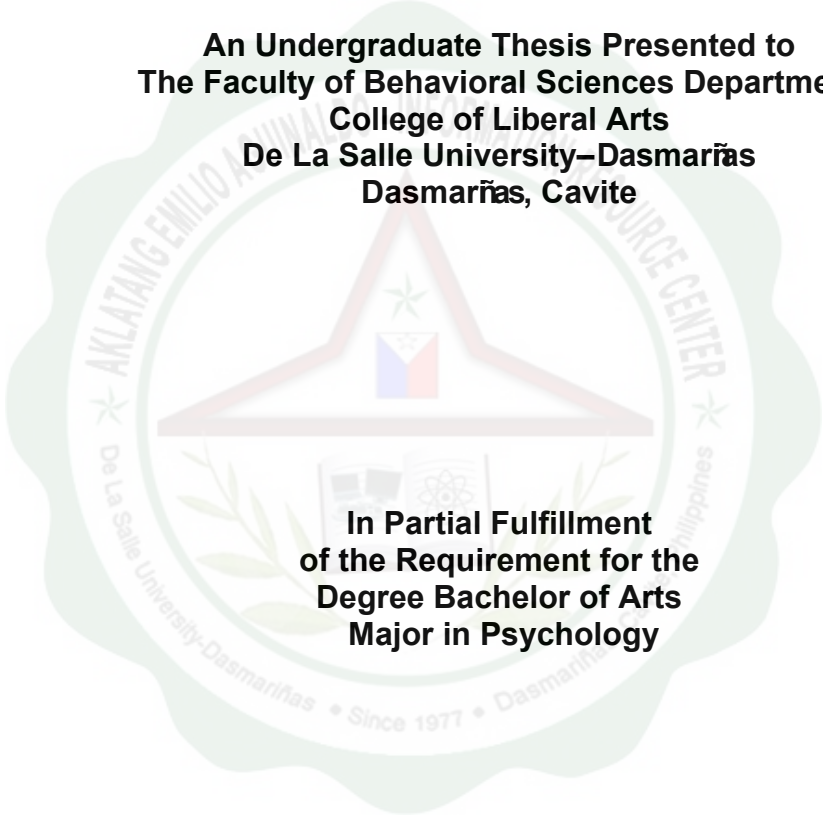


**Problems and Coping Styles of Selected Househusbands:
Implications to Social Adjustments**

**An Undergraduate Thesis Presented to
The Faculty of Behavioral Sciences Department
College of Liberal Arts
De La Salle University–Dasmariñas
Dasmariñas, Cavite**

The seal of De La Salle University - Dasmariñas is a circular emblem with a scalloped border. It features a central shield with a red triangle at the top, a blue triangle at the bottom, and a white triangle in the middle containing a green star. Below the shield is a book and a lamp. The text "AKLATANG EMILIO AQUINO" is written along the top inner edge, and "RESOURCE CENTER" is on the right. At the bottom, it says "De La Salle University - Dasmariñas • Since 1977 • Dasmariñas, Cavite • Philippines".

**In Partial Fulfillment
of the Requirement for the
Degree Bachelor of Arts
Major in Psychology**

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Table 1: Demographic Profile

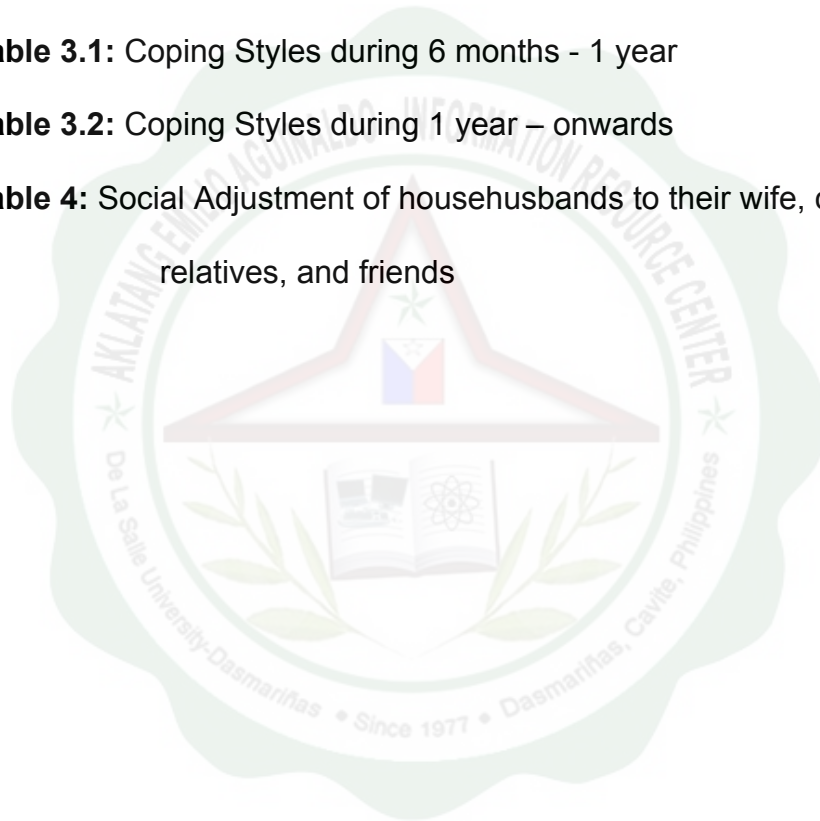
Table 2.1: Problems encountered during 6 months – 1 year

Table 2.2: Problems encountered during 1 year – onwards

Table 3.1: Coping Styles during 6 months - 1 year

Table 3.2: Coping Styles during 1 year – onwards

Table 4: Social Adjustment of househusbands to their wife, children,
relatives, and friends



Abstract

Name of Institution: De La Salle University_ Dasmariñas

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Title: Problems and Coping Styles of Selected Househusbands and Implication to Social Adjustments.

Authors: Frani, Ruvyleen

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Objectives of the Study:

General:

The research's purpose is to determine the problems and coping styles of selected househusbands and its implications to social adjustments.

Specific:

1. What is the demographic profile of the respondents in terms of:
 - a. age?

- b.** religion?
- c.** educational attainment?
- d.** previous employment?
- e.** number of children?
- f.** number of years they've been married?
- g.** number of years of being a househusband?

2. What problems have the participants encountered as househusbands?

3. What is the coping style of the participants with regard to those problems?

- a.** problem-focus coping style
- b.** emotional-focus coping style

4. What social adjustments did the participants do with regard to their:

- a.** wife?
- b.** children?
- c.** relatives?
- d.** friends?

Scope and Limitation:

This study focused on the problems and the coping styles of househusband's residence at Villa Luisa Subdivision in San Agustin III Dasmariñas, Cavite and its implication to their social adjustments. Data was gathered through case studies.

Methodology:

This is a descriptive study, which used the case study method to find out the problems and the coping styles of househusbands and its implication to their social adjustments.

This study used the purposive sampling technique to select the respondents. The respondents are househusbands residing at Villa Luisa Subdivision in San Agustin III Dasmariñas, Cavite, with age bracket of 31-60 years old and should have been a househusband for a minimum of one year.

The researchers used a validated interview guide for case study. The interview guide includes the demographic profile, respondent's experiences as well as the respondent's problems and their coping styles. Moreover, intensive interview will be utilized to build rapport between the researchers and the respondents.

The househusband's responses to the self made interview were interpreted and analyzed.

Major Findings:

This study was conducted for the purpose of determining the problems the coping styles of househusbands and its implication to their social adjustments. Stated below are the significant findings of the study:

1. Most of the respondents are under the middle age category and Catholics. Majority of the respondents has reached college although one is a high school graduate. The number of years of being a househusband is six years and the shortest period is one year. Nearly everyone has been employed in a company where they have gained enough money for the family and for themselves. However, their wives earn greater than they do, that is why they gave up their career to take care of their children.
2. Generally, the following problems arise as these husbands decide to stay at home: difficulty in their finances mainly because only one of them is working; difficulty in child-rearing because they are not used to this setting for they have spent their lives providing for their family's needs; depression; difficulty in adjusting to this new situation; and occasional fights because they have lost the Father-Provider-Role. There were differences

in problems when they have reached one year up to the present of being househusbands, and these are: financial problems, lack of funds for the business, health, child-rearing, and education of their children. Only minimal problems face these househusbands as they were able to outlast their struggles within their family. Reversal of roles for the mother and the father were evidently seen and thus, made a very huge amount of difficulty in all aspects.

3. Because of the problems that these househusbands encountered, they were able to come up with coping styles to ease the difficulties and problems that they are experiencing. Their coping styles during the first months to a year are: developing patience with the children; establishing a small business to have at least a minimal income; ignores the anger of the wife; doing household chores; finding new jobs; drinking and being with their peers; going to night clubs; and engaging in cockfights. Most of it was problem-focused with the goal of finding a solution to the problem, while some was emotion-focused where the goal is to change one's feelings and thoughts about the situation. After the first year and onwards, their coping styles are: establishing a business, watching movies, being with their peers and drinking, taking care of the children and household,

and raising chicken for cockfights. These coping styles are emotion-focused because they were trying to change their feelings towards the situation.

4. Nearly all the househusbands said that their relationship with their wives is ok; they have constant communication, most especially in terms of money matters, although these househusbands express shyness to their partner. One househusband said that when it comes to financial issues he leaves the decision to his wife. Feelings of inadequacy when it comes to providing for their children were clear to most househusbands. Their children are aware of their situation and understand it very well. Changes with their relationship were not seen because they have constant communication, but if their children want something and they couldn't give it, they have the tendency to hurt their children. In terms of their relatives, these househusbands have a good relationship with them because they consider them as their strength and they are the ones who help them in times of crisis. When it comes to their friends, they admit that they also have a good relationship with them. Some househusbands avoid their friends because of their vices like drinking.

Conclusion:

In the light of the findings generated, the following conclusions were drawn:

1. Reversal of roles for the mother and the father were evidently seen and thus, made a very huge amount of difficulty in all aspects. The wife assumes the provider role in the family when the husband cannot afford to do so. Financial issue is one big problem that face these househusbands. They had feelings of depressions and worthlessness in the family.
2. Various coping styles have helped these househusbands to deal with their everyday life. They thought of ways on how they could help their wife in supporting the family even if it is not that sufficient. Though they have coping styles that are negative, they were able to manage things around their house and they were also able to continue with their lives as househusbands.
3. Constant communication according to the househusbands is one important factor, which has helped them in dealing with their condition, and they consider their society as a support system.

Recommendations:

Based on the strengths and weaknesses of the data investigated, the following recommendations are hereby presented:

1. Househusbands must acknowledge their true feelings about their situation to their family and friends so that they will be able to understand the situation well.
2. Wives and children should give respect and support to these househusbands so that they can easily adjust to their situation.
3. Friends must not lead these househusbands to negative activities so that they can perform their duties at home to contribute something to their wives.
4. The community should widen their perspective regarding househusbands and maintain a positive attitude toward them.
5. For the future researchers, that they may continue this research work with the aim of interviewing the wife, children, friends, and relatives to support the information stated by these househusbands.