



Experiences of Black Single Mothers Raising Adolescent Boys

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ABSTRACT Although many South African households are headed by single mothers, not much is known about their experiences of raising adolescent boys. Previous research has failed to address this experience of black single mothers who also experience socio-economic, psychosocial and educational challenges. Therefore, the objective of this paper is to explore and describe the experiences of black single mothers raising adolescent boys. The findings can serve as a starting point to create social development programs to effectively address the psychosocial challenges of these mothers. A qualitative approach and the descriptive phenomenological research design were followed. Semi-structured interviews were held with three participants. The collected data were analysed according to the principles of the descriptive. It was found, among others, that the participants were experiencing financial challenges, physical and mental issues, increased responsibility, and social insecurity. Gender, tradition, spirituality and health issues seemed to have a great impact on the experiences of these single mothers. It is recommended that social development programs be created to assist single mothers in raising their adolescent sons more effectively.