPL" (work-life balance) coefficient is -0.21. This coefficient represents the estimated change in the dependent variable (life satisfaction) for a one-unit change in the independent variable while holding all other variables constant. In this case, a decrease in the work-life balance of one unit is associated with a decrease of 0.21 units in life satisfaction.

Research Question 2: Does Social Support significantly mediate the relationship between work-life balance and life satisfaction?

Table 2: Multiple Regression on Mediation Analysis of Social Support to Work-Life Balance

Variables	b	Std.Err.of b	t(98)	p-value
Intercept	4.76	0.32	14.50	0.000
WIPL	-0.21	0.10	-1.94	0.05

The table shows the mediation analysis results, indicating that social support significantly mediates the relationship between work-life balance and life satisfaction in the context of single parents (b = -0.21, p = 0.05).

Table 3: Multiple Regression on Mediation Analysis of Life Satisfaction to Social Support

Variables	b	Std.Err.of b	t(98)	p-value
Intercept	3.160	0.66	4.733	0.000
SSS	0.17	0.15	1.11	0.26

The table indicates that social support is not a significant mediator in the relationship between life satisfaction and other factors among single parents. The multiple regression analysis in Table 3 shows that the coefficient for social support (SSS) is not statistically significant ($b = 0.17, p = 0.26$), suggesting that social support does not impact life satisfaction in this context.

Table 4: Multiple Regression on Mediation Analysis of Life Satisfaction to Social Support and Work-Life Balance

Variables	b	Std.Err.of b	t(98)	p-value
Intercept	3.82	0.93	4.07	0.000
SSS	0.14	0.16	1.11	0.36
WIPL	- 0.17	0.157	-1.00	0.31

Table 4 presents a multiple regression analysis on the mediation of life satisfaction by both social support (SSS) and work-life balance (WIPL). The results suggest that neither social support ($b = 0.14, p = 0.36$) nor work-life balance ($b = -0.17, p = 0.31$) not significantly mediates the relationship with life satisfaction in the context of single parents. This indicates that the combined effects of social support and work-life balance do not appear to be significant mediators of life satisfaction among single parents.

Table 5: Sobel Test on Mediation Analysis

Sobel Test	A	B	Sea	SEb	One- tailed Probability	Two-tailed Probability
-0.19147042	-0.1926	0.11241	0.9912	0.100	0.42407853	0.84815706

The Sobel test results in Table 5 indicate that the combined mediation effect of social support and work-life balance on life satisfaction is not statistically significant. This suggests that these factors do not appear to mediate the relationship between social support, work-life balance, and life satisfaction among single parents in this study.

Research Question 3: Do demographic profiles, such as gender and career status, significantly moderate the relationship between work-life balance and life satisfaction?

Table 6: Factorial ANOVA of Demographic Profiles on Life Satisfaction and Work-life- balance

Variables	Value	F	p-value
Intercept	0.02	1536	0.000
Gender	0.94	2.77	0.06
Career Status	0.99	0.434	0.64
Gender*Career Status	0.98	0.572	0.56

Table 6 shows the factorial ANOVA analysis on the moderating relationship of demographic profiles such as gender and career status in work-life balance and life satisfaction. The findings suggest gender ($p = 0.06$) and career status ($p = 0.64$) do not significantly moderate the relationship between work-life balance and life satisfaction.



Figure 3: Factorial ANOVA analysis graph of Demographic Profiles on Life Satisfaction

The graphical representation of demographic profiles on life satisfaction reveals that female business owners reported significantly higher life satisfaction levels among the diverse groups than male business owners and employed individuals of both genders. This suggests that, in this study, being a female business owner was associated with higher life satisfaction than the other demographic groups.

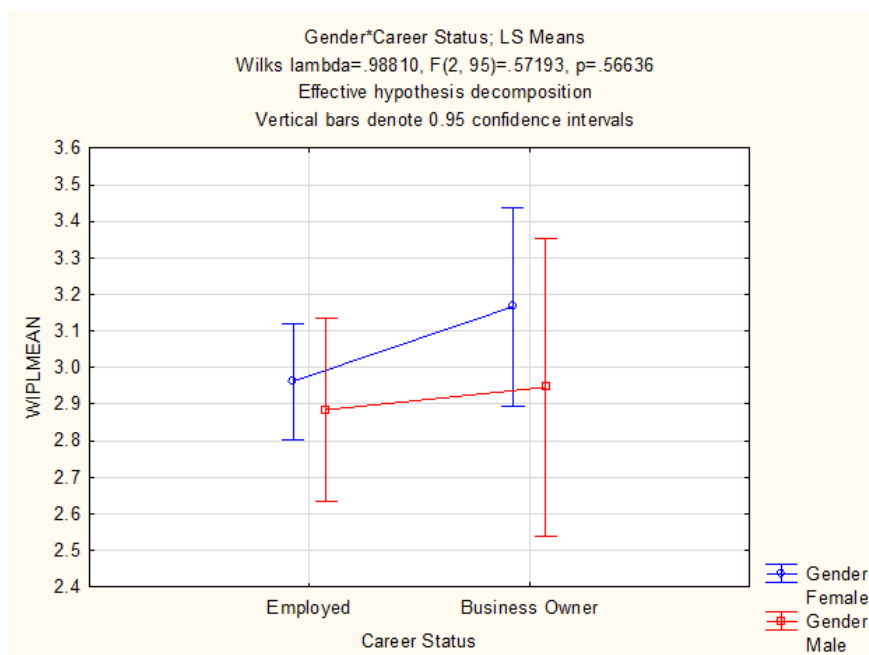


Figure 3: Factorial ANOVA analysis graph of Demographic Profiles on Work-life balance

In the graphical representation, it is evident that female business owners reported significantly better work-life balance compared to male business owners and employed individuals of both genders, suggesting that being a female business owner was associated with higher work-life balance in this study. This improved work-life balance may contribute to higher life satisfaction in the same group.

DISCUSSION

This section comprehensively examines and interprets the research results derived from the study "Exploring the Work-Life Balance of Single Parents and Its Influence on Life Satisfaction: Examining the Interplay of Social Support and Demographic Factors." In this segment, we will delve into the complex details of the data the researchers collected, exploring the relationship between work-life balance, life satisfaction, and the dynamic roles that social support and demographic factors play in this context.

Summary

The research paper delves into the complex dynamics of single parenting and its impact on life satisfaction. The study employs an intersectional theoretical framework to understand the potential discrimination and disadvantages single parents face, emphasizing the interplay between work-life balance, social support, and demographic factors (YMCA Boston, 2017). The research aimed to provide a comprehensive view of single parents' life satisfaction, considering how work-life balance, social support, and demographics influence their overall well-being.

Being a single parent is a challenging and complex experience that can negatively affect a parent's happiness. In addition to the difficulties, they often encounter juggling job and family obligations; single parents may also confront prejudice and other negative consequences. The ability to rely on social support can be crucial in assisting single parents in overcoming these obstacles and increasing their life satisfaction.

The research has shown that the work-life balance predicts life satisfaction among single parents. However, the lower levels of work-life balance tend to be more unsatisfied with their lives. Because single parents cannot meet their own needs and goals and their children's. Based on the findings, work-life balance significantly mediates social support. This states that the work-life balance has a solid social support network that tends to report higher levels of work-life balance. However, the findings above do not indicate that social support significantly impacts life satisfaction among single parents. Also, combining the effect of social support and work balance does not significantly affect life satisfaction in single parents; therefore, both factors fully mediate social support.

Moreover, the study implies that the moderating key role of the demographic profile to the study is not a fit relationship with work-life balance and life satisfaction. Hence, the impact of the demographic factor may be moderated by other factors, including the interplay of social support.

With that, the researcher rejected the first hypothesis, wherein work-life balance does not predict life satisfaction. Secondly, the researcher accepted the second hypothesis, which indicates that social support does not mediate the relationship between work-life balance and life satisfaction. Lastly, the researcher also accepted the third hypothesis saying that demographic profiles, such as gender and career status, do not moderate the relationship between work-life balance and life satisfaction.

Conclusion

The research paper "Exploring the Work-Life Balance of Single Parents and Its Impact on Life Satisfaction: The Interactive Roles of Social Support and Demographic Factors" has yielded valuable

insights into the intricacies of single parenting and its consequences on life satisfaction. The study, grounded in an intersectional theoretical framework, has revealed that single parents face a unique set of challenges that can substantially impact their overall well-being. By investigating the relationships between work-life balance, social support, and demographic factors, the research has advanced our understanding of the difficulties single parents encounter, often subtly tied to issues of discrimination and disadvantage.

The findings of this research have significant implications for both academic discourse and practical application. It has been established that work-life balance plays a pivotal role in shaping the life satisfaction of single parents, with a pronounced negative effect. The study's data also indicates that social support is a full mediator in this relationship, highlighting the importance of fostering support networks for single parents. However, it is worth noting that demographic factors such as gender and career status did not emerge as strong moderators, implying that the challenges of single parenthood cut across various groups.

Recommendations

Considering the research findings, several recommendations can be made to enhance the well-being and life satisfaction of single parents:

First, it is crucial to develop and implement work-life balance support programs tailored to the needs of single parents. In collaboration with government agencies and non-profit organizations, employers should offer flexible work arrangements, including options for remote work, compressed workweeks, and on-site childcare facilities. Such programs can significantly alleviate the juggling act single parents face between their professional and personal responsibilities.

Second, promoting the establishment and expansion of social support initiatives is paramount. Community organizations, local governments, and non-profit groups should lead efforts to create support networks for single parents. These networks can include support groups, mentorship programs, and counseling services, offering emotional and practical assistance. Encouraging family and friends to participate in these support systems can further bolster single parents' well-being.

Additionally, given the notable advantages observed among female business owners regarding life satisfaction and work-life balance, policymakers and business associations should consider measures that specifically support female entrepreneurs. This may involve providing better access to capital, offering business development resources, and establishing mentorship programs. Fostering female entrepreneurship can improve work-life balance and overall life satisfaction, benefiting single parents and their children.

Lastly, this research should serve as a call to action for further studies and the development of comprehensive policies that consider the diverse experiences of single parents. Researchers should delve deeper into the specific challenges single parents face in various cultural and socioeconomic contexts and explore the long-term effects of support interventions. Policymakers can leverage the insights from this study to craft inclusive policies that promote the overall well-being of single parents, ensuring they thrive in diverse family structures.

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