

**That's Life, *Sanayan Nalang*: The Lived Experiences
Of Psychology Students with an OFW Parent**

A Thesis
Presented to the Faculty of
The College of Arts and Sciences
Central Philippine University

In Partial Fulfillment
of the Requirements for the Degree
Bachelor of Science in Psychology

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May 2024

Pregua, JM. C., Abello, K.A., Adricula, ZD.T., Articulo, DF.E., Gonzales, NG. M., Pamocol, D.F. (2024). *That's Life, Sanayan Nalang: The Lived Experiences of Psychology Students with an OFW Parent*. An Unpublished Thesis. Bachelor of Science in Psychology, College of Arts and Sciences, Central Philippine University

Abstract

This study explored the lived experiences of psychology students whose parents work as Overseas Filipino Workers (OFW). Employing a phenomenological methodology, semi-structured interviews and thematic analysis were conducted to five (5) participants enrolled in the BS Psychology program of a large university. Through an interpretive framework, this research enhanced understanding of the lived experiences of psychology students with OFW parents, unveiling the multifaceted challenges inherent in their journeys while their parents are abroad. Three main themes were analyzed alongside their corresponding subthemes. The first theme "That's Life: *Sanayan Nalang*" was characterized by the weight of trust and responsibilities, yearning for parental affection, and *kimkim* (resentment). The second theme "Self-reliance and Independence" characterized the development of positive behaviors among the participants. The third theme "Addressing Family Conflict" revolved around the roles of the child to middle between long distanced parents. This study suggests for interventions and programs that especially counseling services that address the experiences of these OFW children students, fostering peer support networks among like-minded individuals, and organize workshops or seminars to educate students, faculty, staff, and the university about help-seeking needs of this special population.