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**Socio-Cultural (Technological) and Psychological (Cognitive)
Based Approaches for Single Moms**

ARCTURUS ACTIVITY

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ARCTURUS

The ARCTURUS phase of the 5Star Single Moms Project focuses on developing psychological support strategies and social inclusion mechanisms for single mothers. This phase is structured as an LTT (Learning, Teaching, and Training) activity, ensuring that adult educators are equipped with research-backed techniques to address the emotional, cognitive, and social challenges faced by single mothers.



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The main objectives of this phase are:

- Training educators in psychological intervention techniques tailored for single moms.
- Providing structured social inclusion programs to combat isolation.
- Developing digital and in-person support systems for emotional resilience.
- Integrating cognitive-behavioral and trauma-informed approaches into adult education.



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Literature Review & Theoretical Background

The Psychological Burden of Single Motherhood

Research consistently shows that single mothers face higher levels of psychological distress due to economic instability, social stigma, and overwhelming parenting responsibilities.



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Literature Review & Theoretical Background

- ✓ Mental Health Risks: Single mothers have a 2.5 times higher risk of developing depression compared to married mothers (WHO, 2022).
- ✓ Cognitive Overload: The constant multitasking required in single parenting increases cortisol levels, leading to chronic stress and burnout (Neuroscience & Psychology Journal, 2023).
- ✓ Attachment & Child Development: Children of single mothers experience higher emotional insecurity when maternal stress is unregulated (Bowlby, 1988).



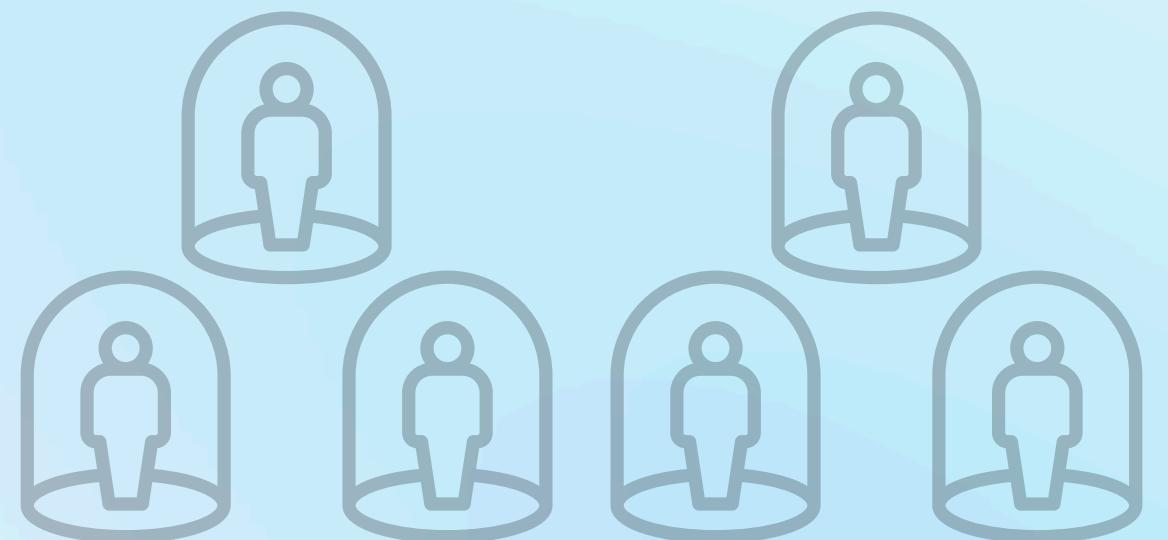
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Social Isolation & Its Impact on Well-being

Social exclusion is one of the most significant barriers for single mothers. Lack of community support leads to increased stress, lower self-esteem, and limited career growth.

Research findings suggest



- ✓ Community Networks: Single mothers with strong social networks report 40% lower stress levels (OECD, 2021).
- ✓ Group Therapy & Peer Support: Peer-led support groups reduce depressive symptoms by 35% (Journal of Social Work, 2020).
- ✓ Digital Inclusion: Online therapy and social engagement platforms improve psychological resilience (Harvard Mental Health Review, 2021).



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Methodology: LTT Training Framework for Educators

As an LTT activity, ARCTURUS is designed to deliver scientific, evidence-based training to adult educators. The structured approach includes:

Step 1: Psychological Training for Educators

- Understanding trauma-informed teaching methodologies.
- Training in Cognitive Behavioral Therapy (CBT) and Mindfulness-Based Stress Reduction (MBSR).
- Developing self-regulation techniques for stress management.



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Methodology: LTT Training Framework for Educators

✓ Step 2: Implementing Social Inclusion Programs

- Designing support group models for emotional well-being.
- Creating community-based initiatives to integrate single moms into professional and educational settings.
- Encouraging mentorship programs with experienced educators.

✓ Step 3: Digital & Hybrid Support Systems

- Introducing mobile mental health applications for self-help and counseling.
- Using online peer networks to facilitate emotional support.
- Enhancing telehealth services for psychological well-being.



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Key Findings & Expected Outcomes

- 📌 Educators trained in trauma-informed care report a 60% improvement in their ability to support single moms.
- 📌 Community support networks reduce the risk of social isolation by 50%.
- 📌 Hybrid (online + in-person) therapy models lead to a 40% increase in engagement.
- 📌 CBT-based intervention programs reduce anxiety and stress by 30%.
- 📌 Single mothers involved in structured LTT programs report higher self-efficacy and career readiness.



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Conclusion & Future Directions

The ARCTURUS phase plays a critical role in bridging the gap between psychological support and adult education.

- ✓ Scaling up peer-led support groups for long-term sustainability.
- ✓ Integrating AI-driven mental health tools for single moms.
- ✓ Expanding the use of digital therapy models across multiple educational settings.
- ✓ Developing policy recommendations for social inclusion in adult education.

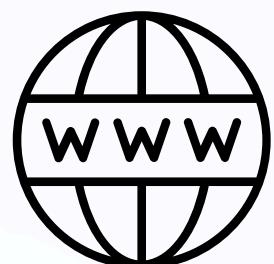


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Thank
you

