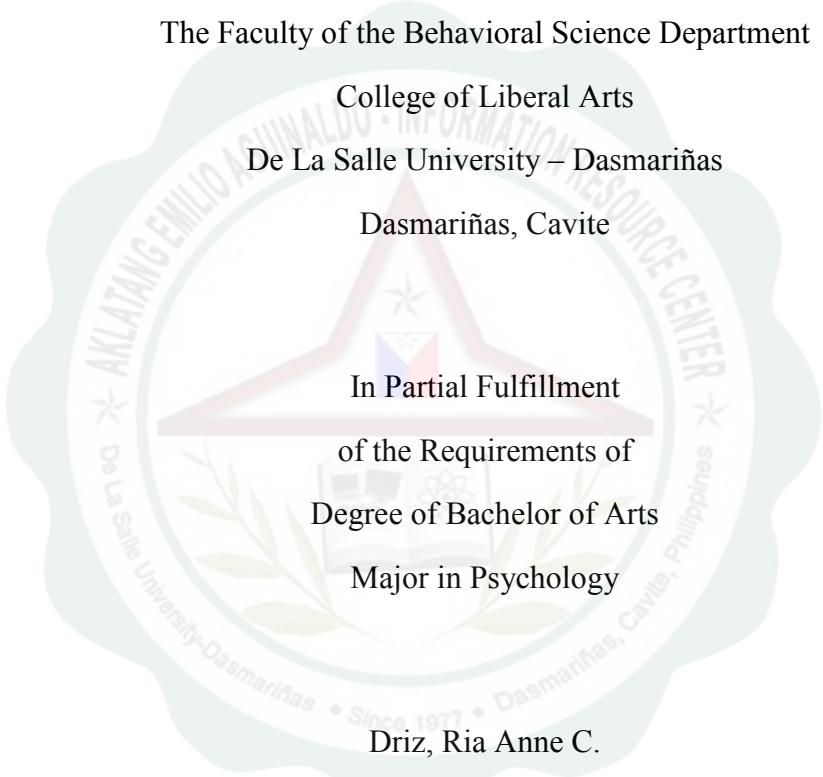


**“THE LEVEL OF PSYCHOLOGICAL WELL-BEING OF
OVERSEAS FILIPINO WORKER CHILDREN”**

A Research Paper Presented to
The Faculty of the Behavioral Science Department
College of Liberal Arts
De La Salle University – Dasmariñas
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In Partial Fulfillment
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Major in Psychology

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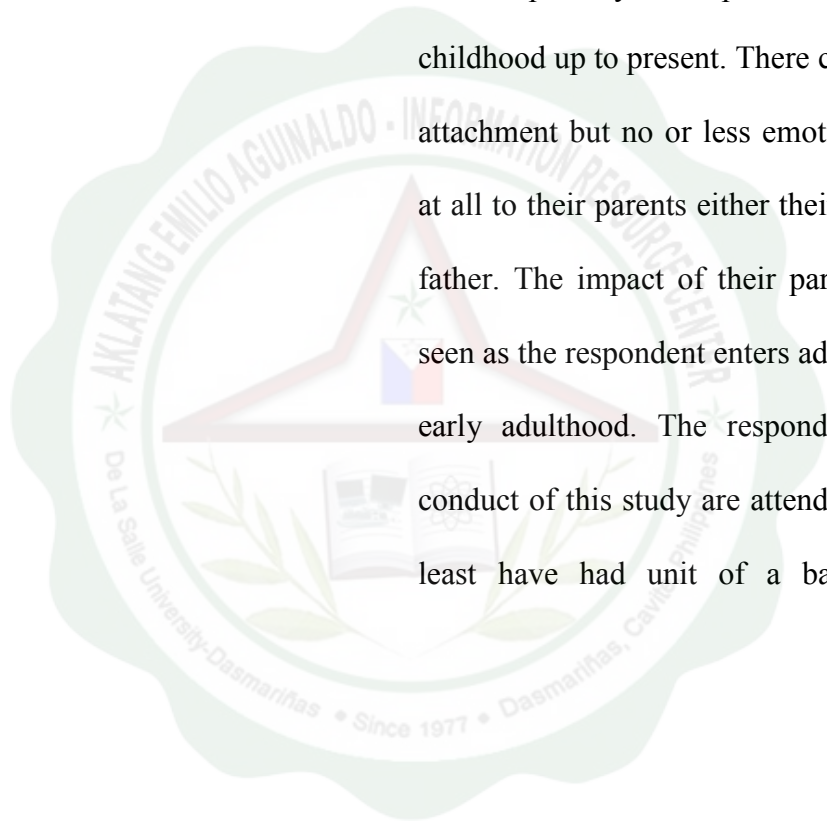
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Scope and Coverage

This study intends to find out the level of psychological well-being of OFW children. It focused mainly on experiences of adolescents who have OFW parents who experience the absence of their parents during childhood up to

present. The study will also focused on the impact of absence of their parents and its effect to their psychological well-being.

The study specifically dealt on adolescents who lost temporarily their parents preferably from childhood up to present. There could be physical attachment but no or less emotional attachment at all to their parents either their mother or their father. The impact of their parent's absence is seen as the respondent enters adolescent stage or early adulthood. The respondents during the conduct of this study are attending college or at least have had unit of a bachelor's degree



Methodology:

This study used the descriptive survey research design. The primary aim of using this design is to gather data from the respondents. Two sets of questionnaire were utilized in the study. First is the Personality Information Questionnaire(See Appendix C) that seeks to contain the personal information of the respondents specifically their name, age, sex, father's occupation and mother's occupation. Second is the 14-item scale of Ryff Psychological Well-Being, (See Appendix C) This was utilized to determine the level of the psychological well-being of the respondents particularly in six dimensions namely **autonomy, self acceptance, purpose in life, environmental mastery, positive relation with other and personal growth**. Purposive Sampling was used in gathering the respondents for the study.

Conclusions:

Based on the careful analysis of the data gathered, the following conclusions were drawn;

1. OFW children had the highest level of psychological well-being in terms of their **positive relations with others**. It expressed that the respondents were concerned about the welfare of others and capable of strong empathy, affection and intimacy.
2. In terms of **environmental mastery, personal growth, purpose in life, and self-acceptance** the respondents also attained high level of psychological well-being. This means that the respondents have the ability to manage life and one's surroundings, being open to new experiences, beliefs that one's life is meaningful and have positive attitude towards one's self and past life.
3. OFW children had low level of psychological well-being in terms of their **autonomy**. This means that the respondents were concerned

about the expectations and evaluations of others. Furthermore, the respondents relied on judgments of others to make important decisions and conformed to social pressures to think and act in certain ways.

Recommendations:

From the data gathered, results, summary and conclusions made in this study the following recommendations were created:s

OFW Children. To the OFW children, should not depend too much on other people. They should learn how to be independent and decide for themselves. They should be conscious on the expectations of other people rather help themselves to resist in social pressures.

Family of the respondents. Their family must be able to understand some irregularities in behavior and some different attributes of their family member as an OFW child. They should be aware in some of their capabilities and their considered weaknesses, and must not be sensitive dealing with them

Psychologists. The psychologists may develop a Filipino version of Psychological well-being for the accuracy of measurement that fits in the culture of the respondents, The tests will be very helpful since there is no highly developed psychological well being test in Asian countries.

Guidance Counselors. The guidance counselors can do and develop some trainings in helping the OFW children in enhancing and developing their autonomy or self esteem. The trainings should help the participants to learn how to be independent.

Future Researchers. The future researchers may use the combine method for their study interview and test. They may also study if there is significant difference between male and female respondents based on the six dimensions of psychological well-being. For further study they may also focus if there is a difference between having an OFW mother, and an OFW father or both.

TABLE OF CONTENTS

	Page No.
TITLE PAGE	i
APPROVAL SHEET	ii
CERTIFICATE OF ADVISER	iii
CERTIFICATE OF EDITOR	iv
ACKNOWLEDGEMENTS	v
ABSTRACT	vi
TABLE OF CONTENTS	xii
Chapter I – Problem and It’s Background	
Introduction	1
Conceptual Framework	2
Statement of the Problem	5
Scope and Limitations	6
Significance of the Study	7
Operational Definition of Terms	8
Chapter II - Review of Related Literature	
Psychological Well-Being and Adolescent’s Growth and Development	10
Importance of Parental Involvement on Adolescents Psychological Well-Being	13
An Adolescent as a stage of Growth and Development	15
Impact of Parental Absence	17

Filipino OFW Children	20
Chapter III – Methodology	
Research Design	22
Research Respondents	23
Research Instrument	24
Research Procedure	26
Data Analysis	28
Chapter IV - Presentation, Interpretation and Analysis of Data	
Presentation, Interpretation and Analysis of Data	30
Chapter V – Summary, Conclusion and Recommendation	
Summary	49
Conclusion	51
Recommendation	52
Bibliography – Books, Internet, Journal and Unpublished Materials	
Books	54
Internet	55
Journal	56
Unpublished Materials	57

Appendix A	58
Appendix B	59
Appendix C	60
Appendix D	82
Curriculum Vitae	

