

Championing Broken Families: The Story of Success

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ABSTRACT

The study explores the lived experiences of successful individuals who grew up in broken families within the province of Bukidnon. The research aims to (1) Analyze the experiences of successful people from broken families. (2) Evaluate the challenges that successful people faced growing up from broken families. (3) Determine the coping mechanisms and strategies that they develop to handle the challenges they face growing up in a broken family. (4) Identify the inspiration they had back then to become the successful person they are today.

Five (5) successful individuals from broken family were chosen as appropriate participants to the specific studies that the researchers conducted. Data were collected through in-depth interview, ethical considerations were strictly observed throughout the research process, ensuring the anonymity and confidentiality of all participants. The study employed phenomenological research design to determine the lives of successful individuals from broken families.

The findings of the study revealed six core themes emerged: family complexity, family motivation, resilience, financial struggle, psychological struggle, and family as inspiration. The research highlights how participants navigated the emotional and financial instability commonly associated with fractured family dynamics. Despite these challenges, many drew strength and motivation from their circumstances, transforming pain into purpose. Resilience was found to be a key driver in their journeys, often fueled by the desire to break generational cycles and serve as a source of inspiration for their loved ones. In addition, the absence of a stable family unit posed challenges, participants also identified their remaining family members particularly single parents, siblings, or grandparents as powerful sources of inspiration. This paradox highlights how, even in brokenness, family can serve as both a challenge and a driving force toward personal success.

Therefore, this study concludes that coming from a broken family does not dictate one's destiny. With strong internal motivation, resilience, and meaningful support, individuals can transcend their circumstances and become agents of their own success.

Keywords: Family, Broken Family, Challenges, Inspiration, Success.

INTRODUCTION

Background of the Study

Family is the basic component of society. The family consists of a father, mother, and offspring, united by their unconditional love for one another. It also plays a crucial role in molding students' personality. It is also an essential factor for a human's whole being, attitude, background, and achievements, like honor and dignity, rely on the structure of the family with which a student lives. The way the students act towards other people could be attributed to the people with whom they often mingle, and they are called "parents." However, every individual experience and various obstacles in life; there are some families that are no longer complete, or shall we say, broken families (Anderson, 2014).

Individuals who grow up in broken families often encounter various emotional, psychological, and social challenges that can have a lasting impact on their lives. Emotionally, they may struggle with low self-esteem, feeling unloved, unworthy, or unimportant due to having a broken family. This can lead to anxiety, depression, self-doubt, or giving up on achieving dreams that they have. In terms of behavior, individuals from broken families may act negatively, and sometimes they dwell permanently in a negative situation, which can be the leading factor in failing in everything. Growing up in a broken family is not easy; in fact, numerous studies about broken families have examined different negative impacts on the lives of individuals having a broken family relationship (Ariston, 2019).

Most individuals, particularly those from a broken family, are ambitious and want to lift their broken family. Success will come after overcoming any challenges that come along the way; with perseverance, resilience, and dedication to the dream they have, success shall be achieved. It is observed that most individuals coming from a broken family are having difficulties in their everyday lives due to the huge problems they are facing.

Conducting this research is crucial, as it gives recognition to individuals from broken families who have succeeded in life. This study's primary goal is to assess the lives of successful individuals from broken families, determining their coping mechanisms and strategies for handling the challenges they faced while growing up. Additionally, this research analyzes their experiences during their journey to success and identifies the inspirations that drove them to achieve their goals. Furthermore, this study aimed to provide insights to readers and inspire them not to give up amidst their own challenges.

This study was conducted in the province of Bukidnon. It took place over one semester, from January 2025 to April 2025, allowing for thorough data and information connection and analysis of successful individuals from broken families.

Statement of the Problem

This study's primary goal was to assess the lives of successful people from a broken family. The research aimed to address the following questions:

What are the experiences of successful people from broken families?

What are the challenges that they face growing up in a broken family?

What are the coping mechanisms and strategies that they develop to handle the challenges they face growing up in a broken family?

What inspired them back then to become the successful person you are today?

Objectives of the Study

This study's primary goal was to assess the lives of successful people from a broken family. The research aimed to:

Analyze the experiences of successful people from broken families.

Evaluate the challenges that successful people faced growing up in broken families.

Determine the coping mechanisms and strategies that they develop to handle the challenges they face growing up in a broken family.

Identify the inspiration they had back then to become the successful person they are today.

Significance of the Study

This study of the life of success of some individuals who grew up in broken families is deemed beneficial to the following:

To the students, the result of the study would be the basis for them to determine the best things to do in achieving their dreams. It would inspire students to put their efforts into doing any of their required tasks in school.

To the teachers, the result of this study would encourage teachers to be good role models to their students because they don't know their students' family background.

To the single parent, the result of the study would benefit the single parent out there, burdened with responsibilities. It would inspire them not to give up in supporting their family despite what they have been through.

To future researchers, the finding would provide insights and related studies that could support the results of their studies.

To the participants, giving them the honor for being strong and resilient for overcoming the challenges despite coming from a broken family. It would inspire, encourage hope, and give motivation to future generations that success can be achieved regardless of early family challenges.

Scope and Delimitation of the Study

This study focused on the context of broken families in the province of Bukidnon. The content of this study focused on the success of individuals coming from broken families. It refers to the concern about championing successful individuals from broken families. The participants of this study were residing in Bukidnon, specifically in Kitaotao, Don Carlos, and Maramag. The study's limitations set parameters on the research by focusing on the success of the individual who grew up in a broken family. Furthermore, this study was designed to ensure that it does not pose any risk or harm to the participants. The sole purpose of this research was to gather and provide meaningful insights and information.

Definition of Terms

This study made use of the following terminologies, which were denotatively and operationally defined in the study.

Broken family refers to a family where the parents are divorced, separated, or deceased, or where there is no parent figure. It can also refer to a family where the relationships between parents and children are strained.

Champion refers to someone who actively pursues their goals with determination, resilience, and a strong will to overcome obstacles, and who actively fights for what they believe in and pushes through challenges to achieve success.

Coping mechanisms refer to a behavior or strategy that an individual uses to manage stress, difficult emotions, or challenging situations, aiming to alleviate their negative impact and maintain emotional stability.

Family refers to a group of people who are connected by blood, marriage, or adoption and who often live together and support each other. Families can include parents, children, siblings, grandparents, and other relatives.

Strategies refer to individuals who can actively cope with and overcome difficult situations or obstacles they face in life, often focusing on maintaining a positive mindset, building resilience, seeking support, adapting to change, and actively problem-solving to navigate through challenges effectively.

Success refers to the ability of individuals to achieve their goals and aspirations. It can also mean growing as a person, making a difference, and learning from your experiences.

THEORETICAL FRAMEWORK

This chapter consists of the relevant literature and studies that helped shape the theoretical and conceptual framework of the study.

Review of Related Literature and Studies

Family

A family acts as the primary environment to build character and personality, and having a broken family hinders one's mental and emotional development, proving to be a significant threat to one's well-being. Families with strong bonds have respect for their communication and always have quality time. They are the ones who were active in participating in community activities that strengthened their bond (Sanguiliano et al., 2019). Family is the basic unit of society. The nature of the family has been altered continuously over time. Family is considered the foundation of social life and is exceedingly cherished by most Filipinos. Sociologists characterize the family as comprising two guardians in a committed relationship, living alongside their children (Thompson, 2016).

Family is a primary and basic unit of socialization, and a child learns many behaviors, customs, traditions, faith, beliefs, norms, folkways, mores, habits, social patterns, and manners to live in a family. When a family has a breakup, it is usually hard for everyone to figure out how to handle the situation, and children cannot bear this situation. A broken family system has a dark impact on social development, academic performance, and psychological health of children (Qureshi, 2016).

Home is the first and instantaneous unit for every child. He or she is born into and considered a full member of the home. A home is a recognized group of people who are joined together by marriage. Children from broken families are about five times more likely to suffer from damaging mental problems than those whose parents are together. A home where good values and virtues are commonly taught by the family. To provide an environment that is conducive to physical growth and health, the family must also create an atmosphere that influences the cognitive and psychological growth of its members. If the needs of the individual family members are met, the other members are able to reach out to others in the family, the community, and society as a whole. No matter how ideal a family is in terms of their relationship, there are still hardships and misunderstandings that will come along the way. It is just part of any relationship anyway. But the sad part is when one of the family members gives up, and the others have no choice but to accept and let go (Gul & Nadeemullah, 2017).

Promises of a customary, interpersonal kind have received no small amount of philosophical attention. Of particular interest has been their capacity to generate moral obligations. This capacity is arguably what distinguishes promises from other, similar phenomena, like communicating a firm intention. However, this capacity is also common to other nearby phenomena, such as oaths and vows. These latter phenomena belong to the same family of concepts as promises, but they are structurally and functionally distinct. Taken in their turn, they fill out what I call the 'breadth criterion': Theories of promising should cover not only customary, interpersonal promises but also sibling phenomena, including oaths and vows (Fruh, 2019).

The family is an essential factor for a human's whole being. Everything about a man, his background, attitude, all his achievements, his honor and dignity, relies on the structure of the family with which a man lives. A family is composed of a father, a mother, and their offspring, bonded by their love for each other. Here in the modern age, a family could be two things: complete or broken. A broken family is believed to cause a child to be misled in life. Some people give it as the main reason for the rebellious and unclear acts of children. School is another factor that helps us become successful. Many articles support the idea that broken families affect a child's performance, attitude, and self-esteem. They show statistics that broken families affect much of the child's emotional and spiritual being, and that it greatly distresses the child's education. When it comes to

educational achievement, children living with their own married parents do significantly better than other children. It has been found that children from non-intact families (those living in a situation other than with their own married father and mother) have significantly higher rates of difficulty with all levels of education, from pre-kindergarten through to primary, secondary, and college levels (Fallet, 2017).

Everyone longs for a place to call home and a healthy family, both in mind and body. Generally, people's view of complete families has married parents with children. Even so, the case is not always like that. Thus, broken families are not uncommon; rather, it is familiar and often encountered around us (Lanozo et al, 2021).

Children initially interact with their parents, from whom they learn examples of desired behaviors that ought to be learned. The parents are considered as the influential models of the child. They teach the child values on how to face the reality of life and to develop their own behaviors. Parental infidelity is one of the crucial social issues, along with other issues relating to marriage. Reid [4] argued that it may be one of the primary reasons why parental relationships lead to divorce. Having parental infidelity threatens the foundation of the marriage as well as the whole family relationship. It affects the relationship of the child to couples not only emotionally but physically, mentally and socially as well which may also influence the establishment of the former's relationships. It is a problem which has consequences that permanently damage the parent-child relationship as well as other future relationships. In the 2011 Philippine statistics on marriage, there were about 476, 408 marriages, from the 482, 480 marriages from the previous year [8]. Since then, the numbers of married couples are decreasing. This is a clear indication that Filipino married couples need to strengthen their marital relationship (De Castro-Bofill, 2016).

Motherhood is a significantly important event in the life of a woman. Maternal role attainment is a process that requires acquiring necessary abilities, learning appropriate behavior, and establishing maternal identity. Preparation to accept the maternal role has important effects on maternal adjustment and transition to adulthood. However, the increasing number of teenage mothers is one of the important concerns in many countries. According to the World Health Organization, every year, approximately 16 million teenage girls give birth worldwide while South Korea has a minimum rate and maximum rate is in sub-Saharan Africa. Among 1,000 Iranian adolescent girls, 27 become mothers. Early motherhood has significantly affected not only adolescent girls, but also their spouse, family, school and the society at large. Transition to motherhood needs physical, psychological, social and cognitive preparedness; but teenage mothers are not ready to become a mother. Motherhood becomes cumbersome and convoluted for teenage mothers, who endure the maternal role and developmental task of adolescence simultaneously. They must adapt with adulthood social roles, physical changes of puberty, significant brain development, and nurturing of an infant. Most teenage mothers are not in a good socio-economic condition, so transition to motherhood becomes problematic for them (Mangeli, 2017).

Broken Family

When a family breaks up, it is usually difficult for everyone in the family to cope with the situation; however, children are often the worst victims of family breakup. There are powerful reasons to be alarmed about the impact of broken homes on children. The stability of the family creates a building block for children to progress throughout life. When parents separate, the children are left with no stability, causing them to lose basic concepts of childhood and a negative perception that may carry with them throughout life (Felisilda & Torreon, 2020).

A broken family is a family unit that is split or separated due to many possible reasons. This split or separation can be temporary or lifelong. A broken family happens when family relationships are divided by situations that may or may not be within their control. This breakdown of family relationships can happen due to differing beliefs, domestic violence, stubborn grudges, disrespect, divorce, financial struggles, or illness (Zitzman, 2019). Several studies have found that students from broken families face various challenges that contribute to poor academic performance. Yet, despite these challenges, students from broken families managed to gain positive experiences and persevered despite their traumatic family background (Gulan et al., 2023).

Children of different age groups have different reactions to the news of a broken Family. Younger children suffer more deeply from the broken family structure. Their need for constant love and care is dissatisfied and

that leads them to clingier and attention-seeking behavior. They also develop low self-esteem and confidence. They might also react aggressively and angrily towards their peers due to jealousy and insecurity. Adolescents and older children have a different reaction, as in most cases they start blaming themselves for causing the broken family. The feeling of separation also causes an internal conflict, which may lead to anxiety, depression, low self-esteem, and even disobedience. In broken families, adolescents lack the proper guidance that they would have received in traditional families, which leads them to disobedient and often criminal behavior (Saxena, 2017).

Students from separated families exhibited more behavioral problems compared to those from divorced families. Similarly, students belonging to separated families and those not living with either parent experienced a greater impact on their behavior than the students belonging to broken families due to death, separation, or divorce. A broken family is no longer structurally intact due to factors such as divorce, separation, or the death of a parent. It can have a serious effect on children's behavior. The family plays a critical role in shaping an individual's personality, beliefs, and skill development. Parental separation has been associated with reduced intellectual growth and a decline in academic performance (Mayowa, 2021).

There are some individuals who grew up in a broken family and find it difficult to live every day. Growing up in a broken family is not easy. Those individuals who experienced having a broken family are probably dealing with uncertainty every single day, thinking about the things that hinder them in doing any mundane tasks they have, they probably think of giving up due to their numerous responsibilities. However, giving up is not an option; instead, utilize that problem to move forward. Satisfaction from your Success is not just about you already getting what you want or you already achieving your dreams, but it is conquering each and every obstacle along the way in achieving it. Moreover, unleashing your full potential and putting in so much effort to achieve success is important.

According to Hastiani et al (2020), Broken or problematic family conditions make children experience changes in perspective in seeing many things. They tend to make sense of themselves as individuals who felt their lives were victims of the selfishness of their parents, the saddest and most miserable.

A broken family can negatively affect all domains of your child's development. The effects of a broken family on a child's development depend on numerous factors, including the age of the child at the time of parents' separation, and on the personality and family relationships. Although infants and young children may experience few negative developmental effects, older children and teenagers may experience some problems in their social, emotional, and educational functioning. Slowed academic development is another common way that the separation of the parents affects children. The emotional stress of a divorce alone can be enough to stunt your child's academic progress, but the lifestyle changes and instability of a broken family can contribute to poor educational outcomes. This poor academic progress can stem from several factors, including instability in the home environment, inadequate financial resources, and inconsistent routines (Magazine Desk, 2018).

Students coming from intact households who both have parents to assist their distance learning, students from broken homes might not have that same privilege. Hence, those students coming from broken homes may be one of those who are in a difficult situation under distance learning because the assistance of the parents might be limited or non-existent at present, among many other factors. Lanozo et al. (2021) found that students from broken homes are seriously challenged by financial, emotional, social, and behavioral problems that contribute to their poor academic performance. In addition, they added that these students are inattentive. Their parents seldom provide the time, care, and financial support for their children's daily needs and academic fees. However, despite these challenges these students cope by being independent in doing their schoolwork, household chores, and taking care of younger siblings. They also maintain their optimism and the motivation to strive harder to earn their college degree and land a job to support their family. Similarly, Abrantes and Casinillo (2020) clarified that there is no significant difference between the academic performance of students from single-parent homes and two-parent homes. They further reiterated that problems encountered by learners from single-parent homes do not in any way affect their studies and learning attitudes. They also found out that there is a high relationship between problems encountered by the students and their academic performance. This suggests that the students look at their problems as a motivation to strive harder in their studies to become

successful in the future. This somehow proves that despite having a problem the students are still performing well academically (Ebagat & Caballes, 2022)

Single motherhood is now becoming a "norm." The number of single mothers has been steadily increasing for so many reasons, such as giving birth outside marriage, separation, divorce, annulment, the death of a partner, or simply because some women choose to have a child and stay single. The study explored the lived experiences of single mothers in raising their children. Thus, the study aims to determine how single mothers cope with their situation to provide an improved life for their children and themselves. Faith, support from family and community, and their job play an essential role in coping with their situation and helping them survive. It made them feel suitable for themselves, and they were trustworthy and independent in raising their children as single mothers. Recognizing the struggles of single mothers and their children and calling for interventions by both government and social work groups to help them cope with single parenthood's financial, psychological, and emotional challenges (Tus, 2020).

The Catholic Bishops' Conference of the Philippines (CBCP) believes that the legalization of divorce will lead to violations of the children's right to a stable family as a result of the irreversible breakdown of a family, and the right of married couples to contract an indissoluble marriage.⁷⁴ Fr. Melvin Castro preaches that couples should simply "seek perfection in marriage [and] not seek a perfect husband nor wife nor a perfect marriage."⁷⁵ In explaining the impact of divorce on the human person, then Pope Benedict XVI declared that divorce like abortion are "grave sins which - in various ways and with due evaluation of subjective responsibilities - injure the dignity of the human person, involve a profound injustice in human and social relationships, and offend God Himself, the guarantor of the marital bond and the architect of life (Jacob, 2015).

Adolescents who experience the divorce of their parents and destructive, chronic co-parent conflict exhibit an increased susceptibility to emotional dysregulation, behavioral problems, psychological difficulties, and insecure parent-child attachment. Child Considerate Vernacular (CCV) refers to creating a safe space in communication between parents and children who are experiencing divorce and the decoupling of the parental unit. Within attachment theory and a systems approach to marriage and family, divorce is viewed as a crisis of family transition and adjustment resulting in emotional distress and relationship uncertainty (Williams, 2024).

Young people have concerns about their ability to maintain a successful marriage in the future, as the evolution of culture caused by modernization has presented challenges to married couples in maintaining long-lasting relationships. Hence, a growing number of broken and/or dysfunctional families are prevalent in modern-day society. Many families are facing diverse challenges brought about not only by physical barriers or separation, but also by emotional, social, and spiritual issues (Fautino, 2019).

Effects of Parent Separation

The psychopathological impact of parental mental ill-health on children is well known. However, little research explores positive and negative interpretations of such exposure in childhood, from the adult child's perspective. The traumatic distress and sense of betrayal experienced in childhood stem from unrelenting exposure to parental mental ill-health. However, despite unpredictability, fear, and neglect in childhood, they identified the emergence of inner strengths in adult life: unexpected growth in empathy and compassion, high resourcefulness, and personal authenticity through higher education. Findings highlight that positively redefining 'self' in adult life is possible in the aftermath of childhood trauma associated with parental mental ill-health. Implications for therapy include: (a) moving forward from childhood trauma and (b) managing ongoing family dynamics in adult life (McCormack et al., 2016).

Stress is a common factor that largely diminishes individual morale. It develops when a person cannot handle their inner and outer feelings. When the stress becomes chronic or exceeds a certain level, it affects an individual's mental health and may lead to different psychological disorders, such as depression. Depression is a worldwide illness marked by feelings of sadness and the inability to feel happy or satisfied. Nowadays, it is a common disorder, increasing day by day. According to the World Health Organization, depression was ranked third among the global burden of disease and predicted to take over first place by 2030 (Deng et al. 2022).

Mental health in adolescents, especially those from broken home backgrounds, is more likely to have conflict between parents, is seen as low in environmental and social prejudice, and is more likely to behave in ways that do not conform to social norms (Suhartini & Amelia, 2024).

ACEs refer to stressful or traumatic events experienced during childhood. Devised ACEs inventory to measure children's and adolescents' adverse childhood experiences. There is a growing interest in the role of mental health professionals and clinicians in treating adverse childhood experiences (ACEs) and mental health difficulties. In the U.S, cross-sectional and longitudinal studies on children and adolescents experiencing harmful acts of physical, emotional, and socio-environmental influences such as neighborhood violence or drug use have been underway. Researchers examining the impact of ACEs have found that adolescents experience several challenges within the context of K-12 settings. Such challenges include dysregulation of emotion, externalized behavior problems, and a lower degree of academic performance in school. Simultaneously, an extensive body of work has discussed school-related mental health difficulties, specifically adolescents' emotional and behavioral disorders and its relevant school-based interventions. Researchers have identified adolescents with mental health concerns who confront several challenges during developmental stages. These challenges, as are the consequences of ACEs, include dysregulation of emotions, externalized behavioral disorders, and lower levels of academic achievement (Lee, et al. 2020).

The increase of family breakdown rate in Juba City has been due to alcohol and drugs addiction, financial problems, death, plus psychological, sexual and emotional abuse, threatening diseases like HIV/AIDs and inability to resolve conflict among others. The effects of family breakdown on children include difficulties in school, stress, early engagement in sexual activities, insecure and afraid of the future, depression, and fear of being abandoned. The forms of family breakdown identified during the study include death, separation, and divorce. Some of the cultural practices were found to back up the high rate of family breakdown, and such practices include forced marriage, polygamy, inheritance by widows, and high bride wealth.

Single parent (father or mother) training students leads to low academic performance, financial problems, and other socioeconomic problems like depression, hunger, deprivation, stress, and frustration. Findings also indicate that the number of single-parent sponsored students is low compared to the notion that they are increasing in Nigerian schools. It concluded that parents' involvement in students' training is critical to science learning (Aina, 2022).

A sense of inferiority dominates the average self-perception, feels unlucky as others, and assumes to have the darkest life. Meanwhile, the perception of the family among young people, among others, is that the family is a selfish, frightening, and unhappy place. Family conditions that are inharmonious also affect young people's behavior, such as a broken home in the family and friends. Young people from broken home families also do the Ego Defense Mechanism as a reaction in negotiating with their family issues (Firdausi, Hotifah, & Simon, 2020).

Broken-home adolescents tend to have a low level of self-acceptance; to achieve a high self-acceptance, individuals need reinforcement from people in their surrounding environment, one of which is the family. An optimally functioning family will help broken-home teens reach a high level of self-acceptance for their family background, which is different from that of their friends in general. Research related to psychological problems in adolescents is increasing because when viewed from Erikson's theory, individuals enter the early stages of identity versus identity confusion. One of the things that are very influential on the process of discovering individual identity is when a family experiences dysfunction or a family experiences divorce, adolescents will experience a lot of pressure and confusion, and adolescents do not have ideal figures to help them become psychologically mature individuals (Azizah, Suryaningrum & Prasetyaningrum, 2024).

With reference to family dynamics, families without fathers are associated with differences in child abuse and behavioral problems (bullying, risk behavior, uncontrollable behavior. Father's absence influences family life and society at large and creates a vicious cycle of poverty in many households, and many children suffer as a result. Also, indicating that numerous fathers are the breadwinners in the house, and the lack of income of a father can contribute to financial strain and eventually poverty. Various reasons for the absence of a father figure have been cited, including unemployment, divorce, poor socio-economic circumstances, and cultural

beliefs. The widespread and tenacious nature of father absence in South Africa is exacerbated by undisclosed fatherhood, denial of the responsibility of fatherhood, dissolution of households, and divorce. The absent father figure has a negative effect on the overall development of their children, and states that the absence of a father figure in a child's life is associated with adverse psychological effects such as lower self-esteem, lower self-perception, poor academic performance, and lack of good interpersonal relationships with the opposite sex. With respect to the psychological effects, father absence is associated with factors such as poor academic performance and poor self-perception (Freeks & De Jager, 2023).

Adolescence is defined as the period of transition between childhood to adulthood that involves biological, cognitive, and socio-emotional changes and overall personality changes. It is the period of rapid and complex physical and psychological changes. Adolescence is the most vulnerable age for development, which faces many changes due to the emergence of puberty and abstract reasoning, which help in the development of a different kind of personality. So, at this stage, they need proper guidance and a good atmosphere at home. Broken families have several effects on adolescents, like they might feel guilty or responsible for the divorce, they may become increasingly aggressive, violent and/or non-cooperative, lashing out at both parents, may become emotionally needy out of fear of being abandoned, may lose the ability to concentrate which results in poor academic performance, and may develop intense feelings of grief and loss, exhibit anti-social behavior as well as other behavioral problems, may suffer from drug and/or alcohol addictions (Tiwari & Choudhary, n.d.).

Attachment relationships serve as contexts within which children develop emotional capacities. This meta-analytic review assessed the strength of associations of parent-child attachment patterns with the experience and regulation of emotion in children under age 18 years. In a series of meta-analyses ($k = 72$ studies, ranging from 87 to 9,167), we examined children's positive and negative affective experiences (assessed either globally or elicited in specific contexts), emotion regulation ability, and coping strategies. More securely attached children experienced more global positive affect and less global negative affect, expressed less elicited negative affect, were better able to regulate emotions, and more often used cognitive and social support coping strategies. More avoidantly attached children experienced less global positive affect, were less able to regulate emotions, and were less likely to use cognitive or social support coping strategies (Cooke, 2019).

The age of the child, the gender, parental attitudes, educational status of parents, the socio-economic level of the family, the parents' professions, the number of sisters-brothers and the success status of the child are the factors affecting anxiety. The situations causing anxiety/worry in little children pave the way for the psychological reactions in the advanced ages. Anxiety may manifest itself in children in the form of different reactions. Some children withdraw in order to avoid any worrying situation and abstain from joining any groups of their peers, while others develop defense mechanisms, such as retreat, rejection, repression, and projection (Çetinkaya & Erçin, 2015).

Taking off the rose-tinted glasses of childhood, many of us find ourselves looking into the abyss of a broken upbringing. Childhood trauma, the juvenile exploits of our parents, and even unaddressed mental illness can destroy the baselines we build as children. Moreover, they can go a long way to create negative patterns that undermine our happiness as adults. Accepting the fact that you were raised in a dysfunctional family household is a painful process, but one that's necessary in order for us to heal. The way we are treated as children, and the experiences we tie into our crucial developmental memory, help us to determine how we define our self-worth, our relationship, and even the way we make decisions. Overcoming all the traumas and tribulations of our childhood takes perseverance, however, and it takes committing to a journey that's as uncomfortable as it is uncertain (Johnson, 2020).

Though it may come as a surprise to some, even babies are affected by divorce, especially if parental conflict leads to arguing and tension in the home. During infancy, babies can sense stress in their environment, even if they can't understand the reasoning behind conflicts. If the tension continues, babies may become irritable and clingy, especially around new people, and have frequent emotional outbursts. They may also regress or show signs of developmental delay. Divorce may leave school-age kids between the ages of 6 and 11 struggling with feelings of abandonment. Younger elementary schoolers aren't likely to understand the complex reasons why two grown-ups don't want to be married anymore and feel as if their parents are divorcing them (Morin, 2019).

There are many factors leading to the outcomes of a child. Thoughts and decisions are deeply attached to family status. It is true that today the percentage of divorce is higher than it was in the past. The outcomes of a child depend on the role of both father and mother. Research has shown that a broken family leads to many bad results, and two of them are psychological and decision-making for future marriage (Robert et al., 2016).

Identified five significant effects of parental separation on students: loss of focus, feeling depressed, missing classes, studying hard to reach goals, taking the situation positively, lack of financial support, delays in submitting schoolwork, reduced moral support from parents, and even dropping out of school. In terms of coping mechanisms of parental separation there are five main strategies: engaging in physical activities, strengthening their faith in God, using the situation as motivation, surrounding themselves with supportive people, staying brave and keeping away from negativity, and remaining positive by going with the flow and being grateful (Redulfin et al., 2024).

Effects on Psychological

Identified five significant effects of parental separation on students: loss of focus, feeling depressed, missing classes, studying hard to reach goals, taking the situation positively, lack of financial support, delays in submitting schoolwork, reduced moral support from parents, and even dropping out of school. In terms of coping mechanisms of parental separation there are five main strategies: engaging in physical activities, strengthening their faith in God, using the situation as motivation, surrounding themselves with supportive people, staying brave and keeping away from negativity, and remaining positive by going with the flow and being grateful (Redulfin et al., 2024).

According to Darajat, mental health is harmony in life that is achieved between the functioning of the soul, the ability to face the problems faced, and being able to feel happiness and one's abilities positively. He further emphasized that mental health is a condition where a person is protected from symptoms of mental disorders (neuroses) and symptoms of mental illness (psychoses). Mental health refers to the health of all aspects of a person's physical and psychological development. Mental health also includes efforts to overcome stress, lack of adaptability, interaction with other people, and decision-making. Every person's mental health is different, and its development is dynamic (Nabila & Zainun, 2024).

Children living in households marked by high levels of interparental conflict are at risk for serious mental health problems and future psychiatric disorders. Evidence has progressed from early research highlighting the adverse impacts of verbal and physical domestic violence on children's mental health to recognizing that children can be affected by conflict between parents (and carers) where levels of discord do not necessarily involve physical or verbal violence, but constitute chronic environmental adversity that places children's mental health and future development at risk (Harold, Leve, & Sellers, 2017).

Evidence shows that interparental conflict adversely affects mental health outcomes for youth (children and adolescents), that the diagnostic condition 'child affected by parental relationship distress (CAPRD)' was introduced into the DSM-5, noting that children may react to parental intimate partner distress, parental intimate partner violence, acrimonious divorce, and/or unfair disparagement of one parent by another, by evidencing heightened behavioral, cognitive, affective, or physical symptoms as a result of exposure to parental relationship distress (Harold & Sellers, 2018).

Internalizing disorders occur in individuals who exhibit overcontrol of their behavior, also known as secret illnesses. Childhood internalizing behaviors are highly prevalent, impairing conditions. Diagnostic and Statistical Manual, 5th Edition (DSM-5), describes internalizing features as a range of mood and anxiety disorders. Children may be diagnosed with major depressive disorder, dysthymia, somatic disorders, obsessive-compulsive disorder, and posttraumatic stress disorder, or with one or more anxiety disorders (specific phobia, separation anxiety disorder, social anxiety disorder, selective mutism, panic disorder, agoraphobia, and generalized anxiety disorder). The prevalence rate of childhood anxiety disorders was estimated to be 12.6% for children aged 6 to 12 years old. Home plays a very important role in the formation of the child's personality and socialization, and parents provide a safe base and haven when needed. In divorce, children lose daily contact with one parent: most often, fathers. Children experience anxiety in

divorced families, which in turn has a strong negative effect on their mental health development. CDC reported that children living with one biological parent were three to eight times more likely to experience neighborhood violence, caregiver violence, or caregiver incarceration or to live with a caregiver with mental illness, an alcohol or drug problem (Hassan, Saeed, Al-Kaseer, & Al-Diwan, 2022).

Prenatal exposure to the death of a maternal relative increases the take-up of ADHD medications during childhood and anti-anxiety and depression medications in adulthood. Further, family ruptures during pregnancy depress birth outcomes and raise the risk of perinatal complications necessitating hospitalization. Large welfare gains from preventing fetal stress from family ruptures and possibly from economically induced stressors such as unemployment (Persson & Rossin-Slater, 2018).

Coping Mechanism

Given that parental separation may have various negative consequences on children, including stress, perceived guilt, obligation, and limited resources. It also harms the child's motivation and learning behavior in the classroom. Children and parents who experience court have outcomes that do not necessarily ensure the children live in safe and healthy conditions. However, with some direction, the community has an opportunity to support these families by working with the parents and caring for the children, by providing a supportive community, and teaching the family unit how to work together to develop a healthy and safe home. After the cases are reviewed by the court, 53% are given placement plans to return the children to their homes (Children's Bureau, 2013, p. 5; Wulczyn, 2004, p. 100). With such a high percentage of children potentially returning to their homes, the court has an opportunity to support the parents and encourage the community to help reunite families. The focus of this thesis will be the care and support of the parents for the benefit of the family unit (Thorinson, 2015).

The management of human stress includes a set of mechanisms, all the way from one extreme, which would consist of individual techniques, to the other extreme, which consists of well-elaborated and institutionalized organizational solutions. Organized or regularized methods for the management of stress that include organizational forms, cultural traits, and other inventions, the development of social identities, and the like. There appear to be three major types of career stress in large organizations: the risk of unemployment, the career sequence, and the process of disengagement from organizations that inevitably occurs at the end of one's career (Croog, 2017).

Youth is an important part of the population for any nation as they bring new ideas and energy, contributing to the overall development of the nation and the world in general. Resilience leads to positive youth development, and empathy develops extensively during adolescence (Shellenbarger, 2013). Resilience is helpful for adolescents in gaining a healthy sense of identity (Dent, 2016), and empathy helps in the development of emotional as well as social competence in adolescence and adulthood (Vinayak & Judge, 2018).

Having a parental separation situation affected their life, which led to their personal strategies to survive the struggles. Findings revealed that students have a lot of untold stories relative to the dimensions, and they managed to cope with these challenges primarily through spiritual interventions. In conclusion, students from broken families are indeed challenged but socially good, academically inspired, financially able to manage, emotionally tough, psychologically resilient, and spiritually hopeful. Though students face different challenges in life, making God their inspiration, source of comfort, and strength in facing the challenges in the family is the most ideal coping mechanism recommendation (Juane & Alonsozana, 2024).

Motivation

Social support can be described as the emotional, instrumental, or tangible aid exchanged between members of the social network. A substantial body of research indicates that social support is closely linked to psychological well-being. Two pathways by which social support may be associated with. Alternatively, social support may directly influence psychological well-being independently of any external stressor, where those with higher levels of social support experience better psychological well-being and those with lower levels of

social support experience poorer psychological well-being, regardless of levels of stress. Well-being has been outlined in the literature (Soulsby & Bennett, 2015).

Effects on Academics

Academic performance or academic achievement is commonly defined as the degree to which an individual has accomplished or attained their own short- and long-term goals. A simple way to measure this is through grades achieved or tasks completed. Children in broken families are affected deeply by the stress in their families; this has an effect on most parts of their personality and performance. Academic performance is also affected by this family stress. A broken family is disruptive and deeply disturbing to the child/children, no matter how hard the parents try to protect them from the consequences. The children coming from broken families suffer from deep-rooted insecurities, lack of confidence, self-doubt, depressive tendencies, and even substance abuse Tendencies (Saxena, 2017).

Students' academic performance embodies an essential part of the constellation of factors determining student success. Also, it plays a very significant role in education, primarily as a concrete tool to assess the student's learning process. Psychologists and researchers have attempted to comprehend how students vary in processing, retaining, and retrieving learning information and have used various personality, attitudinal, cognitive styles, and ability measures (Tus, 2020).

Parental involvement is an individual right and responsibility for families, and a social need. It is generally accepted that without the positive cooperation of family and school, it is not possible to reach the high standards set for educational outcomes by a demanding society. Different dimension, parental involvement concerns a wide range of issues, such as parental expectations about their children's academic future, control over homework, the extent to which they become involved in helping children to learn for school assignments or to do the homework, or the frequency with which parents are physically present at school. Some of these concepts correspond to behaviors that can be promoted, or that depend on a personal parental decision (Castro et al, 2015).

Parental educational involvement in primary and secondary school is strongly linked to students' academic success; however, less is known about the long-term effects of parental involvement. Moderation analyses revealed that school-based involvement seemed to be particularly beneficial for more disadvantaged youth, whereas parents' academic socialization seemed to better promote the academic success of more advantaged youth (Benner et al., 2016).

The increase in the family breakdown rate in Juba City has been due to alcohol and drug addiction, financial problems, death, psychological, sexual, and emotional abuse, threatening diseases like HIV/AIDs, and inability to resolve conflicts, among others. The effects of family breakdown on children include difficulties in school, stress, early engagement in sexual activities, insecurity and fear of the future, depression, and fear of being abandoned. The forms of family breakdown identified during the study include death, separation, and divorce. Some of the cultural practices were found to back up the high rate of family breakdown, and such practices include forced marriage, polygamy, inheritance by widows, and high bride wealth.

Conceptual Framework

This study is anchored to the theory of Bronfenbrenner's Ecological Systems Theory (Bronfenbrenner,1977). It is suggested that a child's environment is a nested arrangement of structures. The things that have direct contact with the child in their immediate environment will influence the child's development, depending on their relationship with the others. Relationships with other people can influence the child in their environment and change other people's beliefs and actions. The interaction of the child with these people and the environment directly impacts the development. It discusses how children respond to both expected and unexpected life transitions, depending on the support provided by their ecological systems.

According to Bandura's Social Learning Theory (Bandura, 1997). Explains that most human behavior is learned observationally through modeling: from observing others, one forms an idea of how new behaviors are

performed, and on later occasions, this coded information serves as a guide for action. By observing the actions of others, including parents and peers, children develop new skills and acquire new information. A person can also learn by listening to verbal instructions about how to perform such behavior.

According to Attachment Styles (Domingue & Mollen, 2009), adult attachments mirror childhood patterns and shape individuals' relationships. It presents that anxious-preoccupied adults often crave intimacy but may struggle with feelings of insecurity and fear of abandonment. Dismissive-avoidant adults are likely to avoid emotional closeness and often prioritize independence over intimate relationships. Fearful-avoidant adults may long for connection, but a fear of getting too close often results in conflicting emotions and unstable relationships.

METHODOLOGY

This chapter presents the research methodology of the study. It includes the research design, locale of the study, map of the locale of the study, participants of the study, sampling procedure, research instrument, administration of the research instrument, data gathering, and procedure.

Research Design

This study employed a qualitative research design, which utilized a phenomenological research design. This method was deemed appropriate to be used since it describes the nature of the phenomenon under investigation after a survey of current trends, practices, and conditions related to the phenomenon. In this study, experiences encountered by successful individuals during their journey were determined through a survey questionnaire.

Locale of the Study

This study was conducted in the province of Bukidnon. It serves as an overview of the experiences of successful individuals coming from broken families by focusing on the research that aimed to provide meaningful insights and information. Bukidnon is primarily known as the "Food Basket of Mindanao" due to its large production of agricultural products like rice, corn, pineapples, bananas, sugarcane, and a wide variety of fruits and vegetables, making it a major source of food for the region; the name "Bukidnon" itself translates to "highlander" or "mountain dweller," reflecting its mountainous terrain ideal for farming. Bukidnon has 22 municipalities; these are Baungon, Cabanglasan, Damulog, Dangcagan, Don Carlos, Impasug-ong, Kadingilan, Kalilangan, Kibawe, Kitaotao, Lantapan, Libona, Malaybalay, Malitbog, Manolo Fortich, Maramag, Pangantucan, Quezon, San Fernando, Sumilao, Talakag, and Valencia.



Map of the Locale of the Study

Figure 1. Map of Bukidnon, Philippines

Participants of the Study

The participants of the study were five (5) successful individuals from broken families in the province of Bukidnon. These participants in the study comprised successful individuals from broken families.

Sampling Procedure

This study used a purposive random sampling procedure. The participants were purposely chosen for the study. Since the participants were residing in the province of Bukidnon, the researcher selected 5 successful participants to participate in the study.

Research Instrument

The research instrument helped the researchers to find answers to the specific problem discussed. The study employed an interview guide to gain a deeper understanding of and explore the participants' experiences. Additionally, due to ethical considerations, this study employed a consent letter that was sent to the participants and reviewed beforehand. The questions from the interview guide were checked through content validation to verify their reliability. After interviewing five (5) participants, the verification, revision, and adjustment of the tool take place.

Administration of the Interview and Data Gathering Procedure

The data gathering was finalized and was ready for distribution, but the researcher first sought permission from the participants of the study. The administration of the research instrument involves a step-by-step process to ensure transparency, participants' comfort, and the reliability of collecting data. Researchers begin by thoroughly familiarizing themselves with the semi-structured interview questionnaire. The researchers remain accessible for clarification and assistance, prioritizing privacy and confidentiality. The researchers provided participants with a token as a gesture of appreciation for their participation in the study.

To initiate data collection, the researchers prepared a letter and sought permission from the participants. The chosen participants signed the letter. The form detailed the study's purpose, methods, and assurance of confidentiality. It emphasized that participation is voluntary and that individuals can opt out anytime. After the researchers received the signed consent forms, the researchers conducted an interview. The participants could address any queries and ensure they understood the survey content. Privacy and confidentiality were maintained throughout the process, and the researchers ensured a comfortable environment for the participants to complete the interview.

PRESENTATION, ANALYSIS, AND INTERPRETATION OF DATA

This chapter deals with the presentation, analysis, and interpretation of data gathered from the study. The sequence of the flow of presentation of the results is based on the questions presented in the statement of the problem. To simplify the discussion, the researchers provide tables that summarize the collection of answers from the participants.

Experiences of Successful Individuals from Broken Families

Table 1 shows the experiences of successful individuals from broken families. Based on the findings, the dominant theme of the participants shows family complexity. Family complexity refers to diverse family structures, such as single-parent households, blended families, same sex parents, or multigenerational households. Each of these structures presents unique challenges and opportunities, shaping the experiences and relationships within the family. Emotional dynamics such as conflicts, emotional support, and strained relationships can further complicate family interactions.

Table I. Experiences of Successful Individuals from Broken Families.

Code	Response	Themes
P1 SOP1	"My siblings and I have different fathers, so we really are a broken family."	Family complexity
	"So, we have four different fathers."	
	"I longed for my father." "That is probably what you wish for, to see my dad and mom together one day, but that did not happen for me."	Parental absence and longing
	"I really started to focus on my studies because I was the breadwinner." "Eventually, I graduated and also helped my siblings graduate."	Responsibility and maturity
	"Eventually, I graduated and also helped my siblings graduate." "Almost all of us have finished our studies."	Educational achievement
	"However, this did not affect me enough to stop pursuing my dreams."	Resilience and determination
	"It is normal to miss him; you start expecting family gatherings at school, like family day, where everyone has a father."	Desire for normalcy and belonging
P2 SOP1	"My mom and dad separated because of financial issues since my mom is a spender, and my dad has a job and wants to manage the money himself because my mom spends quickly, and the money runs out fast."	Family Separation
	"I was really affected, especially since I am the eldest among our siblings."	Emotional Impact of Separation
	"The responsibility of taking care of my younger siblings falls on me."	Responsibility and Caregiving
	"It is painful to think about because instead of having fun and playing at my age, what happened was I had to take care of my younger siblings, and I did not get to experience what a child should experience."	Loss of Childhood
	"And, because I am a girl and we lived with our father, it was very difficult to talk about growing up because our father is very different from our mother."	Gendered Expectations
	"My studies and emotional state were affected because of the responsibility I was facing."	Strength and Toughness
	"It is not normal to take care of your younger sibling and keep track of them. I keep crying because it is really hard, I cannot help but ask, why am I the one here, Lord?"	Impact on Education and Emotional State

P3 SOP1	"I did not really have anyone to call my father."	Lack of a father figure
	"At school, there are many activities that require the presence of a father, so right from the start, I was left behind by my friends because they had complete families while I did not."	Feeling of being left out
	"I get envious when I go back home, especially when hanging out at my friend's house, where they have a father, they can call."	Feelings of envy and comparison
	"I have two half-siblings, one girl and one boy."	Family complexity
	"My mom was open about their story before. My mom did not hide anything from me."	Maternal openness and honesty
	"When I reached high school, I already had a stepfather."	Stepfather relationship
	"I personally went to Leyte to meet my dad."	Searching for a biological father
	"My uncles, my mother's brothers, filled that role as father figures, and they became my fathers, and until now, I still call them dad."	Influence of extended family
	"I can really say that the feeling of completeness is affected because it seems like it also falls under peer pressure."	Feelings of incompleteness
	"Including that, I also see my classmates going to church with their whole families, while I only have my mother or my grandmother with me."	Social pressure and societal norms
P4 SOP1	"I cannot say that I am empty either because my uncles, my mother's brothers, filled that role as father figures."	Personal growth and acceptance
	"I was just 5 years old at the time."	Early Life Experience in a Broken Family
	"My sister and I grew up without our mother by our side..."	Lack of Maternal Presence
	"We were raised by our grandparents, who took on the responsibility of caring for us."	Support from Extended Family
	"Our father worked hard to send us to school and give us everything we needed."	Father's Effort and Sacrifice
	"The reason for our parents' separation was due to a third party, as our father told us that our mother had an affair with someone else."	Absence of a mother due to Infidelity
	"It really affects my mental, emotional, and spiritual well-being."	Emotional and Psychological Impact
	"Obviously, with only one parent supporting us, it is never easy."	Challenges of Single-Parent Household

	"I believe it is better when both parents are present to support, guide, and provide for their children."	Desire for Both Parental Support
	"My situation is even more difficult because my father does not have a regular job."	Financial Struggles
	"As the eldest child, I often worry about what would happen if I could not finish my studies or if my father could not afford to send me to school."	Responsibility as Eldest Child
	"Instead, I have used the separation as inspiration to pursue my dreams."	Resilience and Determination
	"I remind myself to keep pushing forward and working harder, knowing that my efforts will impact our entire life."	Motivation to Improve Family's Situation
	"As the eldest, I feel a sense of responsibility to make a difference and not let my family remain broken."	Sense of Responsibility for Family
P5 SOP1	"When I was six years old, my father passed away while we were living in Bohol."	Loss of a Parental Figure
	"With no stable source of income, it was a huge struggle."	Financial Struggles
	"Physically, emotionally, and psychologically, living without my parents, especially my mother, has been incredibly challenging."	Emotional Struggles & Isolation
	"Since our mother had to work, we were often left with our aunts, who took care of us. Unfortunately, their treatment of us was unfair compared to their own children."	Unfair Treatment by Extended Family
	"Physically, my stepfather's discipline was often abusive. He would hit us, leaving marks on our bodies from the guava tree branches."	Impact of Family Dynamics (Stepfather's Role)
	"I still feel a deep sense of connection to my father, especially since I share his name."	Seeking Connection with Deceased Parent
	"When I was eleven years old, my mother remarried, which introduced new complexities to our family dynamics."	Family complexity
	"I remember the happy times we spent together, like when he would bring home food or take me out."	Grief and Remembrance
	"I have often found myself wondering what life would be like if my father were still alive."	Questioning 'What If' Scenarios
	"When I am alone, I often cry and reminisce about the past. Who would want to live their life without their parents by their side?"	Physical and Emotional Toll of Challenges
	"I began to understand why I felt different from my peers, especially during school gatherings when other children had their fathers present."	Struggles with Identity and Social Perception

	"I had cried about everything, but after crying, I had composed myself and continued moving forward, driven by my goals."	Coping Mechanisms
	"We had no choice but to migrate, leaving behind the only life we knew."	Sense of Displacement
	"It was then that the reality of my situation hit me – I no longer had a father."	Reflection on Loss

Legend: Common themes

Family complexity

Code: P1 – Participant 1

P2 – Participant 2

P3 – Participant 3

P4 – Participant 4

P5 – Participant 5

SOP1 – Statement of the Problem

Exploring the complexities of separated families can contribute to a better understanding of the experiences of individuals coming from broken families. The participants' experiences, mostly, they experience family complexity due to parenting difficulties. They find it difficult to live their lives in a broken family because of the experiences or problems they experience that they should not experience. One of the participants had a stepfather, who gave complexity to their family. Another participant also has numerous stepsisters and stepbrothers, who contribute to the complexity of their family. Parallel to one participant who had two half-siblings, a girl and a boy. Through their experiences, it depicts notable involvement of growing up in a broken family, which gives them a different family complexity, but the same experiences.

Family complexity refers to the diverse and evolving structures, relationships, and roles within families, including stepfamilies, cohabiting families, single-parent households, multigenerational households, and non-traditional arrangements. Increasing divorce rates, remarriage, cohabitation, and assisted reproductive technologies have all contributed to this trend (Cherlin, 2016).

According to Zitzman (2019), a broken family is a family unit that is split or separated due to many possible reasons. This split or separation can be temporary or lifelong. A broken family happens when family relationships are divided by situations that may or may not be within their control. This breakdown of family relationships can happen due to differing beliefs, domestic violence, stubborn grudges, disrespect, divorce, financial struggles, or illness.

According to Qureshi (2016), family is a primary and fundamental unit of socialization, and a child learns many behaviors, customs, traditions, faith, beliefs, norms, folkways, mores, habits, social patterns, and manners to live in a family. When a family has a breakup, it is usually hard for everyone to figure out how to handle the situation, and children cannot bear this situation. A broken family system has a dark impact on social development, academic performance, and the psychological health of children.

This conforms to Bowen's Family Systems Theory, developed by Murray Bowen, which is a theory of human behavior that views the family as an emotional system where individuals are interconnected and interdependent. It emphasizes the role of emotional connections, generational transmission of patterns, and the concept of differentiation of self.

According to Soulsby (2015), there are some individuals who grew up in a broken family and find it difficult to live every day. Growing up in a broken family is not easy. Those individuals who experienced having a broken family probably dealing with uncertainty every single day, thinking about the things that hinder them in doing any mundane tasks they have, they probably think of giving up due to their numerous responsibilities. However, giving up is not an option; instead, use that problem as an opportunity to move forward. Satisfaction from your Success is not just about already getting what you want or achieving your dreams. Still, it is also about conquering each obstacle along the way in achieving them. Moreover, unleashing your full potential and putting in so much effort to achieve success is important.

Challenges of Successful Individuals from Broken Families

Table 2 illustrates the challenges faced by successful individuals from broken families. Their responses revealed common themes that depict psychological struggle. Psychological struggle explores the character's internal conflict, intense emotions, and mental challenges. The participant suffers psychologically due to being envious of other families that are complete. They always feel a sense of longing for the ones that are not present in their family, especially when they see a happy family bonding together. This reflects a huge challenge of the participants that could be a leading factor to make someone feel exhausted psychologically, and some reached the point where they were about to give up and attempted suicide. This experience of participants shows their psychological struggles growing up in a broken family in different ways. It is notable that psychological struggle could be a huge problem for some individuals from a broken family, which tends to hinder them in putting so much effort into everything they do.

Table Ii. Challenges Of Successful Individuals from Broken Families.

Code	Response	Theme
P1 SOP 2	"Maybe psychologically, I miss it or I feel envious of others who have their dad and mom with them, it is like a challenge for me that I need to overcome."	Psychological struggle
	"I still expect to be with my father; actually, I have not been with my father ever since."	Absence of Father
	"Academically, we come from a poor family, so it was difficult because my mother was not a very good provider yet."	Financial Struggles
	"Sometimes, we relied on my grandmother and aunt."	Dependence on Extended Family
	"Then there is the usual experience of other children who want to go to school, participate in school events, or have all their needs provided for, but for me, it was not like that."	Missing Out on Opportunities
	"However, that did not hinder my studies. Those challenges motivated me to finish my studies."	Academic Determination
	"We cannot avoid that, especially since I come from a poor and broken family. It seems like I thought I could achieve my dreams in life."	Overcoming Adversity
	"Sometimes, I might think of giving up, but I overcome it because I still have goals and dreams that I wanted to reach."	Perseverance and Hope

P2 SOP 2	"In academics, it was really difficult because my grades were low since I could not attend school properly."	Academic Struggles
	"Instead of going to school, I had to take care of my younger sibling, so I rarely got to go to school."	Responsibility for Sibling
	"Then, in terms of psychology, it is really exhausting because I keep crying; it is not normal for a child to keep crying."	Psychological struggle
	"Yes, there were times when I really wanted to give up, but thankfully I had my dad."	Desire to Give Up
	"Dad kept telling me not to stop studying despite the hardships."	Support from Father
	"The exhaustion we experienced was tough, but we did not give up."	Perseverance and Resilience
	"Because I stopped studying, but I went back immediately because I realized that I needed to finish my studies to achieve the life I want."	Realization and Determination
P3 SOP 2	<p>"In academic and career challenges, I always get asked at school and even in the jobs I am applying for why my surname is different from my mother's surname."</p> <p>"Before the birth certificate was processed by PSA, it was still with NSO, so I had to process it with NSO first to enroll in college because the school kept asking questions about it, and they would not accept my NSO because my middle name and surname were the same."</p> <p>"So, we had to process it again here at the LCR and at my birthplace to have everything changed. It took a lot of time, and it was expensive."</p>	Identity Confusion and Bureaucratic Challenges
	<p>"It is really hard to grow up in a broken family because you end up being the one who has to balance everything."</p> <p>"My mom is remarried, and my dad too. So, I am in the middle, I have to weigh where I should be."</p> <p>"But the advantage is on my mom's side, they replace whatever is lacking, and my family does not hide anything from me."</p>	Family Dynamics and Emotional Strain
	<p>"Yes, that was during my high school days. That is when I started losing interest because when you are in the teenage stage, insecurities and peer pressure come in, so it felt like I was being affected by everything that was happening."</p> <p>"There was a time when my grandmother contacted me, wanting to take me to her side of the family, my father's side, to have my education there."</p>	Challenges in Family Relationships

	<p>"I reached a point where I was about to give up. I attempted suicide because I was so tired."</p> <p>"You might say, 'Maybe tomorrow, maybe next time, because it feels tiring.' It seems like you should just pause your dreams for now because every</p> <p>thing is still chaotic."</p>	Psychological struggle
	<p>"One more thing, when I was in high school, I already had a half-sister. By the time I was about to go to college, my two siblings were already in elementary school, so it felt like I was putting myself last and prioritizing them."</p>	Self-Sacrifice for Family
P4 SOP 2	<p>"Although it was really hard to deal with psychologically, I was able to cope with the</p> <p>help of our grandparents and father."</p>	Psychological struggle
	<p>"Academically, I did not find it difficult from primary to secondary school because our grandparents and father made sure we never felt like we were lacking anything."</p>	Support from family (grandparents, father)
	<p>"However, when I got to college, I realized the value of having a complete family."</p>	Realization of family value in college
	<p>"By then, I had learned to control my emotions."</p>	Emotional control
	<p>"In college, it was really hard because as I grew older, my needs increased, including monetary obligations, monthly boarding house payments, tuition fees, miscellaneous fees, and other expenses."</p>	Financial struggles
	<p>"It was particularly challenging having my father as the only one supporting me."</p>	Single-parent support
	<p>"Although I sometimes consider giving up due to various factors that affect me while I am still in the process of achieving my dreams, I remind myself that I should not give up."</p>	Resilience and self- motivation
	<p>"As someone who views myself as a dreamer, I believe I should keep going and never give up."</p>	Commitment to dreams
	<p>"It has been 17 years since my parents got separated, and as a result, I have been shaped by the experience of growing up without my mother by my side for most of that time."</p>	Reflection on past struggles for a better future
	<p>"This experience has taught me that to have a better future and prevent my future family from going through what I have experienced, I need to keep moving forward and never give up."</p>	Learning from past experiences
	<p>"I have not let my challenges hold me back from achieving my dreams. Instead, they have driven me to push forward and</p>	Perseverance despite

	stay focused on my goals."	challenges
P5 SOP 2	<p>"Psychologically, I reached a point where I thought, 'Maybe I should just follow my dad.' I felt like my situation might be better in the afterlife."</p> <p>"I reached a point where I cried a lot, felt hurt, and struggled emotionally."</p> <p>"It was like I was having an emotional breakdown, and I couldn't think straight."</p>	Psychological struggle
	<p>"However, after that, I realized that crying can be a release of emotions. It helps you clear your mind and think more clearly."</p>	Coping Mechanisms and Resilience
	<p>"In academics, my struggles began in high school at BNHA. We had a daily allowance, but sometimes we could not pay, so we had to be absent and help our stepfather with work."</p> <p>"I fell behind in my studies and missed activities."</p> <p>"When I went to college, my mom could not support my needs, so I decided to take a break and work to save for my education."</p> <p>“We were still poor."</p> <p>"I could not pay for the boarding house anymore, and I had nothing to eat – just the same eggs, noodles, and dried fish over and over."</p>	Financial struggle
	<p>"Our adviser and subject teacher were looking for someone, and our adviser recommended me. I was hired, and it solved my academic struggles."</p> <p>"Even when I started working, my adviser continued to support me."</p> <p>"My teacher saw it and immediately messaged me, 'What happened? You are free to go back; you're welcome to go back.'"</p>	Support from Others
	<p>"I realized that being a good person can open doors."</p> <p>"I realized that it's not just about qualifications; it is about how you carry yourself and present yourself."</p> <p>"I realized why I was hired, and it was because of my teaching skills and how I delivered my answers."</p>	Personal Growth and Self-Discovery
	<p>"I decided to look for a job, and since I chose teaching, I applied to several schools."</p> <p>"I decided to take a break and work to save for my education."</p> <p>"I decided at that moment to post something like,</p> <p>'You will really regret it if you decide without considering the future that will happen.'"</p> <p>"I decided at that moment to post something like,</p> <p>'You will really regret it if you decide without considering the</p>	Self-Determination and Persistence

	future that will happen."	
	"I learned to trust myself and mix it with prayer. Nothing is impossible for Him."	Faith and Belief in a Higher Power
	"My teacher saw it and immediately messaged me, 'What happened? You are free to go back; you're welcome to go back.'" "She called me because she knew I was about to stop, and she said, 'Do not, it's such a waste.'"	Mentorship and Role Models
	"Just come back here; you have a goal, you have a dream, so focus your mind on your dream." "That is why I went back to school, and until now, I have not left again at my workplace."	Perseverance and the Value of Education

Legend: Common themes

Psychological struggle

Financial struggle

Code:

P1 – Participant 1

P2 – Participant 2

P3 – Participant 3

P4 – Participant 4

P5 – Participant 5

SOP2– Statement of the Problem 2

Another challenge faced by the successful individuals from broken family based on the findings it revealed financial struggle as the dominating theme reflects the challenges faced by participants as they have themselves grow up in broken family. Financial struggle refers to the lacking or struggling in terms of money. Refers to the difficulties or challenges that individuals or families face in managing their finances. This can manifest in various ways including limited income, debt, financial insecurity and difficulty saving. Financial struggles can impact the entire well-being of an individual. Struggling with finances is the leading factor for making it hard for the family and some individuals to find ends-meet, it can give individual a hard time sustaining their needs.

Financial struggle is one of the biggest challenges faced by the participants. They find it hard to provide for their academic expenses specifically in college where their financial needs increase due to their numerous monetary obligations like monthly boardinghouse payments tuition fees and miscellaneous fees and other expenses. They also stated they can no longer afford buying foods for themselves. Just the same eggs, noodles, and dried fish over and over. It is evident that having a broken family could be a contributing factor for financial instability. According to Redulfin et al. (2024), identified five significant effects of parental separation on students: loss of focus, feeling depressed, missing classes, studying hard to reach goals, taking the situation positively, lack of financial support, delays in submitting schoolwork, reduced moral support from parents, and even dropping out of school. In terms of coping mechanisms of parental separation there are five

main strategies: engaging in physical activities, strengthening their faith in God, using the situation as motivation, surrounding themselves with supportive people, staying brave and keeping away from negativity, and remaining positive by going with the flow and being grateful.

According to Magazine Desk (2018), a broken family can negatively affect all domains of your child's development. The effects of a broken family on a child's development depend on numerous factors, including the age of the child at the time of parents' separation, and on the personality and family relationships. Although infants and young children may experience few negative developmental effects, older children and teenagers may experience some problems in their social, emotional, and educational functioning. Slowed academic development is another common way that separation of the parents affects children. The emotional stress of a divorce alone can be enough to stunt your child's academic progress, but the lifestyle changes and instability of a broken family can contribute to poor educational outcomes. This poor academic progress can stem from several factors, including instability in the home environment, inadequate financial resources, and inconsistent routines.

According to Williams (2024), adolescents, who experience the divorce of their parents and destructive, chronic co-parent conflict, evidence an increased susceptibility to emotional dysregulation, behavioral problems, psychological difficulties, and insecure parent-child attachment. Child Considerate Vernacular (CCV) refers to creating a safe space in communication between parents and children, who are experiencing divorce and the decoupling of the parental unit. Within attachment theory and a systems approach to marriage and family, divorce is viewed as a crisis of family transition and adjustment resulting in emotional distress and relationship uncertainty.

According to Johnson (2020), taking off the rose-tinted glasses of childhood, many of us find ourselves looking into the abyss of a broken upbringing. Childhood trauma, the juvenile exploits of our parents, and even unaddressed mental illness can destroy the baselines we build as children. And they can go a long way to create the negative patterns that undermine our happiness as adults. Accepting the fact that you were raised in a dysfunctional family household is a painful process, but one that is necessary in order for us to heal. The way we are treated as children, and the experiences we tie into our crucial developmental memory help us to determine how we define our self-worth, our relationship and even the way we make decisions. Overcoming all the traumas and tribulations of our childhood takes perseverance, however, and it takes committing to a journey that's as uncomfortable as it is uncertain.

A study supported by these findings by Juane and Alonsozana (2024), having a parental separation situation can affect their life which led to their personal strategies to survive its struggles. A finding revealed that students have a lot of untold stories relative to the dimensions and they managed to cope with these challenges primarily through spiritual interventions. In conclusion, students with broken families are indeed challenged but good socially, inspired academically, able to manage financially, tough emotionally, winning psychologically, and have hope spiritually. Though students face different challenges in life, making God their inspiration, source of comfort and strength in facing the challenges in the family is the most ideal coping mechanism recommendation.

The study of Redulfin et al. (2024), identified five significant effects of parental separation on students: loss of focus, feeling depressed, missing classes, studying hard to reach goals, taking the situation positively, lack of financial support, delays in submitting schoolwork, reduced moral support from parents, and even dropping out of school. In terms of coping mechanisms of parental separation there are five main strategies: engaging in physical activities, strengthening their faith in God, using the situation as motivation, surrounding themselves with supportive people, staying brave and keeping away from negativity, and remaining positive by going with the flow and being grateful.

Narrative Identity Theory was developed by psychologist Dan McAdams. It explains that we build our identity by creating a life story—a personal narrative made up of the key events, experiences, and people that shaped us. The idea in this theory is that we do not just remember what happened in our lives—we give it meaning. That meaning becomes part of our identity, shaping our values, goals, and sense of purpose.

Coping Mechanisms and Strategies of Successful Individuals from Broken Families

Table 3 presents the coping mechanisms and strategies employed by successful individuals from broken families. Based on the findings, the dominant theme is the family as motivation. Family can be a powerful source of motivation in a person's life. The love, support, and encouragement of family members can inspire us to work hard, pursue goals, and overcome challenges. For many people, family is the driving force behind their actions and decisions, providing a sense of purpose and direction.

Table Iii: Coping Mechanisms and Strategies of Successful Individuals from Broken Families.

Code	Response	Theme
P1 SOP 3	"I do not want them to experience what I went through... that is really what motivates me to give them a better life."	Family as Motivation
	"I really feel sorry for my family, and for my siblings."	Empathy and Responsibility
	"I do not want them to experience having to eat just salt for a meal, so I experienced that..."	Poverty as a Driving Force
	"Even when I was really down, I still pushed myself to continue with my life."	Resilience
	"Like my experiences with my family and the fact that we were a broken and poor family, those contributed to achieving my dreams for my family..."	Turning Adversity into Fuel for Dreams
P2 SOP 3	"For me, you just must fight in life and strengthen your heart." "If you grew up in a broken family, you really need to have a strong heart..."	Resilience
	"Well, I was close to the church, I used to join the youth group at the church..." "...so just keep fighting and have faith."	Spiritual Support / Faith-Based Coping
	"There will be a lot of judgment from people... The story people tell is that I would follow in me mother's footsteps."	Dealing with Judgment and Stereotypes
	"I think about the hardships we went through because I do not want to experience those hardships again."	Avoidance of Past Hardships as Motivation
	"We really need to finish school so that when the time comes that we graduate, we can immediately choose the jobs we want..."	Educational Aspiration for Stability
	"Because I want a normal life where you can relax and chill, and you will not have to struggle to afford food because you already have it."	Desire for a Peaceful and Stable Life
P3 SOP 3	"I really fought against the feeling of being left behind, the realization of my limitation, which left me feeling like something was missing."	Overcoming Emotional Struggles

	<p>"So, I used them as my reason to continue. Because I can really say that if I did not have my siblings, I would not know if I would have continued now."</p> <p>"I used to think that if I do not become successful, what will happen to my siblings? That was really my top priority."</p>	Family as Motivation
	<p>"Because of my experiences being from a broken family, I somehow became an independent woman."</p> <p>"Because I became independent, I no longer relied on anyone..."</p>	Independence and Self-Reliance
	<p>"I just became strong. Because I became independent, I no longer relied on anyone, driven by my own urge to truly pursue what I want."</p> <p>"It is like I have become an independent woman who just endures everything, even tasks meant for men, like carrying heavy loads."</p>	Resilience
	<p>"Through experiences as well, I do not want my siblings to go through what I have experienced."</p>	Empathy and Protective Instinct
P4 SOP 3	<p>"Although I sometimes considered giving up due to various factors that affected me while I was still in the process of achieving my dreams, I kept in mind that I should not give up."</p>	Resilience
	<p>"As someone who views themselves as a dreamer, I believed I should keep going and never give up, especially since I had already come this far."</p>	Perseverance to Achieve Dreams
	<p>"It has been 17 years since my parents got separated, and because of that, I have been shaped by my experiences of growing up without my mother by my side."</p>	Impact of Family Separation
	<p>"To ensure a better future for myself and prevent my future family from experiencing what I have gone through, I knew I had to keep moving forward and never give up."</p>	Focus on a Better Future
	<p>"The very first thing that comes to mind is that I must give my father a beautiful life in the future."</p>	Sense of Responsibility and Motivation
	<p>"I have made this my inspiration to overcome any challenges that get in my way as a person growing up in a broken family."</p>	Inspiration to Overcome Challenges
	<p>"My father is the only one who supported me and never abandoned me, and that is my strategy to overcome challenges."</p>	Family as Motivation
	<p>"Yes, it is hard growing up in a broken family, but I still managed to graduate because I kept in mind that I should help my father as soon as I finished my studies and got a stable job."</p>	Achieving Academic Success
P5 SOP 3	<p>"Whenever I have a problem, I do not feel comfortable sharing it with my colleagues, no matter how supportive they are. I am too shy to open up, so I keep my issues to myself."</p>	Emotional Resilience and Self-Reliance

"When making decisions, I always consider my family's needs. Instead of prioritizing my own desires, I try to be flexible and adjust to their circumstances."	Flexibility and Adjustment to Circumstance
"Now that I have a job, I feel a sense of responsibility to support them."	Sense of Responsibility
"I view my current situation as just the first step towards reaching my long-term objectives."	Long-Term Goal Orientation
"The dynamics and struggles I have faced, from the frustration of moving and adjusting to new environments, have become my motivation."	Motivation from Past Struggles
"I have come to realize that struggles are a necessary part of growth, and that I need to push through them to reach my full potential."	Acknowledging the Role of Struggles in Growth
"Growing up without a father and mother was the number one reason why I needed to finish my studies."	Family as Motivation
"My experiences with my stepfather and the daily challenges of not having enough food were also a significant part of my journey."	Overcoming Financial and Family Hardships
"I wanted to provide them with things we never had before."	Desire to Improve the Family's Situation
"My dream is to give my mom a house where we can truly say it is ours."	Dream to Provide for Family
"It was the people around me who pushed me to continue fighting for my dreams. Their encouragement and support helped me to stay motivated and focused."	Support from Others
"Some people may become more broken in the future because they let negativity take over. However, with proper communication and support, we can overcome our struggles."	The Importance of Communication and Support

Legend: Common themes

Family as Motivation

Code: P1 – Participant 1

P2 – Participant 2

P3 – Participant 3

P4 – Participant 4

P5 – Participant 5

SOP3 – Statement of the Problem 3

Growing up in a broken family is indeed challenging but by utilizing the best coping mechanisms and strategies to overcome their various setbacks could be helpful to face such challenges. It is widely recognized that most people viewed family as the powerful and the main source of motivation. The participants express sympathy and empathy to their siblings. They do not want their siblings to experience what they went through.

Moreover, they used their family as their reason to continue given that they want their family to have a better future.

Aside the theme family as motivation, another theme emerged which is the resilience. Resilience is the ability to withstand and recover from difficult situation, challenges and setbacks. It is a vital quality that enables individuals to navigate the complexities and uncertainties of life, emerging stronger and more capable than before. It is not avoiding adversity, but rather about facing it head on. Learning from it and growing as a result.

Juane & Alonsozana (2024), having a parental separation situation affected their life, which led to their personal strategies to survive the struggles. Findings revealed that students have a lot of untold stories relative to the dimensions, and they managed to cope with these challenges primarily through spiritual interventions. In conclusion, students from broken families are indeed challenged but socially good, academically inspired, financially able to manage, emotionally tough, psychologically resilient, and spiritually hopeful. Though students face different challenges in life, making God their inspiration, source of comfort, and strength in facing the challenges in the family is the most ideal coping mechanism recommendation.

In the life of individual coming from a broken family, it is inevitable to feel down, unmotivated, discourage because of numerous challenges that gets on the way. The participants revealed the challenges they have as they grow older which giving them a hard time, but even if most often time they feel down and unmotivated they composed and continue to push themselves do not let challenges hinder them in achieving success. Moreover, they keep in mind that instead of avoiding, why not face the challenge and just have a strong heart to get through. They also become a strong independent individual because of the problems thrown to them.

Inspiration of Successful Individuals from Broken Families

Table 4 presents the Inspiration they had back then to become the successful person they are today. Findings revealed the dominant theme of family as a source of inspiration. The concept of family as a source of inspiration means that one's family, regardless of its structure or condition, can deeply influence a person's drive, goals, and values. Inspiration from family doesn't always come from perfection or harmony; in fact, it often emerges from challenges, sacrifices, and meaningful relationships within the family unit. Family, in its many forms, holds a powerful place in our lives. For individuals from broken families, this connection is often complex, filled with both pain and longing. Yet, even in brokenness, family can still be a profound source of inspiration. For some, it's a single parent who worked tirelessly to provide, never giving up despite exhaustion or hardship. Their sacrifices become a model of strength, love, and perseverance. For others, it may be a sibling who stepped up as a protector or confidant, creating a sense of unity in the face of emotional chaos. And sometimes, it is the absence of something, a father figure, a mother's affection, or a stable home that drives individuals to build the life they never had.

Table Iv. Inspiration They Had Back Then to Become the Successful Person They Are Today.

Code	Response	Theme
P1 SOP 4	"Being from a broken and poor family gave me great hope to achieve my dreams."	Family as a Source of Inspiration
	"My experiences as someone from a broken and poor family became my inspiration to achieve my dreams for myself and my siblings."	
	"The number one thing that motivates me is my family."	
	"Having faith in God, the most important thing is to pray, that has been my main power and strength in life..."	Faith and Spiritual Strength
	"Being from a broken and poor family gave me great hope to	Overcoming Hardship as

	achieve my dreams."	Motivation
	"And my loved ones have been my motivation in life."	Love and Support from Loved Ones
P2 SOP 4	"If your family is broken, you should go to a peaceful environment." "For me, you should go to a positive environment, in your choice of friends and so on."	Seeking a Positive Environment
	"Because of my experience, I became strong, and I knew I had to work hard to achieve the life I wanted."	Resilience and Inner Strength
	"I also thought that I did not want to continue those experiences; we should strive to get out of that situation."	Desire to Break the Cycle
	"What really motivated me was the hardships in life and my experiences."	Hardship as a Source of Motivation
	"I really have a goal that I need to achieve, no matter how difficult my journey has been, I will keep fighting."	Strong Sense of Purpose / Goal setting
P3 SOP 4	"Because of my situation, I seem to be getting scared, because there is a saying that 'if you are a child of sin, it will cycle to you,' that is why I was told to be careful..."	Fear of Repeating the Past
	"I used my experience and the mistakes in my family's situation to avoid them now."	Motivation from Family Mistakes
	"I studied in college before, travelling back and forth between home and school. I was very serious about my studies because I was afraid of making a mistake..."	Commitment to Education
	"...in every successful milestone, there is always failure, and that has never left me and if I fail, I really break down, but after that, I get up and keep moving."	Resilience in the Face of Failure
	"...with my experience, really have a very high wall, very defensive about everything, caring about everything."	Emotional Guarding and Trust Issues
	"When my husband came, he entered my life and really broke down my wall for him."	Healing Through Love and Trust
	"I am afraid to get attached to people because I am afraid of being left behind... Right now, I have separation anxiety..."	Attachment and Separation Anxiety
	"I can really say that I am lucky with my stepfather for he has been my support system... He treats me as his own child..."	Gratitude for Supportive Stepfather
	"My family, specifically, my siblings, my mom, and even my stepfather... he truly provides for my needs."	Family as a Source of Inspiration
	"I do not want my experience with my mother's family to be experienced by the family I will build in the future."	Desire to Build a Better Future
P4	The struggles in my life, growing up in a broken family, pushed me to continue fighting, even when most of the time I felt tired	Motivation Through

SOP 4	and complained about my situation.	Adversity
	However, I kept moving forward to make progress and strive to make a difference.	Resilience and Perseverance
	There is one person who motivates me and my sister, and that is my father.	Family as a Source of Inspiration
	My father is the one who understands our situation and gives us courage.	Father's Encouragement
	He wanted us not to waste his hard work in raising us alone.	Value of Education
	When I was in college, one of my aunts, my father's sister, also motivated us to finish our studies.	Support from Extended Family
	She helped my father with our financial needs and always told us to consider our situation and how hard it would be if we did not finish our studies.	Family as a Source of Strength
	My father's dream is for us to finish our studies.	Dreams Fueled by Sacrifice
P5 SOP 4	"Back then, we went through a lot of hardship—we did not have rice, we lacked necessities. Because of that, I learned to value things more."	Hardship as a Source of Gratitude
	"Now, seeing my students every day who are struggling... I can really relate. I understand them better because I have been through similar situations."	Empathy Through Shared Experience
	"My experiences taught me not to judge people right away. I developed more patience and understanding because I know how it feels."	Non-judgment and Patience
	"I told him not to be ashamed to open up to me, because it brought back memories of a time when a teacher once helped me. Now that I am a teacher, maybe I am the one meant to help him."	Mentorship Inspired by Past Help
	"We had nothing before, which is why we value things more deeply."	Appreciation of Small Blessings
	"I feel like I become a channel to pass on my life experiences and inspire my young students. I always tell them, 'Keep going. I have been through that too.'"	Desire to Inspire and Be a Role Model
	"Before, what motivated me was our situation, my mom, and my siblings."	Family as a Source of Inspiration
	"I want to live a life where we can finally experience comfort... I want to see my mother one day sitting down and just enjoying the rest of her life—no longer burdened with problems."	Hope for a Better Life for Family
	"I told my sister that she has been a great help to me financially,	Desire to Give Back to

	and I want to repay her through her children.”	Siblings
	“I want my family to be stable, with a business and a house. Once that is achieved, I can start planning for myself.”	Dreams of Stability and Future Growth
	“I am currently studying teaching, but I am also taking a master's degree at BSU to improve our level of teaching.”	Commitment to Career Advancement
	“However, I have come to realize that life has its twists and turns... God can change the course of our lives, and what He gives us might be even better than what we had planned.”	Faith in God’s Plans

Legend: Common themes

Family as a Source of Inspiration

Code: P1 – Participant 1

P2 – Participant 2

P3 – Participant 3

P4 – Participant 4

P5 – Participant 5

SOP4 – Statement of the Problem 4

Family is always the one who can give courage, inspiration, and a reason to keep moving in life. Waking up to the reality of life will put you in a situation where you could have many realizations. The family becomes a powerful emotional driver. Whether through love, sacrifice, struggle, or even pain, family shapes one’s outlook on life and can ignite the desire to grow, overcome challenges, and achieve personal success. In short, even when families are not perfect, they can leave a lasting impact that motivates people to become better, stronger, and more compassionate versions of themselves. That is what makes family, in any form, a deeply personal and often enduring source of inspiration.

Family Systems Theory was developed by Murray Bowen, a psychiatrist and pioneer in family therapy. It views the family as a connected emotional unit, where each member’s behavior affects the entire system. It explains how family relationships shape personality, stress, and decisions. It is widely used in therapy to help individuals and families improve communication, healing, and boundaries. Family Systems Theory says that you are not shaped just by your own choices, but by the emotional patterns and roles within your family. To grow, you sometimes need to recognize those patterns and create your own identity apart from them.

Social Learning Theory was developed by psychologist Albert Bandura in the 1960s. It explains that people learn by watching others, especially those they are close to, like family members. Explains how behaviors and beliefs are passed down in families. Shows that positive or negative family experiences can become powerful motivators. Encourages people to reflect on what they have learned from their environment, and what they might want to change.

According to the Role Model Theory by Merton, 1957 suggests that individuals choose certain people to emulate based on perceive success, moral values, or societal influence. A role model is someone who serves as a standard or ideal, and people tend to imitate those who embody traits they admire or aspire to have.

Transformational Leadership Theory is a concept developed by Bernard Bass in 1985. It explains how leaders, or any influential individuals can inspire, motivate, and positively transform the people around them. Rather

than using authority or fear, transformational leaders influence others by being role models, inspiring change, and encouraging personal growth.

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

This section contains the summary and critical discussion of the significant findings presented in relation to previously identified problem statements in the first chapter. Conclusions and recommendations are further offered with the intent to generalize the results of the field of investigations.

Summary

The study was conducted to determine the life of a successful individual coming from a broken family. The study aimed to attain the following objectives: (1) Analyzed the experiences of successful people from broken families. (2) Evaluated the challenges that successful people faced growing up from broken families. (3) Determined the coping mechanisms and strategies that they develop to handle the challenges they face growing up in a broken family. (4) Identified the inspiration they had back then to become the successful person they are today.

The study consists of five (5) participants. Randomly picked five (5) individuals within the province of Bukidnon, who are willing to participate in this research. To answer the questions of the study, the researchers employed in depth interviews with the successful individuals from broken families, to explore their experiences and identify common themes.

Findings revealed six major themes emerged: family complexity, family as source of motivation, resilience, financial struggle, psychological struggle, and family as inspiration. Participants' narrative shows recurring theme of family complexity. This included experiences such as parental separation, conflict within the household, and the emotional instability caused by a fragmented family structure. Despite their unique situations, all participants expressed early life experiences marked by disruption, lack of guidance, or inconsistent parental presence, which significantly shaped their worldview and personal development.

In addition, two primary challenges emerged across the participants' stories: financial struggle and psychological struggle. Many recalled severe financial hardships, including limited access to education and basic needs, which pushed them to become independent at an early age. In terms of emotional well-being, participants expressed feelings of abandonment, insecurity, low self-worth, and internal conflict due to their family situations. These psychological difficulties often coexisted with social stigma and isolation.

Findings revealed the participants demonstrated a high degree of Resilience. Their coping mechanisms included goal setting, faith in a higher power, engagement in productive activities, and finding supportive individuals outside the family. The theme Family as source of motivation also emerged; many used their desire to change their family's situation or break generational cycles as a driving force to persevere through hardship.

A unifying theme across all five participants also depicts family as their inspiration. Despite the pain associated with their upbringing, participants often cited their families, particularly their siblings, single parents, or the memory of a lost loved one as their primary source of inspiration. This desire to give back, to rewrite their family's story, or to be a role model for others, served as a powerful motivator in their path toward success.

Overall, the findings highlight the complex interplay between adversity and achievement. The participants' stories reflect a shared ability to transform personal pain into purpose, demonstrating that success was not solely the product of ideal circumstances, but often the outcome of resilience, motivation, and deeply rooted personal values.

Conclusions

Based on the results of the study, the following conclusions were derived:

This study explored the lived experiences of individuals who came from broken families and later emerged as successful in their respective fields. Through in-depth narratives, it became evident that while these individuals faced significant psychological, and financial challenges growing up, their experiences also cultivated resilience, independence, and a strong sense of purpose. The participants shared stories of hardship, but also of hope revealing how adversity shaped their drive to overcome limitations and break cycles.

In addition, the study sheds light on the lived experiences of individuals emerging from broken family structures and how they navigate their paths toward success. The themes that emerged family complexity, family as source of motivation, resilience, financial struggle, psychological struggle, and family as inspiration highlight the multifaceted realities these individuals face.

Based on the result, participants show family complexity theme, it reveals the varied and often challenging dynamics that exist in broken homes ranging from separation and divorce to abandonment or dysfunctional relationships. Despite these challenges, the participants' identified family motivation as a powerful driver. Many expressed a desire to "break the cycle" and create a better life not just for themselves, but also for future generations.

Findings in the study revealed the financial struggle as the main challenges they faced growing up in a broken family. It emerged as a common barrier, with many participants recalling times of poverty, lack of access to basic resources, and the need to contribute to household income at a young age. Similarly, psychological struggle was evident, as many dealt with issues such as low self-esteem, anxiety, abandonment, and emotional trauma. These challenges often compounded the difficulty of their circumstances, yet also became points of reflection and growth.

Findings in the study revealed the dominated theme the family a source of their inspiration. Whether it was a single parent who worked tirelessly, a sibling who offered emotional support, or even the memory of what a stable home should be, the concept of family played a dual role as both a hardship and a beacon of hope. It inspired participants to strive for a better life and, for many, to become the kind of parent or role model they wished they had.

Furthermore, growing up in a broken family is often associated with pain, instability, and emotional hardship. The absence of a complete familial structure can leave lasting effects on a person's self-esteem, trust in others, and sense of security. However, one of the most powerful truths that emerge from listening to the stories of individuals from broken families is this: struggle does not determine worth, and background does not define destiny. Despite the odds, they find strength in their suffering. They learn how to adapt, how to keep going, and how to build themselves up when no one else does it for them. Challenges that might break others become fuel for their determination.

Moreover, this study revealed that individuals from broken families are not confined by their circumstances. Instead, they often develop unique strengths, resilience, empathy, determination, and a profound sense of purpose that equipped them to succeed against the odds. Their stories reminded us that success is not solely defined by one's starting point, but by the journey, choices, and mindset developed along the way. As such, this research not only highlights the challenges faced by broken families but also honors the powerful narratives of courage and transformation that emerge from them. Ultimately, individuals from broken families proved that hardships are not the end of the road they can be the beginning of a powerful journey. They are living proof that strength can come from struggle, and that success is always possible when paired with courage, vision, and hope.

Recommendations

Based on the findings of this study, the following recommendations can be made:

Individuals from broken families should view their experiences not as limitations, but as powerful sources of inspiration. Despite the many challenges they may face, they must hold on to hope and remember that every hardship can shape them into stronger, more determined individuals. By believing in themselves and pushing

forward with courage and perseverance, they can rise above their circumstances. A broken family is not and will never be a barrier to success. Instead, it can become the very reason to strived harder and achieved greater things.

Single parents often the unheard heroes in the success stories of individuals from broken families. Their role should be supported, celebrated, and strengthened through inclusive policies and compassionate community efforts. By empowering single parents, we help build stronger, more resilient families even in non-traditional settings. As it revealed significant positive relationship between single parents and their children, Single parents may regularly monitor their children to help and guide their children.

Readers are encouraged to approach individuals from broken families with genuine empathy, sensitivity, and understanding. While every person's experience was unique, many who come from broken homes carry emotional scars that may not always be visible. Casual comments or assumptions however unintentional can sometimes trigger feelings of discomfort or isolation. It is important to create a space where individuals from such backgrounds feel seen, respected, and accepted, rather than judged or pitied. This means avoiding stereotypes, being careful with personal questions, and listening without prejudice.

Lastly, the future researcher should determine the stories behind the successful individual from broken families. Future studies may include a larger and more diverse group of participants from different age groups, regions, and cultural backgrounds to gain a broader understanding of how family structure influences success across various contexts.

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