

**ADDIS ABABA UNIVERSITY
SCHOOL OF GRADUATE STUDIES
DEPARTMENT OF PSYCHOLOGY**



**PSYCHOSOCIAL CHALLENGES AND COPING STRATEGIES OF
WOMEN HEADED FAMILIES: THE CASE OF GULELE SUBCITY,
ADDIS ABABA**

By: TIRHAS HAILU



JUNE, 2009

Addis Ababa

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WOMEN HEADED FAMILIES: THE CASE OF GULELE SUBCITY**

**A THESIS SUBMITTED TO THE SCHOOL OF GRADUATE
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Abstract

The main objectives of this study were to assess the level of psychosocial adjustment and coping strategy of women heading family alone, the specific psychosocial challenges they experienced and the coping mechanisms they adopted. In light of these objectives, 45 participants who head their family alone and 45 women in intact families were selected. Out of these 44 women headed and 37 women in intact families responded to a scale prepared on psychosocial adjustment and coping strategy. In addition 5 case women (WHFA) were interviewed.

Pearson correlation was used to check the relationship of the women's demographic variables with their psychosocial adjustment and coping strategy. The result showed that only income has significant relationship with psychological adjustment while age and income showed a significant relationship with social adjustment. With regard to coping strategy only age since leading a family alone has showed significant relationship.

Dependent sample t-test showed that the women heading their family alone are above average in their social adjustment and coping strategy while they are with in the average in their psychological adjustment. On the other hand the independent sample t-test showed that in all these three variables the mean scores of the women heading their family alone are significantly lower than the women in intact families.

The interview conducted with the five women heading their family alone was analyzed qualitatively using themes. The women expressed the severe economic, social and psychological challenges they faced and the coping styles they adopted.

From the findings the researcher concluded that women heading their family alone are in a weakened situation in terms of psychological feeling, social relationship, and coping mechanisms compared to women in intact families. Despite this situation the women have adopted various techniques and are using their efforts to cope with the situation. Based on these findings the researcher has identified key implications for intervention and research.

Key words: *Women headed family, psychological adjustment, social adjustment, coping strategies, economic challenge*

CHAPTER ONE

INTRODUCTION

1.1 Background of the study

Ethiopia is a developing Sub-Saharan Africa country with 76.9 million people (Central Statistical Authority, 2007). Majority of the population lives in rural area, 83.8 percent (62 million). The urban population constitutes 16.2% (15 million). Women account 50% of the total population. In this country poverty, HIV/AIDS, and migration due to famine and war has led to shifting of population dynamics which may have a substantial implication for family structure and the place of women in the household. Currently the total population of Addis Ababa is estimated to be 3 million of which the number of females has greater proportion (52%) and, about 42% of the total 588,235 households, are female headed. Average annual growth rate of the population is 2.9% to which the natural increase has lower contribution, 1.21% than migration that constitutes the remaining 1.7% (CSA 1999:263-268).

Ethiopia is considered as a patriarchal society, where men have a higher social status than women. Due to this and various other reasons, like most part of the world, Ethiopian women's exposure to resources such as land or social services as education, health services and financial income is limited compared to men even though they are about 50% of the total population. In the history of Ethiopia, women by and large have been in inferior positions compared to men. They are highly subjected to gender based oppressions (Eshetu, 2000).

Other studies also indicate the lower status of women in the society. Women in Ethiopia live in a situation where they have to deal with extreme poverty and various types of discrimination. This

emanated from the process of socialization particularly cultural beliefs through which people are cultivated. Even though the types of roles and the degree of subordination vary from one ethnic group to the other, the fact that women assume a lower status is an obvious fact in the country Tsion and Ayalnesh, 1992 cited in Tizita (2008). Women constitute about half (49.7 %) of the total population in Ethiopia, and account for a larger percentage of the agricultural labor force, as vital human resources for development. Ethiopian women are not only the principal food producers, but also bear primary responsibilities for the care and nutrition of the whole family. Work in the household is often considered as part of their duties.

Although there are gender based traditional divisions of labor in Ethiopia, in general women tend to work longer hours and shoulder larger responsibilities than men do. An average day for a woman starts at dawn and continues through dusk. Apart from the burden of feeding the family, women have to care for babies, children and the elderly. Despite their contributions, they are often seen and considered as weak and invisible in development. Their role in the overall development endeavors of the country is either misunderstood or totally underestimated. They are minority in decision making process and had no voice in matters that even concern their households (Dollar and Gatti, 1999). In their research they also stated that the majority of women in Ethiopia are concentrated at the bottom of the ladder in terms of employment, education, income and status. Traditionally, women have always assumed a role that is subordinate to their male counterparts. But things seem to be changing these days for good, and now policy makers are considering women's rights. In contrast these researchers indicate that one of the most striking features of Ethiopian society is the low status of women.

Social indicators for human development and the quality of life all point a grim picture of women's position and life in the society. Women lag behind men on various indicators of social and economic values. The available data indicate that women carry a disproportionate burden of coping with poverty and lack visibility, access to services, employment opportunities for participation and decision making. Women in general and female heads of households in particular are often invisible in the development policies, plans, and strategies. Moreover they have limited access to productive resources such as land, livestock, capital...etc. Worldwide, of the estimated 1.3 billion people living in extreme poverty, the majority are women. Women are more likely to be poor than men in all areas of the world (WHO, 1995 cited in Ali, 2000).

According to Angeli, Biru & Salvini, 2001 both analysis from 1994 Ethiopian Census and 2000 Ethiopian DHS data it may be assumed that in developing countries (such as Ethiopia) female-headed households have a larger probability to be sources of socio-economic deprivation. The phenomenon assumes a relevant importance in Ethiopia, and especially in the urban context, where female-headed families are around 35%. Approximately 15 to 20% of poor rural households are female headed. According to the participatory poverty assessment, which was carried out by Government of Ethiopia (GOE) and the World Bank, women-headed households may be more vulnerable as they traditionally have less direct access to land and other productive resources. In urban centers such as Addis Ababa, female headed households account for 37%, and about 52% of these fall into the low income category (Dollar and Gatti, 1999).

These researches reveal most of these female-headed households are often immigrants from rural areas who come to live in the urban areas in search of a better life. Furthermore, the high incidence of HIV/AIDS pandemic is a major challenge, to gender and development and which could worsen the poverty situation by reducing life expectancy and national productivity.

Due to the above reasons, the majority of Ethiopian women are economically dependent upon their husbands to access resources. This subordination may result from low professional, educational, social and cultural status of women. Because of this and various other reasons women's means of livelihood is likely to rely on marital relationship. This choice also has some challenges for example in marriage they experience unequal status and oppression which may lead them to divorce. Due to divorce and a number of other reasons like death of spouse, wedlock family, adoption, sickness of partner, and mobility of spouse women become head of a family. Heading a family alone is so challenging in a number of ways. Thus they may experience psychological and social adjustment problems. It is thus vital to see the psycho-social situation and coping strategies these women use.

This research aims to investigate how women experience the challenges (psychological or social), and how they attempt to cope with the responsibility of being both parent and provider. This research further aim to study the coping strategies which women have found useful to combat the stresses associated with the dual nature of this role.

1.2. Statement of the Problem

Of the many family structural changes that may exist in a given family life that has fundamental effect on women is to be head of a family. This structure of the family may make women differentially vulnerable to adjustment difficulties. As Avison (1995) stated stress and adjustment difficulties women encounter may vary in accordance with differences in culture, environment, economy, education and personal characteristics of women.

Families, regardless of their lifestyles, inevitably face certain problems or crises at some point in their life cycle. However, the absence of one parent affects family functioning differentially in a variety of ways since it places a heavier burden on the custody of parent who must attend to various needs of the family such as psychological, social and economic demands.

Globally, one-quarter to one-third of all families are headed by single mothers, calling into question the formativeness of couple headed families. Developed countries, in particular, are experiencing an increase in single-parent families as divorce becomes more common. The United States has the highest percentage of single-parent families (34% in 1998) among developed countries, followed by Canada (22%), Australia (20%), and Denmark (19%). In developing countries, divorce is not as common, but desertion, death, and imprisonment produce single-parent families, primarily headed by women (Kinneer, 1999 retrieved from [Single-Parent-Families-Demographic-Trends.htm](#)).

A family may be women-headed for various reasons such as the death of one's husband, divorce, out of wedlock and adoption. The literature showed women in general face many social, psychological and economic challenges. These challenges are likely to be sever for women-heading a family. According to Avison (1995) the study of family structure and its effects on family members' was stimulated by increases in divorce rates and births outside of marriage in the 1960s and 1970s. Consequently, many early studies of family structure focused on the impact of separation or divorce on parents' and children psychological well-being.

Early studies of separated or divorced families clearly established that marital dissolution is often accompanied by increased level of stress and strain that continue long after divorce (Burden, 1986). Other investigations also identified a broad array of financial, work, and childcare strains

that have negative consequences for the lives of separated or divorced women and their children. These studies also reported that studies of women who had children outside marriage have reported similar findings (Furstenberg, Brooks- Gunn, & Morgan, 1987).

The researcher's motivation to study this issue emanates from personal observation of women heading their families alone who are neighbors' and relatives to the researcher. These women lead their family through selling roasted bean, kollo, 'Injera', local beer 'Tella'; washing clothes; working as a housemaid...etc. The researcher feels that these days' people in Addis Ababa are facing economic challenge. The researcher further guesses that these women are particularly in worst situation in terms of economy. Besides, women whose husbands' are deceased especially for those women who are younger some people will associate it with HIV/AIDS leading to discrimination and stigma. Out of wed-lock birth and divorce which are more likely the characteristics of these women are sources of condemnation. So the researcher wants to see whether these and other reasons have an influence on psychological wellbeing and quality of social relationship of these women.

So this paper aims to investigate psychosocial challenges women experience when they head a family alone. The paper will also examine the coping strategies women use to counter the challenges they faced. Specifically the paper assesses the challenges in terms of perceived stress of the women and their social relations.

The following research questions were used to guide this research

1. Do women's demographic (background) characteristics have significant relationship with their psychosocial adjustment and their coping strategy?
2. Do women who head a family alone experience more psychological and social problems than women in intact family?
3. What are the specific psychosocial challenges that women heading a family are experiencing?
4. What are the strategies women use to cope with the challenges they face as sole heads of the family?
5. Is there a significant difference in the utilization of coping strategies between women heading families alone and women in intact families?

1.3 Objective of the study

The major aim of this study is to examine the psychosocial challenges and coping strategies of women- heading a household.

Specific Objectives are:

- To examine the level of psychological adjustment of women heading a family alone.
- To assess the level of social adjustment and quality of social relation of women heading a family alone.
- To explore and document the livelihood and coping strategies adopted by women-headed families.

1.4. Significance of the study

The researcher hopes that the study will be useful in the following ways

- It can provide information on the condition of women heading a family
- It can offer information on the condition of women for organizations working on women and family and thereby contribute to the welfare of the family.
- Information obtained from this study may indicate the gaps women have in their attempt to cope with the challenges they face. This will help governmental and non governmental organization to get data to offer organized help for these women.
- It may serve as a spring board for other researchers who might be interested to make investigation in a similar area.

1.5. Operational Definition of Terms and Abbreviations

Coping strategy: behavioral techniques of individual that allow them to withstand or reduce the amount of stress experienced in a given situation as well as the resources an individual gets to reduce the effect of stress.

Intact family: a family comprised of children and parents living in the same household

Psychological Adjustment: self- reported feelings, perceptions, or experience of women that reflect feeling of sadness or hopelessness, stress and self-esteem, anxiety and satisfaction with personal life.

Social Adjustment: Self-reported perception of women as indicated by measurements of selected aspects of their social relationships in the community in relation to social competence, loneliness, social anxiety and distress.

Women headed family: a family which is headed only by a woman because of the termination of a marriage, death of a husband, out of wed-lock birth or other reasons.

WHFA: Women Heading a Family Alone

WIF: Women in Intact Families

Remark: Household and family are used interchangeably throughout the literature.

CHAPTER TWO

LITERATURE REVIEW

The purpose of this chapter is to present a review of research studies concerning women's socioeconomic status, the essence of family, single-headed families and its causes (death of a spouse, out of wedlock, divorce, and adoption), women heading a family, and the effect of heading a family on women's psychological and social adjustment. Attempts are also made to address and explain variety of factors associated with functioning of women heading a family alone and their coping strategies and social networks.

2.1. Definiton and Concepts of Family

The family is a quintessential opportunity for vulnerability, trust, intimacy and commitment, for lasting, pleasant and peaceful relations and for fullness of being in the human realm. The family thus is located as the site for a vast range of human expression and a valid arena where quality of life is a concern. It is in the family that we find the opportunity for psychologically bearable, non exploitive personal life (Tufle and Meyeraff, 1979 as cited in Olson and DeFrain, 2000).

According to O' Connel (1994) a family is any two or more persons related by birth, marriage, or adoption and residing together Others also defined family as two or more persons who share responsibility for decisions, values and goals, and have a commitment to one another over time (American Association of Family and Consumer Sciences, 1997 cited in Olson & DeFrain, 2000). According to these writers families provide emotional, physical, and economic mutual aid to their members. Ideally such families are characterized by intimacy, intensity, continuity, and commitment among their members.

The family had increasingly become the locus of all meaningful personal life. Society had become more and more “family-oriented” and the family itself was identified with its physical location, the home (Oakley, 1974 cited in Gibson, J. 1979). An established family system can be viewed as a mechanism for identifying and framing the roles, activities, and daily life of each family member (Hetherington, Law, and O’ Connor, 1993). For these researchers when divorce occurs, it means not only the loss of patterns of everyday family interaction and a family member, but loss of a way of life.

2.2. Marriage and the Family

Research findings indicate marriage and the family these days have different structures. Current trends include fewer marriages, later age of marriage, fewer children, more divorce, more single-parenting families and stepfamilies, more working mothers, a greater need for day care, more child abuse, more spouse abuse, and less connection to kin networks (Popenoe & Whitehead, 1999).

Marriage and the family are perhaps society’s oldest and most resilient institutions. From the beginning of human life, people have grouped themselves into families to find emotional, physical and communal support. Although in recent years social commentators have predicted the demise of both marriage and the family, these institutes not only survive but continue to change and evolve. Family structure may vary around the world, but the value of family endures (Olson and DeFrain, 2000).

Researchers have given different explanation about the continuity of marriage as social institution. Although some professionals emphasize the decline of marriage and the family, others see them as being in a state of transition. Ernest Burgess, 1953 p.43 cited in Bernard, 1970, stated “Certainly marriage and the family in the U.S are in the process of rapid change. But is it change for the

worse? Perhaps it may be for the better.” Pioneers in the marriage and the family enrichment movement in Great Britain and United States David and Versa Mace, 1980, p.280 cited in Olson and DeFrain (2000) argued that “marriage has not failed-it is simply transition”. In their work they clearly illustrated the dramatic change in family life over the centuries. According these researchers one of the salient characteristics of the family is its ability to adapt to changing time and challenges.

Regarding how to interpret these trends and what to do about these changes there are pessimists and optimists. The pessimists see recent changes as an indication that marriage and family are in serious trouble and are declining in their significance to society. The optimists, on the other hand see recent changes as a reflection of the flexibility of marriage and family and the ability of these institutions to adapt to the increasing stress of modern life. They believe marriage and the family will survive and thrive.

In fact, marriage and the family do continue to survive, despite all the predictions of their imminent collapse. Moreover, marriage remains the most popular voluntary institution in our society, with 85% of the population marrying at least once (Popenoe and Whitehead, 1999).

In addition to the above researchers social scientists have predicted that the institution of marriage and the family would not survive. Statistics on divorce, domestic violence, and alcohol and other drug abuse, as well as stories of families in crisis, paint a negative picture of marriage and family life today. These snapshots of troubled families may be newsworthy, but the situations they describe are not new. In 1927, psychologist John B. Watson predicted, “In 50 years, unless there is some change, the tribal custom of marriage will no longer exist.” cited in Bernard, 1970, p42).He believed marriage would disappear because family standards had broken down. In1937,

Pitirim Sorokin, wrote in the above citation “The family as scared union of husband and wife, of parents and children, will continue to disintegrate.” These studies indicate that, there is little left with in the family itself or moral codes which hold the family together.

The increased rate of divorce, the growing number of single parent homes, and the new forms of organization of family life that include common- law marriages, childless families, and more generally two career couples, are all conditions that indicate a major flexibility about family arrangements that alter the role of women in the culture (Fogarty, & Rapoport, 1971; Bailyn, 1975; Hall, 1979; Brown, 1981 cited in Bernal Rosa, 1984).

The notion that men are the sole provider for women and children is rapidly becoming a myth of the past. Now days an increasing number of households in all regions of the world depend on two earners to maintain a better standard of living. In many countries, women’s income is vital for the survival of the family. A recent study showed that 59 percent of European working women and 55% of their counterparts in the United States supplied half or more of their household income (BERCHI, 2004).

In intact families intimacy and quality of life may decline overtime. Couples face many challenges together. This is because whenever two individuals undertake a close and continuous association, inevitably occasions will rise when there will be clash of wills. This includes disagreements over money, difficulties in communication, and the question of whether to have children and decisions on household activities (Olson and DeFrain, 2000).

2.3. Family Structure

When one contemplates the possible family type, they might include traditional families (two parents' father working, mother at home), dual earner families, stepparent families and single parent families. While these forms of families' have existed, their relative proportions and reasons for being have varied over time. The focus of this literature review is on one specific family group, the single parent family particularly female headed families.

As Goldenberg and Goldenberg (2002) families headed by single parent are not necessarily a homogenous group. These families are formed by death, desertion, out of wed lock birth, as well as separation or divorce which has become the leading causes for the formation of women headed families. According to these researchers families headed by one parent are formed as a result of crisis: a failed marriage, widowhood, and unexpected pregnancy in the life of unmarried teenager or young adult. As a result an early family task frequently involves organizing or (reorganizing) the family unite and beginning the process of stabilization by learning effective strategies that may be used to deal with the uncertainty head. One central issue apt to require immediate attention is the definition (redefinition) of family roles, as family members take on many new and unfamiliar tasks and responsibilities.

Earlier in history, the traditional nuclear family was the norm; father worked and mother stayed home and took care of house and children. There would appear more diversity in family forms today than in stereotypical yesteryear. The single parent family has also been termed the one parent, the lone-parent, and the solo parent family, among others to describe its structure. There is no one term that speaks exactly to the many forms of single parent families. Single parent family implies that a mother or father is parenting single handedly. The phrase "one parent family"

suggests that there is only one parent, and this may also be misleading. “Lone” or “solo parent family” are terms equally fraught with limitations and misunderstandings (Parson, T.1974).

Buvinic and Gupta (1994) review 61 countries that examine the association between indicators (household income, expenditure consumption, asset holding, and nature of labor force participation) and found that in 38 cases female headed households are over represented among the poor. Based on different study of socio demographic characteristic of female-headed households the majority of them are without partners. Most of them are widowed or separated according to different studies 80-90% of female-headed households are without partnership compared with 15-19% of male headed households. Among such female-headed households, the widowed are identified as the most disadvantaged.

Recent research on poverty in United State of America has shown that of all children in families below the poverty line about three-fifths are in female-headed households. It has resulted from many factors. First female-headed households are more prone to poverty than male headed households. Secondly, male have relatively high earning capacity per hour and are more likely to be full time employees compared to female heads (Chant, S., 2003a).

Concerning the Ethiopian case it is difficult to get specific situation of female-headed households. Abbi (1997) reported that female heads comprise 14% in rural and 34% in urban area. Similarly the report of Ethiopian government (1993) indicates that female headship accounts for more than 35% in urban area. It also specifies that most of these females are immigrants from rural areas in search of better life. However they lack the necessary support and are not content with their life

Rural urban distribution of female headship in Africa shows that 9 out of 14 countries exhibit high female headship in urban areas compared with rural areas. There are different indicators of welfare to understand the condition of urban female heads. One of the indicators is labor force status Lauat et al. (1993). The research further indicated that 79% of male heads have work as compared to only 50% of female head. As this study shows female heads are two and half time as likely to be unemployed and three times as likely to be out of labor force

Gender based poverty assessment have found women hit hardest by the problem of the city. In their struggle for survival they are forced to resort to socially unacceptable activities such as prostitution, vagrancy, crime, begging etc. As the 1992 study on begging in Addis Ababa conducted jointly by MOLSA and the Italian cooperation on 500 people shows 34.4 were women. Similarly the 1984 population and housing census of Addis Ababa showed that women constitute 46% of the member of the society that live with significant disability (Girma, 1997). On the whole it was found that female-headed house-holds are more likely to be poor than male-headed household. It is estimated that 33 to 50 percent of all households' heads in Addis Ababa are women.

The general fact shows that female household heads earn low income. They are uneducated, malnourished and over burdened with difficult tasks (Dollar D. and R. Gatti, 1999). Most of these women get their incomes from working in the informal sector. These activities hinder them from saving or investing in ways that improve their lives. Many of them live in slums and squatter areas of the city with low facility of latrine, electricity, water supply and kitchens.

2.3.1. Single – Parent Family

Single - parent family is about a euphemism in popular culture for problem family; for some kind of social pathology. Yet describing some one as a 'single – parent' or 'a single- mother' provides very little information except that the family is not headed by legally married, cohabiting husband and wife (Kamerman and Kahn, 1988 cited in Goldenberg and Goldenberg, 2002). Single- parent-led families (84% mother-child, 16% father-child represent the fastest growing family type in the United States (US Bureau of the census, 1998). Whether resulting from divorce, separation, widowhood, adoption, or out of wedlock birth, the one-parent family is becoming increasingly familiar and now represents more than one in four families in the United States.

Morawetz and Walker, (1984) challenge a commonly held assumption that single-parent households represent some deviant family form. Their findings indicate that good adjustment, well-being, and satisfaction with life are possible for single parents and their children. They also noted that whether resulting from divorce, separation, widowhood, adoption, or out of wedlock birth, the one-parent family is becoming increasingly familiar and now represents more than one in four families in the United States. Summarizing the published research of the previous decade on female –headed households, they concluded that majority of families, when not plagued by poverty, are as successful as two-parent families in producing children with appropriate sex-role behavior, good emotional and intellectual adjustment, and non-delinquent behavior.

In the developing world the majority of female heads are widows, married women whose husbands are away working, and women separated on a long term basis: in turn these patterns reflect the prevalence of widowhood, desertion and migration. Up to half the households in the Botswanan countryside are women headed (Shanthi, 1994). According to Schlyter, (1989) cited in

Chant, S. (1997) showed in Zimbabwe and Zambia women-headed households are commonly found in rural than in Urban areas. In both countries women-headed households are around one-third of households at national level.

2.3.2. Female-Headed Family and the Situation of Women

The definition of female-headed family adopted for this study is the one given by The Communication and Educational Technology Services, University of Minnesota Extension Service, (2004) as: one headed by female household head /reference person who is not currently married and living with her spouse.

Medina (1991) cited in Lekan, S, (2006) contends that the headship of the household is usually identified with the person who has the greater authority in the family or household. Power and authority in turn may be vested in the member who has control over the general affairs of the family unit, including decision-making concerning its economic, social and political interactions. Illo (1989), however cautions that while female are recognized as potential household heads, official data collection, men are most often ascribed the headship position a practice that still subscribes to the patriarchal view that men provide for the family while the women nurture it. Thus, headship may be assigned without due regard to the actual economic contributions of the female members.

Female-headed households are likely to be low-income households. Nearly half of families headed by single-parent mothers live in poverty and many are dependent on government agencies for assistance. According these writers there is a critical difference; on average the married poor move out of poverty (Norton & Glick, 1986 cited in Zanden, J. W. 1988). Another research indicates from the 1970s onward the existence and vulnerability of female headed households has

alarmed researchers and advocates (Wennerholm, 2002). Links drawn between the mounting incidence of female household headship and a feminization of poverty have led to the widespread portrayal of female-headed households as the poorest of the poor. Even though other patterns are connoted by the term, claims have sometimes been made that the feminization of poverty is the process whereby poverty becomes more concentrated among individuals living in women-headed household (Asgary and Pagan, 2004).

Research indicates how women are the backbone of a family or household and the challenges they face as a head of a family. Like a butterfly emerging from a chrysalis only to find itself caught in a collector's net, the lone parent has broken free from the creaking conventions of the nuclear family, only to become the captive of another less tangible set-up (Cashmore, 1985 cited in Chant, S. 1997). Brazilian proverb from the same citation indicate when a father leaves the home, the household trembles; when the mother leaves it, the house crumble.

Millar in her study on '*lone Mothers*' in Britain points out that, almost all of lone parents are headed by women and most of them are low-income groups who are on the margin of poverty. Furthermore, lone mothers are more likely to live in overcrowded sub standard houses, usually in inner city areas where the housing condition and amenities are very poor (Millar, 1987). Disch (1997) explicate that women's financial dependency on men reinforces the prevalence of gender division of labor and conception of men as 'bread winners' of the family. This has its own effect on the socio-economic roles of women both at family and community level. Here is an example how men feel about women's role:

I mean, women complain all the time about how hard they work with the house and the kids and all. I am not saying it is not hard, but that is their responsibility, just like the finance is mine (Disch, 1997: 263).

Women in the third world offer indispensable human resources essential to their social and economic spheres; however, they are made to be dependent on their husbands for centuries (Jackson, 1993). The writer further described women are less prepared for career development as a result of gender based role of wives and mother. Due to the limited opportunities for education and denial of other capacity building trainings they are engaged in domestic chores, such as food preparation, child bearing, fetching water, and taking care of the whole family.

According to Goldenberg and Goldenberg (2002) the custodial mother must learn to establish family rules, must delineate responsibilities, and often impose discipline in her family single-handedly and deal with other psychosocial problems almost certain to erupt in the children, all at a time even in a weakened and perhaps overwrought and depressed state. She must learn to live in her same society, which probably was organized around two parent families.

As it has frequently been asserted, women constituted about 70% of the world's poverty stricken population (Quisumbing, 2001). Although poor women can be found in households headed by a man, the poorest women are in female-headed households (UNTPA, 2002 cited in Meron, 2003).

Many writings from both the global North and South have indicated that women headed households are on the rise. According to (Kamerman and Kahn, 1988 cited in Goldenberg and Goldenberg, 2002) all industrialized countries have experienced a significant increase in the number of female headed families with children. Globally this is an increasing rather than declining phenomenon; and generalized figures for female headship have suggested for at least a decade that women- headed households are one third of households' worldwide (O'Connell, 1994).

One of the dramatic changes over the last decade in the composition of family units is the increasing number of female-headed families. In 1970 there were 234,000 single parent families by 1979 single parent families increased to 902,000, representing a near quadrupling of the phenomenon which results in increased social, emotional, and financial stress on the mother (Rawlings, 1980 cited in Weinraub and Wolf, B.1983).

2.3.2.1. A Glimpse on Situation of Women

In urban areas where there are diverse economic activities, women are still confined to carry out different domestic activities including reproductive activities while men are engaged in wage earning, getting employment in the public sphere away from his dwelling (Chant, 1997).

African countries where women have very limited or unpaid labor market, women's economic dependence is very high, and their control over income and their role to make decisions in the household are negligible (ILO, 1996). The study also revealed many traditional and cultural barriers restrict women not to have equal access to property and inheritance. Properties are in the name of male heads of households. Women who are self-employed could also show better level of empowerment as compared to the housewives who totally depend on their husbands' income.

Scholars have subjected female-headed households to much research. Initially, two major generalizations are made about female-headed households. The first is that in almost all countries, they are concentrated among the poorer strata of society and often have lower incomes than male-headed households. Many scholars support this claims, including Buvinic and Gupta 1994, Barros et al. ,1977, Kossaidji and Meuller ,1983 cited in Chant, S.,2003).

Women predominate the urban poor because the jobs women obtain are poorly paid, part time or insecure. In addition women do not always control their own income because of inequities in resource distribution and decision making power within the household and inequities in society in commanding resources or assets compared to men (Beall, 1996 cited in Amanu, 2005).

Women outnumber men in Addis Ababa. In 1994 the numbers of women were 1,089,285 while the numbers of men were 1,023,452. Female headed households in Addis account for about a quarter of the population. It is quite true that women in Addis Ababa especially those who are less educated have less access to formal sector employment. The 1984 and 1994 census indicated that the unemployment rate of women was higher than men. Those employed women largely work in the informal sector in petty commodity production, domestic services, prostitution and fuel wood collecting. The vast majority of fuel wood collectors (76%) are women and they travel long distances between 10 and 20 kms with a fuel load of 20 kg on their backs (Habitat, 2000).

The educational status of women in Addis Ababa revealed that women are more illiterate than men. In 1994, the total illiteracy rate in Addis Ababa was 17.37 % while the male illiteracy rate was 10.7 % and the women illiteracy rate was 23.48 %. Among the literate population the median grade completed by males was 7.9 while it was 6.1 for females (CSA, 1999). The rates of enrollment as evidenced by Gross Enrollment Ratio (GER) shows that though the enrollment of girls in primary schools is almost similar to that of boys, it is much lower for girls than boys in secondary schools. Hence gender gap in enrollment increases with rising educational levels. Similarly the number of dropouts and repeaters is higher for females than for males in the higher grades. This shows that females do not go through high grades as compared to males. Prostitution entirely affects women and in terms of street children, it is estimated that 25 % of the 40,000

street children are females. These street girls working and living in the streets are faced by all kind of abuses. This group of women is very likely to join the rank of street mothers and enter in the vicious circle of poverty (Eyob, 2000). The environmental pressures of insufficient water supply, water pollution, fuel wood collection etc fall more on poor women than poor men in the city as women have to cater these services for the household. Thus the gender dimension of poverty in the city is reflected in the economic, social and environmental pressures and hardships.

As in different parts of the world marital status in Ethiopia produce diverse form of family structure that may vary instability. The assumption that households families are made up of conventional families where both the man and women are present no more holds true. Female-headed households are increasing in great numbers. The census shows that as early as 1994, in Ethiopia 22.2% were female-headed. Many of the female-headed households were found in urban areas (35.05%) and 20.08% were found in rural (AGDI. 2004).

According to the above study conflict, war, migration, mortality due to HIV/ AIDS and divorce are some of the reasons for increasing the number of female-headed households. One major feature of female-headed households is their increased vulnerability to poverty. This source further indicate that a study conducted in Addis Ababa shows that among the female-headed households, 52% belong to the low income category and 89.19% of the women in the informal sector, from which they earn just enough to survive. According to 1994 census, among the people who migrated to urban center, 52.51% were female. Studies have established a number of reasons for this high rate of female migration to urban centers.

According to the above study some of the reasons for female-headed households were search for a job, education and other opportunities, forced or early marriage, divorced, death of parents, and

the motive to live with relatives in city. In addition to the lack of decent income migrant women especially household heads encounter a wide variety of psycho-social problems. As the study indicates, the women had to struggle with work and family responsibilities. Their lives were stress, insecurity, uncertainties and challenges.

2.3.2.2. Antecedents and Resultants of Female-Headed Family

Single parenting can occur for several reasons: death, divorce, desertion and never having been married. Regardless of the reason for single parent status, single parents seem to experience common feelings including loneliness, sadness, guilt, and anger (Goldenberg & Goldenberg, 1996). Divorce is, by definition, disruptive to all family members. It leads to changes in family composition, family roles, family relationships and economic circumstances that involve far-reaching implications and adaptations for family members and can have a significant impact on family functioning (Thompson and Rudolph, 2000).

Since the 1990s, there has been a research shift from the dominant pathogenic paradigm to a salutogenic paradigm, which focuses on diversity in adaptation patterns, changes in adaptation with the passing of time, and the interaction between individual, family and environmental factors that promote or restrain adaptation (Smith, 1999).

Hanson et al. ,(1998) cited in Greeff and Merwe,2004) identify three types of resources that can serve as buffers after the divorce process and that are important for the recovery of families: (1) economic resources – this includes material resources, such as income and possessions, (2) parental resources- high level of parental involvement, consistent discipline, and clearly demarcated parameters-serve as example for children and also provide security, and (3) community resources consist of friends, family relations and formal organizations that provide

information and social support that leads to improved functioning of the family and individual members.

The exclusion of women from access to land push divorced and widowed rural women to move towards the cities, where they join the increasing number of female-headed households in slum urban areas. Globally an estimated 41 percent of female-headed households live below the locally defined poverty line and close to one third of the world's women are homeless or live in inadequate housing. For example, in Kenya where women head 70% of all squatter households, over 25% of women are slum dwellers migrated from the rural homes because of land disposition (HABITAT,2004b).

2.3.2.3. Challenges of Female-Headed Family

Regardless of their lifestyle, inevitably families face certain problems or crises at some point in their life cycle. Different writers express this concept in their works. The most glaring difference between two parent families and families headed by mothers only is the disparity in economic well-being (McLanahan & Sanefur, 1994). Mother- Child families, especially with young children are generally speaking, worse off financially than any other family type (Cox, 1996).The study characterized women who head single-parent as by far the most economically disadvantaged women in the United States.

It is hardly surprising that money problems pose a sever stress for people. Of more significance, psychologically speaking may be the mother's change in economic standing and the subsequent fear of losing control over her life, as well as the life of children for whom she feels responsible. As Mednick, (1987) notes, the sense of control over income and the feeling of being effective as a self- supporter represent significant predictor of life satisfaction and reduced stress. Together, they

help diminish the inevitable sense of powerlessness to which custodial mothers are so vulnerable, particularly in the period immediately following the divorce. Single parents often have less viable and extensive social networks than married persons (Morawetz & Walker, 1984). Single custodial mothers typically experience considerable stress in balancing the multiple responsibilities of work and family (Burden, 1986).

In the case of low- income families, the single mother frequently has the choice of only minimum wage jobs. She must learn to initiate and ultimately cope with the welfare system, obtain employment training and get affordable housing if not living with her extended family. As Hodges (1991) notes, the lack of another parent to serve as a buffer or provide social support means that single mothers are more vulnerable to the hurt and anger experienced by their children. Inevitably, this increases the pain associated with parenting and may lead to inappropriate problem solving. Weltner (1982) points out that the single custodial mother face numerous problems that their combined weight may over burden her, undermining her competence and sense of self esteem. On the other hand custodial father usually experience less of an income loss, and less financial distress, although Myer and Garasky (1991) report that close to a fifth of father only led families live in poverty, and fathers rarely receive child support from ex- mate.

According to Henggeler and Borduin (1990), the financial impact of divorce may contribute to a number of psychological problems with in the family, including the mother's depression and withdrawal from friends, the children's relationships. Single -parent families pass through a number of predictable phases, according to Morawetz and Walker (1984) the aftermath of the divorce 2 the family sub grouping or realignment 3 the reestablishment of a social life, and 4 the successful separation of parent and child. The specific pile-up of stressor events following (dissolution) and family reorganization (establishing a self-identity as a single person or as a

member of the single- parent's coping skills and resiliency, sense of mastery, and ability to organize and led the family while adapting to new circumstances. According to these researchers custodial single parents may experience problems in the following area:

1. Change in economic status (for most, especially women, this translates in to economic hardship).
2. Grief, self-blame, loss of self-esteem, and depression.
3. Role overload (attempting to play a multitude of roles such as organizing a household, caring for children, producing income previously divided between both parents).
4. Social stigma and disapproval over being divorced.
5. Disruption of customary living arrangements (may include change in residence, community, school district for children, and return to work force).
6. Loneliness, feeling of social isolation, loss of friends (especially those previously married couples), the need to develop new social circle.

2.3.2.4. The Feminization of Poverty and Women Headed Families

Most researchers underlines that female-headed household are susceptible to falling into poverty. Now days the feminization of poverty asserts that women are at greater risk of poverty than men. Scott (1984) cited in Chant, S. (2003a) argues that women are becoming a more visible part of the poor, because "feminization of poverty is" taking place. Many researchers on women and development have consistently shown that women in general and female- headed households in particular are poor. Although most poor women can also be found in households headed by man, the poorest women are in female-headed households (UNFPA: 2002 cited in Meron (2003)

The core dimensions of poverty, which are opportunity, capability, security / risk and empowerment, differ along gender lines and function to heighten the vulnerability of women

(MOFED: 2001). According to Buvinic & Yousuf (1978), women are poorer in most societies in many dimensions of capabilities such as education and health. Such facts underpin the phenomena popularly known as the “feminization of poverty”, which argues that women, especially those in developing countries, appear to bear an unequal share of the burden of poverty. This is to mean women (women-headed households) suffer more than men (or male-headed households) from poverty.

Most recent scholarships also asserted that the increasing number of female-headed households is associated with economic marginality. Such findings are based on two different but complementary research perspectives namely system oriented and actor oriented perspectives. The system oriented-perspective ranges its analysis from worldwide socioeconomic structure to the family based socio-economic structure. It views female-headed households as a product of such combined socio structural factors. For instance Nadi Youssef and Caral Hellet, 1986 cited in Dollar & Gatti (1999) consider some factors such as the diminishing trend of traditional family based support system and extensive male labor migration as contributing to system oriented analysis of female-headed households.

Actor oriented perspective views female-headed household as a response of individual women to economic marginality. The approach focuses on individual households within specific cultural context. For instance Chant (2003a) shows how women in a poor Chicago community modify household's composition in response to changing economic conditions throughout wide network of kin and kin like individuals.

The study of Buvinic and Yousuf (1997) shows that female-headed households comprise one third of households in developing countries. According to the study, the proportion of female-headed households differs from country to country. The variation lies between 10% and 40%.

The majority of the slum population is originally from rural areas. They migrate to the urban centers for various reasons. In the case of women, divorce due to early marriage, lack of access to land and heavy domestic workload etc... are some of the causes. Such women usually migrate to urban centers in search of a better life (shelter and employment). However having no education or skill end up as domestic servant or subsequently being engaged in the informal sector like petty trade, brewing local drinks or serving in bars or restaurants. As Schlyter observes, the majority of the poor and uneducated women on the margins of the urban labor market, engage themselves in household and neighborhood activities which are central to their economic survival and residence (Schlyter, 1988 cited in Tizita, 2001).

According to the socio-economic survey report of the 'Arada' sub-city, kebele 16, female-headed households (FHHS) account for 50 % of the households in the inner city slum areas of Addis Ababa. More over a case study on 'sub-standard houses and Gender Differences in Addis Ababa' reveals that in inner city slum areas of Addis ('Teklehaymanot' and 'Kirkos' localities) the proportion of Female-headed households 17 percent (Eyob 2000).

Cultural traditions often make women dependent on fathers, husbands, or sons for tenure security and deny basic rights to divorced or widowed women. All too often property rights are vested in men and women are denied legal protection (HABITAT, 2004). According to this study such discrimination is both unjust and contrary to good management, in that women are generally considered a lower against default than men and female-headed households frequently form a high proportion of low income group. The study indicate property rights to be seen in terms of the extent to which women enjoy equal right with men, and addressing any gap should be a priority of tenure policy.

Sociologist and others have traditionally equated female-headed families in general and minority female-headed families in particular, with pathology (Banyard & Graham-Bermann, 1993). The female-headed family has been seen a cause of not only poverty, but also a variety of other social problems, including juvenile delinquency, drug abuse, and alcoholism. Families led by one parent whether as a result of divorce or widowhood all have experienced some loss. The feeling of loneliness, guilt, and anger are inevitably present in some degree and in some combination. Morawetz and Walker (1984) report that women in such situations recount the same sets of problems: feeling overburdened, unsupported, and guilty over not being up to the task of raising a family alone.

2.3.2.5. Psychological Stress and Social Marginalization of Women Headed Households

One of the major problems for mothers with sole custody is limited finances, a situation often made worse by a father's failure to pay child support. Factors involved in the perception of an event as stressful have been the focus of studies such as Holmes & Rahe (1967) research on stressful life events. Their research identified and ranked life events commonly perceived as stressful. McGrath (1970) has emphasized the role of cognitive and personality factors in the process through which events are perceived as stressful. Psychological stress, a state of the total organism rather than an event in the environment, occurs in conditions of imbalance between perceived demand and perceived response capability.

Poverty, unemployment, excessive or unwanted children and marital problems are stressors. Letourneou (1981) investigated physically abusive and non abusive mothers, and concluded that since many mothers apparently function adequately in the presence of high stress or inadequately

when experiencing low levels of stress, empathy and stress somehow interact and that empathy serves a mediating function.

Martineau (1977) conceptualized stress as a psychological phenomenon and thus is a function of perceived or anticipated threat or frustration, and that the effects of stress are mediated through subjective and external factors which influence future responses to stress. In view of this formulation he suggested that among black males under stress, those who have a greater sense of control over occurrences in their lives will cope more effectively with stressful events than will those who feel powerless.

Single mothers are at elevated risk for psychological distress and depression. Several studies have documented greater psychological distress among separated and divorced parents than among the married (Fursteinberg and Cherlin, 1991; Gouidubaldi, Cleminshaw et al, 1986). According to Henggeler and Borduin (1990), the financial impact of divorce may contribute to a number of psychological problems with in the family, including the mother's depression and withdrawal from friends, the children's relationships.

2.3.2.6. Some Coping Strategies of Women-headed Households

Definitions of effective coping differ depending on cultural and social contexts. For example, Kumea (2004) found in a qualitative study of African American women that some strategies were culturally based, such as prayer/ spirituality drawing on strength from ancestors. The wide range of coping strategies and significant success rates individualized coping treatment interventions found in Matheny, et al. (1986) meta-analytic study support a conceptualization of coping that varies depending on context.

Psychosocial and psycho-cultural stress differentially affect individuals based on such factors as personal stress coping style: exposure to stress emanating from race and socio-economic events in

ones personal life; and existence of larger socio cultural factors that reduce the individual's ability to exercise control over his/her life, to act assertively and to effectively express anger against legitimate targets (Smart, 1978). The kinship bond is most commonly practiced for the psychosocial welfare of the single parent, and this bond appears to be stronger among black families (Hill, 1972).

The family help pattern of coping with stress is valuable. The prevalence of family tie closely relates to daily needs, activities and problems. Therefore these ties are resourceful strategies and solutions to needs and problems, and thus are coping mechanisms (Martineau, 1977). Studies indicate investigating the coping styles of low-income women necessitates careful attention to coping strategies that might be uniquely effective in response to stressors associated with class, gender, and racial discriminations. Studies also indicate that those with effective coping strategies are physically and mentally healthier, more effective as parents, and better to navigate the particular strains of low-income life (Leventhal & Brooks, 2000).

As noted by Banyard and Graham-Bermann (1993), a number of previous studies have either overlooked the value of diversity in coping styles. As their study indicate the nature and effectiveness of the single parent's coping skills and resiliency, sense of mastery, and ability to organize and lead the family while adapting to new circumstances highly depends on the single-parent relationship with broader social systems. The custodial parent, still most likely to be the mother, faces a wide range of practical problems (finances, role over, child-care arrangements), as well as emotional distress connected with grief, loneliness, and loss of self-esteem.

Morawetz and Walker (1984) challenge a commonly held assumption that single-parent households represent some deviant family form. Their findings indicate that good adjustment, well-being, and satisfaction with life are possible for single parents and their children. Cashon

(1982), summarizing the published research of the previous decade on female –headed households, concludes that “ the majority of families, when not plagued by poverty, are as successful as two-parent families in producing children with appropriate sex-role behavior, good emotional and intellectual adjustment, and non-delinquent behavior” .

Confirmation for the resilient view comes from an investigation of poor, minority, single-parent headed families by Lindblad Goldberg (1989). Her findings reveal that competence building is possible and that many of the social and psychological problems often associated with growing up in a single-parent-led home are more a function of family poverty than of an inevitable breakdown in family structure viewing the single-parent-led family as an open system in transformation. She and her colleague Joyce Dukes found, in studying 126 African American female-headed families with incomes well below the poverty line, that successful adaptation was related to the reciprocal process of three dimensions: family resources, environmental stress, and social net work resources.

Her framework indicates the family’s internal resources involve its ability to organize itself and maintain its integration while adapting to changing events. Executive hierarchy headed by a mother with a sense of control or mastery, clear boundary functioning and workable family communication patterns are especially important. The study further showed that family’s perception of stressful events in the external environment and its subsequent coping patterns also helped determine adaptation Last, the family’s ability to call upon outside resources such as friends and family for net work support was critical. Overall, despite an absent mate, the single mother’s effort to sustain a sense of family structure while helping children develop coping skills can, with support from others, develop and maintain family competence and stability.

Todaro and Smith (2003), children and women are involved in various income-generating activities, including production of goods they will sell at village market places. Some of these goods are region-specific, but there are common activities that cut across the regional divide, including beer brewing, processing of food, and making of handcrafts and textiles. The informal sector is another form of livelihood child-headed households and female-headed households adopt as their livelihood. The informal activities include selling of fruits, food (cakes, sauces, soft drinks, and butter), household goods (such as soap), and traditional handcrafts. They are also involved in activities, such as poultry and livestock rearing (ISIS, 1983).

Usually, female headed households are considered to be the poorest of the poor largely owing to their readily observable low economic and social status. The growing burden of poverty on women is thus increasing and becoming an issue for research and discussion. Data from around the world shows that women were shouldering a disproportionate burden of poverty because of gender inequalities in entitlement, investment and power. Data on female headed households shows that between a quarter and a third of these needy groups of a society has gained the attention of the public and private institutions that are interested in proving their increasingly worsening living conditions (Roung, 1995)

Income is not the only problem of a women headed household. The heavy responsibility of heading the household all alone by herself could also bring physical and emotional stress and isolation. This, in addition to the wide spread of gender inequality considerably worsen the situation of female headed household (O' Connel, 1994).

CHAPTER THREE

RESEARCH METHOD

This section describes the research design, area and participant sampling procedures, development of data collection instruments, pilot testing of the instruments, data gathering procedures and data analysis techniques. Both quantitative and qualitative approaches were employed. This research is more of exploratory and descriptive in a sense that it attempts to explore the psychosocial adjustment and coping situation of women heading families alone and describes their demographic situation to see its relation with psychosocial adjustment and coping strategy.

3.1. Sampling

3.1.1. Area Sampling

This study was conducted here in the metropolitan (Addis Ababa) because often women divorced due to early marriage, disagreement with their spouse and economic problem will come to the city in search of jobs and thus the researcher feels that there are more women headed families in Addis Ababa, the CSA statistics shows the same (42% of the 588, 235 households which will be 247, 000). From the 10 sub-cities in Addis Ababa, Gulele sub-city was taken because this sub-city is one of the most slum sub-cities where more broken and single headed families are expected to dwell in. In this sub city Kebele 19/20/21 were selected because the researcher was familiar with these area in a previous mini research on child rearing practice of Gamo community for the course developmental psychology; which helps for establishing better rapport.

Literature shows that single headed families are expected to be found in slum areas because of their low economic situation. According to the UN_HABITAT Urban indicator database (2006 version), many poor women live in slum and informal urban settlements, which are characterized

by an array of shelter deprivations, lack of secure tenure, non-durable housing, insufficient living space, lack of access to clean water and toilets. These high-density neighborhoods with limited means of livelihoods are increasingly the homes of women-headed households. Approximately 20 per cent of households in the 160 sample cities included in the urban indicators database of the UN-HABITAT, are headed by women. The document further shows that in cities of Vietnam, Ethiopia, South Africa, and Colombia, more than one in three households are headed by women. The literature also shows that single-headed families' particularly women-headed families are poor than intact families. The sub-city has 10 kebeles and participants were taken from three kebeles.

3.1.2. Participant Sampling

The main participants of this research were 44 women heading a family and 5 women heading a family alone which were taken as cases. In addition 37 women from intact families were also taken for comparison. Of the 10 kebeles in the sub city the researcher took kebele 19, 20 and 21 which are convenient for the researcher in terms of access to these kebeles and the better rapport established earlier. Using Kebele officials, particularly the head of the women affairs office (Misa Mequanint), she gave me three young women to assist me in getting informants. With these women going house to house we took a total of 90 women. Purposive and quota sampling techniques were used. It was purposive in that both women heading family alone and those women in intact family were targets. It is quota in a sense that from each of the three kebeles equal number 15 women heading family alone and 15 women in intact family which is a total of 30 women were taken (grand total is $3 \times 30 = 90$). Regarding the selection those women who were available during the survey days and who are willing were participants of this study.

From the 45 women heading a family alone, 44 responded properly and from the 45 women in intact families only 37 returned the questionnaire properly filled. So the total number who filled the questionnaire are 81. So the return rate is 90% which is good for a questionnaire.

For a qualitative study five cases (women heading a family alone) were taken purposively. Some of the inclusion criteria were: having at least one dependent in the family, leading a family alone at least for 2 years to get a better perspective about the issue under investigation, those who do not get any support from governmental or non governmental organizations, who does not have formal employment, and those who are willing to share personal experience.

3.2. Instruments for Data Gathering

In this study a questionnaire and an interview guide were used to tap relevant data from the selected participants concerning the problem under investigation. The instruments are described below:

Questionnaire: the questionnaire consists of two parts. The first part is on demographic information which asks for the respondents' background like age, educational level, marital status, means of income, average income per month, year since leading a family alone, and family size. The second part of which is the main body of the questionnaire that contains three Likert scales: psychological adjustment, social adjustment and coping strategies with a five point scale.

Measure of Psychological Adjustment

In the construction and development of psychological adjustment inventory, pools of items particularly related to psychological distress were selected. This is because distress state is

experienced to some degree by everyone under ordinary conditions of life (Pearlin and Johnson, 1981). Literatures indicate that stress has an association with women heading a family (Fursteinberg and Cherlin, 1991). The psychological adjustment items were made to cover some components of self- esteem, and depression or distress. Self esteem was measured by Rosenberg's self- esteem scale (7 items) taken from Dobson et al. (1979) that asks respondents to indicate their perception of themselves in positive or negative ways. Depression was measured by the Beck depression inventory (BDI) 9 items related to feeling of dissatisfaction with oneself, one's ability to achieve desired out comes, and behavioral expression of worry. The total question for psychological adjustment was originally 16, but based on the pilot test and comments of professionals, the items were reduced to 10 items. The detail for this procedure is written under the pilot test part.

Measure of Social Adjustment

Social adjustment items were taken from Holmes & Rahe (1967) Social Readjustment Rating Scale. Initially 17 items were adopted and after pilot test the numbers of items were reduced to 12. The procedures for item reduction are written under the pilot test. The scales are on stress and social relation. The items are about sociability, perception of social competence, intimacy of friendship, and feeling of dissatisfaction with friends' relationship.

Measure of Coping Strategy

Coping was assessed with a scale which describes a broad range of cognitive and behavioral strategies that people use to manage internal and/or external demands in a stressful encounter. Coping measures were taken from Parkes (1984). Out of 46 items, 22, which are assumed the

researcher found to be convenient, understandable, and fit the Ethiopian context were selected and modified for use. The measure consists of information regarding ways of getting out of stress or challenge. At the end the questionnaire was reduced to 18 items after the pilot test.

Interview: an interview schedule was developed to conduct interview with the five selected cases to obtain information about the life history of these female heading family alone. The interview is meant to get in depth understanding of the issue that is to better understand how females heading a family are experiencing life. The interview focused on the following conceptual areas: family relationship, economic status, educational statuses, social interaction, self image, meaning of life and strategies women use to discharge their responsibility as head of a family as well as attitudes of these women regarding heading a family alone. In general it assesses the challenges women heading a family face in terms of the above variables. Questions which create discomfort and confusion on the participants were either modified or deleted.

3.2.1. Pilot Testing of the Instruments

After the questionnaire was prepared the researcher gave it to a language professional regarding translation and for two psychologists concerning the content. Based on the comments and suggestions given modifications were made. Before the actual data gathering, data was collected using the questionnaire and interview guide questions in the selected area on 20 samples for the questionnaire and 4 samples for the interview. The researcher used the result to examine the validity, reliability and feasibility and clarity of the instrument.

Originally the questionnaire contains 62 Items (7 demographic, 16 psychological adjustment, 17 social adjustment and 22 coping strategies). To check the reliability of the questionnaire, taking the three scales separately Chronbach alpha was computed. Accordingly, the Chronbach alpha for the 16 psychological adjustment items was 0.45, for the 17 social adjustment items was 0.371, and for the 22 coping strategies was 0.53. After six items from the psychological adjustment, five items from the social adjustment and 4 items from the coping strategies were deleted the Chronbach alpha became 0.72, 0.75 and 0.68 respectively. Based on the pilot test result and item test correlation (point Bi-serial correlation) the number of items were reduced to 47 (7 demographic, 10 psychological, 12 social and 18 coping). See appendices I and II.

3.3. Data Collection Procedures

The instruments were translated into Amharic (so that participants can easily understand the questions). The instruments were administered by the researcher and three data collectors. The data collectors were briefed about the contents of the instruments, how to establish rapport with informants and how to guide informants in completing the questionnaire. Since there were some illiterate informants, data collectors were reading and filling the questionnaire for these informants.

For the qualitative aspect, the interview guide was used and the interview was conducted by the researcher herself. For the interview participants a consent paper was signed before interviewing them. Attempts were made to create rapport between the participants and the researcher. The researcher discussed with the participants about the time and place for interview and was adjusted in accordance with their preference. They chose to be interviewed in one room in the kebele office. The interview was tape recorded. Each informant was interviewed for once for 1: 30 min.

3.4. Method of Data Analysis

The data obtained was analyzed using both qualitative and quantitative method. Pearson product moment correlation is used to see the relationship of the background information with the three variables. Independent sample t-test was used to compare the demographic variables of the two groups. The data from the scales was analyzed using both dependent and independent sample t-test. The dependent sample t-test is used to compare the actual mean of WHFA with the expected mean, where the independent sample t-test is used to compare the means of women in women-headed and intact families in terms of psychological and social adjustment as well as coping strategies. Data obtained through the interview was first transcribed and a short summary was prepared. Then categories and themes were prepared, and accordingly analyzed.

3.5. Problem Encounter during Data Gathering

Among some of the problems encountered is the resistance of some women to participate in the study. Their reason not to participate was that they feel they are filling a questionnaire which may not contribute in changing their life. They argued that researchers come and make them and other people fill questionnaire but do nothing at the completion of the study to help the participants. At the beginning, the interview participants were not interested to be recorded. After the researcher made clear the objectives of the study and its confidentiality the four participants became voluntary while one refused due to fears of public display, later she was substituted by another woman.

The other major challenge and could be considered as limitation in this study is problem of sampling. The researcher wanted to do a random sampling but the sub-city and the kebeles do not have data on households in general as well as female-headed households in particular.

CHAPTER FOUR

DATA PRESENTATION AND ANALYSIS

In this chapter, the data collected through questionnaire and interviews are presented in line with the objective and major questions set at the beginning of the study. The data obtained through the questionnaire is presented quantitatively in table forms. Summary t-test tables were presented. For the qualitative data obtained through the interview the researcher created categories and organized it in themes. Then, the researcher examined working inductively from particulars to general ideas. At the end the researcher looks into detailed information's given by the cases and analyzed it based on themes.

Accordingly the background characteristics of the samples, comparison of the background characteristics of women heading families alone (WHFA) and women in intact families (WIF), the relationship between WHFA's background variables and the three major dependent variables (psychological stress, social adjustment, and coping strategies), comparison of the two groups (WHFA and WIF) in terms of the three dependent variables of WHFA are presented in Tables 1 through 10.

4.1. Background Characteristics of Participants

Table 1: Background Characteristics of Women in Female-headed and women in intact households

	Family type	N	Minimum	Maximum	Mean	Std. Deviation
Age	WHFA	44	25.00	73.00	41.9545	11.04105
	WIF	37	24	54	35.1351	6.29004
Family size	WHFA	44	2.00	10.00	4.7955	2.04120
	WIF	37	3.00	12.00	5.2973	2.13262
Educational level	WHFA	44	.00	6.00	6.54	1.69940
	WIF	37	.00	6.00	10.92	1.72641
Income	WHFA	44	120.00	1500.00	423.4773	270.18783
	WIF	37	200.00	2500.00	911.0811	556.52086
Year leading family alone	WHFA	42	1.00	30.00	8.1905	7.36252

The total number of women who participated in this study is 81 (44 WHFA and 37 WIF). From 44 WHFA two of them were not married at all from the beginning (they gave birth out of wedlock). In terms of age for WHFA the minimum is 25 and the maximum is 73 with a mean of 42; where as in the case of WIF the minimum is 24 and the maximum is 54. Regarding family size in both cases the mean lies around 5. Concerning means of income out of the 44 WHFA 39 of them earn their income from informal sectors as in washing clothes, selling fruits, doing household chores, sewing, and other menial jobs. Only the remaining 5 get their income from

formal sector (salary). Where as from the 37 WIF, 25 of them earn their income from formal sectors (salary) while the remaining 12 earn from the informal sector.

The data obtained in relation to WIF shows that the source of salary is usually their husbands. In the WHFA the reasons for heading family alone are divorce (23 cases), death of a husband (19 cases) and out of wedlock birth (2 cases). Regarding their level of education for both groups ranges from illiterate to diploma. The average educational level for WHFA is 6.54 meaning the upper primary education level (grade 5-8). For WIF the average is 10.92 which lie in the secondary education (9-12) level. Concerning the income of the two groups the averages are 423.5 and 911 Birr respectively for WHFA and WIF. With regard to the age since leading family alone in WHFA ranges from year one to thirty the mean being 8.2 years which shows that singleness is not a transition but more of a stable situation. In a study by Avison (1998) the average age of singleness was 7 years.

The researcher feels that a t-test will give a better picture about the situation of the two groups in terms of their background characteristics. Accordingly the following table gives the comparison values.

Table 2. Independent Samples T-Test

Backgrounds	t-test for Equality of Means			
	t-value	Df	Sig. (2-tailed)	Mean Difference
Age	3.589	79	.001	7.01843
Family size	-.864	79	.390	-.40233
Educational level	2.441	79	.017	-.94410
Income	-4.676	79	.000	-472.67752

As we can see in Table 2 there is a significant difference in age, educational level and income between the two groups. The literature confirms particularly age and income difference; in that women headed families are poor compared to male headed families and are relatively aged. 'Female headship rapidly became the accepted discourse about gender and poverty among international agencies'. Women-headed households were typecast as the 'poorest of the poor' on grounds of their allegedly greater likelihood of being poor, and of experiencing more pronounced degrees of indigence than male-headed (Buvinic and Gupta, 1994). Regarding their age the literature shows that the proportion of women classified as a head of the family are higher starting from 40 years and after 50 years become half of the women (Aurora & Silvana, 2004). In a similar sense in this study 59% (26) of WHFA are above age 40. In the case of this study as Table 1 shows the income of WIF is more than double compared to their counter parts.

In terms of educational level too there is a significant difference in favor of WIF. This researcher has not come across a literature supporting this but since educational level is one of the indicators of socio-economic status and general resources still there is a support that women headed families are disadvantaged in this regard too (Chant, 2003a; Hodges, 1991).

4.2. Relationship between background characteristics and psycho-social adjustment and coping strategies

Now let's see how each selected background variable is associated with the major dependent or study variables.

Table 3. Correlation between Psychological Adjustment and Background Characteristics for WHFA

		Age	FS	ES	AI	YLFA
Mean psych adjustment	Pearson Correlation	.058	.035	.276	.448(**)	-.023
	Sig. (2-tailed)	.708	.821	.070	.002	.887
	N	44	44	44	44	42

** Correlation is significant at the 0.01 level (2-tailed).

In Table 3 the mean psychological adjustment of WHFA is correlated with five background variables to check whether these background characteristics are able to predict the psychological status of the women. As the table describe only average income has significant association while the other variables did not show significant relationship. Income has accounted for 20% of the variance in psychological adjustment ($r^2 = 0.2007$). According Mclanahan (1983) families headed by women with children are the poorest of all major demographic groups' regardless of how poverty is measured. The writers also indicate these families remain poor for a long period because they have very low educational levels and low earning capacity.

It was the feeling of the researcher that the four variables could have a relationship with the dependent variable. For example family size is expected to have an inverse relationship with psychological adjustment while educational status is expected to have a direct/positive relationship with the dependent variable. But the result is not consistent with this expectation. Regarding age and years since leading a family alone the researcher has no hunch. Probably age may have a curvilinear relationship with psychological adjustment.

Table 4. Correlation between Background and Social Adjustment for WHFA

		Age	Family size	Educational level	Average income	Years leading a family alone
Social Adjustment mean	R	.321(*)	.099	.078	.404(**)	.207
	p (2-tailed)	.034	.523	.615	.007	.189
	N	44	44	44	44	42

** Correlation is significant at the 0.01 level (2-tailed).

* Correlation is significant at the 0.05 level (2-tailed).

Table 4 is meant to show whether there is relationship between social adjustment and background information of WHFA or not. As indicated in the table there is a significant relationship between the two demographic variables (age and average income) and social adjustment which accounted 10.3% ($r^2 = 0.103$) and 16.32% (0.1632) of the variance in social adjustment. Income is becoming consistently correlated with the dependent variables. Family size and educational status does not have any association with social adjustment.

Table 5. Correlation between Coping Strategy and Background Characteristics of WHFA

		Age	Family size	Education al level	Average income	Years leading family alone
Mean coping	r	.236	.197	.140	.228	.317(*)
	Sig. (2-tailed)	.123	.200	.364	.136	.041
	N	44	44	44	44	42

* Correlation is significant at the 0.05 level (2-tailed).

In relation to coping strategies it is only years since leading a family alone that has a significant relationship. This goes with the interview data in that they felt the pain at the beginning and later they were able to adjust. The rest of the variables do not have any significant relationship with the dependent variable. This is contrary to the expectation of this researcher and the literature in that income, family size and educational status were expected to have significant relationship with coping strategy.

4.3. Situation of WHFA in their Psych-Social Adjustment and Coping

This section provides a description of the situation of WHFA in terms of the three dependent variables.

Table 6. One Sample t-test of the Three Dependent Variables for WHFA

Test Values = 30, 36, 54					
Variables	Mean	Mean Difference	Std. Deviation	t-value	Sig. (2-tailed)
Psychological adjustment	31.11	1.11364	5.84774	1.263	.213
Social adjustment	39.75	3.75000	5.96160	4.172	.000
Coping strategy	62.73	8.72727	11.47568	5.045	.000

df=43

Table 6 clearly demonstrates the one sample t-test for the three dependent variables show significance in the social adjustment and coping strategies indicating that they are significantly above the average 36 and 54 (12x3, 12 indicators and average value of 3 for social adjustment and 18x3 for coping strategies). Where as in terms of their psychological adjustment there is no significant difference from the average 30 (10x3).

The researcher feels it would be better to see each of the construct in terms of the components or indicators in each construct to have a better and in depth picture of the psycho-social adjustment and coping situation of the participants.

Table 7. Psychological Situation of WHFA One-Sample t-test (N=44)

Items	Mean	Std. Deviation	Mean Difference	t-value	Sig. (2-tailed)
Sense of equality	4.6818	.77077	1.68182	14.474	.000
Confidence in coping with problem	3.2727	1.12815	.27273	1.604	.116
Sense of ineffectiveness	2.7500	1.24125	-.25000	-1.336	.189
Having many problems that lead to worry	2.0909	1.15775	-.90909	-5.209	.000
Feeling unable to get out of problem	2.6818	1.23463	-.31818	-1.709	.095
Not having courage	3.1591	1.23784	.15909	.853	.399
Satisfaction with life	2.8864	1.24295	-.11364	-.606	.547
Desperation as things get difficult	3.2727	1.14858	.27273	1.575	.123
Frequent head ache	3.1136	1.20495	.11364	.626	.535
Fear of mistake	3.2045	1.19260	.20455	1.138	.262

df=43

From the ten indicators of psychosocial adjustment only the two variables (sense of equality and having many problems to worry about) showed a significant deviation from the mean. The participants have a very high sense of equality and having many problems to worry about. In the remaining eight attributes the women are average (3.00), which is undecided, showing that they are neither in better psychological feeling nor in low/bad feeling. This finding is also inconsistent

with much of the literature in that WFHF are expected to face many psychological problems. Single parenting can occur for several reasons: death, divorce, desertion and never having been married. Regardless of the reason for single-parent status, single parents seem to experience common feelings including loneliness, sadness, guilt, and anger (Goldenberg & Goldenberg, 1996).The researcher expected that these women would have a feeling of low satisfaction with life. In addition the researcher also expected them to feel being unable to get out of the problem but in both cases they are average.

Table 8. One Sample t-test for Social Adjustment of WHFA (N=44)

	Mean	Std. Deviation	Mean Difference	t-value	Sig. (2-tailed)
Having serious problem in social relations	3.8409	1.29297	.84091	4.314	.000
Feeling stressed in meeting new person	3.2045	1.26821	.20455	1.070	.291
Liking to be with other people	3.5682	1.24635	.56818	3.024	.004
Do not want to be sociable	3.1136	1.18549	.11364	.636	.528
Sense of being understood by few friends	2.7955	1.06922	-.20455	-1.269	.211
Avoid social engagement	3.7955	1.19260	.79545	4.424	.000
Having no body to talk to	3.7955	1.00185	.79545	5.267	.000
Comfortably working with others	3.2273	.91152	.22727	1.654	.105
Failure to have good friends	3.0909	1.07440	.09091	.561	.578
Good in adjusting life style with family interest	2.9318	1.18905	-.06818	-.380	.706
Have deep relation with many friends	3.1136	1.08297	.11364	.696	.490
Being satisfied with one's life and identity	3.2727	1.08614	.27273	1.666	.103

df=43

Table 8 shows the test of significance for 12 indicators under the social adjustment variable. From the twelve factors in the variable there is a significant mean difference in four of the indicators namely: having serious problem in social relations, liking to be with other people, having no body to talk to, and avoiding social engagement. In these four indicators the participants rated themselves above average indicating that they have social relation problem, they feel that they have no body to talk to and they also avoid social engagement. So they have rated themselves negatively (negative self image in the literature). But they to the contrary have stated that they like to be with others. In the rest eight indicators of social adjustment their response is not significantly different from the mean (3.00 or undecided).

The literature has in it that their social network is to be harmed and they are likely to feel lonely and to have low social adjustment (Goldenberg & Goldenberg, 2002). But this was not what the result indicated except the four indicators. In addition the researcher was expecting that in terms of satisfaction in their life and identity they will have a mean score significantly below the mean, which is not the case in this result.

Table 9. One-Sample t-test for Coping Strategy of WHFA (N=44)

	Mean	Std. Deviation	Mean Difference	t-value	Sig(2-tailed)
Understanding the problem	3.5455	1.04447	.54545	3.464	.001
Learn from experience	3.4545	1.22862	.45455	2.454	.018
Take a problem as opportunity to learn from	3.2500	1.08102	.25000	1.534	.132
Thinking that the problem will be solved through time	3.7045	.97836	.70455	4.777	.000
Thinking of possible challenges	3.4318	.97403	.43182	2.941	.005
Forgetting what happened using once energy on life activities	3.3636	1.03634	.36364	2.328	.025
Need of help from people with same experience	3.3636	1.01365	.36364	2.380	.022
Discussing problem with others	3.5000	1.08906	.50000	3.045	.004
To arrange things work with program	3.5455	1.04447	.54545	3.464	.001
Coming up with couple of solution	3.6136	1.06128	.61364	3.835	.000
Working to get out of the problem	3.7955	1.17294	.79545	4.498	.000
Avoiding cause of the problem	3.5455	.97538	.54545	3.709	.001
Looking for positive side	3.2500	1.03710	.25000	1.599	.117
Search of good feeling	3.8182	.92190	.81818	5.887	.000
Control emotion	3.2955	1.09075	.29545	1.797	.079
Taking things easy	3.3864	.96968	.38636	2.643	.011
Comparing once problem with others	3.3409	.98697	.34091	2.291	.027
Having recreation	3.5227	1.40578	.52273	2.467	.018

df=43

From the eighteen indicators related to coping except three all are significant, showing that the women were good enough in using various strategies of coping. The three indicators which are not significant are looking the positive side of the problem and considering challenge or problem

faced as an opportunity to learn. These women are using all the strategies like appraisal focused, problem focused and emotion focused. Though some literatures show that these women have low coping skills the result here shows that they highly used the various strategies of coping.

The data in relation to the three dependent variables regarding WHFA shows that they are in good situation in terms of social adjustment and coping strategies. But to have a better understanding of the situation of WHFA it seems good to compare their mean in these three dependent variables with the mean of their counter parts (WIF). The following table is meant for this purpose.

Table 10. Independent samples test between the two groups in terms of the three dependent variables.

						Equality of Means	
		N	Mean	Mean Difference	Standard Deviation	t-value	Sig. (2-tailed)
Psychological stress	WHFA	44	31.1136	-5.37285	5.84774	-4.005	.000
	WIF	37	36.4865		6.20762		
Social adjustment	WHFA	44	39.7500	-5.16892	5.96160	-3.459	.001
	WIF	37	44.9189		7.48472		
Coping	WHFA	44	62.7273	-10.48894	11.47568	-4.240	.000
	WIF	37	73.2162		10.61219		

df=79

As Table 10 shows there is a significant difference in the mean of the two groups in favor of WIF in all the three study variables considered. This shows that though independently looking WHFA seem to be in good status particularly in their psychological situation comparatively speaking their mean is significantly below their counterparts. Of course this is more likely expected and the literature also has indicated the intensity of problems in women headed families.

This significant difference among the two grouped in all the variables may largely be a product of income difference. As we have seen in the background section the mean income of WIF is more than double that of WHFA. Income and poverty as major difference between these groups more than any other variable has been frequently raised in the literature, this is particularly related to the sense of control over income and the feeling of being effective as self supporter, which is represented as significant predictor of life satisfaction and reduced stress (Mednick, 1987).

4.4. Data obtained from the interview

Description of the participants

Five cases were taken purposively (these samples were women heading their family alone). The age of the participants ranges from 32 to 48. Three of the samples were divorced and two were separated (no legal divorce). Regarding their educational status one was illiterate, two of them attended informal education and they can only read and write and the remaining two were grade 5 and 7. The participants are engaged in the informal sectors: two of them derive their sustenance from selling “injera”, and banana, one collects and sales firewood, and the remaining one work as housemaid this includes washing clothes, preparing food, sanitation and doing other household chores. The researcher has given pseudonym to participants for the sake of confidentiality. The interview primarily focused on *main challenges the women encounter* (psychological, economic, and social), their *relationship with others* (children, employer, neighbor), and the *attitude they have towards their own life*.

Main challenges participants experienced

Regarding the challenges that the women experienced, according to their report their problems revolve around economic, psychological and social conditions (weak social relationships, hassling with family, moving to a new house due to rising house rent which disconnect them from their social networks ... etc).

Economic situation

The women interviewed reported that the income they earn is very limited. Their sustenance is derived from low paying activities like petty trade and serving as housemaid. These are not enough to cover the cost of food, clothing and house rent as a result they are frequently forced to

leave the houses they rented and change houses. This low income in addition to its inadequacy fluctuates from time to time which makes their life unpredictable. This may be one source of anxiety. This didn't enable them to be programmed and look for some alternative means of income. One interviewee expressed the circumstance saying "Alas! I didn't know what could have happened if some benevolent employer didn't give us some food to take for children." Another woman also reported her economic strain as follows:

One day I came back home with almost all the banana I took to sell. At home there was no food. I began to search and found some beans from the hanged festival. I roasted it and we began to eat the roasted bean with banana, which is an odd mixture in our culture and it is something which we have never tested so far. Meanwhile my middle child locked the door so that neighbors' will not see what we are eating.

This shows that on top of hunger, this family is experiencing shame for eating something not accustomed. This may be due to the fear that neighbors' may tease them for eating an odd mixture.

When asked whether there is significant economic difference before and after divorce or separation except one the rest have similar answers, which indicates there is a broad economic disparity before and after. One of the respondents replied "In the name of the father! This is comparing the non comparable, when I was with my husband for we help each other at least I didn't worry of what we eat" (Workie, 36). Another interviewee added:

While I was living with my husband he had salary and we were leading a moderate life with our three children, but after we get divorced every thing get spoiled. My middle child who was 13 years old said to his elder brother *'it is difficult for our mother to lead the family alone, so stopping my education I have to help her by selling banana and I will continue my education after you get employed.'* When I heard this worry of my middle child I went to church and bitterly cried to the level of contemplating committing suicide.

For the question on whether they have work burden or not: the women reported it by comparing with their previous life as well as with their intact friends and neighbors. One woman with respect to her married life stated: “while I was with my husband I didn’t sense the burden this much. Now it is like clapping with single hand.” Another woman added: “The work burden is totally different. Women who has husband think of household activities while their husband provided what is needed.”

Discussing problems with others

From their report with regard to asking for advice from others the participants have different view. Three participants in the study believe that seeking advice from others is letting others know their personal information which may expose them for further attacks (insult, belittling). Therefore, they limit their discussion with their children. One of the interviewees stated: “These days’ people are tired of listening others’ problems. Some people express their disinterest by saying don’t you have other storics to tell other than problems.” In contrast with the above the other interviewees think that even if they didn’t express their problems through utterance others will understand them from their situation. These participants believe that discussing their problems with others will enable them to come up with possible solutions. One woman reported: “If I hide my problem it creates more stress upon me, but if I communicate it to others I will get relief.”

Challenges due to absence of husband

When asked whether they have experienced sexual attack due to the absence of husband, demonstrating confidence the women perceived that they can resist themselves. According to their responses attempts for sexual attacks usually come from neighbors who know the situation of the women. The women use different mechanisms to protect themselves such as avoiding intimacy, insulting persons who show sign of sexual attack, leaving the home of employers who manifest a

tendency for sexual attack. Fatuma, 36 years old stated: "I can not avoid sexual questions as well as attempts because my financial problem forces me to have contact with men. I wash their clothes and prepare food. When these people provoke me sexually I tell them that I want to raise my children safely." Another women being maltreated and experienced sexual harassment by her employer reported:

Sometimes, I met bad employers, especially bachelors. One day when I was working in one bachelor's house, he tried to force me for sex, understanding his interest I left the room as if I want to pour dirty water out and then I rushed away fast locking the door. But I don't mean that all employers are the same. There are decent and generous ones" (Zinash, 32 years old maid).

The attack is not only limited to employers. The women also experienced insult and stigma, from some neighbors, friends, house renters and relatives. To the contrary there are also people who provide them financial and emotional support. "When I was with my husband my house renter respects me and even mostly we eat together, but after I get divorced the woman (the wife) began to insult me and finally she chased me from the house" (Letay 48). Another woman also stated: "The moment I got divorced my mother began to insult me, because from the very beginning she was not comfortable with my husband's money management. She insisted me to get divorced before I bear children, but I refused for I thought that he will improve one day. Few days latter my mother understood my problem and empathized for what happened to me. But my sister took the turn and she frequently nags me. She insults my children saying 'dikala' which means out-of wedlocks but with more derogatory tone and sense.

In addition the women reported that people accused and consider them as if their divorce or separation came due to the women's behavioral problem, intolerance and talkativeness etc. One

woman stated: “some of my neighbors say instead of suffering now you could have respected your married life and avoid divorce by then.”

The other challenge the women mention about fathers is that after divorce, desertion or separation fathers do not care and thus they do not contribute any to their children. One informant expressed it as follows: “once they left home males do not have ‘neck’ a metaphor the woman used to mean that they do not look back or do not consider the previous life.

Feeling concerning one’s life

From the detailed information elicited the women in this case study exhibited negative feelings concerning their personal identities (divorced or separated life). They considered themselves inferior to women who have husband not only in terms of finance but with regard to the respect they have. One woman expressed the situation of her divorce as follows: “to maintain my marriage I have tolerated insult and physical abuses by my husband. Especially immediately I get divorced, besides my economic problem, ‘what will people say of me’ created a stress up on me” (33 year old, Banchi). Another woman regarding the feeling she has towards her divorced life stated: “I am not equal with women who have husbands. They take care of themselves; their job is preparing and serving what their husbands have provided them.”

These women reported that their feelings immediately after divorce and latter on is not the same. One woman reported that following her divorce she was feeling that every neighbor was talking about her and she feels every gossip is about her situation. But she said that after some months she adapted to it and took it as normal.

Feeling towards participating in social occasions and perceived community attitude towards the women

The women in this study have expressed their views regarding participating in social occasions giving different emphasis for the different occasions. They participate in mourning even stopping what they were doing. In the other occasions they consider their time and money. One participant stated: "If I didn't go to mourning, people would simply consider me as selfish who minds only my business. They would further exaggerate and say we haven't seen her in any of the burial ceremonies." Another woman reported: "If I didn't participate in such occasions they will neglect me more."

Regarding things that most worried them in their life the women responded: issues of shelter, condition of their children and their own aging. One woman stated; "what makes me worried is what will happen to my child if one day I get sick". A woman worried of a shelter reported: "when ever I didn't get money to pay for house rent, this is the issue that disturbs me most." Another woman stated: "what worries me is all my children are males. I always think of what will happen to me when they get married as I am getting older." She feels that the girl child is more sensitive to the mother's problem than the boy child does.

Relation with children and some copying techniques

The women described relationships with their children positively. The children obey their mothers. They help them with the household chores: washing clothes, baking "injera", spinning cotton...etc. They also involve in some income generating activities like selling banana, bread, "injera" and "kollo". According to their report the children understand and sense their trouble and do what the can to help them. One woman stated: "I carefully brought up my children and I was

strict enough in that I didn't allow them play with peers for I fear of quarrel with neighbors. At their kid time I used different techniques to make them stay home when I went for work the whole day. I even pretend to have opened my radio and tell them that the radio will tell me if they have been away from home.”

Another woman indicates to what extent her children are concerned of her challenges stating: “especially my elder child frequently says ‘you have sold all your ornaments to bring up us. The first thing I do when I get a job is buying the ornaments’ back. This gives me emotional support”.

The women in this study took some measures to solve their economic strain. They shared a room with house renter or other friends to decrease house rent payment. They search for additional job to be done in the evening also, and take some activities home so that their children will help them. Regarding stress due to some societal attitudes and their children's question of father, the women make themselves busy to forget the question and they refrain from having interaction with their neighbors and others that tend to create discomfort upon them.

In general from the data obtained it can be understood that the challenges the women encounter are diverse and severe. One woman stated: “To lead my family I passed through many challenges except death. Neighbors say you are really a man not a woman”. To this researcher this statement indicates the low status of women by the society. The respondent here even seems to agree with her neighbors' idea feeling that courage and strength is for males. This is a reflection of how differently the community sees women and men. Another woman also stated: “Cheger kene wedya lasare” which is in Amharic equivalent to saying ‘there is no person who faces challenges more than I did’.

CHAPTER FIVE

DISCUSSION

This part attempts to elaborate key findings, inconsistent results and selected issues regarding women headed families in light of the literature and the researcher's own conceptualization of the research problem and the findings. The prime purpose of this study was to explore the psychosocial challenges women heading a family alone experience and the coping strategies they utilize. Based on findings from 81 samples (44 women heading a family alone and 37 women in intact families) and 5 cases, the following key issues are selected for discussion.

Background variables

One of the research questions this study raised was whether background variables (education, family size, income, means of income, and years since leading a family alone) are related to the psychosocial adjustment and coping situation of WHFA. The finding indicated that woman headed families are engaged in informal and less paid activities (39 of the 44). This is consistent with the literature. For example ISIS (1983) and Schytler (1988) indicated that formal sector is the major form of livelihood of child and women headed households. In the intact family only 12 of the 37 women are engaged in less paying informal sector, 25 of them stated formal sector to be their source of income. But it is only 7 of the 25 that are engaged in the formal sector themselves the rest it is their husbands who are the source of income from the formal sector.

Despite the fact that both WHFA and WIF are less engaged in the formal sector, WHFA are forced to engage in less paying informal sector because they are the sole provider for the family. So WHFA are more economically vulnerable. Regarding educational level the finding shows that

WHFA have less educational profile than WIF (the literature shows that WHFA are likely to be in lower educational status (Schlyter, 1955 cited in Tizita, 2008). Though WHFA are found to have less educational status no relationship is found between their educational status and their psychosocial adjustment as well as coping situations.

This finding seems contrary to the usual belief that *the better one's education is the better his or her psychosocial adjustment and life coping skills would be*. This researcher feels that the educational level in these group haven't showed any relation probably because their education level in general is low (Mean= 6.54) which may not help to get productive skill from the education. Statistically speaking correlation is an artifact of the standard deviation or variation in the distribution. The educational variation in this group is so low leading to attenuated score of educational level.

With regard to family size, there is no relationship between family size and the independent variables (psychological adjustment, social adjustment and coping situation). This also is inconsistent with the usual conception that *the larger the family size the more difficult adjustment would be*. It is difficult to this researcher to explain this result.

The other background variable is years since leading a family alone. This variable was found to have no statistically significant relation with psychological and social adjustment. But it has a significant relation with coping situation. Raha and Holmes (1967) indicate that the psychological and social pain will be higher in the early ages immediately after divorce, separation, desertion, death of spouse or other. But economically speaking the more the year the severe may be the economic problem because they may exhaust the resources they have.

The positive correlation between years heading a family alone and coping situation seems controversial in that partly they may feel the pain at the beginning and feel frustration which affects their coping and as they stay longer they tend to adjust to the situation and find various means to cope with life including resilient skills. The opposite also seems to work in that the longer they stay heading alone their income and resource may deteriorate and the long range poverty may lead to desperation. At this juncture it is difficult to give a single explanation in the relationship between years since leading a family alone and coping situation because several variable like external support, success of their children and other social networks may come in to play.

The last and the most important background variable crucial to discuss is income. In the literature a lot has been said about the economic vulnerability of WHFA (Scott 1984; McLanahan & Sanefur, 1994; UNFPA, 2002 in Meron, 2003; Buvinic and Gupta, 1997; Asgary and Pagan, 2004; Wennerholm, 2002). Many of the challenges of WHFA are attributed to their income. In this study the result demonstrates that there is a statistically significant relation between income and psychological and social adjustment. This is consistent with the literature, for example Henggeler and Borduin (1990) indicated that the financial impact of divorce may contribute to a number of psychological problems with in the family including mother's depression, withdrawal from friends, problems in relation to children. However in this study no statistically significant relation was found between income and coping situation. This result is inconsistent with much of the literature. Mednick (1987) stated that control over income is a predictor of life satisfaction, reduced stress and better coping. The literature shows that income is so crucial for coping and much of the challenge WHFA experiences are the product of low income and poverty. In relation

to this Cashion (1986) stated that when not plagued by poverty the majority of female headed families are as successful as two parent families in good emotional and intellectual adjustment.

Psychological Adjustment

One of the major objectives of this study was examining the level of psychological adjustment of WHFA. The literature contends that WHFA are more likely to experience psychological stress for example Fursteinberg & Charlin (1991), Gouidubaldi, et al (1986) stated that single mothers are at elevated risk for psychological distress and depression. They further indicated that separated and divorced parents experience greater psychological distress than the married ones. Morawetz and Walker (1984) also reported that WHFA will experience grief, loss of esteem and depression. The results in this study showed a similar finding in that WHFA have a mean psychological adjustment lower than their counterparts. But taking WHFA independently their mean is not below the expected level in that they are not in a good or poor states or feelings (see Table 6). Where as in the qualitative section the case women have expressed the psychological pain they are experiencing. One of the women responded as follows when she was asked about her own perception of the self before and after separation/divorce/ or death of spouse: “the respect we have or people have for the two groups is quite different and not comparable she said “Min ena min tawedadrialesh” meaning what are you comparing! These are incomparable.

Social Adjustment

The other main objective of this study was to assess the level of social adjustment and quality of relation of women heading families alone. Morawetz and Walker, (1984) indicated that WHFA are likely to face loneliness, social isolation, loss of friends and challenge of developing new social circle.

The findings of this study show that WHFA have a lower mean score of social adjustment compared to WIF. Taking independently, however, WHFA have a good social adjustment which is not consistent with the literature. The researcher feels that this is may be partly because of cultural differences in that the Ethiopian culture is more interdependent which encourages cooperation and sociability, so the women may not face much loneliness and social isolation. However the results from the qualitative cases indicate that WHFA are experiencing social isolation like not being invited in social occasions (birth days, baptism of children, marriage ceremony ...etc). They further stated that even if they invited them they didn't give them attention like married women. Another informant also stated that women heading a family are considered as problematic attributing that their very situation (singleness) is a product of their own behavior.

Coping situation and strategies

Regarding the coping situation of women heading a family the literature portrays that single headed families are likely to face challenges in heading family (Banyard and Graham- Bermann, 1993). Other studies show the resilient view of female headed families (Lindblad Goldberg, 1989). Cashion (1982) summarized previous studies and concluded that when not plagued by poverty female headed house holds are as successful as two parent families. The present study shows that compared to WIF, WHFA have a lower mean in terms of their coping strategies. But when we take WHFA as independent sample their mean score shows they are in good situation in their coping efforts and strategies. As the qualitative cases indicate they used various ways of coping with their psychological, social and economic challenges like avoiding uncomfortable relation, keeping themselves busy, sharing a room with others to reduce house rent amount, discussing problems with their children...etc.

For all the three variables though comparatively WHFA have lower mean score, independently speaking they don't have any significant problem in psychosocial adjustment and coping.

Some possible explanations for this could be: Primarily the scale is modified and adopted from various sources, and no norm was established earlier and the new mean considered as benchmark may not be representative enough. So, the researcher has some question on the instruments /scales/ standard though essential indicators have been well included and Cromback alpha reliability was tested. The second possible explanation is the culture. This researcher feels that in Ethiopia there is a strong religious influence where by people are required to thank God even if one is in pain "ye Temesgen Bahil" meaning a culture of being thankful. These women's response may have been affected by this culture.

CHAPTER SIX

SUMMARY, CONCLUSIONS AND IMPLICATIONS

Summary

This study was aimed at investigating the psychosocial challenges of women heading a family and the coping strategies they utilize. The following main questions were formulated to guide the study:

1. Do women's demographic (background) characteristics have significant relationship with their psychosocial adjustment and their coping strategy?
2. Do women who head a family alone experience more psychological and social problems than women in intact family?
3. What are the specific psychosocial challenges that women heading a family are experiencing?
4. What are the strategies women use to cope with the challenges they face as sole heads of the family?
5. Is there a significant difference in the utilization of coping strategies between women heading families alone and women in intact families?

To answer these questions the researcher selected three Kebeles (19, 20, and 21) in Gulele sub city here in Addis. The main participants were 44 women heading their family alone to fill the questionnaire and 5 case women heading family alone for interview. In addition 37 women in intact families were taken for comparison purposes.

In order to secure relevant data to answer the research questions two instruments were developed. The first is a questionnaire consisting of 47 items (7 demographic characteristics and three scales that is 10 psychological adjustment, 12 social adjustment and 18 coping strategies). The second is an interview guide with 10 questions. Data obtained from these sources were analyzed using both quantitative and qualitative methods.

Data obtained from the demographic information were intended to conceptualize the relationship of background variables with psychosocial and coping strategies of women heading a family. Pearson product moment correlation was used to analyze this relationship. Scores obtained from the three scales were analyzed using one sample t-test to test the situation of women heading a family alone. An independent sample t-test was also used to compare the two groups' in terms of their psychological adjustment, social adjustment and coping strategy. Data obtained from the interview was analyzed qualitatively.

The demographic information indicates that from the 44 participants who lead their family alone, 39 of them earn their income from the informal sector. The income of women in intact family is more than double of the women heading a family alone (911 birr, 423 birr). In terms of educational level the average for WHFA and WIF is 6.54 and 10.92 respectively. The Pearson product moment correlation used to check relationship of demographic variables with the three dependent variables showed that income has a significant relationship with psychological adjustment and social adjustment. Age has a significant relationship with social adjustment and years since leading a family alone has a significant relation with coping strategy of women heading a family alone.

Analysis of dependent sample t-test is computed to see the situation of women heading a family alone in the three variables compared to the expected average in the scales. Their average score is found to be significantly above the expected average, in the case of social adjustment and coping situation (39.75 versus 36 and 62.73 versus 54 respectively). Where as in terms of their psychological adjustment there is no significant difference from the average (31.11 versus 30).

The independent sample t-test used to compare the two groups indicated that in all the three variables WHFA were found to have significantly lower means than their counter parts.

Finally, the data obtained from the interview guide with the 5 case women was transcribed selecting relevant ideas from their responses and a short summary was prepared. Then categories and themes were prepared and analyzed qualitatively. The analysis of the interview showed that the women are in a severe psychological, social and economic situation. Their social relation, self-esteem and social well being is found to be affected as a result of maltreatment by employers, neighbors, relative and others as well as their own attitude to words themselves. These women used various strategies at their disposal to cope with the situation.

Conclusions

Based on the results obtained the researcher has drawn the following conclusions in relation to the basic questions raised at the beginning of the study.

- Of the various background variables income is found to have a profound relationship on the psychosocial adjustment of WHFA and it was found to be the major concern in the qualitative report also.

- There is a significant difference between the women heading their family alone and the comparison group in their psychological adjustment, social adjustment, and coping situation indicating women heading a family alone to have lower means in the three variables.
- Women heading a family alone are experiencing a number of challenges as: attempts of sexual attack, insult and discrimination by neighbors and relatives, economic pain (house rent, food, and clothing), low self esteem, overwork, the question of father by children and others. They do not have as such healthy social relations with others except their children.
- WHFA attempted to cope with their situation using various strategies as: searching various means of income generation including making their children participate in this endeavor, renting a single house together with others to minimize cost, avoiding social contacts that create discomfort, and keeping themselves busy to forget their pain.

Implications

Based on the findings of the study and conclusions made, the following implications are identified.

- Income or economic situations appears to be a key element in affecting one's psychosocial adjustment. So when the economic challenge is taken care the better will be the psychosocial adjustment. Hence stakeholders working on women's affairs need to primarily intervene on improving the economic situation of women.
- The women heading family alone are exerting their efforts to cope with the situation. Hence concerned bodies need to build on and capitalize on their assets and empower them with the necessary skills (social, psychological and physical) to improve their situation.

- It seems that men's obligations as fathers is not being monitored and enforced by law enforcing agents (police, court). The obligations may include ensuring that women receive paternal assistance as stipulated by family law which could contribute substantially to reduce the financial pressures they and their children are facing and consequently relieve some of the burden that these women face.
- It seems that the local community (neighbors and relatives) is not aware of the pain that WHFA are experiencing in that they are worsening their pain. This implies the need for an awareness raising activity in the community by concerned bodies (kebele, women's affairs office, psychologists and social workers).
- Most researches in the Ethiopian context focused on the economic challenge of WHFA but they need to consider the consequent psychosocial pain they are experiencing if they want to design a better intervention scheme.
- This researcher feels that there are gaps in the research on WHFA. Few areas for further research include:
 - What did ex-husband say and feel about the situation of these women and their children
 - What are the factors that contribute to divorce, separation, or desertion?

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Appendix I

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This questionnaire is to be filled by women who head their family alone and women who head their family with their husband. It is aimed to assess the psychosocial challenges women may face when they became a head of a family due to divorce, death of a husband, out of wedlock birth, adoption etc. and their coping strategies.

The data collected from this questionnaire will be used for the purpose of the research. Your genuine responses are very important to meet the purpose of the study. To this end what ever information you will provide will be kept strictly confidential and will not be shown to other person.

Thank you for your participation

I. General Information

II. Fill your answer in the given space or put a (✓) mark.

1. Age _____

2. Family size _____

3. Educational status _____

4. Marital status (a) Single (); (b) Married (); (c) Separated ();

(d) Divorce (); (e) Widowed (); (f) out of wedlock birth()

5. Means of income

6. Average income per month

7. Duration of singleness

Psychological Adjustment Measures

Instruction: - The following statements refer to the experience that people have in their daily life. You are to indicate, on the five point scale the extent of agreement between the feelings expressed in each statement and your own personal reactions. Please read each item carefully and decide to what extent it is characteristic of your feelings and behavior. Mark (√) for the point which best indicates your agreement or disagreement.

Strongly Agree= 5 Agree= 4 Undecided =3 Disagree = 2 Strongly disagree=1

No	Items	1	2	3	4	5
1	I feel that I am a person of worth as any body.					
2	I always have enough energy when faced with difficulties.					
3	I am inclined to feel that I am a failure.					
4	I have many problems that cause me a great deal of worry.					
5	I feel incompetent when something bad happens to me.					
6	I have the energy to do the things I'd like to do.					
7	On the whole, I am satisfied with my life.					
8	I gave up easily when things get hard.					
9	I have frequent headache for there is no reason.					
10	When I try to make something everything seems to go wrong.					

Social Adjustment Measures

Instruction: - Each of the following statements expresses the experiences, feelings, perceptions, and reactions that people have in their relationship with people or friends. For each statement, there are five possible responses: Always true, most of the time true, sometimes true, hardly true, and not true at all. Thus for each of the items give your response by marking (√) on the space provided on a five point scale how much a true description of each statement is about your experience.

**Always true = 5 Most of the time = 4 sometimes true = 3 hardly true = 2
not true at all = 1**

No	Items	1	2	3	4	5
1	I am socially some what awkward.					
2	I feel tense when I am with people I don't know well					
3	I like to be with people.					
4	I try to avoided situations which force me to be very sociable.					
5	Few of my friends understand me the way I want to be understood					
6	I often think up excuses in order to avoid social engagement.					
7	I have no body to talk to					
8	I am good at working with other people					
9	My trying to have good friends seldom succeeds the way I would like it to be.					
10	I am able to adjust my life style with the interest of my family					
11	I have a deep sharing relationship with a number of friends.					
12	I am proud of the life I lead and my identity.					

Ways of coping

Statements listed below indicate that the emotional, cognitive, behavioral, and physical ways of coping mechanisms those individuals can utilize to alleviate stress. Please read each of the statements carefully and indicate how much you have used each mechanism in various stressful conditions while you head your family putting (√) for the on the five point scale ranging from “1” to “5”, where

Always=5 Usually=4 Sometimes=3 Rarely=2 Never=1

No	Item	1	2	3	4	5
1	I went over the situation in my mind try to understand.					
2	Drew on my past experience in which I was in similar situation before.					
3	I tried to look at the event as an opportunity to learn and develop skills.					
4	Told myself that times takes care of the situation.					
5	Thought about challenges I can find the situation.					
6	Focused energies on other part of life activities to think the event as little as possible.					
7	Sought help from person with similar experience.					
8	Talk about the problem with family, friends and other people					
9	Search for what has to be done and try harder to make things work					
10	Came up with a couple of different solutions to the problem					
11	Kept doing my best to get out of the situation gracefully					
12	Avoided the cause of the problem as much as possible					
13	Tried to see the positive side of the situation.					
14	Told myself things that helped me feel better.					
15	Tried to control emotions.					
16	Didn't take the event too serous					
17	Compare the trouble with others.					
18	Let my bad feelings out finding satisfaction else where					

Appendix II
Addis Ababa University
School of Graduate Studies
Department of Psychology

Interview Guide

This interview is aimed to assess the psychosocial challenges women face while they head their family alone and coping strategies they use.

1. What are the challenges that you face in heading your family?
2. When you face a problem what kind of measure do you take to solve it?
Which of your measures were effective?
3. With whom do you discuss when a problem is beyond your capacity?
4. How do you express your economic situation in relation to your family size?
5. Would you tell in detail if there are abuses that you face due to the absence of your husband?
6. Would you explain the attitude of the society to woman who have husband and not?
7. How do you express your work burden compared to your neighbors, friends and other woman who have husband?
8. How do you describe the participation you have in different social occasions like mourning, marriage, and holiday?
9. Would you tell me things that create stress up on you especially in relation to family heading situation?
10. Would you tell me something that you think is important which should be mentioned in relation to women headed families?

Appendix III

አዲስ አበባ ዩኒቨርሲቲ

የድህረ ምረቃ ትምህርት ቤት

ሳይኮሎጂ ትምህርት ክፍል

መጠይቅ :- ይህ መጠይቅ ብቻቸውን ቤተሰብ እየመሩ ባሉ ሴቶችና ከባሎቻቸው ጋር በጋራ ቤተሰብ እየመሩ ባሉ ሴቶች የሚሞላ ሲሆን ሴቶች በተለያዩ ምክንያት (በፍቺ፣ በባል መሞት፣ የሌላን ሰው ልጅ በማሳደግ፣ ከጋብቻ ውጭ በመውለድ ወዘተ) የቤተሰብ መሪ በሚሆኑበት ጊዜ ሊያጋጥሟቸው የሚችሉ የሰነ ልቦናና የማህበራዊ ፈተናዎች እንዲሁም እነዚህን ፈተናዎች ለመቋቋም ብሎም ለመቅረፍ የሚያደርጓቸውን ስልቶች ለመዳሰስ አልሞ የተዘጋጀ ነው። መጠይቁ ለተጠቀሰው ጥናት ብቻ የሚውል በመሆኑ ማንኛውም የሚሰጡት አስተያየት ለሌላ አካል ወይም ሥራ አልፎ የማይሰጥ መሆኑን በእርግጠኝነት እገልጻለሁ። በመጨረሻም እርሶዎ ትክክለኛ የሆነ መረጃ በመስጠትዎ የጥናቱ አላማ የተሳካ እንዲሆን ያደርገዋል።

ስለትብብርዎ በቅድሚያ አመሰግናለሁ።

I. አጠቃላይ መረጃ

በባዶ ቦታ ላይ ይሙሉ ወይም በሚስማማዎት መርጫ ላይ የ(✓) ምልክት ያድርጉ።

1. ዕድሜ _____
2. አጠቃላይ የቤተሰብ ቁጥር _____
3. የትምህርት ደረጃ:- ያልተማረ መፃፍ ስያሜ ማንበብ የምትችል ከ1-4 ከ5-8 ከ9-12 ሠርትፊኬት ዲፕሎማ ግሪ ያበላይ ላይ
4. ብቻዎትን ቤተሰብ የሚመሩ ከሆነ ለዚህ ምክንያት የሆነው:- ፍቺ ባለቤት ሞት ሳያገቡ መውለድ የማደግ ልጅ መያዝ ሌላ ካለ ይጠቅስ _____
5. የገቢ ምንጭ _____
6. ወርሃዊ ገቢ በአማካይ _____ ብር
7. ብቻዎን ቤተሰብ መምራት ከጀመሩ ምን ያህል ጊዜ ነው _____

II. በስነ-ልቦና ካጋጠሙ ችግሮች ጋር ራስን ስለማጣጣም የቀረበ መጠይቅ

መመሪያ:- የሚከተሉት ዓረፍተ ነገሮች ሰዎች የተለያዩ ሁኔታ ሲገጥማቸው ሊያሳዩ የሚችሉአቸው ስነ-ልቦናዊ ስሜቶችን የሚያመለክቱ ናቸው። እርስዎም እንደ ቤተሰብ መሪነትዎ የተለያዩ ነገሮች /ክስተቶች/ በሚያጋጥምዎት ጊዜ የሚሠማዎትን ስሜት እንዲሁም ለገጠመዎ ሁኔታ የሚኖርዎት ምላሽ (reaction) ከቀረቡት ዓረፍተ ነገሮች ላይ የእርስዎን የስምምነት መጠን ከተሰጡት አምስት ነጥብ መለኪያ መርጠው የ(✓) ምልክት በማድረግ ያመልክቱ።

በጣም እስማማለሁ=5 እስማማለሁ=4 ለመወሰን ይከብደኛል=3
 አልስማማም=2 በፍፁም አልስማማም=1

ተ. ቁ	ጥያቄ	1	2	3	4	5
1	እንደማንኛውም ሰው እኩል ክብር ያለኝ ሰው ነኝ ብዬ አምናለሁ።					
2	ችግር በሚገጥመኝ ጊዜ ችግሩን ለመቋቋም ሁሌም በቂ ጉልበት አለኝ።					
3	ውጤታማ እንዳልሆንኩኝ ይሠማኛል።					
4	በጣም እንድጨነቅ የሚያደርጉኝ ብዙ ችግሮች አሉ።					
5	መጥፎ ነገር በገጠመኝ ጊዜ ከችግሩ ለመወጣት ብቃት እንደሌለኝ ይሠማኛል።					
6	መስራት የምፈልገውን ነገር ለመስራት መነቃቃቱ/ወኔው/ ያለኝ አልመስልም።					
7	በአጠቃላይ በነገሩ/በህይወቴ እርካታ ይሰማኛል።					
8	ነገሮች እየከበዱ በሚሄዱበት ጊዜ በቀላሉ ተሰፋ ቆርጫ አቆማለሁ።					
9	ምክንያት በሌለበት ሁኔታ ተደጋጋሚ የራስ ህምም አለኝ።					
10	አንድን ነገር መስራት በምሞክርበት ጊዜ ማንኛውም ነገር ወደ ተሳሳተ መንገድ የሚሄድ ይመስለኛል።					

III. ከማህበራዊ ሁኔታዎች ጋር መጣጣምን ለመለካት የቀረበ መጠይቅ

መመሪያ፡- የሚከተሉት ዓረፍተ ነገሮች ሰዎች ከሰዎች ወይም ከጓደኞቻቸው ጋር በሚኖራቸው ግንኙነት የሚያንፀባርቁትን ልምድ፣ ስሜት፣ ግንዛቤና ምላሽ (reaction) የሚገልፁ ናቸው። ለእያንዳንዱ ዓረፍተ ነገር አምስት አማራጮች ቀርበዋል። ስለሆነም የተዘረዘሩት ዓረፍተ ነገሮች ያለዎትን ልምድ በመግለፅ ረገድ ያላቸውን እውነታ በተሰጠው ባለአምስት ነጥብ መለኪያ ስር መልስዎትን የጭረት “√” ምልክት በማድረግ ያመልክቱ።

ሁልጊዜ እውነት=5 በአብዛኛው ጊዜ እውነት=4 አንዳንድ ጊዜ እውነት=3
 እብዛም እውነት አይደለም=2 በጭራሽእውነት አይደለም=1

ተ. ቁ	ጥያቄ	1	2	3	4	5
1	በማህበራዊ ሁኔታዬ ከሰዎች ጋር ባለኝ ግንኙነት በተወሰነ መልኩ አስቸጋሪ ነኝ።					
2	በሚገባ ከማላውቃቸው ሰዎች ጋር ስሆን ጭንቀት ይሠማኛል።					
3	ከሰዎች ጋር መሆንን እወዳለሁ።					
4	ተግባቢ እንደሆን የሚያስገድዱኝ አጋጣሚዎችን ለማስወገድ እጥራለሁ።					
5	ጥቂት ጓደኞቼ ብቻ እንዲገነዘቡኝ በፈለኩበት መንገድ ይገንዘቡኛል።					
6	ማህበራዊ ጉዳዮች ላይ ላለመሳተፍ ስለምፈልግ ይቅርታን ጠይቆ መቅረት እንዳለብኝ አስባለሁ።					
7	የማማክረው (የማወያየው) ሰው የለኝም።					
8	ከሰዎች ጋር በመስራት ረገድ ጎበዝ ነኝ					
9	ጥሩ ጓደኞች እንዲኖሩኝ የማደርገው ሙከራ ብዙም እንደፈለኩት አይሆንልኝም።					
10	ከገቢዬ አንፃር የአኗኗር ዘይቤዬን ከቤተሰቤ ፍላጎት ጋር የማጣጣም ክህሎት (ችሎታ) አለኝ።					
11	ከብዙ ጓደኞቼ ጋር ጠለቅ ያለ የጋራ ግንኙነት አለኝ።					
12	በምመራው ህይወትና በማንነቴ በጣም እኮራለሁ።					

IV. ችግርን ለመወጣት ወይም ለመቋቋም የሚደርግ ዘዴን ለመለካት የቀረበ መጠይቅ

ከዚህ በታች የተዘረዘሩት ዓረፍተ ነገሮች ስሜታዊ፣ አዕምሮአዊ፣ ባህርያዊና አካላዊ ጭንቀትን ለማስወገድ ሰዎች የሚጠቀሙባቸው የመቋቋም ዘዴዎች ናቸው። እያንዳንዱን ዓረፍተ ነገር በጥንቃቄ ካነበብሽ በኋላ ምን ያህል እነዚህን ስልቶች በተለያዩ ሁኔታ ቤተሰብሽን በመምራት ሂደት ውስጥ እንደተጠቀምሽባቸው የ “√” ምልክት ከተሰጡት አምስት አማራጮች መካከል በማድረግ አመልክቻህ።

ሁልጊዜ= 5 አብዛኛውጊዜ=4 አንዳንዴ=3
 በጣም ውስን ጊዜ=2 ጭራሽ አልጠቀምም=1

ተ.ቁ	ጥያቄ	1	2	3	4	5
1	የሚያስጨንቁ ክስተቶች በሚገጥሙኝ ጊዜ በአዕምሮዬ በማሰላሰል ሁኔታውን ለመገንዘብ እሞክራለሁ።					
2	በተመሳሳይ ሁኔታ ውስጥ ከነበረኝ ልምድ ተሞክሮን እወስዳለሁ።					
3	ክስተቱን የመማሪያ አጋጣሚና ክህሎት ማዳበሪያ እንደሆነ አድርጌ ለማየት እሞክራለሁ።					
4	ችግሩ በሂደት ሊፈታ እንደሚችል ራሴን አሳምናለሁ።					
5	በሁኔታው ሊያጋጥሙኝ የሚችሉ ፈተናዎችን አስባለሁ።					
6	የተከሠተውን ነገር ብዙም ላለማሰብና ላለማሰላሰል ያለኝን ጉልበት በሌላ የኑሮ ክፍል በሆኑ የህይወት ተግባራት ላይ አተኩራለሁ።					
7	ተመሳሳይ ገጠመኝ ካላቸው ግለሰቦች እርዳታ አሻለሁ ተሞክሮአቸውንም እወስዳለሁ።					
8	በችግሩ ጉዳይ ላይ ከቤተሰብ፣ ከጓደኞቼ እና ከሌሎች ሰዎች ጋር እወያይበታለሁ።					
9	ምን መስራት እንዳለብኝ በማሰብ የተቻለኝን ያህል ነገሮች እንዲሰተካክሉ እቅድ አውጥቻለሁ።					
10	ችግሩን ለመፍታት የተለያዩ የመፍትሄ ሃሳቦችን አቀርባለሁ።					

ተ.ቁ	ጥያቄ	1	2	3	4	5
11	ከችግሩ በክብር ለመውጣት የተቻለኝን ከማድረግ ወደኋላ አልልም።					
12	የችግሩን መንስኤ በተቻለ መጠን አስወግዳለሁ።					
13	የክስተቱን ጠንካራ ጎን ለማየት እሞክራለሁ።					
14	ስለ ራሴ ጥሩ እንዲሰማኝ የሚረዱኝን ነገሮች አስባለሁ።					
15	ስሜቴን ለመቆጣጠር እሞክራለሁ ።					
16	ክስተቱን አግዘፎ (አክብዶ) ላለማየት እሞክራለሁ።					
17	ችግሪን ከሌላ ሰዎች ችግር ጋር አነፃፅራለሁ።					
18	የሆነ የሚያስደስተኝ ቦታ ወይም ሁኔታ ፈልጌ ጥሩ ያልሆነ ስሜቴን አስወግዳለሁ።					

Appendix IV

የቃለ መጠይቅ መመሪያ

ሴቶች ብቻቸውን ቤተሰብ በሚመሩበት ጊዜ የሚኖራቸው የስነ ልቦናና የማህበራዊ ፈተና እንዲሁም እነዚህን ፈተናዎች ለማለፍና ለመቋቋም የሚያደርጉትን ጥረት ለመዳሰስ የሚቀርብ ቃለ መጠይቅ ነው።

1. ቤተሰብ በመምራት ሂደት ውስጥ ያጋጠምዎት ችግሮች ምን ናቸው?
2. ችግሮች በሚያጋጥምዎት ጊዜ ለመፍታት የሚያደርጉትን ጥረት በዝርዝር ቢገልፁልኝ? የትኞች መንገዶች የተሳኩ ነበሩ የትኞቹስ አልተሳኩም።
3. ችግሩ ከአቅም በላይ ነው ብለው በሚያስቡበት ጊዜ ለማን ያማክራሉ? ለምን?
4. ያለዎትን ኑሮ (ኢኮኖሚ) ከቤተሰብዎ ብዛት ጋር አያይዘው እንዴት ይገልፁታል?
5. አባወራ ባለመኖሩ ጥቃት(ጉዳት) ደርሶብኝል የሚሉት ነገር ካለ፤ በዝርዝር ቢያብራሩልኝ?
6. ህብረተሰቡ ባል ሳላት ሴትና ለሌላት ሴት ያለው አመለካከት ቢገልፁልኝ?
7. ራስዎትን ባል ካላቸው ጎረቤትዎ ፣ጓደኞችዎ ወይም ሌሎች ሴቶች ጋር ሲያነፃፅሩ የስራዎትን መጠን ወይም ክብደት እንዴት ይመዝኑታል?
8. በማህበረሰቡ የተለያዩ ጉዳዮች (በዓል፣ ሰርግ፣ ሰቅሶ ወዘተ) ያለዎትን ተሳትፎ እንዴት ይገልፁታል?
9. በህይወትዎ ውስጥ ያስጨንቃሉ የሚሉትን በተለይ ከቤተሰብ አስተዳዳሪነትዎ ጋር የተያያዙ ነገሮች ካሉ ቢያብራሩልኝ?
10. በመጨረሻም መገለፅ አለበት የምትይው ነገር ከእማውራነት ጋር አያይዘው ቢገልፁልኝ?

DECLARATION

I here by declared that this thesis is my original work and has not been presented for a degree in any other University, and that all sources of information used for the thesis have been duly acknowledged.

Name: Tirhas Hailu

Signature: 

Place and Date of Submission: Addis Ababa University, June, 2009

This thesis has been submitted for examination with my approval as a university advisor.

Name: _____

Signature: _____

Date: June, 2009

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