

SELF-CONCEPT AS CORRELATE OF EMOTIONAL STABILITY AMONG SINGLE PARENTS IN RIVERS STATE: IMPLICATION FOR COUNSELLING PSYCHOLOGY

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Abstract

This study investigates self-concept as correlate of emotional stability among single parents in Rivers State. Three research questions and three hypotheses guided the Study. Correlational research design was used for the study. The population of the study comprised all the single parents in Rivers State, estimated at 5,000. Multi-stage sampling technique was used for the study. Fluid survey sample size online calculator was used to determine the sample size of 400 single parents for the study. Four self-constructed instruments titled "Self-concept Scale" (SCS) and "Emotional Stability Scale" (ESS) were used to collect data. The instruments SCS and ESS were validated by experts. The reliability of the instruments was estimated through test-retest method and yielded reliability indices of; SCS $r=0.85$, and ESS $r=0.87$. The researcher administered the instruments to the respondents with the assistance of two research assistants. Pearson Product Moment Correlation Coefficient was used to answer and test the null hypotheses at 0.05 level of significance using SPSS. The findings of the study revealed that there was significant relationship between self-concept and emotional stability among single parents in Rivers State. The study recommended among others that: the Rivers State Government should organize seminars, workshops and conferences regularly on self-concept since it has positive relationship on single parents' emotional stability.

Keywords: Self-Concept, Emotional stability, Single Parents.

Introduction

Self-concept is a psychological construct which refers to a cluster of ideas and attitudes a single parent holds about him or herself, it may be positive or negative. In this study, emotional stability is regarded as the main component of the self-concept. Each of the single parents has a self-concept, the set of characteristics that reflect the type of person he or she is. By enabling them to describe who they are. Self-concept is central to single parents' existence as human beings, it shapes their thoughts and actions, it serves as a lens through which they

interpret the environment and their experiences, and it drives them to behave with some consistency across a variety of situations (Kettle, 2026). Traditionally, studies have focused on single parent commitment as the primary precursors of voluntary as distinguished from involuntary satisfaction. Increasingly, however, researchers have suggested in investigating possible self-concept variables that may help explain even more variance in emotional stability (Awan, 2025).

The researchers described self-concept as attitudes, feelings and perceptions relative to one's intellectual behavioural skills. They further considered single parents' self-concept to be how a single parent views his or her rearing capability when compared with other parents. Single parents attach a lot of importance to rearing capability, so that self-acceptance is based largely on cognitive abilities. A single parent with a negative self-concept, for example, might just avoid being a single parent because he or she would regard single parenting as too difficult. Single parents' self-concept is broadly defined as parents' self-perception of their own children upbringing capability. Researchers have emphasized the importance of single parenting' competence beliefs (often labelled as self-efficacy or self-concept), which may influence single parents' psychological variables.

In recent decades researchers have placed an increasing emphasis on multiple dimensions of self-concept. Self-concept refers to the totality of a complex, organized, and dynamic system of learned beliefs, attitudes and opinions that each person holds to be true above his or her personal existence. In other words, self-concepts are cognitive structure that can include content, attitudes or evaluative judgments and are used to make sense of the world, focus attention on one's goals and protect one's sense of basic worth (Yahaya & Ramli, 2025).

Lindstrom (2025) stated that self-concept involves description and an evaluation of one's perceived single parent and encompasses beliefs of self-worth associated with one's perceived children upbringing competence. They further explained that single parents compare their own capabilities with that of their counterparts (an internal comparison). This implies that single parents' capability self-concepts are determined by their perceptions of their upbringing capabilities accompanied by reward level as well as their assessment of their achievement standing relative to their counterparts. However, self-concept is regarded as a significant predictor of single parenting. In an investigation on single parent in France, Lindstrom (2020) found that there was a strong positive correlation between single parents' self-image, ideal-self, self-esteem and children's behaviour. Lindahl (2026) in a similar study noted that French single parents turned out to be more successful in their behaviours than Slovenians and it was further stated that the findings supported the possibility that the higher level of single parenting capability of French parents is mostly related to their higher self-concept.

Losoya (2025) asserted that self-image, ideal-self, self-esteem plays significant roles in the life of single parent when a parent is accepted, approved, respected, like by the society, one will have an opportunity to acquire an attitude of self-acceptance, self-confidence, self-worth, feeling of belongingness and respect for oneself. New Zealand, Australian Council for Educational Research ACER (2010) in Abadi (2025) explained that self-concept was seen as the general confidence that individuals felt about themselves and the levels of an individual's self-concept predicts the extent to which he or she was able to effectively carter for his or her

children and accomplish other daily tasks successfully or unsuccessfully. They further stated that much of the earlier interest in the self-concept versus single parenting capability stemmed from the belief that role self-concept had motivational functions and thus, changes in role self-concept would lead to changes in subsequent parenting capability.

Lovejoy et al. (2025) explained that an important part of one's happiness and success in life is having a positive self-concept. People with a positive self-concept are always self-confident and goal achievers. Whenever they achieve their goals, they are encouraged by their positive self-concept. In this study, a single parent who has a positive self-concept towards his or her family can change unwholesome habits, a person's physical attributes, family, knowledge, and capability throughout his life period causing changes in his self-concept.

Self-concept involves different persons view themselves diversely, according to the worth they attach to themselves. There are individuals who have high value and superior to others, they see themselves as small god, very proud and pompous. There are others who feel very inferior of themselves, they hardly talk good of themselves, all you hear from them is castration of their image, which deprives them of their vigour and turn them to mere weakling or puppet that can hardly operate on its own but rather used at will and dumped by others. Awan (2025) carried out a study on self-image and emotional stability among single parents in Tripoly. Result indicated that, there was no significant difference in feeling of competence, feeling of belongingness, self-worth and emotional stability among single parents, there was a positive significant difference in self-confidence and emotional stability among single parents.

Self-concept has been an issue of concert among single parents. So many who are infected by low self-concept are facing challenges which are weighing heavy on them and causing them stress, also holding too little self-regard can cause depression and make people stop lower than they should. It makes them tolerate every situation at all cost to the point of trading on their entitlement. Self-esteem is a vital aspect of life if we must make progress. Having a very low self-concept can result in failure and less achievement in some cases. It can push, people to making bad decisions and choices. It can make an individual feel incompetent and incapacitated almost always. Nevertheless, there should be moderation in everything concerning life. Self-esteem could damage one's personality when it is too low or very high. Every rational being is supposed to strike equilibrium.

Onysermam (2024) carried out a study on self-esteem and emotional stability among single parents in Qui Sultanpur city based on religious belief. Result showed that women who attach importance to religion had extremely emotional instability than their male counterpart. Lindstrom (2025) explained that self-concept simply means self-respect or appreciation. When you reverence something, you will value and regard it because of the qualities it possesses. Self-concept talks about the respect and value you accord yourself. Having low self-esteem means you do not have respect nor regard for your person. Negativity and self-pity overwhelm individuals with low self-concept. People with this attribute hardly believe in themselves, they lack the will power to press on and hold fast to what they really want. Real self-concept is usually optimistic and truthful.

Lindstrom (2025) explained self-concept as a person's complete view of self-confidence and individual assessment. Self-concept is essential for three basic reasons which are;

1. Important for living and healthy growth.
2. It occurs in concurrence with an individual's believe, mental state, and attitudes.
3. It sprouts from within considering the person's value and perception.

Lindah (2026) identified some indicators of low self-concept, which includes:

1. Bending down your head while walking. Walking with head pointing downward is a sign of low self-concept. Certain persons cannot walk raising their heads and looking around; they feel very shy at the sight of others.
2. Inability to look into people's eyes. Having eye contact is a very strenuous work for some individuals; eye communication to these groups of people is like the end of the world.
3. Always rendering apology. It does not matter whether they are at fault or guilty, they render apology. They would not want to hurt the other person but would rather prefer to own up whatever blame by apologizing.
4. Inability to accept praise; returning praise with a speech of denial is a symbol of low self-concept. If you are sure of yourself, the best way to accept compliment is with appreciation.
5. Using negative language all the time. People with low self-concept do not prophecy positive things to themselves. They will never say they know or can do anything but frequently pessimistic.
6. They take things seriously and always personal. They personalize issues so much. Because they are unsure of themselves, they feel they are been discussed.
7. They hardly mix up with others. Socializing is huge bulk of work to these ones.

People with real self-concept are not always apprehensive or irritated; (they accept constructive criticism always which makes them to excel in demanding circumstances, they could ask for help when they need it, and will not hesitate to admit that they do not know everything. To improve on your self-concept, you need to change your perception, stop holding grudges, tell yourself that you can do it, stop talking down on yourself, and discard all negative thoughts about yourself, hence, single parents who have low self-confidence and doubt their ability always perceive stress trying to discharge their duties, they find it difficult coping with children's' indiscipline and home management. They only find themselves getting irritated, frustrated and dissatisfied with their family.

Geoffrey (2026) postulated that behavior is influenced by ideal-self, and anger are linked to emotional factors. Self-concept refers to people's self-description in relation to others which exist at three levels. The self-concept is composed of one's attitudes, beliefs, intentions, norms, roles, and values. Self-concept, however, is both a product of events and a social force in its own right. Self-concept emotion suggests that single parents desire, seek, and try to create positive reflected appraisals, favorable, social, comparisons, and self-perceptions that attest to competence and morality. Single parents' self-concept are extensive autobiographical knowledge structures that imbue information with meaning, organize memory, inform perceptions of themselves and others, and regulate cognition and behaviour (Lord, 2025). Mishra (2025) conducted a study on the relationship between ideal-self and emotional stability of single parents in Bhilai, India. Result indicated that there was a significant relationship between social identity, value, philosophy and emotional stability of single parents.

Emotional stability is desirable trait that withstands difficult situations, handle adversity and remain productive and capable throughout, emotional stability refers to how a single parent feels about himself and those around him. Emotional stability refers to ways single parent develops the ability to observe and give meanings to feelings. It refers to the rate at which single parents are able to adapt and achieve realistic goals, and also based on feelings, behavior, and cognition that function as one which makes the individual relate well in his environment (Rich, 2025). Cognitive ability and environment of the single parent have been noted to affect the stability of emotion. In essence, emotion stability is a result of the environment one lives and what meaning the individual is able to make from the happenings in the family. Saarni (2025) stated that when a single parent is emotionally stable, he/she is able to do the following: (1) they are aware of their feelings; (2) having the ability to discern other peoples' feelings based on the other person's actions; (3) having pool of feelings and expressions that are present at different levels and environment; (4) having the ability to feel the pains of others and to express same to others; (5) having the skills to realize feelings that does not even tally with expressed feelings both in self and others. This implies that for single parents to have sound emotional stability, they must be raised in a balanced environment where they can perceive and obtain healthy emotion.

Emotion plays an important role in our existence. As human beings, our emotions, as well as those of others around us, influence our conduct, attitudes, and thinking in like manner will influence others through our emotions. Single parenting is an emotional activity. Knafo and Plomin (2025) defined emotional stability as any mental experience or feeling with high penetrating and high self-gratifying content (pleasurable) or experience resulting from happiness, confidence, calmness, and expectancy. Lipsey and Wilson (2026) stated that emotional stability dimension is recognised as a significant predictor of single parenting efficiency, and it is also known for its key role in maintaining conducive family social interactions. Low scorers on emotional stability are labelled as neurotic individuals, who have a tendency to display ineffective and efficient coping mechanisms, and also carry a hostile and impulsive attitude as well as they are self-blaming in nature, they lack the ability to find constructive solution to problems and show their indecisiveness very often. Low emotional stability also suggests about an individual's constant struggle with the feelings of insecurity and self-consciousness; such people are prone to psychiatric problems.

Leary (2025) defined emotional instability as a highly unpleasant emotional reaction such as; anguish, humiliation, or fury which results from another's conduct and for which damages may be sought called emotional harm, mental anguish, mental distress, mental disturbance, and mental suffering. Levy-Shiff and Israelashvili (2026) proposed a three stage of emotional instability. In stage 1, the individual experiences emotional instability as a consequence of experiencing pain when it is acute, as pain is most commonly associated with physical harm. In stage 2, when the pain does not remit and becomes chronic, psychological reactions may include learned helplessness, depression, emotional distress, anger, and somatisation. In stage 3, if psychological problem persists, the person may adopt a sick role, which permits him or her to be excused from responsibilities and obligations. Physical de-conditioning may have a deleterious effect on emotional well-being and self-esteem, which may lead to additional psychological difficulties. Kochanska (2026) in a study examined single

parents' efficacy and emotional intelligence of single parents of urban district in south Mysore. The result revealed that the levels of single parents' efficacy and emotional intelligence of single parents were placed under moderate category, a high level of both single parent efficacy and emotional intelligence would be correlated with children's happiness, family stability, single parents' willingness to implement innovation, and effective parenting. It was also concluded that younger single parents had the highest parenting efficacy and that parenting efficacy declined slightly with age.

Lovejoy et al. (2025) noted that low scores in parent inefficacy resulted in a range of negative emotion, such as stress, anxiety, anger, embarrassment, disgust, guilt and fear, while higher scores on this factor have a tendency to trigger self-assurance, calm and free from fluctuating and disturbing emotion. Lipsey and Wilson (2026) defined emotional stability as an objective experience which is internal thoughts and feelings, a psychological response which is controlled, and a behavioural or expressive response which is classifiable facial expression, positive body posture or modesty. He further stated that positive emotion could be attributed to the presence of loved ones, good relationship, rewards, friendliness, non-verbal abuse, sexual fairness, non-bullying, availability of guidance, availability of support and backup, good leadership, single parents' confidence in their abilities to deal with family, societal problems, and social relations which is to be the most un-stressful parenting related factors that can create prolonged positive atmosphere which courses single parenting efficiency.

Ubangha (2025) explained that emotions are important to single parenting efficiency because they relate to the parenting state of mind and how this state impacts on their behaviour, how they react to their environment and others around them. An unpleasant emotion sends a signal that they need to do something to improve the way they feel.

Knafo and Plomin (2025) postulated two aspects of emotion capable of infusing single parent efficiency and inefficiency. Positive emotion at home such as good attitude and excitement have desirable effect independent of a single parent's relationship with children and family members, including greater task activity, persistence, and enhanced cognitive ability. Strong positive emotion of emotionally intelligent parent includes optimism, positive mood, self-efficacy, and emotional resilience to preserver under adverse conditions. Lumen (2025) noted that single parents who express positive emotions at home are better equipped to influence their children and family members effectively. Single parent negative emotion at home can be formed by lack of finance, lack of infrastructure, and social relations which is the most stressful parenting related factor which involves contempt, distress, shame, and even disgust when they reflect upon their upbringing. They explained further that negative emotions are caused by a range of behavioural related matters, such as aggression, verbal abuse, sexual harassment, and environmental mismatch which could induce single parenting inefficiency.

Statement of the Problem

Single parenting is extremely common among Nigerians, Rivers State in particular. This family type has troubled the emotional stability and development of the single parents. Many single parents have poor self-concept; they may cry, be filled with anxiety, loss of self-worth, loss of confidence, loss of self-efficacy, difficulty controlling anger, they even shape their relationship with people around them negatively. Single parents showcase emotional liability, loss of self-motivation, they no longer feel for others including their children, they disassociate

with people and eventually become depressed. The researchers observed that being a single parent is very tough and challenging, as they may face challenges in combining daily activities and the upbringing of their children. As a result, the single parent did frequent absenteeism from job or business and extracurricular activities, reduced capacity to function at work, exhibit violent behaviours, emotional disturbances, poor attention span in daily activities, stress, etc. In other words, they are not likely to perform up to work standard and daily expectation. Earlier researchers have expressed that single parent home exhibited extreme depression, anxiety, frustration, loss of self-worth and anger that are detrimental to themselves their children and the entire society which have not been carried out in Rivers State. Hence, this study empirically seeks to find out the relationship between self-concept and emotional stability among single parents in Rivers State.

Research Questions

The following research questions guided the study:

1. To what extent does self-esteem relate to emotional stability among single parents in Rivers State?
2. To what extent does self-image relate to emotional stability among single parents in Rivers State?
3. To what extent does ideal-self relate to emotional stability among single parents in Rivers State?

Hypotheses

The following null hypotheses guided the study and was tested at 0.05 level of significance

1. There is no significant relationship between self-esteem and emotional stability among single parents in Rivers State.
2. There is no significant relationship between self-image and emotional stability among single parents in Rivers State.
3. There is no significant relationship between ideal-self and emotional stability among single parents in Rivers State.

Methodology

The research design for this study was a correlational research design. Chikwe (2017) defined a correlational research design as the foundation of relationship that exists between two or more variables designed at a better mastery of each of the two or more variables by determining them separately and scrutinizing how each of the variables changes in accordance with or in association with changes in the other. Correlational research design was suitable because the study sought to find out the relationship between self-concept and emotional stability among single parents in Rivers State. The population of the study comprised all the single parents in Rivers State, totalling about 5,000 Source: (Rivers State Ministry of Social Welfare, 2026). Multi-stage sampling technique was also used to select 400 single parents that constituted the sample.

Two self-designed instruments were used for data collection. They are 'Self-concept Scale' (SCS) and 'Emotional Stability Scale' (ESS). Each instrument was structured in a modified Likert four point scale. The instruments; SCS and ESS) were validated by two experts. The reliability of the instruments was determined using test-re-test reliability technique. The scores so obtained were

then analysed using Pearson product moment correlation, which yielded the following reliability indices; Self-concept Scale $r=85$ and Emotional Stability Scale $r=87$. The coefficients so obtained were high enough to guarantee the use of the instruments for the study. The researcher personally administered the instruments to the respondents with the help of research assistants. Pearson product moment correlation coefficient was used to answer and test the research questions and also the corresponding null hypotheses at 0.05 level of significance using SPSS version 25.

Result

Research Question One: To what extent does self-esteem relate to emotional stability among single parents in Rivers State?

Hypothesis One: There is no significant relationship between self-esteem and emotional stability among single parents in Rivers State.

Table 1: Pearson Correlation between Self-Esteem and Emotional Stability Among Single Parents

Variables		Self-Esteem	Emotional Stability
Self-Esteem	Pearson Correlation	1	.759
	Sig. (2-tailed)		.000
	N	400	400
Emotional Stability	Pearson Correlation	.759	1
	Sig. (2-tailed)	.000	
	N	400	400

Alpha level = 0.05

In Table 1, the r value (.76) indicated a significant positive relationship between self-esteem and emotional stability among single parents in Rivers State. This result showed that as scores on self-esteem increases, there is also a corresponding increase in the scores on emotional stability. The Table also revealed that the relationship between self-esteem and emotional stability is significant at 0.05 alpha level, because the p -value of .000 is less than 0.05 alpha level ($.000 < .05$). This means that the null hypothesis is rejected indicating that; there is a significant positive relationship between self-esteem and emotional stability among single parents in Rivers State. It also means that the more self-esteem single parents have, the more emotionally stable they become.

Research Question Two: To what degree does self-image relate to emotional stability among single parents in Rivers State?

Hypothesis Two: There is no significant relationship between self-image and emotional stability among single parents in Rivers State.

Table 2: Pearson Correlation between Self-Image and Emotional Stability Among Single Parent

Variables		Self-Esteem	Emotional Stability
Self-Image	Pearson Correlation	1	.715
	Sig. (2-tailed)		.000
	N	400	400
Emotional Stability	Pearson Correlation	.715	1
	Sig. (2-tailed)	.000	
	N	400	400

Alpha level = 0.05

In Table 2, $r = .72$, the value (.72) indicated a positive relationship between self-image and emotional stability among single parents in Rivers State. This result showed that as scores on self-image increases, there is also a corresponding increase in the scores on emotional stability. The Table also revealed that the relationship between self-image and emotional stability is significant at 0.05 alpha level, because the p-value of .000 is less than 0.05 alpha level ($.000 < .05$). This means that the null hypothesis is rejected indicating that; there is a significant relationship between self-image and emotional stability among single parents in Rivers State.

Research Question Three: To what extent does ideal-self relate to emotional stability among single parents in Rivers State?

Hypothesis Three: There is no significant relationship between ideal-self and emotional stability among single parents in Rivers State.

Table 3: Pearson Correlation between Ideal-Self and Emotional Stability Among Single Parents

Variables		Ideal-Self	Emotional Stability
Ideal-Self	Pearson Correlation	1	.543
	Sig. (2-tailed)		.001
	N	400	400
Emotional Stability	Pearson Correlation	.543	1
	Sig. (2-tailed)	.001	
	N	400	400

Alpha level = 0.05

In Table 3, the Pearson r of .54 indicated a significant positive relationship between ideal-self and emotional stability among single parents in Rivers State. This result showed that as their ideal-self increases, there is also a corresponding increase in emotional stability. Table 4.1.8 also revealed that the relationship between ideal-self and emotional stability is significant at 0.05 alpha level, because the p-value of .001 is less than 0.05 alpha level ($.001 < .05$). This means that the null hypothesis is rejected, indicating that there is a significant positive relationship between ideal-self and emotional stability among single parents in Rivers State. The result also implies that the more ideal-self single parents possess, the more they are emotionally stable.

Summary of Findings

Based on the results from the analysis of the study, the major findings of the study among others were summarized thus:

1. There was a significant positive relationship between self-esteem and emotional stability among single parents in Rivers State.
2. There was a significant positive relationship between self-image and emotional stability among single parents in Rivers State.
3. There was a significant positive relationship between ideal-self and emotional stability among single parents in Rivers State.

Discussion of Findings

Relationship between Self-Esteem and Emotional Stability Among Single Parents in Rivers State

Research question one/hypothesis one revealed that there is a positive relationship between self-esteem and emotional stability. This result showed that as scores on self-esteem increase, there is also a corresponding increase in the scores on emotional stability. The result also revealed that there is a significant relationship between self-esteem and emotional stability among single parents in Rivers State. This corresponded with the findings of Sreenivivesulu and Kumer (2021), Naik and Francis (2023) and Michael (2022). Naik and Francis (2020) studied self-esteem and single parenting emotional stability. The population of their study was all the single parents in different communities in Sundargarh district. Result of the study revealed that there was significant difference found between high self-respect and self-value of single parents with regard to their emotional stability. No significant difference was found between low self-esteem and single parents' emotional stability. Sreenivivesulu and Kumer (2021) studied the impact of self-esteem on single parents' emotional stability. A descriptive design was used for the study. The result showed that there was significant impact of self-esteem on single parents' emotional stability. Michael (2022) conducted a study on the relationship between self-esteem and emotional stability of single parents in Uhelel in Uganda. Result showed a significant positive relationship between self-esteem of sense of worth and single parents' emotional stability. Result also indicated that single parents with low self-esteem found it difficult to interact with children, and they found it difficult to get into the business of single parenting, hardly they related freely, which affected their emotional stability. The finding of this study is not surprising because positive self-esteem is valuable that boasts self-confidence and emotional stability.

Relationship between Self-Image and Emotional Stability Among Single Parents in Rivers State

Research question two/hypothesis two revealed that there is a positive relationship between self-image and emotional stability. This result showed that as scores on self-image increase, there is also a corresponding increase in the scores on emotional stability. The result also revealed that there is a significant positive relationship between self-image and emotional stability among single parents in Rivers State. Amaka (2023), Adekunle et al. (2024) and Debra (2022). Amaka (2023) carried out a study on single parents' perception of factors affecting emotional stability in Ekwusigo Local Government Area of Anambra state. Their finding revealed that positive feeling of belonging, identity, self-confidence and feeling of competence greatly enhanced single parents' level of emotional stability. Adekunle et al. (2024) investigated the associations between single parents' intelligent, beauty, handsome, talent and emotional stability in Lagos State. From the result, it was found that the relationship between emotional stability of single parents and self-image using gender, age and education was significant and weak. Also, they were the determinants of emotional stability. The study also revealed that age, gender and education were the predictors of single parents' emotional stability. Debra (2022) study on the effect of self-image of identity, name and belonging as indicators of emotional stability of single parents in Benue State, found that there was a significant relationship between identity, belonging, self-image, name and emotional stability, which is in line with the

present findings. This present finding could be explained based on the fact single parents used in this study had positive self-images which focuses on their good qualities.

Relationship between Ideal-Self and Emotional Stability Among Single Parents in Rivers State

Research question three/hypothesis three revealed that there is a positive relationship between ideal-self and emotional stability. This result showed that as their ideal-self increases, there is also a corresponding increase in emotional stability. The result also revealed that there is a significant positive relationship between ideal-self and emotional stability among single parents in Rivers State. This finding is consistent with the findings of Theresa and Henry (2023) and Nahid (2024). Theresa and Henry (2023) examined the impact of ideal-self on single parenting in Kaduna State. Correlational research design was employed for the study. The finding of their study revealed that there was a linear relationship between ideal-self (of hope, core identity and optimism) and single parents proxy (outcome) which is single parents' morale. Nahid (2024) study on single parents' ideal-self and emotional stability in Dahu, found that there were positive significant correlations between optimism and emotional stability, between comprehensive sense of core identity and emotional stability and also between compassion and emotional stability of single parents. This present finding could be so because single parents, who possess positive ideal-self, love and self-acceptance could easily develop emotional stability.

Conclusion

Based on the findings of the study, it was concluded that there was a positive relationship between self-concept and emotional stability among single parents in Rivers State.

Recommendations

Based on the findings of this study, the following recommendations were made:

1. Rivers State Government should organize workshops/seminars periodically for self-concept on their positive impact on emotional stability.
2. Single parents should periodically visit counsellors for counselling. This might boost their self-concept which may influence their emotional stability in general.
3. Based on the significance of the study variable; Self-concept, the positive emotional stability among single parents, there is the need for them to always evaluate their emotions to avoid emotional instability which might affect their children negatively.
4. If workshops/seminars are expensive to attend as a result of inadequate finance, the single parents should be enlightened on the need to be emotionally stable through the single parents' meetings.

Implication for Counselling Psychology

The findings of the study for some obvious reasons have counseling implications thus:

1. Any single parent who experiences the circumstances that cause behaviour change should go for professional help in order to overcome their emotional instability by seeking the assistance of psychologist as well as medical assistance.
2. Psychologist/Counsellors should assist single parents to increase their level of self-confidence, self-value, self-believe, and trust. They should also be helped to increase their level of interpersonal relationships, for such will help them sustain their emotional stability.

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