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# Research Skills for Social Services Mentoring Programme

PROJECT ABSTRACTS



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# **Programme Evaluation for Mums' Collective**

**Goh Qian Ying (South Central Community Family Service Centre)**

Women in Singapore tend to be disproportionately affected by poverty due to unequal distribution of caregiving responsibilities and domestic labour in their families, barriers to accessing quality formal childcare, unavailability of work that provides supportive employment conditions, and receiving low wages even when they work (AWARE, 2019). South Central Community Family Service Centre Mums' Collective Programme's objective is to provide a platform for low-income mothers with young children aged 0-6, to come together as a collective to be part of their own change process in improving their life circumstances.

This is a pilot study which was held for over a year and this programme evaluation was conducted to provide insights for the next run of the programme. Through the participatory process, we seek to increase the skills and competencies of the mothers, increase the social networks of mothers, and to raise critical understanding of the challenges faced. In the long term, it is also hoped that the platform can also provide an opportunity for co-solutioning some of the challenges they faced. A qualitative interview was conducted for all participants (n = 6) in the group as well as the 2 community connectors leading the group. As part of the Participatory Action Research, the 2 community connectors were trained to conduct qualitative interviews for the 6 participants while the Principal Investigator interviewed the 2 community connectors.

The responses from the interviewees suggested that Mums' Collective has been effective in increasing their social capital, skills and competencies and awareness of the challenges and resources. This study has also provided a glimpse into the motivation and experience of the participants and community connectors in participating Mums' Collective programme. The results have helped informed the team of the enablers and barriers for the next run of Mums' Collective programme and provided insight to the changes that the team can take on.

# **Successful Ageing and Empowerment Among the Elderly in Eunus Crescent**

**Norfadzlin Binte Nasir (Sathya Sai Social Service)**

In January 2023, the Ministerial Committee of Ageing has launched the 2023 Action Plan for Successful Ageing, to focus on creating opportunities for the elderly to learn, volunteer and continue living independently in the community. To align the active ageing centre's care model with the action plan, more understanding on senior empowerment and community support is required. This paper seeks to understand how empowerment is perceived by the elderly and the importance of formal services in supporting them to successfully age in the community.

Using qualitative methodology through semi-structured, audio recorded interviews, data were collected from seven elderly volunteers who are members of Tembusu Active Ageing Centre (TAAC). Literature reviews on ageing-in-place, successful ageing and empowerment were conducted to identify critical factors that form the basis of the interview questions. Combining qualitative methodology and the understanding of the Maslow's Hierarchy of Needs and the Asset-Based Community Development (ABCD) Theory, this study suggests that the freedom to make decisions is important for an elderly to be empowered and contribute to the community.

The findings suggest that aside from physical support from community services, elderly also require support in relation to their psychological, social and emotional needs.

These findings can suggest new ways for the organisation to examine the current programmes and services and develop new programmes that can support empowerment practice.

# **The Connection Between Co-Parenting Relationship and Child Outcomes**

**Poh Joo (Care Corner Singapore Ltd)**

The purpose of this research study is to investigate the prevalence of conflicts in co-parenting among divorcing parents in Singapore and explore the relationship between co-parenting behaviours and child outcomes. The study utilised a correlational research design, using a sample of 127 unique divorcing parents with children aged 3-20 years old in Singapore who were mandated to partake in a pre-divorce education and support programme. Participants completed both Multidimensional Co-Parenting Scale for Dissolved Relationship (MCS-DR) and Paediatrics Symptoms Checklist-17 (PSC-17) self-report questionnaires, and their results were analysed using correlation analysis and descriptive statistics to determine the relationship between coparenting behaviours and child outcomes; and the prevalence of co-parenting conflicts in Singapore's divorcing parents. Hypotheses tested includes testing the correlation between co-parenting support, conflicts and child outcomes.

The results of this research study suggest that a significant proportion of divorcing parents in Singapore experience a high level of conflict in their co-parenting relationship. The study also found that while there is a positive correlation between co-parenting support, conflicts, and child outcomes, the effect is relatively small; and the most significant factor influencing a child's coping, especially children's internalising coping behaviours, are self-controlled and externally- controlled covert conflicts. The findings hold important implications for family interventions and parenting programs aimed at improving co-parenting behaviours and promoting positive child outcomes.



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