

Women in Pursuit of Self-Sufficiency: Barriers Among Mothers in Poverty

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BACKGROUND

- Poverty is prevalent in America, with 12.9% of all women and 10.6% of all men living in poverty (povertyusa.org).
- 1 in 3 single mothers are living in poverty (Patrick, 2017).

PURPOSE

To highlight the barriers that mothers in poverty may have to fulfilling their goal of becoming self-sufficient and financially stable.

PARTICIPANTS

- Nine (9) women who have children in their care
- All participants are Hamilton County Residents
- All participants were at 200% of the Federal Guidelines of Poverty

LIMITATIONS

- Due to COVID-19 I was not able to interview any of the participants, I had to rely on secondary data.
- One of the questionnaires went missing so we only have data for 9 out of the 10 participants
- Small sample of participants

REFERENCES

Patrick, Kayla. "NATIONAL SNAPSHOT: POVERTY AMONG WOMEN & FAMILIES, 2016." NATIONAL WOMEN'S LAW CENTER, 2017, [nwlc.org/wp-content/uploads/2017/09/Poverty-Snapshot-Factsheet-2017.pdf](https://www.nwlc.org/wp-content/uploads/2017/09/Poverty-Snapshot-Factsheet-2017.pdf).

"The Population of Poverty USA." *Poverty USA*, www.povertyusa.org/facts.

METHODS

- Quantitative Data Analysis (QDA)
- VESTA The Virtual Electronic Service Tracking Assistant
- Barrier Questionnaires
- Arizona Self-Sufficiency Matrix
- Data was gathered from the participants during a self-sufficiency training to identify their barriers and their self-sufficiency scores using Arizona Self-Sufficiency Matrix
- Data was reviewed and entered into VESTA to create reports

CONCLUSIONS

- Most of the participants reported mental barriers just as high, or higher than their physical/institutional barriers to self-sufficiency.
- This overwhelming concern about self-esteem in the participants was not consistent with the research that I had done.
- There is a lack of solid research in finding how an individual's confidence level can impact their route from poverty to self-sufficiency, especially in single mothers.

RESULTS

SELF-IDENTIFIED BARRIERS

