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The Effects of Poverty on Female-Headed Households





Introduction

- In the U.S., It is likely that the frequency of one-parent families, will increase or remain high. These families are highly vulnerable, since most are headed by women, whose social position is still relatively weaker than that of men. These women have to cope with the existing incompatibilities between gainful employment and family life, especially child care.

Children who live with only one parent, experience more disadvantages in terms of psychological functioning, behavioral problems, education, and health than those in two parent families.



Statistics

- Female-headed families have almost doubled in the last 13 years. In 1990, there were 51,000 female-headed households. By 2003, almost 95,000 family households were headed by women, an increase of 19%.
- Studies indicate that growing up in a female-headed family increases the risk of poverty 5 to 1.
- Almost half of the children living in female-headed households (48.6%) live below the poverty line. Research also reveals that poverty impairs productivity later in life by effecting children's socioemotional development.



What do we Know?

- There are many explanations why women, especially single head of households may be poor. Some include
 - Lack of child support payments
 - Lack of job opportunities in economically depressed area
 - Unemployment rates
 - Wage inequalities
 - Meager public benefits
 - Economic assets and resource deprivation
 - Lack of adequate childcare
 - Low levels of education



How are the Single Mothers affected?

- Chronic strains are associated with the inability to adequately fulfill family role obligations which can be particularly stressful and are believed to account for socioemotional problems such as depression. Mothers experiencing chronic strains are far more likely to be distracted, hostile, and abusive towards their children than are mothers who feel happy and in control of their lives. (McLanahan, 1985)
- Chronic strains caused by economic deprivation affects children's development by eroding parental coping behaviors and creating psychological distress which can result in parenting practices that are uninvolved, inconsistent, emotionally unresponsive, and harsh.

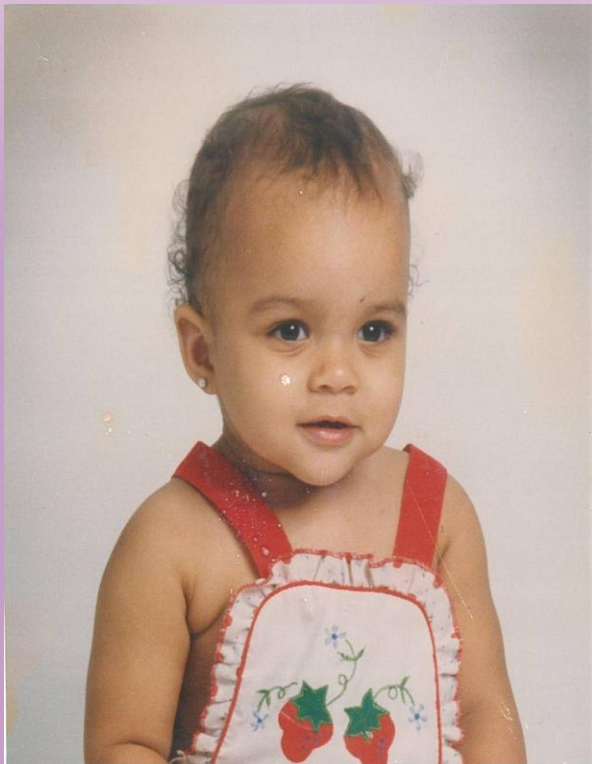


How are the children affected?

- Poorer children face unique challenges to healthy development associated with chronic poverty. These children are more likely to experience:
 - Greater levels of peer rejection
 - Lower popularity
 - Attend schools with few resources
 - Low achieving scores in the educational environment
 - Poor classroom behavior which can ultimately lead to future behavioral problems

My Inspiration - My Story

Kristian



Mariah



Jristian





10 Evidence-Based Implications for Practice

- **Human Capital Theory** implies that investment in human capital can raise future returns in the labor market even though it may entail opportunity cost at the beginning stages.
- **Promoting Post Secondary Education** as an intervention has been shown to
 - **Promote socioeconomic rehabilitation** by increasing generating occupations and micro finance
 - **The wage gaps** between workers with college degrees and those without has widened in recent years therefore, women whom are highly educated have higher earnings and occupational stats
 - **Educated women** tend to marry educated men. If divorced occurs, the educated men tend to provide more in child support and alimony which could help alleviate poverty
 - **Studies conclude** that mothers with higher education achieved higher levels of economic success and were less likely to return to welfare
 - **Increases the single mothers self esteem, self efficacy** and can enhance effective parenting practices



10 Evidence Based Implications for Practice-

- Single mothers experience more stressful life events than married mothers, therefore are at higher risk of depression, anxiety, and other forms of mental distress. Obtaining a college degree would help to alleviate their economic stress while improving their overall mental well-being
- Due to the fact that the mother would be earning a higher wage she would not have to work as many hours therefore creating more time to develop and nurture the parent -child interaction
- Mothers with postsecondary education also have a higher expectation for their children's educational achievement
- A mother with a college degree has increased opportunities to become employed with a company who offers beneficial resources to the entire family. For example, health care insurance, holiday and sick pay, vacations, and retirement.



How can we help?

- Become an advocate for federal and state policy change and Social Justice
- Create and Implement new resources and social programs
- Promote postsecondary education as an intervention without the loss of public benefits
- Volunteer
- Educate others
- Increase Housing Programs
- Teach valuable life and parenting skills

Individually, we are one drop. Together, we are an ocean."