

**“Ang Maging Ama at Ina sa Murang Edad”: The Challenges of Early
Parenthood**

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An Undergraduate Thesis Submitted to the Faculty of the Department of Biological
Sciences, College of Arts and Sciences, Central Luzon State University,
Science City of Muñoz, Nueva Ecija, Philippines
in Partial Fulfillment of the Requirements
for the Degree of

BACHELOR OF ARTS IN PSYCHOLOGY

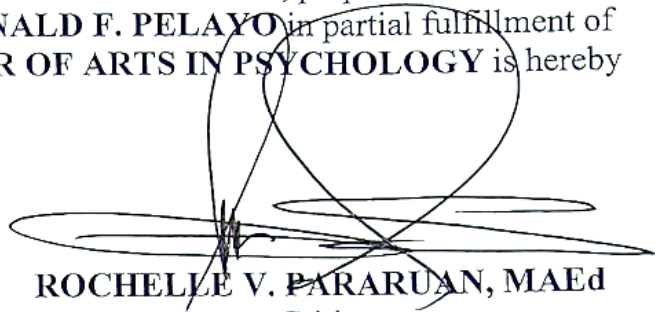
JUNE 2018

ACCEPTANCE SHEET

This undergraduate thesis entitled "ANG MAGING AMA AT INA SA MURANG EDAD": THE CHALLENGES OF EARLY PARENTHOOD, prepared and submitted by KRISTEL JOY A. LUCIANO and RONALD F. PELAYO in partial fulfillment of the requirements for the degree BACHELOR OF ARTS IN PSYCHOLOGY is hereby accepted.


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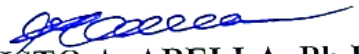
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BIOGRAPHICAL SKETCH

Kristel Joy A. Luciano, daughter of Mr. Emilio Luciano and Jopin Alvarez was born on January 10, 1999 in Tumauni, Isabela. She finished her elementary education at Sto. Nino 1st Elementary School on March 20, 2010. Her secondary education at Constancio Padilla National High School on March 22, 2014. Lastly, she obtained her bachelor's degree in Psychology at Central Luzon State University.

She completed her on the job training at DSWD home for girls in Palayan Nueva Ecija. She's been a dean's lister for the second semester of the school year 2016-2017 and a College Scholar for the first semester of school year 2017-2018. She also participated in the recent CLSU College Admission Test as a student proctor.

BIOGRAPHICAL SKETCH

Ronald F. Pelayo was born on March 17, 1997, his place of birth is at San Antonio, Nueva Ecija. Currently he is 21 years old, and lives at Ilang-ilang St. San Francisco, San Antonio, Nueva Ecija. He finished his elementary education at San Francisco Elementary School year 2010 and his secondary education at San Francisco National High School on year 2014. He chose to spend his college life at Central Luzon State University with the degree of Bachelor of Arts in Psychology. His parents are Mr. Mario J. Pelayo and Mrs. Agatona F. Pelayo, Ronald is the youngest in the family. In terms of their religion, half of his family members are Roman Catholic while others are Iglesia Ni Cristo or Church of Christ.

ACKNOWLEDGEMENT

Our journey as college students is nearly over, after so many trials and difficulties we've encountered, finally we are one step closer to our dreams. All this will not be possible without help and support of all the people around us, for that reason, we would like to extend our gratitude towards the following:

To our **Almighty God** who gave us strength, knowledge, and countless blessings. He who has an unfailing and unending love, which he granted unto us as we make our way throughout this journey. All our praises and gratefulness goes out to you for making all these possible.

To our parents/guardians, thank you for serving as our inspiration and for motivating us to finish this paper. Also thank you for your undying support both financially and emotionally.

To our thesis adviser, **Dr. Elizabeth S. Suba**, thank you ma'am for being with us throughout this whole process and for continuously giving us support. We also thank you for patience in helping us improve our paper and for sharing your knowledge. We couldn't have done it without you, thank you ma'am.

To our ever supportive critic, **ma'am Rochelle Pararuan**, thank you ma'am for being our critic and for patiently helping us improve our paper we appreciate all the help and knowledge you've shared with us thank you ma'am.

To the participants, who despite their busy lives allowed us to take a bit off your time and spend it with us we are extremely grateful for your help this paper would not have been possible without your help, thank you very much.

Lastly, for all others who helped us with even the littlest things, know that we appreciate your help very much and that we are very much thankful towards all of you!

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ABSTRACT

LUCIANO, KRISTEL JOY A., PELAYO, Ronald F., Department of Psychology, College of Arts and Sciences, Central Luzon State University, Science City of Munoz, Nueva Ecija, Philippines, **JUNE 2018, “ANG MAGING AMA AT INA SA MURANG EDAD”: THE CHALLENGES OF EARLY PARENTHOOD.**

Adviser: ELIZABETH S. SUBA Ph.D

The study used Interpretative Phenomenological Analysis to explore the Challenges experienced by the young parents on four different domains; Physical, Emotional, Financial, and Social and the coping strategies they employed on those challenges. After rigorous reading and analysis of data the following superordinate themes emerged: (1) as a physical challenge parents experience work or duty related sickness and uses ways of coping include rests and medication: (2) on the emotional domain the parents experience Upset feelings due to familial issues and stress related to family’s welfare and their coping strategies include seeking Interpersonal emotional support and confronting problems or Ignoring the problems: (3) the financial challenges reported includes overall financial shortage from necessities to emergency needs and the coping strategy the parents used is to look for a solution to financial shortage: (4) the social challenges the parents experience includes Criticisms from people around them and Relational Issues and the coping strategy they use to address these situations include venting their emotions or confronting the source of their social problem and also by keeping mum and not taking it seriously.

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