

**OPTIMISM LEVEL OF SINGLE MOTHERS FROM SELECTED
DEPRESSED AND NON-DEPRESSED FAMILIES IN
KAWIT, CAVITE**

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ABSTRACT

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This study aimed to determine the: (1) optimism level of single mothers from selected depressed families in Kawit, Cavite towards self, family, and community; (2) optimism level of single mothers from selected non-depressed families in Kawit, Cavite towards self, family, and community; and (3) significant difference between the optimism level of single mothers from selected depressed and non-depressed families in Kawit, Cavite towards self, family, and community.

This study used descriptive-comparative method to describe and differentiate the optimism level of the respondents in the study. The respondents of the study were the single mothers from selected depressed and non-depressed families in Kawit, Cavite. This study used purposive sampling technique in determining the respondents which resulted to the total of 80 samples. 40 from the depressed families and 40 from the non-depressed families.

This study revealed that there is a significant difference between the optimism level of the respondents from depressed and non-depressed families. The respondents from the selected non-depressed families were more optimistic than with those from depressed families. It indicates that although they are single mothers they still value themselves a lot, they have high hopes for their futures and they believe that their dreams

will come true someday. It also means that economic status of the respondents affect their optimism level, for the respondents from the non-depressed families having a wealthier family is an advantage, opposite with the depressed families they were somewhat affected with their present economic status.

This study revealed that there is a significant difference between the optimism level of the respondents towards self, family, and community.

TABLE OF CONTENTS

	Page
APPROVAL SHEET	ii
BIOGRAPHICAL DATA	iii
ACKNOWLEDGEMENT	iv
ABSTRACT	vi
TABLE OF CONTENTS	viii
LIST OF TABLES	x
LIST OF FIGURES	xi
LIST OF APPENDICES	xii
INTRODUCTION	1
Statement of the Problem	4
Objectives of the Study	5
Hypotheses	5
Significance of the Study	6
Scope and Limitation of the Study	7
Time and Place of the Study	7
Theoretical Framework	8
Conceptual Framework	10
Definition of Terms	11
REVIEW OF RELATED LITERATURE	12
Synthesis	32

METHODOLOGY	33
Research Design	33
Sampling Technique	33
Respondents of the Study	34
Data Gathering Procedure	34
Research Instrument	34
Statistical Analysis	37
RESULTS AND DISCUSSION	38
SUMMARY, CONCLUSION AND RECOMMENDATION	47
Summary	47
Conclusion	48
Recommendation	49
REFERENCES	51
APPENDICES	53