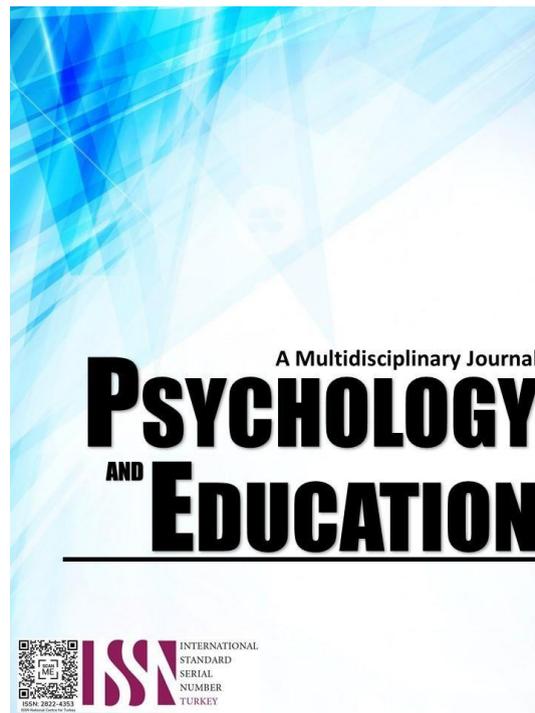


**ANG NAGING KAMALAYAN BUNGA NG
HIWALAYAN: UNDERSTANDING YOUNG
ADULTS' ATTITUDES TOWARDS
PARENTAL SEPARATION**



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Ang Naging Kamalayan Bunga Ng Hiwalayan: Understanding Young Adults' Attitudes Towards Parental Separation

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Abstract

The end of a relationship entails a significant change in one's life. Separation of parents is defined as living in a household with only one parent or in a home where the parents are married but eventually stop living together as a couple. Typically, the experience of having a dysfunctional or unsatisfying relationship precedes the parents' separation. This study aims to explore the lived experiences of young adults towards their parents' separation, specifically: (1) to describe the lived experiences, advantages and disadvantages, towards parental separation; (2) to determine young adults' specific attitudes towards parental separation; and (3) to identify the coping mechanisms regarding parental separation. Utilizing the Interpretative Phenomenological Analysis (IPA) method, the study findings are the following: (1) Young adults experienced more disadvantages from parental separation than advantages. Most participants battled mainly with longing for parental support, early childhood responsibility, and delinquency. (2) Young adults displayed various attitudes regarding affect, mainly sadness, perplexity, anger, fear, frustration, and envy. Some of them displayed inappropriate behaviors towards social relationships, such as avoidant, apathetic, disrespectful, and violent behaviors. (3) Most young adults, primarily males, coped mostly through acceptance and forgiveness, social support, positive changes, optimism, and lessons from the situation.

Keywords: *attitudes, young adults, philippines, phenomenological study, parental separation*

Introduction

The end of a relationship entails a significant change in one's life. Separation of parents is defined as living in a household with only one parent or in a homewhere the parents are married but eventually stop living together as a couple. Typically, the experience of having a dysfunctional or unsatisfying relationship precedes the parents' separation (Helsingin Kaupunki, 2021). Signs that separation is imminent include scorn, harsh criticism, silence, persistent defensiveness, and an inability to resolve disagreements. Numerous studies have examined or identified parents' separation and child outcomes, including cognitive abilities, educational outcomes, and emotional and psychological well-being. Many Filipinos have had or tried to have their marriage dissolved, despite the convergence of conditions that prevent most Filipinos from doing so (Abalos, 2017). In the United States, an estimated 1.1 million youth experience this change within the family each year, with 30-50% living in separated families before age 16 (Wolchik, Christopher, Tein, Rhodes, & Sandler, 2018). Parental separation is a significant adverse childhood occurrence that is generally a risk factor for a child's behavioral conflict (Xerxa et al., 2019). It instills various emotions in many children, including fear, rage, and relief.

Attitude is the mind's proclivity to act in a particular way due to experience and behavior (Muslim, Harun,

Ismael, & Othman, 2020). As a concept and holistic term, an attitude has been defined as a psychological propensity to assess various entities with varying degrees of agreement and disagreement. Attitude is associated with behavioral intention in a good way. A more thorough definition states that an attitude is a person's perspective or personality comprised of affective, cognitive, and behavioral components. The cognitive component is one's beliefs or facts about the attitude object. Regarding children's attitudes towards parental separation, it is regarded as an added trauma to an adverse stressful situation at home and a lengthy, challenging journey. According to one study, separated parents and raising children to influence their children's affective, behavioral, and cognitive aspects. It also includes increased rates of depression and other types of maladaptive behavior, difficulty recovering from stressors, and struggle to control emotions (De Witte, 2018b). For instance, when a child of separation shows the models of behavior obtained from their parents when they separated, they internalize their thoughts and attribute these events to a lack of trust in people or a general mistrust toward relationships (Pearce, 2017). Several studies have been conducted on children's attitudes toward their parents' separation. However, these studies still need to be more extensive and adequate to guarantee young adults' overall lived experiences with their different family structures and within the different life contexts of young adults with their parents separated.

According to Gongala (2022), research shows that children might get better grades when their parents separate, as they no longer have to worry about the issues in their families. Most or some of the children of separated parents may also learn the best lessons in handling relationships on a positive note and strive hard to avoid repeating the same mistakes from their parents. Generally, parental separation would free their children from stress, which might improve their physical and emotional health (Leamon, 2017). However, these studies do not support other studies' claims with the inconsistencies about girls' and boys' attitudes towards parents' separation. According to Justice Research and Data (2015), girls showed poorer self-esteem and more behavioral issues than boys. Comparatively, 63% of the girls and 27% of the boys had worse psychological conditions. Contrarily, some studies claim that there are no differences in males' and girls' attitudes at all.

The study's objective is to explore the lived experiences of young adults regarding their parents' separation. It also aims to determine young adults' specific attitudes and coping mechanisms regarding parental separation. This study aims to contribute to the small but growing body of knowledge about children's attitudes following their parents' separation. This study will be used in psychology to create and promote awareness about children who have experienced an unhealthy family structure. Understanding children's health and emotional well-being in connection to their family structure will expand the field of study on the social and psychological factors and the relevance of parental separation to their children's attitudes.

Research Questions

This study, entitled "Ang Naging Kamalayan Bunga ng Hiwalayan: Understanding Young Adults' Attitudes Towards Parental Separation," aims to explore and understand the attitudes of BS Psychology (1st-year to 4th-year) college students in private schools in Bocaue, Bulacan in the Academic Year 2022-2023. Specifically, this study sought answers to the following questions:

1. What are the lived experiences of young adults with parental separation?
2. What are the attitudes of young adults towards parental separation?
3. What are the coping mechanisms of young adults towards parental separation?

Methodology

Strategies of Inquiry

A qualitative research strategy called "phenomenological research" was utilized to comprehend and characterize a phenomenon's fundamental elements. The methodology examines human experience in daily life while putting aside the researchers' prior notions about the phenomenon. In other words, phenomenology research investigates actual events to learn more about how people interpret them. The premise behind phenomenological research design is that individuals employ a standard structure or essence to interpret their experiences (Delve, 2022). They interpret the participants' emotions, perceptions, and beliefs to elucidate the essence of the event under inquiry. The researcher's preconceived notions about the experience or phenomenon must be bracketed in phenomenological research design. To fully understand it, phenomenological research designs are used to examine the perspectives of persons who have encountered a phenomenon to comprehend its universal character. This method is frequently used to investigate lived experiences, learn more about people's thinking, and widen a researcher's understanding of a phenomenon.

Respondents of the Study

The study's participants involved BS Psychology college students in private schools in Bocaue, Bulacan. The participants were between eighteen (18) and twenty-five (25) years old. The researchers only selected respondents whose parents separated and lived with only one parent or without both parents. The researchers focused on their criteria to identify and select participants to contribute to the study. The researchers ensured the availability and willingness to engage and the respondents' capacity to convey experiences and views coherently, expressive, and reflective. The participants' selection reflects and serves as an example of the homogeneity of the sample pool. In a phenomenological approach, the researchers ask the participants to remember, reflect on their lives, and explain and interpret these recollections. The purpose is to gain a comprehensive, holistic, and more in-depth understanding of the respondents' lived experiences.

Data Collection Approaches

The researchers conducted one-on-one interviews with young adults whose parents have separated to enhance the findings of this study. Given the safety precautions and COVID-19 constraints, the discussion took place via an online video conference call using tools such as Zoom, Google Meet, or Messenger, as preferred by the participants. Participants were given consent forms ahead of time to comply with legal requirements. The consent form was delivered to each participant via Google forms, permitting the full interview to be videotaped for transcription reasons. Participants were guaranteed that all information and data were kept confidential following the conversation. This study used a semi-structured interview guide submitted to an intensive validation process by subject matter experts to guarantee accuracy. The researchers created an interview guide with particular questions to narrow this study's three primary themes. The inquiries primarily focused on young adults' experiences, attitudes, and coping techniques in the aftermath of their parent's separation. Furthermore, it is vital to emphasize that participants can provide clarification or concerns about these questions.

Data Analysis Procedure

The study used a qualitative approach, precisely the Interpretative Phenomenological Analysis (IPA) method. The benefit of the study is quadrupled because of the bonding relationship the technique allows researchers to build with their research participants. It provides researchers with the best opportunity to understand the most intimate reflections on the "lived experiences" of research participants. The interpretive-phenomenological analysis approach as a "participant-centric" approach allows respondents (research participants) to express themselves and their "experiential stories" at their discretion, without bias or persecution. The use of the IPA approach in a qualitative research study underscores the fact that its main aim and essence is to explore the participants' lived experiences and allow them to narrate the research results through their 'lived experiences (Alase, 2017).

There are several methods for gathering qualitative data. One of the most efficient strategies for eliminating content inconsistencies is to record and transcribe interviews. A detailed review of the data acquired from young adults whose parents have separated was required. The interview data included each participant's precise statements verbatim and were thoroughly reviewed. The interview

transcriptions underwent thematic content analysis to weed out biases, identify common themes as the data is being searched, and find common patterns across the data set. Familiarizing oneself with the information and extracting preliminary analytic ideas from it is critical (Canary, 2019). The next step was creating basic codes and themes that captured and unified each piece of information. The participants' experiences, attitudes, and coping techniques were significant issues in this study. Furthermore, the method culminated with creating more precise sub-themes and a brief and cohesive report containing these sub-themes. These tactics ensured that the information was trustworthy, accurate, and unavoidable.

Results and Discussion

The Lived Experiences of Young Adults with Parental Separation

The experiences of parental separation among young adults varied greatly, and it is complex to assume whether parental separation is entirely a "good" or "bad" experience for them. However, specific patterns of shared experiences and viewpoints were found.

This theme presented the lived experiences of young adults, and various themes involved ten (10) participants who had positive experiences with parental separation. This theme emphasized independence, a non-chaotic environment after the separation, parents' better lifestyle, freedom, and financial assistance. Moreover, fifteen (15) participants had negative experiences with parental separation. This theme emphasized longing for parental support, early childhood responsibility, neglect of childhood, the feeling of incompleteness, delinquency, and sudden adjustment.

Advantages

Being independent is a skill that only some possess. However, being overly independent can sometimes result in loneliness. Nevertheless, in today's fast-paced world, it is crucial to learn how to be independent (Delaware Psychological Services, 2021). Due to parental separation, some participants, like Kwangsoo, expressed and shared their experience of becoming independent. As he shared:

"Ayun siguro yung natuto kaming maging independent sa mga sarili namin and mas nag bond yung relationship namin magkakapatid na okay lang na

kahit wala kaming magulang natuto kaming magluto, natuto kami sa sarili namin, kaya namin imanage yung bahay naglilinis kami, naglalaba, nagluluto kaya namin patakbuhin to ayun mas naging independent kami ayun yung nakita kong advantage."

Jungkook, another participant, shared the same sentiments and experience. He stated:

"Isa sa mga advantages, is naging independent ako ngayon, kasi simula nung natuto akong kumayod, tumayo sa sarili kong paa sa mga gigs, nag work. Dun ako natuto na kahit bubuhayin ko yung sarili ko, susuportahan ko iyong sarili ko, kasi iyong stepfather ko hindi niya ako pinag aaral and yung mama kowalang trabaho."

Also, in line with Jihyo's response. He also shared that due to his parent's separation, he learned to be independent like the two other participants, Kwangsoo and Jungkook.

"Siguro yung advantages po siguro yung matuto kang maging independent kasi hindi rin naman ako maka asa sa lolo at lola ko nga since nagtatrabaho sila that time and talagang elementary palang, ako na ang gumagawa lahat tapos may kapatid pa ako kaya talagang nag stand up ka talaga parang naging parent ka na rin sa kapatid mo yung naging sense of responsibility mo bilang bata palang."

Even though the participants went through a lot, it cannot be denied that despite their parents' separation, there are still advantages. Parental separation enables them to independently care for their emotional, physical, or financial needs (Delaware Psychological Services, 2021).

Fortunately, young adults are not permanently harmed by parental separation. As studied by Graine (2020), there are various circumstances in which young adults gain from their parent's separation. As Jimin shared:

"Hindi na magulo, hindi na maingay, and masyadong tahimik na, gano'n."

J-hope also shared his peacefulness in the said situation:

"Since medyo chaotic ang settings kapag yung parents mo nag aaway sila sa uisang bubong. And that's kinda sad na makita ng mga children like me na mas naguguluhan yung bata kapag yung parents nila ay

laging nag aaway kaya advantages sa amin ang hiwalayan nila."

Morin (2021) states that children may be more prone to behavioral and mental health problems if they grow up in families with much bickering, animosity, and discontentment.

Also, although parental separation is difficult for families, staying together just for the benefit of the children is possible, and there are better courses of action. Sometimes, choosing what you think is wrong is the best for everyone. Just like Lisa shared:

"Basta po alam ko mas sumaya po si mama dito sa step dad ko. Kaya tingin ko advantage na rin po yon kasi her teenage life hindi po masyadong maganda."

Sana also shared how her parents turned out to be better after the separation:

"Naging advantages siya at some point sa mama ko, kasi medyo hindi na mga masyadong maganda iyong pagsasama nila. Mas nagawa ni mama kung ano man iyong mga dapat niyang gawin or gusto niyang gawin, since nung sila pa kasi parang meron pang limitation na hindant noong nag sasama pa sila. Pero nung naghiwalay na sila, ayun nagawa na ni mama iyong mga gusto niyang gawin ganun din si papa."

That is why separating is also a good choice, especially if it is already toxic. As Graine (2020) mentioned, the stress at the heart of the ongoing conflict can frequently be relieved by the parents' separation.

To continue when it comes to decision-making, some of the participants shared how they became self-reliant after their parents separated. As Jin shared:

"Ah! Yung ano ako yung nagdedesisyon sa sarili ko, sa mga kailangan kong gawin tapos walang pumipigil sa akin ganon. Yung sarili ko lang mga paa talaga, ayun lang yung pinaka advantage ko."

Also, it is somewhat similar to Tzuyu's response. She said:

"Yung parang walang nagbabawal sa'kin. Yung walang didisiplina na sa aking tatay, syempre 'di ko naman alam kung ano yung tama't mali noon kung bakit ko nagagawa yung mga gano'n."

Experiencing parental separation is challenging,

exhausting, and mentally draining, but some participants still see its advantages, especially in money. As Rose shared:

"Siguro mababaw... tas ayun nga, dalawa inuuwian ko. It's either sa Mama ko or sa Papa ko. Minsan kapag umuwi ako doon sa papa ko... tas uuwi ako sa mama ko, laging may pabaon. Laging may pa extrang allowance. Para sa 'kin, 'yon siguro yung advantage."

Citizens Information (2022) analyzed that parents must help their children financially and have a legal right to receive financial support from both parents. That continuous duty remains the same whether a couple separates or is divorced.

Disadvantages

Separation from parents is stressful since it eliminates children's most crucial protection while also creating additional trauma. Indeed, research on institutionalized children has demonstrated that such isolation disrupts normal child development and has long-term harmful effects on both physical and psychological well-being (De Witte, 2018). According to Lodge (2012), parents must be urged to stay attentive and receptive to their children's needs while creating family arrangements following separation, including having flexible plans around their children's routines, for example, doing schoolwork, playing sports, and seeing friends. However, according to Jin, he experienced the opposite.

"Disadvantage ko syempre yung wala akong mapagkukwentuhan at tsaka ano walang ano example sa parents meeting minsan humihiram pa ko ng parents ng mga kaibigan ko example sa pagkuha ng mga card humihiram pa ako ng mga magulang ng kaibigan ko para kumuha ng card ko ayun yung disadvantage ko wala akong kasama."

Rose, on the other hand, experienced the same thing Jin experienced.

"Ang pinaka-disadvantage sa akin, sa kanila din siguro, yung hindi nila akong nakikitang lumalaki, nagmamature. Kumbaga hindi nila ako nasusubaybayan. "

Parental divorce may be difficult for their children. If parents separate, they must continue to care for their children. Children must retain a close bond with both parents (You are Mom Magazine, 2018). However, Jungkook experienced the opposite, and it greatly

affected him for a long time.

"Basta ang disadvantages number one diyan yung inggit, selos, tsaka ano apektadong-apektado ako kapag may mga events na kailangan ng magulang especially graduation, at kapag sumasali ako ng contest, syempre parang iba iyong laban mo kapag nanonood ang parents mo. So, walang ganun, walang ganun bagay, kaya nasabi ko na mahirap, ang laking impact pa rin niya na kahit sobrang tagal naapektuhan pag din ako."

Parental separation is a difficult period for adolescents, and they require enough assistance. Adolescents were aided by family members, particularly parents, who listened and provided knowledge and reassurance. Also, parents must be present to listen and supervise their children's actions in a non-intrusive manner (Lodge, 2012). However, RM did not experience the same thing in his family.

"Ang disadvantages nun, hindi sila magkasama at hindi napoprove yung mga needs namin tapos walang moral support."

It is not unusual in today's environment for older children to take on a large amount of responsibility for younger siblings, domestic duties, dinner preparation, and other parts of running a family with either two or one working parent. If the child has more domestic responsibilities than its parent, they have handed them too much to do. You are the parent; thus, parents should share more home responsibilities than the child. It is simpler if they have several children to distribute responsibilities among, but depending on one child to handle everything at home is too much. Realize that you are the parent, choose to have children, and live your life. Your child did not (My Family Digest, 2014). As stated by Jennie, all responsibilities when her mother left were transferred to her and eventually became her responsibility, which was supposed to be not.

"Hmm... mahirap po nung una kasi po ano eh yung mga responsibilities po na naiwan po talaga. Ako po yung sumalo lahat nung umalis po si mama lahat pong gawaing bahay ako po yung sumalo yun po yung disadvantage."

According to Exploring Your Mind's (2022) blog, particular demands should never be performed on a minor. The first is to take the place of a parent. It is not a child's obligation to guarantee their sibling's well-being. If the parents cannot execute this duty, it must

be delegated to another adult. Older siblings should not be forced to put their sibling's needs before their own. They should be able to do it whenever and wherever they choose. However, Kwangsoo did not experience the same thing and was obligated to care for his younger siblings at a young age.

“Yung mga responsibilities na hindi pa ako dapat obligado lahat yon nararanasan ko and ngayon obligado na ako. Pero okay lang sakin syempre mga kapatid ko kaya nga lang mahirap kasi katulad ngsinabi ko hindi lang naman ako kuya eh! Estudyante din ako, boyfriend din ako, kaibigan din ako marami akong commitment marami akong ginagawa kaya hindi madali.”

Every child understands the world through interactions with their parents, teachers, friends, carers, and specific social events. Children and families flourish when they access a secure, stable, and supportive environment that fosters excellent childhood experiences (Wahi, 2022). Also, according to Healthy Children Organization (2015), several traits are commonly associated with a well-functioning family. Some examples are encouragement; love and concern for other family members; safety and a feeling of belonging; open communication; and enabling every family member to feel important, valued, respected, and appreciated. Which is the opposite life that Jihyo has grown up with and nurtured.

“Yung disadvantage naman yung hindi mo nararanasan maging bata tulad ng ibang batang may parents.”

According to Dean (2022), familial love is distinct love with its sensations, behaviors, difficulties, and rewards. A family consists of people acting as a unit, not blood relatives. This frequently, but only sometimes, includes parents and children. Families that participate in activities together strengthen their family bonds. These interactions draw them closer, whether they are going on a date or enjoying the evening engaging in board games.

When Dahyun sees a happy and complete family, something in her heart breaks because she knows she will not experience it. After all, her parents are not together anymore.

“Ano, malaking pagsubok sa akin yun lalo na kapag ka may nakikita akong complete iyong family ganun. Parang malungkot ako kasi wala akong ganun, di magkasama ang mama at papa ko kaya malungkot. Yun yung disadvantage parang laging may kulang sa

sarili ko ganun.”

According to the study conducted by Boccio and Beaver (2019), because of patterns of change in family structure, the relationship between parental separation and delinquency is of particular relevance. Parental divorce is linked to various adverse outcomes, including psychiatric issues, poor mental health, poor academic performance and accomplishment, and greater engagement in delinquent behavior.

Just like Tzuyu, who had poor academic performance and engaged in some delinquent behavior in high school. She says:

“Feeling ko mayroon eh, kasi syempre parang nagbubulakbol ako noon at parang ang dami kong ginawang mali noon. Sa pag-aaral ‘di ako masyado nakakapag-focus, noong high school cutting ako nang cutting.”

In addition, in many circumstances, poor parental monitoring begins in early infancy; moreover, the implications of this parenting style may only become apparent once the child approaches adolescence. Parent-child connection is critical for the child's social and emotional development. Uninvolved and inattentive parenting, including criminal activity, can seriously affect the child (Law Teacher, 2013).

Any separation causes sadness. Children who are going through a hard time may want the presence of both parents as well as the family life they formerly had and loved. (Hanlon, 2020). The sudden adjustment of V in his environment because of his parent's separation also leads him to depression. He stated that:

“Ano po... marami po siyang naging cause, e. Una po, nasanay po na kumpleto kami at masaya tapos biglang gano'n nga po. Kaya malaking epekto po sa mga anak. Ano po... nagkaroon po ng depression, gano'n. Lumala po yung situation.”

Attitudes of Young Adults Towards Parental Separation

This subordinate theme elucidates young adults' attitudes toward parental separation, and are the subordinate themes identified: affect, behavior, and cognition.

Affect towards parental separation emphasized feelings of sadness, perplexity, anger, fear, frustration, and envy. Cognition towards parental separation highlighted the participants' thoughts about parental

separation, their life perceptions, and their realizations.

Affect

Certain emotions, such as anger, perplexity, frustration, and grief, are all common feelings children may experience due to life events (OurFamilyWizard, 2019). For instance, the fact that many parents are unable to address their children's demands, particularly in the period immediately following parental separation, can significantly arouse these powerful emotions. Sadness is primarily one of them. This is reflected in Dahyun's statement below:

"Ano, yung sa mga unang stage kasi or phase ay malungkot. Parang di ko tanggap yun eh, di ko tanggap na hiwalay na si mama at papa hirap talaga ako tanggapin yun. Hangga't nga maaari noon ayoko talagang pinag-uusapan yung ganun."

Dahyun expressed her sadness, hardly accepting that her parents have separated and avoiding certain situations that remind her of it. The same emotion was felt by Tzuyu every time she encountered a complete family. She stated:

"Basta 'pag mayroon akong nakikitang buong pamilya, nalulungkot lang ako."

According to Morin (2021), parental separation causes emotional anguish for the entire family, but it can be frightening, perplexing, and upsetting for children. Young children frequently have difficulty comprehending why they must go between two homes. Likewise, some young adults in the study have experienced perplexity since the parental separation. This is reflected in Jennie's statement, saying:

"Nung mga time po na yon eh kinukwestiyon ko yung sarili ko ganon tsaka kinukwestiyon ko po kung deserve ko po ba yon or deserve po ba yon tatay koyon na iwanan kami ng ganon."

The participant expressed her perplexity in the situation, questioning whether she deserved such an occurrence and if it was worthy of being left by her father. In addition to the author's claim, Morin (2021), teenagers may feel enraged by separation and the resulting changes. They may hold one parent accountable for the collapse of the marriage or harbor resentment toward one or both parents for the family's upheaval. This emotion is reflected in J-Hope's response:

"Ahhh, number one yung nagagalit eh sa kanilang dalawa. Kasi pwede naman nilang pag-usapan ganun. Akala ko kasi that time, it was as simple as that na makipag-usap lang to apologize to each other and heal the wound of each other, pero ayun galit talaga yung unang naramdaman ko."

According to Kim (2017), separated parents' children frequently struggle more intensively and destructively with relationship and marital fears. These fears build to a crescendo in maturity when they find themselves standing where their parents once stood. Indeed, this fear was an experienced emotion by Rose. She said:

".. takot na yung naramdaman ko nun. No'ng time na yun, kahit ba na bata-bata pa ako and up until now, naiisip ko pa rin yun. Kinakain ako no'ng ano, e... baka in the future, gano'n din yung mangyari sa akin. Gano'n... sa magiging asawa ko. Ayun yung naging epekto sa akin kasi parang fresh pa rin sa akin, e. Nakikita ko kasi talaga sila sa harap talaga namin nag-aaway, ganyan. Parang 'pag sa akin na nangyari yun, na-imagine ko na parang ayaw ko na agad."

In addition, Jisoo stated her side in relation to what Rose had felt regarding her parents' separation. She feared that what happened to her parents might as well happen to her future family, and she said:

"Madalas po akong mag overthink sa mga bagay-bagay kasi syempre parang natatakot po ako na baka someday ganito din po iyong ma experience ng magiging family ko, and ayoko po na dumating sa ganoong situation."

According to HandsOn (n.d.), reactions will differ depending on the child or young person's age and developmental stage. Children and young people's emotional changes are quite diverse since each separation is unique, just as the children and young people are. Some people may become furious and frustrated. Same with Jennie showed frustration due to her parent's separation. She said:

"Nung una po medyo ano po frustrated po talaga kasi po sudden po eh yung biglaan po yung paghihiwalay nila kaya po nagkaroon ng frustration po sa akin."

Aside from frustration due to sudden parental separation, Kwangsoo added another point for being frustrated by his parent's separation. He emphasized the responsibility and hardship passed onto him and his siblings after their parents separated. It caused

them mainly financial problems and stress. His frustration is reflected in his statement below:

“Yung mga ginawa nilang pagkakamali noong bata bata pa sila kami yung nag susuffer kami ng mga kapatid ko. Ako syempre kapag nakikita kong nahihirapan yung mga kapatid ko sa ganitong bagay kapos kami financially ang epekto sa akin non syempre psychologically nahihirapan ako. Naiistress ako kasi maraming times na nagkklase ako walang padala yung papa ko walang bigay yung mama ko tas nagkklase ako kailangan ko mag-aral. Magsasabi yung mga kapatid ko na, ‘kuya wala na tayong pagkain, kuya, wala na tayong ganito eh!’ Minsan, that point, wala din ako kaya minsan nahihirapan ako kasi bigla ako maghahagilap kung saan kami kakain, saan kami kukuha ng pang kain, saan kami kukuha pambayad dito.”

Another powerful emotion that the participants showed is envy. Jealousy, which is sometimes prevalent along with envy, is distinguished from it (Greenwood, 2016). Envy only involves two individuals and the perception that someone is completer than oneself because they possess something one does not. On the other hand, jealousy incorporates three people and the dread that someone else has taken the beloved object rightfully theirs. This is reflected in Suga’s statement below:

“Minsan po naiinggit ako kapag may nakikita kong kumpleto kumakain ganon po yung sa pamilya po. Saka one time po, nakita ko po silang kumakain sabay. Dapat ganyan din kami eh! Kumakain din kami ng sabay kaso iniwan po kami ganon.”

The participant envied those who bond together and have a complete family. Moreover, Jihyo added her sentiment regarding being envious of her classmates who have their parents supporting them in their academics and school events. She said:

“.. tapos nung nagkaisip na wala pala akong ganito ganyan tapos parang nakakainggit sa mga ibang kklase ko nung high school. Nakikita ko yung parents nila kumukuha ng card tapos ako di ako makakuha ng card kaya pinapasabay na lang sa mga kklase.”

Behavior

According to Marripedia (n.d.-a), children of separated parents are more likely to develop behavioral difficulties. A study indicates that there is occasionally no statistical difference in the behavioral problems

observed for children whose parents separated or divorced versus children whose parents remained together. One behavioral problem among the participants was their avoidance of their parents or the situation. This is reflected in Nayeon’s statement, saying:

“Siguro ano... yun lang hindi ako nakikipag-communicate talaga sa kanila. Like, hindi ko talaga sila pinapansin kasi ayoko talaga silang makausap. Kasi nasa utak ko no’n, once nakausap ko sila, feeling ko hindi maganda yung sasabihin ko kasi nando’n pa rin naman sa utak ko na magulang ko pa rin sila. So, I have to still respect them kahit anong ginawa nila. So ayun, hindi lang talaga ako nakikipag-communicate sakanila. Tapos, avoidance lang talaga sa lahat ng desisyon nila. Kung may desisyon sila, bahala sila, gano’n.”

Likewise, Jungkook showed the same behavior by avoiding himself to open up to his parents. He said:

“So ayun nga, yung behavior hindi ako nag oopen sa kanila, hindi ako nag oopen ng problema ko, the word na hindi ako open sa kanila ganun iyong masasabi ko.”

According to VisiHow (2018), teaching children to respect their mother or father who has left the house is undoubtedly the most crucial. Respect is always necessary, even though separation is never a positive example for the children. It is essential to teach the children that respect is a decision one makes and never to have terrible thoughts about their parents, much less say anything about it in public. However, parents should take their children's feelings into account. Given that their separation is the most stressful and difficult time, they cannot blame their children's inappropriate behavior on them. It will inevitably lead to melancholy and loneliness. Parents cannot prevent the child from feeling fear or resentment over the possibility of separation. Children may act disrespectfully, but they express their sadness and helplessness during this challenging time. This is reflected in Rose's response:

“Parang teenager na ako no’n, yung ugali na pinakita ko, mas naging matigasin na yung ulo ko. I mean, matigas na talaga ulo ko pero no’ng time na yun, mas lalo. I mean no’ng grade 8, do’n ako natutong maglakwatsa. Hindi naman ako totally na nagrerebelde. Ano lang talaga... yung ugali na pinakita, yun sumasagot-sagot ako, puro ako gala.”

J-Hope also showed such a behavior, being hostile and disrespectful, towards his parents. He said:

“Siguro ano, mas naging maldito ako towards them. Like, kaunting tanong lang naiinis na ako sa kanila. Kasi parang ayoko na talaga silang kausap kapag ganun, kasi everytime na kausap ko sila kahit irrelevant naman dun sa issue nung family parang naiisip ko na nandun pa din sa hiwalayan nila.”

The possible reason behind a behavior like this was explained in an article by Hurd (2018). She said parents' relationship issues affect children of divorced parents as they tend to relate similar problems to their relationships, recalling their parents' suffering, which ended in a crumbled marriage. Even when a relationship is going well, a child of divorced parents may perceive imagined issues. These issues can occasionally be little more than illusions and may result in a rift between partners. One of the participants in a relationship admitted how she tends to behave, causing an argument with her partner. Tzuyu shared:

“Sa una, okay kami pero habang tumatagal, lumalabas yung ugali. Parang ganun din, nag-aaway kami. Yung parang sinasagot-sagot ko at inaaway-away ko. Basta kung ano yung ugali ko sa bahay, gano 'n din.”

In addition to being hostile and disrespectful to separated parents, the study found some participants who also appeared apathetic towards their parents. This is reflected in Jennie's response, saying:

“Syempre po ano naging cold po yung pakikitungo po talaga tapos po yung mga fondness po nila hindi ko po talaga na a-appreciate parang kapag may ginawa po sila para sa akin parang wala lang po yon ganon po.”

It is also reflected on Tzuyu's brief answer, saying:

“Ayun, yung pagsagot-sagot tapos yung pagiging walang pakialam.”

Separation is not a process only couples go through (Çetinkaya & Erçin, 2015). Since children are present in most separated families, separation is also a significant event for the child. It is noted that a separation may result in several changes that could harm the child.

Deveraux (2019) claimed that parental separation could result in undesirable behavior, particularly in young adults who frequently deal with intense parental

displeasure. Family ties may break down as a result, or you may engage in violent conduct like shouting and offending those around you. As Rose shared:

“Sa magulang, iyon talaga. Mas naging ano ako talaga, basag-ulo.”

Grandparents, relatives, close family members, instructors, and other school personnel are all familiar adult caregivers in a child's life. Each may play a role in assisting children and adolescents as they cope with the family transition. They can offer children and young people protection and support, helping them feel competent and in charge and uphold standards and consistent discipline (Phillips, 2016). Just like Jin experienced with his relatives despite his parents' separation.

“Ahmm... sa kamag-anak normal lang maayos naman kami pinalaki kasi yung tita ko medyo strict niya eh kaya okay naman hindi kami naligaw ng landas.”

Jennie also stated that her parents' separation also led her to be close to her relatives.

“Ahmm... sa kamag-anak po ano eh sila po yung naging sandalan ko nung mga time na yon so mas naging close po kami nung nangyari po yon.”

According to the Department of Justice Canada (2017), adolescents are much less dependent on their families. Therefore, the separation appears to be less harmful to them. Furthermore, it does not affect their relationship with their family and relatives. As Jisoo stated, her parents' separation does not affect her relationship with her relatives; she still treats them respectfully.

“Ahhh sa kamag anak ko naman po ganoon din po. Kasi sila po iyong nagkukwento eh na ganito iyong parents mo before na ganito iyong daddy mo. Kumbaga kung ano po iyong sinasabi nila pinapakinggan ko lang po, pero kung yung behavior kung paano ko sila pakitunguhan nandoon pa dinpo iyong respeto.”

Jungkook also supports this claim as he states:

“Sa mga kamag-anak naman this time normal lang siya. Parang we are just acting like walang nangyaring hiwalayan ganun. Kasi ang awkward lang kasi kapag kunwari magkakasama kami ng kapatid ni mama, tapos kapatid din ng papa ko in both sides. Ang awkward pag usapan ang ganyang klase ng bagay na

parang samin-samin na lang dapat ng parents namin. So, kung dun sa behavior naman, wala, this time normal lang iyong pakikitungo ko sa kanila. Kasi walanaman dapat ibahin or baguhin towards may kamag anak so ayun for me normal lang siya.”

Jimin also experienced the same thing regarding his relationship with his relatives, as he stated:

“Sa mga kamag-anak ko... kaunti lang naman mga ka-close ko. And mostly naman, halos lahat sila gano’n pa rin naman. Madali pa rin naman kausap, magaan pa rin naman kausap, gano’n. Wala namang pagbabago.”

Reactions can also differ over time. Children may refuse to realize that the separation or divorce is genuine or permanent, believing their parents must reconcile. They may eventually understand that despite their hard work, they cannot make it happen. Despite this emotional roller coaster, research shows that most children finally accept their parents' separation or divorce and adjust to their new family system (Public Legal Education Association of Saskatchewan, n.d.).

Rose, another participant, said that her parents' separation made her distant from her relatives. As she stated:

“Sa relatives naman, no’ng maghiwalay parents ko, medyo lumayo loob ko and gano’n din sa mga pinsan ko, sa tito ko, hindi ko na sila masyadong kinakausap. Thinking ko no’n, parang hinayaan, lalo na sa mga tito ko, o kaya sa mga lolo’t lola ko na kung bakit nila hinayaan na gano’n.”

Also, Jihyo said that sometimes she feels uncomfortable when she talks with some of her relatives.

“Hmm, sa kamag anak naman po medyo ano lang merong ilangan ganun sa ibang side pero sa side naman ng mother ko since dito naman siya nag stay or dito ako sa side niya nag stay, wala naman pong nagbago.”

Regarding friends, some participants expressed how willing they are to help and spare time for their friends. That way, they got closer and more connected as friends. Jin shared:

“Minsan lang ako magkwento sa kanila. Kasi hindi naman ako natutong mag share ng mag share ng mga nararamdaman ko. Bali ako nalang yung nakikinig sa

kanila tapos kapag may problema sila kapag kailangan nila ng katabi or karamay pupuntahan ko sila kahit gabi pa yan.”

Another participant, Jungkook, on the other hand, was the only participant to express how fortunate his friends were to have a complete family. For this reason, he advises his friends to cherish the moments with the family. As he stated,

“Ayun, kasi sa mga friends ko ako lang iyong may broken family the rest puro alam mo yun ang sasaya, kumpleto na, minsan nga nandudun iyong lola at lolo nila kumbaga extended family tawag dito sa pinas. Towards them, lagi kong sinasabi sa kanila na sobrang swerte nila, lagi kong sinasabi sa kanila na hindi ko maitatangi na minsan sinabi ko na naiinggit ako sa kanila. Parang sabi ko isave nila yung mga ganung moments together with their family, kasi ang sarap ispend ang time kapag buo ang family mo na talagang never kong naranasan. Lagi kong sinasabi sa kanila na napaka swerte nila na talagang ikeep nila yung mga ganung moments kasi mahirap, sobrang hirap kapag broken family ka.”

As for the other participants, they shared that they become more open when their friends are with them. Rosè, one of the participants, shared her main reason for feeling comfortable expressing and saying things to her friends.

“Ayun, sa kaibigan naman, mas nag-o-open ako do’n sa mga alam akong maiintindihan ako. Mas gusto ko talaga na sila yung kasama ko talaga.”

Likewise, this is reflected on Dahyun’s response:

“Sa kaibigan, yung nabuo kong pag uugali mas malapit ako sa mga kaibigan. Kasi ano eh, sila yung mas nakakasama ko eh. Mas open ako sa kanila ganun.”

Compared to other participants, Nayeon was the only participant who expressed and shared how she limits herself to showing love to her friends. Nayeon shared:

“Siguro ano lang, negative side sa mga kaibigan is parang super limit lang ng mga actions ko sa kanila, like, showing how I love them. Parang hindi gano’n ka-showy as the others na may effort na ganito, may effort na gan’yan. Ako kasi, yung way of showing love to my friends is parang through actions talaga na medyo tough love, gano’n.”

Just at home, children's cognition may be influenced or driven by their families, typically their parents. In cases where the parents are separated, children's cognitive development is affected by the emotional trauma from the given situation (Perez, 2021). Parent separation is difficult for a child to understand, but it causes trauma. As Jennie said,

“Siguro po yung ano [separation of parents] traumatizing po talaga siya ayun po always... Hindi rin po agad maintindihan yung sitwasyon since bata pa nga po, ganon.”

At a young age, children might not be able to understand the separation of their parents yet. However, for children with separated parents, their parents' emotional changes and absence is easy to interpret. This event in a child's life would mean abandonment to them. Furthermore, the environment this parental separation created has stolen the security children need and would significantly result in psychological consequences (Exploring Your Mind, 2021). Parents might not be aware, but their children are mostly affected by the chaos rendered by their separation. Children of separated parents cannot do anything but seek the presence of their parents; as Jungkook said,

“...ang pananaw ko bilang isang anak at bilang isang product ng broken family, napaka-selfish. Iyon ang masasabi ko, ang selfish kasi alam mo yun iniisip lang nila 'yong sarili nila, 'yong sariling kapakanan nila, hindi nila iniisip ang pwedeng epekto bilang isanganak, lalo na sa aming mga product ng broken family. Hindi nila alam kung gaano kahirap ang buhay ng isang anak na hindi nakakasama ang nanay at tatay, so, parang sa akin ang selfish ng dating lang sa akin. Bakit kailangan maghiwalay? Hindi ba parang hindi niyo ba alam yung trauma na maibibigay niyo sa mga anak niyo? Like, dumating nga sa point na nasaan papa ko, nasaan mama ko gano'n...”

Being in a love relationship and a convenient relationship are different. In a convenient relationship, couples believe that it is better to have someone as a companion than to have an emotional and deep attachment towards them. The problem with convenient love is when the couple is no longer satisfied with their current status and wants more, and then there the relationship starts to fall apart (Pace, 2020a). Love and convenience are different in that children can formulate ideas of what kind of

relationship their parents had. Jennie is one of the participants who think that some people get into a relationship because it is convenient for them. Here is her statement:

“Siguro po perspective ko sa love hindi po sa life. Ano po nabuo po yung thought na ano some people are together not because they love each other but because it is convenient with them po. Yung nga po na parang it doesn't matter kung may responsibilities na may naiiwan ganon po.”

One of the bitter realizations from the participants that cannot be argued is that nothing lasts forever. Such as the known quotation from Heraclitus, "The only thing constant is change." After separating these participants' parents, their eyes opened to this thinking. See it in Jungkook's statement:

“Realization ko dun, wala talagang forever. Yung realization ko dun there is no permanent in this world. Lahat nawawala, lahat nagbabago, lahat nasisira, kahit sabihin mo na sobrang tatag nung relationship nung dalawang taong yan. Hindi pa din mawawala parang darating at darating pa din sa punto na maghihirap, magkakaroon ng struggle, dadating sa point na mawawala.”

Another realization of the participants is that there is no perfect family. A story that the participants can relate to is the story of Elisa Morgan. Her parents are separated. She said that life is not perfect, and so are families. Beyond the circumstances in her life, she is determined to have an intact family (Morgan, 2014). Here is Kwangsoo's statement about family:

“Ang naging realization ko na parang there's no perfect family I mean kahit man kayo eh! Although buokayo or broken lahat ng pamilya walang perpekto maytimes na nag aaway kayo diyan or problema ayun. Pero ayun din family is important talaga walang perfect family pero family is important kasi nga yung family ko may mga times na hirap na hirap nako sukong suko nako pero kapag nakikita ko sila parang narealize ko na kailangan ako ng mga kapatid ko. Kailangan ako ng mga to gusto ko pa silang bigyan ng magandang buhay na hindi naibigay sa amin ng mga magulang namin.”

In her article, Zacharias (2020) mentions that Pickhardt's article on Psychology Today explores the age-related differences in responses and why teens are more likely to develop greater independence. Older

children are already testing the waters of being apart from their parents more frequently. Pickhardt also said that dependent-minded adolescents tend to deal with divorce more aggressively. They often react rebelliously and disregard family discipline, taking care of themselves as their parents failed to do so. Stated below is Dahyun's realization:

“Realization ko ano, mas nakilala ng mga tao bilang fierce. Ang lakas daw ng loob ko, matapang ganyan, kumbaga binuult ko yung sarili ko sa ganun. Kasi kailangan ko maging ganun, kasi wala naman akong sandalan na magulang eh na foundation ko. Kaya ako sa sarili ko ang nag built na kailangan maging matatag ako sa buhay.”

Everyone desires a happy marriage that lasts. Everyone wants to succeed in life, and a happy marriage is undoubtedly a significant factor in achieving certain levels of success. At some points, the person that one loves the most or who initially loves one may not always be the right partner. Relationship experts concur that love alone will never be enough to ensure a successful union. There must be a high level of sexual and interpersonal compatibility between partners for a relationship to be happy and lasting (Mangubat, 2022). One of the participants also realized that choosing a suitable partner is very significant in marriage. Here are V's sentiments:

“Dapat kapag po nagkakaroon ng family po, dapat po talaga sure sa magiging partner. Ano po kasi yun, e, dadalhin mo po yun hanggang sa pagtanda. Once na maling tao po yung nakasama niyo po, syempre dapat una pa lang, hindi na ituloy. Late mo na mar-realize yung gano'n, saka ka pa lang magsisisi.”

Adapting to the Circumstances

Acceptance entails fully recognizing the realities of a situation and letting go of the idea that things ought to be different (Sharp Health News, 2021). This mindset enables Rose to let go of judgmental thoughts and accept and forgive. As she said,

“...tinanggap ko yung sitwasyon namin ngayon. The more kasi na hindi ko tinatanggap, baka ngayon dala-dala ko pa rin. Baka hanggang ngayon may sama pa rin ako ng loob. Tinanggap ko yun sa sarili at pinatawad both sides. Dahil kahit sino man sa kanilang dalawa, parehas may pagkakamali. Naniniwala rin kasi ako na yung paghihiwalay ng magulang, labas doon yung anak kasi wala namang

ginagawa yung anak, e.”

Jihyo, one of the participants, quietly shared the same thoughts about how she handled and accepted the situation. She stated:

“Ang ginawa ko na lang eh parang tinanggap ko na lang na yun naman na ang nangyari. Di ko na siya mababago. Di ko naman na mapipilit ang parents ko dahil may another family naman na and yung part siguro na ginawa ko is acceptance talaga saka yung pagiging strong na lang din para ma overcome koyung kung ano ang dinala nung experience na yun sakin.”

Some participants talked about how the circumstances put them to the test. They felt a sense of responsibility early because of their parent's separation. Nayeon shared:

“Everything starts from yourself naman, e, so if yung mindset ko ngayon is parang mature na for my age at 22, tapos lagi nilang sinasabi mindset ko raw parang 26. Through that, I act as someone na mature and adult talaga na kasi doon na ako namulat at an early age. Doon na ako nagkaroon ng vague view in life.”

It is almost the same as what RM experienced, where he had the responsibility early on to provide for his family. He shared:

“...pero nung goods pa, ako yung ano nagpoprovide din. Nag working student akong nung senior high ako. Tapos naisip ko na hindi namin kayang dalawa na, dalawa kasi kaming magkapatid na parehas na pinapaaral, so napagtanto ko na hindi namin kaya so nag decide ako na titigil na lang ako tapos yung kapatid ko na lang ang mag aaral. Tapos magtatrabaho na lang ako para makatulong sa pamumuhay namin ganun.”

Despite everything, some participants shared that their situation was a way to prove to themselves that they could live independently. As Jin, one of the participants, confidently said:

“...ang nasa mindset ko lang non na ano hindi konaman kailangan ng kasama yun lang yung coping mechanism ko na hindi ko sila kailangan. Tapos iniisipko lang na lahat kaya kong gawin depende sakin kung gusto ko yun lang yung coping mechanism ko lagi. Kaya nga ako nag ano eh! Kumuha ng mga part time job or trabaho para lang mapatunayan ko na hindi ko

kailangan ng kasama.”

Another participant, Jungkook, shared his experience of how, despite his parent's separation, he used the circumstance as inspiration to achieve his life goals. As a response, this made him become an independent person. Jungkook shared:

“Bilang isang kabataan iyong naging hiwalayan ng parents ko yun yung naging inspirasyon ko eh. Eto iyong naging inspirasyon ko para may mapatunayan and lumaking hindi gawin yung same na ginawa nila. Gaya nga ng sabi ko kanina may mararating ako kahit hindi ko kasama yung dalawang magulang ko, may maipapakita ako sa kanila kahit na hindi buo iyong guide na dapat binibigay ng isang ama at ng isang ina. nasabi ko eh matutupad lahat ng pangarap ko actually malapit na nga eh kasi graduating na. Ayun nga hindi humihingi ng kahit na anong tulong sa kanilang dalawa until now. Kaya from the word independent talaga ako. Yun lang ang masasabi ko.”

The other participants' way of handling the situation is different. Due to their parents' separation, they focused more on their studies. Jimin, a participant, said that he focused more on himself and his studies.

“Sumipag ako sa pag-aaral. Kasi siguro before, sobrang stressed ko kase sa nangyayari. Ang then, simula nong nawala nga, naka-focus na ako sa kung ano yung gusto kong gawin kasi parang wala ka ng masyadong iisipin. Mas iisipin mo nalang kung ano yung gusto mong mangyari sa sarili mo.”

In line with what J-Hope stated,

“Ahhh, isa sa naging focus ko talaga that time is yung study ko, sa school ganiyan. Talagang ginalingan kong mag aral tas sinabayan na din ng kaunting gala.”

There are various circumstances in life that people might categorize as challenging (Paudyal, 2016). One such challenging circumstance is the separation of parents. Being ready, facing it, and engaging with it are wise actions.

Overcoming Struggles

Witnessing a parental separation can be traumatic at any age (HelpGuide Organization, n.d.). Struggles in parental separation can be overcome in any aspect, such as psychological and social. Psychologically,

Rosè, one of the participants, did not let her parents' separation stay in her mind. She chose not to entertain it. As she said:

“Hindi ko siya hinayaan mag-stay sa isip ko kasi hindi lang naman doon natatapos yung pwedeng problema na dumaaan, e. May mga problema pa na dadaan after noong paghihiwalay nila.”

Jisoo, on the other hand, stated that crying was how she used to feel better about what happened to her parents.

“Ayon nga po gaya po ng sinabi ko kanina talagang iniinyak ko lang po siya para po gumaan-gaan iyong pakiramdam ko kapag po naiisip ko.”

Another participant, Jennie, spoke about how reading books had shaped her mindset. She stated:

“Siguro po ano that time po kasi doon po ako nahilig po talaga sa mga books po na motivation al po yun nga po napulot ko po don yung mindset na meron po ako ngayon.”

If Jennie got help by reading books, the other participant, Jihyo, got help from other people's perspectives. He said:

“...yung pag open up sa iba, like naka help din na nag shashare tapos maririnig mo yung side nila na ok lang yan ganun na hindi naman lahat ng tao maganda yung family, na may tao talaga na parang hindi nagingswerte sa family ganun. Dun siya naka help.”

Of all the participants, Nayeon had the most heart-touching experience shared. She talked about how effective prayer is for her and how it helped her get through difficulties. She shared:

“Mahirap. No'ng time kasi na nandoon na ako sapoint na parang ayoko na, doon na ako nagkaroon ng view pa kay God kasi yun yung first time na nag-pray ako. Sabi ko, God, ayoko na. Kunin mo na ako, ganon. Ayun yung prayer ko non. But then, ang expect ko kasenon sa Kunin mo na ako, kunin mo na ako is mamatay ako. But what he did is he saved me. He saved me from all the burdens, all the hatred, all the anger that I have.”

Regarding the social aspect, some participants, like Rose, revealed how her friends supported her with no harsh judgments as she struggled with parental separation. As she stated:

“Sa kaibigan ko that time, high school ako nong naghiwalay sila. So, marami kami and sa pagkakatanda ko, kapag medyo nabibigatan ako, yung mga kaibigan ko talaga yung nasasabihan ko. Doon lang sa kanila ako naging open talaga. Naiintindihan din naman nila yun. Kumbaga wala akong thoughts na baka i-judge ako. Kapag sila naman yung may problema, sinasabi rin naman nila sa akin. Kumbaga parang give and take lang talaga.”

The same goes for Jimin. He also shared how his friends were there for him and completely understood his situation.

“Lahat sila naintindihan naman nila kung ano yung situation ko before. And mostly naman kasi, parang similar lang naman yung situation namin though sa kanila hindi broken pero magulo tas ganon din, away-away. Normal lang sa kanila yung ganon. Sa amin, parang naintindihan naman nila na ganon talaga yung sitwasyon ko...”

Despite what happened to his family, another participant, RM, still treated other people well. RM stated:

“Sa pakikipagkapwa naman tinitreat ko yung mga tao na napakahalaga nila na parang kahit anong estado nila sa buhay deserve po nila na pahalagahan. Kasi pare parehas lang din naman tayo na tao so kung ano yung deserve nung isa deserve po ng lahat.”

Compared to RM, Nayeon, another participant, shared that until now, she still struggles in her social life. However, as she said, she is doing her best to be outgoing. This is what she said:

“Hanggang ngayon nags-struggle pa rin ako pagdating sa social life. But I am trying my best to be more outgoing person kasi may mga tendency na nag-i-isolate ako. Hindi ako nag-chat sa mga friends ko, ganon. Ina-avoid ko talaga lahat ng way ng communication. How I deal with it is parang be more outgoing, na balance lang. If I need isolation, sige give it to myself but then, dont overdue isolation kasi hindi rin siya healthy. Tapos, I make time na kahit call, through call, through ganitong meeting with my friends, ginagawa ko para ma-practice yung socialskills ko.”

Jungkook, another participant, expressed a very inspiring experience about overcoming his social

difficulties. He behaved in a way that made other people feel like members of his own family.

“Like from I said earlier di ba sabi ko naiinggit ako sa kanila ganun kasi kumpleto iyong family nila. Ang ginawa ko iyong family nila tinuturing ko na ding pamilya which is ganun din ang turing sa akin ng mga pamilya nila. So, feeling ko sila na rin iyong nanay ko, sila na rin yung tatay ko. And sabi ko ayun dun ko nacope up na kahit hindi mo pala kadugo pwede mong maging magulang.”

Each participant has a unique approach to dealing with struggles associated with parental separation. The positive side to this is that dealing with life's struggles frequently necessitates collaboration with others or, at the very least, enlisting their support (Ware, n.d.).

Modification of Developed Behaviors Towards Loved Ones

Giving up hatred and ideas of vengeance is necessary for forgiving people (Mayo Clinic Staff, 2020). Forgiveness is one of the coping mechanisms used by some of the participants. Nayeon, one of the participants, shared her experience about how she was able to forgive her father. Nayeon stated:

“Yung binago ko is forgiving talaga, like hindi ko naman kasi siya makakausap kung hindi ko siya pinatawad. Hindi rin naman kami magkakaroon ng maayos na relationship ngayon kung hindi ko siya finorgive. Ayun, like, it's still in the process of building the bond na ini-expect niya kasi hindi ko pa kayang ibigay yun sa kanya. So, I'm still putting myself in the process, e, so ayun, just forgive and one step at a time.”

Jungkook, another participant, also shared his experience of modifying his behaviors toward his parents. He stated:

“...this time ano parang ni lugar ko iyong ugali ko base sa sitwasyon ko ngayon and sa edad ko parang mas tiningnan ko iyong utang na loob sa kanila. Kasi kung wala sila wala rin ako dito. Kasi kahit malaki yung pagkakamali nung parents ko sa sarili ko hindipa din maaalis iyong pagmamahal, respeto, tsaka utang na loob talaga. Kaya sabi ko eh magbalik loob, ibalik ang nararapat na para sa kanila kasi kahit bali- baliktarin mo ang mundo parents ko pa din sila athindi na magbabago iyon.”

The same goes with J-Hope, who quite shared the same response. Like Jungkook, he still chose to show respect to both of his parents despite being separated.

“Ahhh mas ipinapakita ko na respectful ako sa kanila, ipinapakita ko na okay kahit hindi naman okay. Ipinapakita ko na lang sa kanila na at some point mabuti pa din akong anak sa kanila.”

Another participant, Jennie, expressed herself as someone who is trying to be more understanding since, according to her, her parents were still trying to be better despite being separated.

“Ahm... ano po I'll try to understand them more po tapos yung mga ginagawa nila sa akin tinatanggap ko na lang din po willingly since nag eeffort naman po silang maging better.”

To continue, the participants variously shared their experiences with their relatives. Jungkook shared that now that he is already at the right age, he is getting more open to discussing his parents' separation from his relatives. He believes he will know the reason behind his parents' separation through his relatives.

“Sa kamag-anak naman, siguro dahil nga tumatanda na din ako mas nagiging open na ako sa kanila kumpara sa sinabi ko kanina na nung medyo bata-batapa ako ayokong pag usapan iyong mga ganung bagay kasama sila kasi parang ang unusual and awkward. Etong na sa tamang edad na ako, this time na siguro yung matanong ko pa sila, mas maging malapit pa iyong loob ko sa kanila kasi kahit papaano may alam iyong mga kamag-anak ko sa hiwalayan ng magulang ko and ayaw lang nila sabihin sa akin nung time na iyon.”

Aside from Jungkook, Nayeon, another participant, shared how to stand up when expressing an opinion to her relatives, especially when she knows she is right. Nayeon stated:

“Tapos ayun, pagdating naman sa kamag-anak, kapag may certain view or point of view kasi gaya ng sinasabi ko kanina na nahihirapan ako makipag-communicate sa kanila when it comes to my opinion so kapag may nakikita akong mali talaga na alam kong mali, sinasabi ko talaga sa kanila na okay lang magalit sila basta I'm telling them what is not right. Kung hindi ko yun sinabi, baka hindi magkaroon ng changes, diba? So ayun.”

When it comes to friends, most participants expressed how happy they are with their friends. According to Jungkook, one of the participants excitedly shared how he and his friends are on good terms, especially now that they are becoming more mature when it comes to things.

“...Siguro this time mas umokay, mas good yung relationship namin ng mga kaibigan ko kasi like what i said na sa tamang edad na rin kami parang mas nakikita na namin yung mga kahalagahan ng bawat bagay specially family and also syempre alam naman na namin yung mga tama at mali at yung mga bagay na dapat gawin sa hindi.”

Another participant, Jin, talked about how willing he is to spare time, especially for his friends who are in the same situation.

“Ang ginagawa ko ako naman nakikinig sa kanila para kung maranasan nila yung nararanasan ko atelast may kaagapay sila nandito ako para sa kanila. Kasi kung ibang tao yon tapos mahina yung loob mo feeling ko maliligaw sila ng landas kung wala silang gabay. Ayoko non kaya nandito ako para sa kanila.”

Moreover, Nayeon, one of the participants, also shared that she wants her friends to feel love, gratitude, and care as much as she can. She stated:

“So, parang I'm putting myself in a position na do whatever you can to show the love to everyone nahindi lang siya limited. As much as I can, kung may naiisip man akong way to show love, gratitude, and care to them, binibigay ko yun sa kanila.”

Most participants in this study revealed that they have significant others. Some of them shared that after witnessing how their significant other gets angry, he changed and became better. J-Hope shared:

“Kasi dati mainitin ang ulo ko talaga kahit walang reason at all naiinis ako sa kanya. Nabago lang yun one time nung na galit na siya. Kasi cm beses langsiya na galit kaya medyo natakot ako. After nung situation na yun mas naging romantic ako ganun, like kung ano yung ginagawa ko sa friends ko ginagawa kodin sa kaniya everytime na magmi meetup kami. Minsan ako yung gumagastos para lang mabawi ko yung mga wrong doings ko sa kanya.”

RM, one of the participants, talked deeply about the importance of respect in a relationship. He said:

“...sa karelasyon kailangan nating respetuhin ang partner natin. Wag natin siyang pilitin sa kung anong ayaw or gusto niya dapat ano bigyan natin siya ng kalayaan. Hindi yung puro pansarili lang natin ang iniisip kailangan hindi tayo bias.”

Another participant, Nayeon, still shared her thoughts about having a relationship even though she did not have a significant other. Nayeon stated:

“Hindi ko pa rin kasi masabi kasi parang nandoon pa ako sa position, like, actually, kahapon lang, kakaisip ko lang about sa relationship. Parang hindi pa talaga ako ready. So, siguro ang positive lang talaga na masasabi ko is waiting for the right man na alam mo yun, tatanggapin yung lahat ng traumas ko kasi syempre as a partner, you have to accept and respect all the traumas that the other person has, na hindi mo dapat ini-invalid yun kasi hindi yun mawawala sa isang tao na porket ilang years na ang nakalipas, hindi yun mawawala agad sa isang tao. For my future partner, he has to respect and validate all the traumas that I had.”

When faced with difficult situations, being surrounded by people with whom one can share both positive and negative moments can also help one control their levels of stress and anxiety (RAQ, n.d.). The majority of the participants' relationships with their loved ones had a significant impact on their well-being.

Essence of Optimism

Challenging times inevitably occur. However, individuals can take action to mitigate them a little (Wardleigh, 2019). Most participants expressed and shared how optimistic they were despite the situation. Jungkook, one of the participants, shows his optimism by accepting the situation wholeheartedly. Jungkook said:

“Iyong mapabuti ang sitwasyon isa lang ang ginawa ko eh yun yung tanggapin ang katotohanan. Na yung pangarap ko na buong pamilya hinding hindi na siya babalik sa dati like sobrang labong mangyari ulit. Alam mo yun para ma cope up ko yung ganung feeling mas tinanggap ko na forever na akong ganito.”

Also, Jihyo, another participant, expressed the same thoughts.

“Yun nga, yung nabanggit ko din kanina is yung acceptance talaga. Yun yung parang key factor para

gumaan ang situation kasi kung parang titignan mo lang siya as negative, mag fofocus ka lang sa negative na nangyari or negative na naganap related dun. Parang di mo kasi maaappreciate yung mga good things na nangyari saka di mo marealize na may good things naman palang nangyari sakin ganun saka marami kang mamimiss na opportunity kapag talagang magbase ka lang sa nangyaring yun eh.”

Moreover, the optimism one participant, Jin, shows is quite impressive. Instead of being sad or depressed because of the situation, he took it as his opportunity to learn other skills. He shared:

“Ah... ano una natutuo ano ng mga skills na ano kinakailangan para mabuhay ka. Kunwari diba yung tatay mo nagtatrabaho para sayo sila yung nag iisip kung ano yung mga gagawin sa bahay. Nag aral ako ng mga tech vocational skills kaya lahat ng skills natutunan ko kaya ko matutunan dumiskarte nakakapag isip ako ng maayos kung sakaling magkaroon ng problema.”

Kwangsoo, another participant, talked about how he eased the situation by being generous and a loving eldest brother to his siblings. He shared:

“Ginagawa ko para mapagaan parang ano yung mga kailangan ng mga kapatid ko attention, paghahatid sundo, bumibili ng mga kailangan nila yung mga sakripisyo ko kasi nga ano kumukuha ako ng peradahil sa scholarship ko ganun binibili ko ng mga kailangan namin dito. Ayun kapag nagkakapera akong maliit binibili ko ng pagkain namin ayun kapag nagkakapera ako pinapaayos ko yung bahay namin. Tapos ayun inaano na magbond kami ganon para kahit broken family kami mafeel nila na normal kami parang kapag may kailangan kayo sabihin niyo nalang sa akin ganyan.”

It is also somewhat similar to how J-Hope made light of the situation. He made his siblings feel their connection was still not lost by visiting both sides.

“Napapagaan ko na lang yun kapag dumadalaw kami sa kanila in both parties. Ipinapakita ko and my other siblings na ah kumbaga connected pa din kami sakanila kahit separate na ganun. Dalaw, and konting kain sa labas.”

In challenging situations, having faith can help individuals experience calmness in God's presence

(GCU, 2021). As an effect, it is not surprising that this is one of Nayeon's most effective strategies. one of the participants eased the situation. She shared:

“Just obeying to God kasi nga its the first time that I prayed nga na doon ko talaga naramdaman na may hope yung family. So, hindi ko talaga siya kaya kung iisipin ko sarili ko lang as my own capabilities, hindi ko talaga siya kaya. Siguro kung hindi ako sinave ni God, baka hindi ko pa naf-forgive yung family ko ngayon, baka nandoon pa rin yung anger at hatred. So, ayun, just obey God kasi God will give a lot of visions and a way of communicating to you na parang doon niya sasagutin lahat ng struggles mo. Yung mga ganong moments na parang ask God, seek, tapos ayun, just obey what he says basta alam mo na si God yun.”

Lessons Learned from the Situation

In life, people experience challenges and downfalls. Difficulties and setbacks push them down, and they occasionally experience demotivation and depression. The truth is that those situations help them grow and impart important life lessons (Patil, 2018). Jungkook, one of the participants and one of those who will prove that his parents' separation is why he is as strong as a person today. He shared:

“Yung lesson para sa akin na nakuha ko sa hiwalayan ng magulang ko is “You should learn how to be independent and you should learn how to stand on your own”. Yun yung natutunan ko na until now pinanghahawakan ko and inaapply ko sa sarili ko. Kasi kung hindi rin naghiwalay ang parents ko hindi ako magiging independent ng ganito, hindi ko gagawin yung mga bagay na like work, gigs, yung mgabagay na nakapag support sa akin in terms of financialing. Through this mas naging strong ako kasi walang ibang taong magpapalakas sa akin talaga kung hindi sarili ko lang.”

In line with Jungkook's response, Jihyo, another participant, also shared how he learned to stand on his own and became strong as a person. Because of his parent's separation, he also shared that he has become sensitive to the feelings of the people around him. He stated:

“Ang pinakanatutunan ko siguro, pagiging strong saka pagiging yung maging ano ka sa sarili mo kasi wala kang malalapitan eh. Pag times na wala ka namang ano kasi meron ding time na sabi ako nang sabi sa mga kaibigan ko tapos parang feeling ko na

dradrain ko na sila kaya talagang kailangan mo ring ibuild yung sarili mo ng ikaw lang eh kasi kung magbase ka lang sa kanila, parang ma stress mo na sila. Walang mangyayari. Paano kapag naubos na rin sila? Wala ka na malalapitan.”

Jisoo, another participant, talked about entering a relationship. She learned that those things should not be rushed, so there are no regrets. As she said,

“Ano po na hindi po dapat tayo nagmamadali sa mga ganung bagay-bagay kasi po nung nakabuo po sila, bata pa po sila kaya parang naiisip po nila na kaya ganito po iyong daddy ko kasi feel niya kinuha sakanya iyong kabataan niya. Kumbaga hindi po dapat minamadali iyong ganyang bagay para wala po tayong pagsisisi sa huli.”

Similar to the participant's response, V. He points out the importance of being sure, especially when choosing a partner before committing to a relationship. V stated:

“Ayun nga po, ano... yung about po sa family kasi once na pinasok mo po yun, dapat sure na sure ka po talaga sa magiging partner mo. Kasi pangit po yung magiging kakalabasan, e, sa magiging anak. Marami pong pangit na mangyayari. Nandoon na po yung bullying, ganon. Kaya mas mabuti pong goods po yung magiging partner mo. Ayun po.”

To proceed, J-Hope, one of the participants, shared two important lessons he learned from his parent's separation. First, he shared:

“Never make decisions when anger is raging inside you.”

He added:

“...kapag masyado ng problematic ang dalawang tao mas naiisip ko ng maghiwalay na lang sila kasi mas napapabuti nila yung situation nilang dalawa as peace of mind para na din dun sa ibang tao na included sa kanila. Yun lang.”

J-Hope's second lesson is somewhat related to what Sana, another participant, learned. She thinks some situations should not be forced to work out for the best. Sana shared:

“Hmmm ang natutunan ko sa kanila somehow is na may mga bagay talaga na hindi na ipinipilit pa. Kasi

nung nagkita kami na tatay ko sinasabi niya po sa akin na gusto niya makipagbalikan sa mama ko then sinabi ko naman pero sabi ng mama ko ayaw na niya. So, ako naman nirerespeto ko ang gusto ng mama ko. Kaya natutunan ko na huwag ng ipilit ang matagal ng tapos na. Kasi yung mama ko naka move on na, hindi na niya iniisip iyong silang dalawa ang iniisip niya na lang yung ikabubuti namin.”

Other participants, like Nayeon, shared how important it is to forgive and accept the situation. Nayeon said,

“Marami kasi pero ang main lesson is forgive talaga. Like, oo, nandoon yung term na forgive and forget, but you can't forget, e, so you have to forgive and accept. Forgive and accept what happened. Forgive to the other person kasi God will forgive them if you forgive the other person. Ganon yun. If you forgive them, God will forgive din, and they will set free din. So, ayun lang talaga. Just lean to God kasi hindi ko talaga siya kaya na ako lang.”

Rose, another participant, also shared the excellent insights she learned from her parent's separation. These are the insights she shared:

“So ayun, pinakanatutunan ko, e una, dapat sure mo na may tiwala ka sa relasyon niyo. Magtiwala ka at magpatawad ka lang kasi masasaktan at masasaktan natin yung isat isa lalo na kapag ano... nasa relasyon ka na. So, ayun, una, dapat Christ-centered, tiwala, and pagpapatawad. Ayun.”

Participants would only be as intelligent, experienced, and appreciative of others if they had been humbled or encountered challenges, criticism, and failure. Therefore, as people develop through challenging situations, they pick up countless lessons (Patil, 2018).

Discussion

This study emphasized the fascinating aspects of being a product of parental separation, which are rarely studied and rarely emphasize the attitudes that young adults exhibit. Conclusions derived from the study's findings are the following: (1) Young adults experienced more disadvantages from parental separation than advantages. Most participants battled mainly with longing for parental support, early childhood responsibility, and delinquency. (2) Young adults displayed various attitudes regarding affect, mainly sadness, perplexity, anger, fear, frustration, and

envy. Some of them displayed inappropriate behaviors towards social relationships, such as avoidant, apathetic, disrespectful, and violent behaviors. (3) Most young adults, primarily males, coped mostly through acceptance and forgiveness, social support, positive changes, optimism, and lessons from the situation.

It is recommended that people surrounding the young adults, like their relatives, teachers, and friends, establish healthy interactions that foster a sense of belonging and significance and assure emotional, physical, and identity safety by providing a supportive environment. Quality parenting includes giving each child one-on-one time, acknowledging their strengths, reinforcing positive behaviors, listening without judgment, accepting conflicting emotions, reflecting understanding, connecting words to emotional responses, allowing silence, and giving children space to be passive. These will improve parent-child connections.

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