



Breaking the Stigma of Breadwinners: Exploring the Struggles and Challenges of Single Filipinos Overseas in Qatar, A Phenomenology

Nival S. Ostan EdD.^{a*}, Lawrence Gabriel R. Mararac^b, Joshua Andrei Samen^c,
Aleenah Kathreen N. Roxas^d, Isiah Bryant A. Camarao^e, Juliana Mae C.
Calungcaguin^f, Hannah Agatha L. Otioco^g, Kian Jethro C. Curata^h

^{a,b,c,d,e,f,g,h}Philippine School Doha, Doha, Qatar

^{a,b,c,d,e,f,g,h}Research Development, Accreditation and Publication Office, PSD, Doha, Qatar

^{a,b,c,d,e,f,g,h}Research Capstone Project, PSD, Doha, Qatar

Abstract

Background: Qatar is a melting pot of cultures. Qatar's welcoming approach has led more and more expatriates over the years—including single Filipinos who seek better opportunities and stability for themselves and their families. This research study endeavors to understand Single Overseas Filipino workers' lived experiences, analyzing their struggles and challenges in Qatar. **Methods:** This qualitative research utilized a phenomenological research design exploring and acknowledging single Filipino breadwinners' experiences in Qatar. It corresponds to the central question: "How does the reality of being a single overseas Filipino worker in Qatar, providing for their families back home in the Philippines, affect their current state?" The data set was gathered in the form of an interview and was analyzed through a dendrogram. **Findings:** Based on the responses of the purposely-chosen participants, four themes were created. These are (1) Personal Circumstances which includes Managing Emotions, Conquering Homesickness, and Finding Self-Direction; (2) Familial Facets, which encompasses Undertaking Responsibilities, Facing Expectations, and Understanding Situations; (3) Social Influences which incorporates Adapting Socially, Strengthening Relationships, and Diverging Connections; (4) Financial Foes which involves Generating Income.

* Corresponding author.

Managing Remittances, and Stabilizing Finances. **Conclusion:** The inspiring stories of the single Overseas Filipino Workers who served as the family's breadwinners serve as an eye-opener to the struggles, opportunities, and strategies they employ to make sense of the journey they are taking. These will also serve as footnotes to aspiring Filipino expatriates who put families at the center of their lives. **Recommendations:** Future researchers may focus on various aspects and factors beyond this research, such as those with families, married, or widows. Furthermore, jobs are part of different collar jobs with different genders or social statuses.

Keywords: Single Breadwinners; Overseas Filipino Workers; Filipino Expatriates; Families; Qatar.

1. Introduction

Qatar, a small Middle-Eastern country, is one of the famous and fast-developing countries in the Gulf Cooperation Council (GCC). Qatar is an autonomous emirate on the west coast of the Persian Gulf. The country is known for its world's largest petroleum and natural gas reserves, which has led to Qatar's unprecedented economic prosperity and fast-growing numbers of foreign workers from different parts of the world. The discovery and production of petroleum and natural gas have become Qatar's precious gold and gem over the years. In the first decade of the twenty-first century, natural gas eclipsed oil as the leading source of government revenue and GDP [4]. Due to the country's oil and gas wealth, Qatar has increased its living standards for its people. It has established a system of social services for numerous expatriates who have the means to make one's life better, one being the Overseas Filipino Workers (OFW).

These GCC countries are said to have accounted for a minimum of 25 million foreign migrant workers or 49% of the GCC countries' total population, and are expected to cross the 60-million mark by the year 2030 [32]. Qatar being one of them, attracts and encourages many foreign workers from all over the world to migrate and work in the country to sustain and provide for their loved ones back home, making the country the symbol of stability and development in the region [6]. Qatar has significantly succeeded in strengthening and stabilizing its position as one of the most economically competitive nations in the Gulf region [45].

Furthermore, Qatar is a melting pot of cultures because the country has become a home to many international communities. Numerous expatriates in Qatar prove Qatar's tradition and culture of generous hospitality and respect. The progressing development and booming of the country exists as a global hub in the region and the world. Around 85.7% of the total population of Qatar are expatriates, and more than 63% of them are satisfied with their life in Qatar [22]. Moreover, out of the percentage, as mentioned above, Filipinos are one of Qatar's major expatriate groups, accounting for about 7.35% of its total population [41].

Qatar has seen an influx of Filipino expatriates over several years. These Filipinos became overseas workers trying to grasp new and better opportunities abroad. It is known that Filipino expatriates moved to Qatar, opting for a better quality of life and boosting their earning and saving potential. Hence, many overseas Filipino workers decided to migrate to Qatar as Filipinos desire stable jobs, income, and career opportunities to help them provide for their family's needs and wants. However, it is not an easy task, and it physically and mentally drains the OFWs. Despite this, Filipinos persistently migrate abroad, even more, determined to sustain

themselves and their families.

One of the hallmarks of being a Filipino is filial piety. Hence, loyalty and close family ties are primarily cherished in the Filipino culture. Filipinos take responsibility to look out for and provide for their families and loved ones. It is a responsibility that comes from habits and not from force. It is a sense of familial love instilled to us at a young age [28]." Some choose to stay single and unmarried and be the sole breadwinner of the household. These single Filipinos possess engaging experiences as they opt to go abroad to secure a better future. They left their families back home to help with the family's financial needs, from food to education to daily living expenses. A breadwinner is someone who provides "the largest portion of household income, which generally covers most household expenses and financially supports dependents [30]." A person entitled to be a breadwinner does not choose to quit and stop working. They have to strive and save for the family. In some cases, the family's needs become more important than his or her own needs.

This study endeavors to understand the lived experiences of single Filipino breadwinners in Qatar. It aims to explore the struggles and challenges faced by the breadwinners as they work overseas for their families back in the Philippines. It seeks a profound understanding of the factors that contribute to the difficulties experienced by the single breadwinners. Hence, it aims to answer the central question: "How does the reality of being a single overseas Filipino worker in Qatar affect their living conditions given that they are providing for their families back home in the Philippines?". Specifically, it seeks to answer the sub-question: (1) What are the factors on the struggles of the single breadwinners providing for their families?

This study applies a qualitative phenomenological approach in answering the queries mentioned above to gain in-depth answers to the specific inquiries through in-depth and multi-level analysis. Moreover, a semi-structured interview was conducted with a small number of carefully chosen participants to transpire their lived experiences as single breadwinners in Qatar. Data was gathered with a constructive interview guide that was used to pose questions to the participants. The first level of primary data analysis was carefully done through emic and etic transcriptions. The study utilized a dendrogram to extract common ideas from the etic responses of every question for themes to emerge. After that, themes were analyzed then grouped for main and sub-themes to emerge, which were used to produce and design the simulacrum. Ultimately, the second level of analysis uses a relevant and appropriate review of related literature to support and strengthen the data extracted.

Subsequently, after a thorough analysis of data, four key factors were identified that contributed to difficulties and struggles of single breadwinners in Qatar, namely:

(1) Personal Circumstances which includes Managing Emotions, Conquering Homesickness, and Finding Self-Direction; (2) Familial Facets, which encompasses Undertaking Responsibilities, Facing Expectations, and Understanding Situations; (3) Social Influences which incorporates Adapting Socially, Strengthening Relationships, and Diverging Connections; (4) Financial Foes, which involves Generating Income, Managing Remittances, and Stabilizing Finances.

These four factors and their sub-themes serve as keys to providing an in-depth understanding of the reality that

this research seeks. Each factor has significantly impacted the lives of the single breadwinners here in Qatar on a micro-level (personal circumstances) up to a macro level (social influences). Additionally, the sub-themes further extrapolate the courage of breadwinners through their challenges and the coping mechanisms while working for their families back in the Philippines.

Evidently, the study is an essential tool to gain a profound understanding of breadwinners in Qatar. It serves as the key to breaking the stigma of breadwinners, given all the expectations and preconceived notions regarding their life overseas. A new perspective is given by exploring and digging deeper into the lived experiences of these courageous single breadwinners. They have come to Qatar for better opportunities- settling in Qatar alone as they seek progress and development, especially for their families. The factors found in this study fundamentally create a frame of reference from which we can trace the struggles breadwinners faced throughout as they make novel experiences in their lives. Ultimately, it serves as an addendum to the previous knowledge we have with breadwinners, as it unveils every corner of the life of single breadwinners overseas.

2. Methods

This part shows the research design used in the study, the qualitative approach employed, and the procedure in conducting the study. It also extrapolates the research locale and gives a brief background of the participants' profiles. Furthermore, it illustrates the data analysis process to understand better the participants' lived experiences of becoming overseas Filipino workers here in Qatar.

2.1. Research Design

The research study has utilized the Qualitative research approach. The author in [33] stated that qualitative research is a non-numerical and multi-method approach to collecting data, making it a more naturalistic approach in its subject matter. Additionally, Qualitative research attempts to give an in-depth understanding of a topic based on certain phenomena or natural events in a given setting. In addition, the study used a type of qualitative research which is the Phenomenological study. Phenomenology is a type of qualitative inquiry that aims to capture pre-reflective experiences before conceptualizing, abstracting, or explaining them generally [49]. The study used the phenomenological approach to enlighten the various difficulties and challenges that the Overseas Filipino workers face and their lived experiences.

The study utilizes a qualitative approach, specifically in the form of phenomenology, in which the researchers used the participants' responses as the primary source of data. The data was gathered using the constructive 41 questions in the interview guide, and then the participants were answered via word verbatim and recorded for data analysis. Conceptually the analysis is categorized into different themes for further thematic analysis. The process shows that the study uses inductive reasoning since the results from the study came from a specific experience transformed and transfigured into a more broad and universal concept.

Research Locus and Sample

The study was conducted in Philippine School Doha (PSD). It is a leading Filipino community learning

institution located in Mesaimeer, Doha, Qatar. On October 3, 1992, the school was founded under the support of the Philippine Embassy to provide the educational needs of the Filipino community in Qatar.

The participants in this study were all professional single Overseas Filipino Workers in Qatar. Eight participants were carefully selected using the following criteria: (a) single Overseas Filipino Workers, (b) are at least within 25 to 45 years of age, (c) have been working for at least three years and above in Qatar, and (d) have acquired educational attainment at least bachelor's degree. Of all eight participants, three have worked in Qatar for more than ten years, while the other five have at least three years. Additionally, four of the respondents were female, and four were males.



Figure 1: Map of Qatar (*Google Images*)



Figure 2: Philippine School Doha (*Google Map*)

2.2. Data Collection and Ethical Consideration

Creating an interview guide was the first step for data collection to help the researchers study the participants' lived experiences. After that, the Senior High School Department teachers needed approval for the formulated interview guide. Lastly, the chosen participants were given consent letters as an invitation for our study upon approval.

Furthermore, the researchers used various tools to inquire about the participants' needed data regarding their lived experiences and story in the data collection process. The study first gathered the information and details of the participants with the use of the Robotfoto. The Robotfoto serves as their resume and profile, handled with utmost care and confidentiality. After gathering their short biography, a structured interview guide was conducted, with 41 developmental questions that will help extract information about their lived experiences.

The researchers conducted an online interview using the Zoom application to extract information from the participants by answering the questions constructed related to the participants' lived experiences. In the process, the researchers oriented the participants about the study, precisely a short background of the study, while ensuring that their identity remains anonymous, and that the participants' information is highly confidential. Moreover, the researchers asked for the participants' consent to record the online interview for data analysis and synthesize themes and subthemes of the simulacrum to generate a universal concept of the study using the inductive method.

2.3. Data Analysis

After gathering the verbal response of the participants, the researchers proceeded to (1) transcription. (2) The transcription is then divided into two parts, the emic and etic. The emic transcription shows the raw and explicit responses, while the etic transcription shows the refined version of the data gathered via response. After cleaning the data, the researchers (3) analyzed the collected data in the form of the cool analysis and Dendrogram to conceptualize the emerging themes and categorize them according to similarities and differences. Eventually, these are now (4) formulated into the simulacrum, a constructive content framework representing the findings and discoveries that respond and correlate to the whole study's purpose.

Meanwhile, the second level of analysis used numerous related literature to enhance and strengthen the ideas and concepts generated from the data and form them into themes. This process is essential to ensure that the themes are properly explained.

3. Findings

This phenomenological attempt describes the depth of the lived experiences of single Overseas Filipino Workers (OFWs) in Qatar. It aims to explore these nuances by answering the central question: "How does the reality of being a single overseas Filipino worker in Qatar affect their living conditions given that they are providing for their families back home in the Philippines?". Furthermore, the study inclines itself to disclose the factors that contribute to their struggles and difficulties working abroad by responding to the specific question: "What are the factors on the struggles of the single breadwinners providing for their families?".

Emerged from the participants' verbal musings are four major factors namely, Personal Circumstances, Familial Facets, Social Influences, and Financial Foes. Personal Circumstances consider the early psychological and emotional struggles of the breadwinners while adjusting to the environment and conditions in Qatar. Familial Facets discuss how breadwinners take responsibility for their families and how they handle its adverse effects such as pressures, high expectations, and unprecedented familial situations. Subsequently, Social Influences play a significant role in breadwinners' odyssey in Qatar. Consequently, these factors form obstacles as the breadwinners adjust to their social and working environment. Specifically, these factors illustrate the complications OFWs faced: relating with locals and other nationalities, creating support networks from coworkers and peers, and facing problems in a work setting. The Financial Foes present themselves as a continuous challenge to single Filipino breadwinners. These factors explain the experiences that breadwinners encounter in handling their financial situation whether it may be the allocation of money or the stabilization of their income.



Figure 3: Simulacrum.

The figure above highlights the four major factors that contribute to the struggles of single Overseas Filipino Workers (Personal Circumstances, Familial Facets, Social Influences, and Financial Foes). The colors and figures presented in the simulacrum create a dynamic that correlates to the focus of this phenomenological study. The simulacrum is an eight-rayed sun, portraying the Philippines where the breadwinners hail from, over a nine-pointed emblem, referring to Qatar as the ground of where these individuals work. The colors white, yellow, red, and blue represent the participants' identity as Filipino. The persons at the center, circumnavigated by this study's title, are Filipino professionals symbolizing that they work in Qatar, hence the white and maroon colors on their suits.

3.1. Personal Circumstances

Venturing out of their comfort zones and experiencing tremendous hardships has become the definitive meaning behind an Overseas Filipino worker, especially in becoming a breadwinner. As they set foot into a new world, breadwinners encountered various challenges that defined their journey in life. Each one had personal experiences that had been narrowed down into clusters known as the Personal factor. The participants faced difficulties in three specific areas: managing emotions, overcoming homesickness, and finding self-direction. A participant who tried to manage his emotions once said:

“Yes, it affects me especially when I am emotionally unstable because it drains my energy and affects my performance at work. I cannot concentrate and I am having a hard time processing things related to work, so I lose my attentiveness which becomes a struggle for me.” (P3)

This indicates that when a person is experiencing emotional instability, they tend to lose attention. This demonstrates that breadwinners might become emotionally unstable as a result of circumstances, impacting their work performance. Despite this, they continue to work for their loved ones.

Overseas Filipino workers, particularly breadwinners, face emotional upheaval for a variety of reasons, one of which being homesickness. According to the participants:

‘‘I always feel homesick especially during the last Christmas break and the New Year and that I cannot spend time with my family. I didn’t have any choice to go back but to stay. I just had to divert myself into other things as an outlet like going out with my friends and hanging out with them.’’ (P4)

This demonstrates that the distance between loved ones or family members might have an impact on breadwinners. The participant continued, saying:

‘‘I was struggling the first few months especially at work and with the social environment since I was used to being in the Philippines for ten years. However, I was able to manage it due to the support of my colleagues who are always on my side.’’ (P4)

Despite their longingness, the participants were able to conquer their homesickness with the support of their companions who accompanied them during the difficult times.

3.2. Familial Facets

The Overseas Filipino Workers are the very epitome of family centrism and kinship. They value the essence of their loved ones—giving them the reason to be courageous to set out into new territories to endow their family’s needs. As an overseas Filipino worker, one can embody the factors that contribute to becoming a breadwinner which are the Familial Facets wherein the participants experience undertaking responsibilities, facing expectations, and understanding situations. To confirm this a participant states:

‘‘The major responsibility of being a breadwinner is that I am their main source of finances. After my father retired and my sister stopped working, I automatically became their source of finances even before I was still in the Philippines. It is also my responsibility to provide more knowing that we have an additional member added to the family.’’ (P1)

The participants have taken the responsibility in providing for their family and have been dedicated to doing. Hence, this further implies that breadwinners tend to put family and kinship at the center of their focus and priorities. As a result, their challenges will continue to deepen. This view was supported further by the following individuals, who had to deal with expectations while also trying to understand their situation:

‘‘They have great expectations especially in my case that I am an architect. They think that I am rich because of my career but I have explained to my family that I also have responsibilities in sustaining their needs and mine while staying overseas.’’ (P2)

‘‘From the very start, they did not expect any amount of money for as long as I am sending them money. Of course, during that time, they said that I temporarily stop sending money so that I can have my money here for emergencies.’’ (P4)

According to the participants’ musings, regardless of the circumstances, family always comes first for the majority of breadwinners. They make certain that their family constantly receive the most out of their provision

and assistance, particularly in terms of monetary finances. This aforementioned activity encourages OFWs to work more in order to provide efficiently for their families, putting greater pressure and responsibility on them as breadwinners.

3.3. Social Influences

Socialization is an important component of everyone's life, and single OFW breadwinners are no exception. When it comes to socialization, they have several difficulties. They have had victories and setbacks that have helped them rethink and redefine what it means to be a dedicated breadwinner for the family. Each participant had comparable experiences as a result of specific social behavior-related criteria such as Adapting Socially, Establishing Connections, and Feeling Neglected. According to those who adapted socially:

“ Yes, it was difficult since I will be working in a new environment with different nationalities which I have no prior experience in. It was hard to know what was right or wrong due to my lack of knowledge of their culture. I can say that I have finally adapted to the environment as long as I am doing the right thing.” (P3)

This implies that participants attempting to adjust socially face several challenges, including linguistic and cultural barriers. Despite this, they continue to adapt by establishing stronger relationships with acquaintances from work and other social settings. A participant said:

“I have developed a friendship with them. We are in a good relationship. They listen to me, and I listen to them, it is like a give and take relationship.” (P1)

Furthermore, friendships serve as a source of stress alleviation through emotional upheavals and anxiety. A response of a participant implied that conclusion:

“Whenever I feel emotionally stressed, the first thing that I do is pray and seek help from God, and then have a conversation with my friends and tell them my struggles to seek help from them, to process my thoughts with them, and to ask for some advice from them.” (P3)

Although positive connections have been seen towards co-workers and friends, the working atmosphere of Qatar poses a difficulty to the Overseas Filipino Workers. Several breadwinners have stated that they are misunderstood and treated differently due to differences in background, status, and personal values. This made it tough for OFWs, especially when they initially arrived in Qatar; one participant even stated:

“The bosses and co-workers treat me differently because there are times that I am misunderstood and they think that I am difficult to work with because I have high expectations when it comes to work up to a point that it is something that I should be proud of.” (P2)

This was further proven by another participant:

“When I was new, I was bullied because I was the only Filipino back then in my company. There were only a

few employees at first they treated me badly but later on they already recognized my skills and ability. They now value me as an employee and as a person.” (P6)

To capsulize, OFWs have been constantly adjusting since the minute they set foot in a foreign land, beginning with the culture, language, and habits. Despite the differences they encounter, single OFW breadwinners have proven to be tenacious and adaptable. Besides which, breadwinners confront an additional obstacle at work since their superiors regard them differently due to disparities in background and personal beliefs. Nonetheless, time permits the strained connection between breadwinners and their employers to relax.

3.4. Financial Foes

Financial security has been a concern for several people, even breadwinners. Single OFW breadwinners look for more opportunities to improve their financial situation. Many people felt that breadwinners working overseas had a respectable or opulent lifestyle and had no trouble sending money back to their family. However, the outcomes of this study indicate that this is not the case. According to the participants' statements, they have financial challenges in the following areas: generating income, managing remittances, and stabilizing finances. According to the participants:

“I was supposed to go back last October, but since this pandemic happened, I had to cancel. Besides, you will have bigger expenses when you go back there.” (P5) , in addition to that he said:

“Yes, the salary was delayed 3-4 months, so I chose to find other jobs during that time. It affected me a lot because I had to pay my house, rent, everyday expenses and send money to my family.” (P5)

This suggests that the OFWs wanted to return to the Philippines but were unable to do so owing to the current pandemic crisis and the threats it poses not only to themselves but also to their family members. Furthermore, paycheck delays were a regular occurrence among all participants in this study. According to the response above, salary delays generate financial stress, making them unable to adequately provide for their family. Another participant encountered a similar circumstance in which his or her salary was delayed:

“Yes, especially last year when we encountered the pandemic, I experienced delayed salary payment and because of this, my father was the one who provided the family in the Philippines.” (P3)

Besides which, the economic situation surprised breadwinners due to its increasing quantity in terms of price, tax, and various other things. All of this contributed to a climate of unpredictability and uncertainty among breadwinners, which was evident in a response of a participant:

“There is no definite stability when it comes to income whether it may be business or employee stable income does not exist. Take for example this pandemic because of this pandemic many businesses go down or drop because of the situation even my job, income, and work is not an assurance of stability. The only thing that is stable is the ability to cope and change especially at this time.” (P2)

The participant further elaborated the case by indicating that financial stability and security is difficult to obtain in times where the economic trends fluctuate:

“It is difficult especially with changing trend of economical prizes, I have to keep up and could either need to double or triple the amount, the anticipation can be too much which is understandable however in my part my salary doesn’t have increment for at least every year so in turn half of my salary is being deployed back at the Philippine.” (P2)

Despite the uncertainty of their financial circumstances, breadwinners consider future probable investments that might provide financial stability for themselves and their family. As one participant put it:

“Someone will always have to sacrifice, that is the reason why I became an Overseas Filipino Worker. We are heroes for a reason since it is not easy to be away from your family, especially that I am single and as a breadwinner, I must provide for their needs and now one of my primary focus is investments too for future purposes. They need to understand that I have a limit in providing for the family since we cannot stay overseas forever.” (P2)

According to the participants' statements, breadwinners tend to think about their long-term investments and expenses here in Qatar. Yet, they are still unable to overcome the idea of not sending finances back to their families. Consequently, this has led the breadwinners to manage the finances of both their families and their personal budget. Other participants, on the other hand, felt sure that they could appropriately balance their financial commitments between themselves and their families. To demonstrate this, several participants stated:

“As a single breadwinner it is very different to a breadwinner with a family because being single means you can focus on yourself and at work so as a bachelor I am able to balance my time and money. “ (P6)

“Yes. I have enough time to do work-related activities with no rush since my work ends early with two days off. “ (P7)

“I can, definitely.” (P8)

In summary, some participants have focused their efforts to their role and perceived obligation of providing the family's essential spending. However, breadwinners are aware that their stay in Qatar is not permanent. Hence, they ensure to take sustainable actions by allocating their remittances fairly and spending their income wisely. Others invest in various activities for future financial growth. Notwithstanding certain hardships, some participants are optimistic about their ability to stabilize their finances.

Indeed, these four primary factors have an impact on Overseas Filipino Workers since they are the source of their difficulties as breadwinners provide for their families. Consequently, their experiences can reveal a lot about how these particular heroes participate in and overcome the greatest challenge of their life.

4. Discussion

As an attempt to create a panorama of single breadwinners' experiences, this phenomenological study underscores the challenges that single breadwinners face from a micro-scale to a macro-scale perspective. The verbalizations of these breadwinners revealed four significant factors that contributed to their circumstances as they set foot in Qatar to share the fruits of their labor with their families. Personal Circumstances describe their psychological and emotional response as they are subjected to their current circumstance. Familial Facets uncover the breadwinners' relationship with their families and how they treat and consider their families' expectations. Social Influences reveal the breadwinners' obstacles to blending in with their social environment. Financial Foes pinpoint how breadwinners handle their financial circumstances. These factors uncover the depths and nuances of single breadwinners' experiences each day, and they face challenges for the benefit of themselves and their families.

4.1. Personal Circumstances

4.1.1. Managing Emotions

Being away from their loved ones, emotional management is a task Overseas Filipino Workers have to uphold strenuously. In a study published by the author in [44], she noted that Filipinos are well-known for having intimate family relationships. With significant responsibilities resting on their shoulders, breadwinners often experience anxiety and stress about how they perform their work. However, the experience of one breadwinner does not apply for all, like the environment or situation they are in and the colleagues they are with are significant to what emotions the breadwinners feel and how they manage it. For example, breadwinners who are just continuing their past commitments or have been in the field for a modest amount of time tend to be more laid back on how they work.

Conversely, some might consider themselves people who cannot detach themselves from work and frequently work overtime. Professional personal feelings are often inhibited or suppressed to project the appropriate emotion for the situation [24]. This further intensifies the stress that breadwinners experience as their emotions are bottled up for most of their working life. Nevertheless, they can independently conquer them through a plethora of ways. One such method is giving time for personal affairs and reflecting on accomplishments that allow self-confidence to build back up.

Moreover, performing recreational activities tends to be effective as this eases out built-up tension both physically and mentally. It is a real struggle that breadwinners have to balance personal thoughts with professional life unbeknownst to anyone alone. Nevertheless, for most of those who work, this temporary experience is a small price to pay for long-term familial prosperity.

4.1.2. Conquering Homesickness

It is not a secret that Overseas Filipino Workers do not experience contentment with the idea of pursuing their career in a foreign country for them to give their family a better life. More often than not, breadwinners find it burdensome to accept the reality that they are isolated from their loved ones. Thus, the situation of migrants, in

the long run, ends up feeling homesick—longing to return home. Undeniably, breadwinners feel this during the holidays, such as December, when they cannot celebrate it with their families. In some cases, homesickness may also occur as early as during the expatriation process or the arrival to their ultimate destination [26]. A minority of migrants experience anxiety and difficulty adjusting to their new environment; However, there are instances where breadwinners do not regret leaving their family, as part of them leaving is to give them a better life. Homesickness manifests in breadwinners through various ordeals, from mild feelings to potentially incapacitating situations. As such, breadwinners tend to develop ways to optimistically comfort themselves or see the situation. One way is through cognitive avoidance—not thinking about their home and loved ones to forget homesickness [46]. Another way, which is a common practice nowadays with the evolution of technology, is through talking virtually. As such, breadwinners feel less distanced from their families as they can contact them through a simple click on a device. It is human nature for breadwinners to miss and long for the people they have been with. However, Sacrifices such as these may be inevitable for migrant workers, but they are still able to find ways to conquer this endeavor.

4.1.3. Finding Self-Direction

As focused individuals, single breadwinners often spend a significant amount of time working for their families and themselves. Filipino workers tend to push themselves to their limits to fit the demand of various working industries [56]. In a study of the authors in [43], it was highlighted in several responses that Filipina migrants would often sacrifice their own needs and put their families' needs before their own. Hence, breadwinners often overlook their own needs in exchange for the rewards of their labors to propel their families. Moreover, frequently the stressors in the working world can be attributed to decreased health among overseas workers, which involve psychological and psychosomatic distress [54]. Undeniably, personal time, needs, and health are often sacrificed to propel their bodies and minds to work to make a living. However, in the face of the obstacles, breadwinners still encourage themselves to step up and deal with the challenges they face. Thus, breadwinners tend to engage in leisure and recreation to fulfill their mental and emotional needs. This aids them in finding a direction within themselves despite life challenges and personal limitations [15, 20]. As a coping approach, leisure provides them an opportunity to be integrated within social and cultural contexts [27]. Furthermore, with few other people to open up to, breadwinners tend to reach out to the spiritual realm as these activities promote good health and well-being [40]. They would usually seek spiritual guidance and direction from a supreme being which positively affects their health by feeling relieved and secure.

Indeed, finding self-direction may cause difficulties for breadwinners as they often neglect their personal needs only to strive to help their families sustain their lives. However, despite the stressors that working abroad brings, breadwinners can still give themselves a break to find emotional and spiritual direction in themselves.

4.2. Familial Facets

4.2.1. Undertaking Responsibilities

Filipinos are notable for their solid and profound bonds to their families; they put their family first and do all they can to look after and provide the necessities of their families, especially to those who are Overseas Filipino

Workers. Furthermore, family is a vital part of a migrant's migration journey [58]. Hence, going overseas requires overseas Filipino workers to surpass their limitations and fully prepare themselves and their family members physically and mentally for the different hardships an overseas person goes through. According to the author in [57], Overseas Filipino Workers are selfless individuals who place their families first above all. Marking the noticeable efforts, family members of the OFWs construct bounds by being aware of the smallest choices that these workers have made.

Furthermore, OFW's have a hardworking trait that summons its priorities to fulfill their family's provisions and needs back in the Philippines. Nevertheless, the family provides these breadwinners with the necessary support to make their stay possible here in Qatar. This study focused on the lived experience of the selected single Overseas Filipino Workers that highlighted various conflicts within their families and how these affected their individualities.

As the author in [31] discussed, the Filipino people consider their family as the source of their identity and material support. For breadwinners, the importance of family is evidenced in the honor shown to parents and elders and the generous support shown to their relatives in need. However, when one is indebted to another, one often overlooks moral principles. Instead, one will do anything to please the other person, even by violating their own rules. According to the author in [35], Filipinos have begun exploring opportunities abroad due to a shortage of employment opportunities in the Philippines. With this outlook, the breadwinners have this desire to live a good life and raise their standard of living. These are why the selected overseas Filipino workers thrive on working very hard for their families back home in the Philippines.

4.2.2. Facing Expectations

Overseas Filipino Workers (OFWs) are family-oriented who make sacrifices by venturing outside of their comfort zones to earn money for their loved ones. Also, Filipinos are known as migratory experts, capable of responding to and adapting to the needs of the global labor market [1, 59]. However, expectations are inescapable while focusing on the participants' goals of being their family's breadwinner.

The breadwinners have been subjected to familial pressure as the family is the ultimate source of physical, psychological, and financial stability in the Philippines [1, 48]. Consequently, during times of difficulty, family members rely on one another because the OFWs are required to help one another through mutual reliance and sharing, even material assets [1, 48]. Thus, expectations range from financing their sibling's college expenditures, meeting their parents' medical requirements, and sending their family's monthly allowance for their requirements, wants, health, and emergencies.

Families of breadwinners have high expectations when covering fundamental needs because they are responsible for sending remittances to their close families and relatives [1, 23]. Thus, it lessens individual freedom due to excessive reliance on foreign labor [1]. Many OFWs have expressed a wish to return home permanently but have been discouraged by the over-dependency formed during their absence [1]. The OFWs continue working abroad as their families will be disappointed when they cannot provide more money. The

OFWs also expressed their desire to settle down or marry and return to the Philippines. Nevertheless, they were unable to do so due to their duties to their immediate families. Hence, postponing marriage is becoming more popular among unmarried OFWs [1].

4.2.3. Understanding Situations

As breadwinners open themselves to experiences and encounter unforeseeable obstacles, it is part of their duty to utilize various platforms to stay connected with their loved ones to improve situational understanding. Without adequate communication with the family, it may lead to conflicts and misunderstandings [10], which were evident in the experiences of breadwinners. These are common in families that the overseas Filipino workers experienced, wherein communication is often characterized by inaccuracy and vagueness. Thus, families of OFWs can retain close relationships and check up on one another's lives and health statuses through the use of the internet and communications technologies [17]. Consequently, to avoid conflict, the use of digital communication has become prevalent [5]. In the advent of the digital age, communication has become more accessible through technology such as mobile phones and applications. In order to keep in touch across borders with an affordable fee, migrant workers were one of the first who adopted the usage of mobile phones [16, 60, 61]. Hence, this communication medium by overseas workers relieves the spatial separation between the overseas workers and their families [16]. Moreover, through communication, family members create enduring mental models of family life [52]. Therefore, eliminating communication barriers create a bridge to a healthy relationship between breadwinners and their families.

Furthermore, it is also essential to share the good news with family and loved ones. Doing so can uplift one's spirits and appreciate their efforts to develop a good and healthy relationship. An example is when the breadwinner living outside their country sends gifts or "balikbayan" boxes to their home countries to support their families. This kind of gesture brings enlightenment to both parties. It serves as a motivation for the breadwinners.

4.3. Social Influences

4.3.1. Adapting Socially

Social adaptation mainly tackles the hardships these single Overseas Filipino Workers (OFWs) faced as they first stepped into Qatar. Cultural adaptation refers to the process and length of time it takes for a person to assimilate into a new culture and feel at ease within it [51]. A person in this position may experience a wide range of emotions. The single breadwinners had struggled and faced obstacles when they initially arrived in Qatar. The majority of the breadwinners struggled to settle in Qatar because of variables, mainly language barriers, the culture here in Qatar, and a sense of independence. OFWs and other migrant workers commonly experience cultural shock when they arrive in another place or country. They can experience social and cultural isolation because of language and cultural differences in the country or state they went to [21]. Being in a completely new environment, the single breadwinners felt out of place and homesick when they first arrived in Qatar. Additionally, homesickness is the state of distress experienced by the people who leave their homes and relocate to a new and unfamiliar environment which causes discomfort to their well-being and overall health

[26, 51].

Despite that, the breadwinners established a firm base to support themselves and their families back home in the Philippines. Other individuals found it simpler to acclimate in Qatar by knowing someone from their employment and Filipino co-workers. Furthermore, adapting to Qatar's culture and traditions allowed them to be comfortable, open to other people with different nationalities, especially in their careers, and respect. Studying the culture, beliefs, and traditions is essential for understanding the different social structures and cultural values that affect social support [9]. Studying the country helps migrant workers become accustomed to the new environment. Indeed, these made adapting simpler for the breadwinners to acclimate to their new surroundings in Qatar.

4.3.2. Strengthening Relationships

The subfactor encapsulates the breadwinners' social bond with workmates and friends. The development of new relationships within the society resulted in a life in Qatar that was both thrilling and familiar. The breadwinners expressed both their positive and negative feelings regarding their time abroad. They all spoke about how their journey opened their horizons and allowed them to explore new things. It presented them with the opportunity to meet new people and find a well-paying job. Consequently, the author in [13] said that experience is crucial to being social. The experiences in interacting with the environment, other people, exploring the emotional factors and their outcomes.

The breadwinners have a more relaxed working environment due to the welcoming and open attitude created by numerous multicultural persons in their workplace. It brought them a sense of acceptance and belonging in Qatar. The breadwinners were said to be treated well by their co-workers and bosses. They were able to interact with them and create new connections. Considering they work with understanding and pleasant co-workers, they did not feel lonely at work. They have a strong feeling of belonging and responsibility. Furthermore, the breadwinners' company provided them with comfortable housing and nourishing meals to eat. In the study of the author in [12], he emphasized that the stability of social relationships and environments is essential for meaningful social relations that minimize the stress and impact on well-being and health.

Obstacles, on the other hand, are inescapable. At work, some breadwinners battled with mental stress. Consequently, they were able to survive by socializing with their peers, honing their talents and abilities, and interacting with their loved ones via the internet. In the framework of crisis theory, the author in [2] mentioned that (a.) social support, (b.) perception of the event, and (c.) coping mechanisms are all balancing factors. According to the notion, if the components listed above are out of balance, an event or a significant life change might become a crisis.

4.3.3. Diverging Connections

Breadwinners often experience troubled relationships with their jobs and social lives. Diverging connections indicate that the expected social life at work is unlike the norms. The breadwinner feels out of place, unmotivated, and undervalued. The authors in [11] believed that negative interactions at work correspond with

stress and negative emotions at home. The participants mentioned that their co-workers and managers misunderstood them and treated them unjustly and unfairly. This experience raised self-doubt and lowered self-esteem leading to social seclusion. In the study of the author in [53], it is suggested that social isolation can be related to social and cultural factors, such as the stigma that keeps the individuals distant from others, depriving them of establishing social connections.

The breadwinners voiced that they first felt excluded and disregarded at work due to background disparities. According to the authors in [18], social isolation and loneliness can lead to cognitive decline, sadness, and poor health in general. The study discovered that understanding individual requirements, preferences, and subjective impressions is critical in any social network losses and social connections. Furthermore, Filipinos have always valued resilience as a cultural characteristic. Practitioners can use ways to strengthen this among OFWs during this period of uncertainty, crises, and losses [17]. The breadwinners learned and found new ways to cope with judgmental co-workers with this standpoint.

4.4. Financial Foes

4.4.1. Generating Income

Overseas Filipino workers are individuals who migrate far from their homeland to pursue career and job opportunities in return for profit and financial gain to provide for their families and ensure proper living conditions. Unfortunately, earning income from the outskirts of the country is very constricted. It is not as easy as perceived by others as foreign wages rely heavily on the idea of high risk and high reward structure while basing it on the quality of work and living conditions; thus, the foreign wage of each occupation differs from each destination [62]. Extrapolating the fact that breadwinners do not always get the proper amount of income they deserve in exchange for their services, it clearly states the struggles that they undertake. Despite this, they still manage to send monetary finances to their families to ensure a better quality of life. In addition, being an overseas worker and a breadwinner is physically and psychologically demanding because breadwinners become the center and the primary source of income for the family. The breadwinners in the study have expressed that they sometimes experience difficulty in sending money back home due to limited capacity added with the pending situation of the pandemic giving more burden to the participants and, in turn, having to work twice or thrice as hard. According to the authors in [3], most middle-income families rely on OFWs for support, often economically vulnerable. These individuals are usually single-income households. They tend to slide back into poverty once their breadwinner loses their job.

Furthermore, OFWs perceive work opportunities as similar to gambling where there are times they have work, and there are times that they do not have work; thus, the current situation also plays a factor. Others also considered giving all their money back to their families, not leaving much for themselves, for they believe it is for the best [29]. This only strengthens the idea that OFWs experience constraints regarding financial literacy and are not always easy and comfortable.

Filipino workers overseas have tried their best to keep up with the growing changes in the environment, living conditions, career opportunities, and demands based on the destination they chose abroad. In their mind, they

work and live according to their surroundings, yet they still experience difficulty providing necessities while sustaining their own needs. Based on the breadwinners' narrative, they experience financial constraints due to the change and rise of economic status that significantly impact the OFW breadwinners. Furthermore, rising prices are becoming more costly than before, shifting the breadwinners' focus to providing food, education, and medical services. A study by the author in [63] says that OFWs are invaluable to procurement to retail, medical services, and some small businesses. Breadwinners are very dedicated to their roles and responsibility, which sometimes overload them with the responsibility and add to their challenges and struggles.

4.4.2. Managing Remittances

The allocation of financial resources poses a challenge to single breadwinners as they have to consider their families and maintain properties back home. One of the challenges experienced by these OFWs is the management of remittances aside from maintaining communication, dealing with emotional costs, and others [17, 25, 39, 47]. It is common for them to give resources to their family as part of their moral obligation and bound solidarity within their community [1, 36]. Data from the Bangko Sentral ng Pilipinas indicate that the OFW household respondents utilize their earned financial resources abroad for food, household needs, education, medical expenses, savings, debt payment, purchase of consumer durables and houses, and investments [19]. The data suggests that budgeting income for the OFWs requires several considerations as they look upon themselves and make allowances for their families and relatives. They must manage their remittances effectively to benefit themselves and their families, which means that they could sustain their lives abroad and have savings for themselves while providing resources to their families.

4.4.3. Stabilizing Finances

Tendencies of shifts and fluctuation in financial stability create challenges for breadwinners, making stability in income impermanent and challenging to maintain or even attain due to unexpected circumstances. One particular global event that has affected the breadwinners was the unexpected Coronavirus Pandemic (COVID-19). The COVID-19 pandemic poses a serious concern as it negatively impacts financial inclusion due to a shift in the flow of remittances [55]. A study conducted by the authors in [17] revealed that the pandemic created anxiety and fear for OFWs and their families. Many of them also felt that they needed financial aid due to the pandemic. Furthermore, breadwinners also consider other employment and career opportunities for financial stability and professional development while working for a unified goal of providing for themselves and their families. In addition, due to the availability of jobs abroad, Filipino migrant workers will continue to migrate overseas [42]. In 2017, The Philippines was one of the most underemployed countries globally [14]. It has about 4.3 million unemployed individuals and ranks as one of the most stagnant economies in the world. This means that over a quarter of the workforce population is still seeking job opportunities abroad. This statistic shows that the breadwinners in the Philippines face many obstacles in finding work. One of these is that they have a hard time finding a job in their home country.

The modern state of the world has significant impacts on all aspects of life, which includes the financial stability of the overseas Filipino workers, especially the breadwinners of each family household. Furthermore, due to the

current economic conditions, many breadwinners have resorted to increasing their financial burden back home. A study conducted by the authors in [34] stated that the Philippines is the most dispersed nation in the world when it comes to the employment of migrant workers. The Philippines is also one of the most dependent countries on remittances from Filipino workers. In 2016, about 2.2 million Filipinos were estimated to be in the Middle East and other countries such as Singapore. Hence, despite the stability challenges, the breadwinners tend to be resilient and tenacious and can still manage and balance their time, money, and endeavors at a certain point.

5. Conclusions

This research enlightened the rich experience of single overseas Filipino breadwinners in Qatar to break through and shed light on the challenges and difficult circumstances they encountered while stepping foot to work abroad. Over the last few years, Qatar has seen an inflow of Filipino expatriates. Many overseas Filipino workers have chosen to go to Qatar in search of steady jobs, money, and career prospects that will allow them to meet the requirements and wants of their families. This includes single overseas Filipino breadwinners in Qatar who, with the driving force of filial piety, step foot in the unexplored territory to provide for their families and themselves.

Through thorough analysis of phenomenological data, this study highlighted four significant factors that contributed to the difficulties experienced by single overseas Filipino workers in Qatar: Personal Circumstances, Familial Facets, Social Influences, and Financial Foes. Personal Circumstances spotlight the breadwinners' psychological and emotional experiences. These factors attempt to explain their difficulties by checking up on the inner workings of their minds. Familial Facets underscore the obstacles faced by the breadwinners in maintaining their relationship with their families. The sub-factors involved in the aforementioned major factor consider the responsibilities and expectations of breadwinners for their families. Social Influences illuminate the challenges that breadwinners face in a collaborative setting, whether from work or with friends and acquaintances. Ultimately, the Financial Foes show how financial difficulties affect the lives of single breadwinners overseas.

The duties and responsibilities of breadwinners while working abroad were not trouble-free as they encountered several obstacles from a micro to a macro scale. On a micro-scale, the participants mostly encountered emotional turbulence while working in Qatar, especially for the first time. Distance between breadwinners and their families also increased the emotional difficulties, as homesickness was a typical case among all breadwinners in the study. Additionally, as breadwinners undertake their responsibilities, it was evident that they have faced familial pressures as they become the core and source of the stability of their families back in the Philippines. The participants have taken on the burden of providing for their families and are committed to doing so. This implies that breadwinners tend to prioritize family and kinship above all else, which has intensified their hardships. Although providing for their families has given them more difficulties, it also allowed them to strengthen their relationship through understanding and occasionally receiving support from their families.

Moving to a larger perspective, breadwinners encounter issues in building relationships with other people, especially their employers and acquaintances. It can be generally transpired from the participants' verbalizations that breadwinners frequently have strained professional and social connections. Nevertheless, these strained relationships may improve over time as they adapt holistically to the social climate in their workplace and the country. Furthermore, the articulations of the participants in terms of financial difficulties can be generalized through the challenges they face in terms of allocating remittances and gaining stability with their income from work alone. Breadwinners face hurdles as financial stability swings and fluctuates, making income stability ephemeral and challenging to sustain or achieve due to unforeseen events. To sustain themselves, breadwinners also consider investments or search for jobs that yield more.

Undeniably, this study has become an eye-opener to the plight of single breadwinners overseas, and it has become a springboard for further research endeavors on single breadwinners or breadwinners in general. The findings of this study are limited in scope since it only looks at the lens of the life breadwinners through the four significant factors outlined in this study. Future research studies may also look at additional aspects that may have contributed a role in the situations of single breadwinners, which might lead to new insights. Despite its restrictions, the findings of this study would prove to dispel and break the stigma associated with single overseas Filipino breadwinners who have struggled with personal, familial, social, and financial challenges.

Acknowledgements

The researchers would like to acknowledge their parents, friends, mentors, and research adviser who have contributed to the development and publication of this journal. The researchers would also like to thank the Qatar National Library for providing them access to academic journals that shaped the study.

References

- [1] Advincula-Lopez, L. V. (2005). OFW remittances, community, social and personal services and the growth of social capital. *Philippine Sociological Review*, 58-74.
- [2] Aguilera, Donna C. (1998). *Crisis Intervention: Theory and Methodology*, 8th ed. Philadelphia, PA: Mosby.
- [3] Albert, J. R. G., Santos, A. G. F., & Vizmanos, J. F. V. (2018). Profile and determinants of the middle-income class in the Philippines (No. 2018-20). PIDS Discussion Paper Series.
- [4] Anthony, J. D., & Crystal, J.A. (2021). Qatar. *Encyclopedia Britannica*. <https://www.britannica.com/place/Qatar>
- [5] Ariate, R. J., Cruz, R., Dimaculangan, J., & Tibayan, C. A. (2015). The role of facebook in sustaining relationship among families of ofw. *Communication Research*, 2(1).
- [6] Azher, M. (2018). Why does Qatar attract so many expats? Find out. *Qatar Day*. <https://www.qatarday.com/blog/information/reasons-why-expats-continue-to-come-to-qatar/34800>
- [7] Barnett, Rosalind C. 1994. "Home-to-Work Spill-over Revisited: A Study of Full-Time Employed Women in Dual-Earner Couples." *Journal of Marriage and Family* 56(3): 647-656.
- [8] Barnhill, L. R. (1979). Healthy Family Systems. *The Family Coordinator*, 28(1), 94-100.

<https://doi.org/10.2307/583274>

- [9] Berkman, L. F., Glass, T., Brissette, I., & Seeman, T. E. (2000). From social integration to health: Durkheim in the new millennium. *Social science & medicine*, 51(6), 843-857.
- [10] Bernarte, R. P., Datiles, J. C. M., Samson, R. T., Velasco, S. M. B. (2015). Reshaping communication: A Study of How Mediated to Computer Mediated Communication Exchanges Affects the Relationship among Overseas Filipino Workers Families. *European Academic Research*. Retrieved January 12, 2022, from <https://www.euacademic.org/UploadArticle/1343.pdf>
- [11] Bolger, Niall, DeLongis, Anita, Kessler, Ronald C., and Wethington, E. (1989). The Contagion of Stress across Multiple Roles. *Journal of Marriage and Family* 51(1): 175-183.
- [12] Boardman, J. D. (2004). Stress and physical health: the role of neighborhoods as mediating and moderating mechanisms. *Social science & medicine*, 58(12), 2473-2483.
- [13] Bronfenbrenner, U., & Morris, P. A. (1998). The ecology of developmental processes. In W. Damon & R. M. Lerner (Eds.), *Handbook of child psychology: Theoretical models of human development* (pp. 993–1028). John Wiley & Sons Inc.
- [14] Castro-Palaganas, E., Spitzer, D. L., Kabamalan, M. M. M., Sanchez, M. C., Caricativo, R., Runnels, V., ... & Bourgeault, I. L. (2017). An examination of the causes, consequences, and policy responses to the migration of highly trained health personnel from the Philippines: the high cost of living/leaving—a mixed method study. *Human resources for health*, 15(1), 1-14.
- [15] Choe, J., O'Regan, M., & Kimbu, A. N. (2020). Filipino migrant workers' leisure and subjective quality of life in Macao. *World Leisure Journal*, 62(3), 242-260.
- [16] Chong, A., Yahya, F. B., & Paragas, F. (2016). Migrants, mobiles and money: Alterity and the confluence of three transnational flows. In *State, Society and Information Technology in Asia Alterity between online and offline politics*. essay, Taylor and Francis.
- [17] Cleofas, J. V., Eusebio, M. C. S., & Pacudan, E. J. P. (2021). Anxious, Apart, and Attentive: A Qualitative Case Study of Overseas Filipino Workers' Families in the time of COVID-19. *The Family Journal*. <https://doi.org/10.1177/10664807211006339>
- [18] Cloutier-Fisher, D., Kobayashi, K., and Smith, A. (2011). The Subjective Dimension of Social Isolation: A Qualitative Investigation of Older Adults' Experiences in Small Social Support Networks. *Journal of Aging Studies* 25: 407-414. Doi: 10.1016/j.jaging.2011.03.012.
- [19] Consumer Expectations Survey Second Quarter 2021. (2021). Retrieved February 7, 2022, from https://www.bsp.gov.ph/Lists/Consumer%20Expectation%20Report/Attachments/20/CES_2qtr2021.pdf
- [20] Deschenes, G. (2011). The spiritual anthropology of leisure: The homo faber-religiosus-ludens. *Counselling and Spirituality/Counseling et spiritualite*, 30(2), 57-85.
- [21] Espejo, R. (2015). Introduction. In *Migrant workers* (pp. 8–8). Introduction, Greenhaven Press, A part of Gale, Cengage Learning.
- [22] Expats in Qatar - Statistics and trends [Infographic]. (2018). GO Gulf Qatar. <https://www.go-gulf.qa/expats-in-qatar-statistics-and-trends-infographic/>
- [23] Go, S. (2001). "International Labor Migration and the Filipino Family: Examining the Social Dimensions." *Asian Migrant*, 14: 103-109.

- [24] Gopinath, R. (2011). Employees' Emotions in the Workplace. *Science Alert*. Retrieved 2021, from <https://scialert.net/fulltext/?doi=rjbm.2011.1.15&org=10>
- [25] Graham, E., Jordan, L. P. (2011). Migrant parents and the psychological well-being of left-behind children in Southeast Asia. *Journal of Marriage and Family*, 73(4), 763–787. <https://doi.org/10.1111/j.1741-3737.2011.00844.x>
- [26] Hack-Polay, D. (2012). When Home Isn't Home – A Study of Homesickness and Coping Strategies among Migrant Workers and Expatriates. *ResearchGate*. Retrieved 2022, from https://www.researchgate.net/publication/272804990_When_Home_Isn't_Home_-_A_Study_of_Homesickness_and_Coping_Strategies_among_Migrant_Workers_and_Expatriates
- [27] Hasmi, H. M., Gross, M. J., & Scott-Young, C. M. (2014). Leisure and settlement distress: The case of South Australian migrants. *Annals of Leisure Research*, 17(4), 377-397.
- [28] Inquirer BrandRoom. (2019). Why being a breadwinner isn't a 'Piece of cake'. *INQUIRER.net*. <https://business.inquirer.net/271552/why-being-a-breadwinner-isnt-a-piece-of-cake>
- [29] Jalagat Jr, R. C., & Dalluay, V. S., (2006). *MANAGING FINANCIAL RESOURCES: A NEVER ENDING CHALLENGE TO OVERSEAS FILIPINO WORKERS (OFWs)*.
- [30] Kagan, J. (2021). What is a breadwinner? *Investopedia*. <https://www.investopedia.com/terms/b/breadwinner.asp>
- [31] Licuanan, P. B. (1994). CHAPTER IV A MORAL RECOVERY PROGRAM: BUILDING A PEOPLE-BUILDING A NATION. *Values in Philippine culture and education*. 1, 35.
- [32] Malit, F., & Ledesma, D. (2019). Migrant Protection by Education in the Gulf Cooperation Council (GCC): Lessons and Recommendations on the Philippine Post-Arrival Orientation Service (PAOS) in Qatar. *CIFAL Philippines*. <https://cifal.up.edu.ph/wp-content/uploads/2019/02/Malit-and-Ledesma-2019-Policy-Brief-Migrant-Protection-by-Education.pdf>
- [33] McLeod, S. (2019). Qualitative vs quantitative research. *Study Guides for Psychology Students - Simply Psychology*. <https://www.simplypsychology.org/qualitative-quantitative.html>
- [34] Murakami, E., Shimizutani, S. & Yamada, E. Projection of the Effects of the COVID-19 Pandemic on the Welfare of Remittance-Dependent Households in the Philippines. *EconDisCliCha* 5, 97–110 (2021). <https://doi.org/10.1007/s41885-020-00078-9>
- [35] Perpetua, A. L. (2019). *A Case study of the OFW as returned teachers in the Philippines and assessing the reintegration program of the Philippines (Doctoral dissertation)*
- [36] Portes, A., & Landolt, P. (2000). Social capital: promise and pitfalls of its role in development. *Journal of Latin American Studies*, 32(2), 529-547.
- [37] Quito, E. (1994). The ambivalence of Filipino traits and values. *Values in Philippine culture and education*, 1, 51.
- [38] Rafael, V. L. (1996). 'Your Grief Is Our Gossip': Overseas Filipinos and Other Spectral Presences.
- [39] Reyes, M. M. (2007). *Migration and Filipino children left behind: A literature review*. UNICEF and Miriam College, Women and Gender Institute.
- [40] Simkhada, P. P., Regmi, P. R., van Teijlingen, E., & Aryal, N. (2017). Identifying the gaps in Nepalese migrant workers' health and well-being: a review of the literature. *Journal of travel medicine*, 24(4), tax021.

- [41] Snoj, J. (2019). Population of Qatar by nationality in 2019. Priya DSouza Communications. <https://priyadsouza.com/population-of-qatar-by-nationality-in-2017/>
- [42] Spitzer, D. L., & Piper, N. (2014). Retrenched and returned: Filipino migrant workers during times of crisis. *Sociology*, 48(5), 1007-1023.
- [43] Straiton, M.L., Ledesma, H.M.L. & Donnelly, T.T. A qualitative study of Filipina immigrants' stress, distress and coping: the impact of their multiple, transnational roles as women. *BMC Women's Health* 17, 72 (2017). <https://doi.org/10.1186/s12905-017-0429-4>
- [44] Tarroja, M. C. (2010). Revisiting the Definition and Concept of Filipino Family: A Psychological Perspective. *Philippine Journal of Psychology*. 43.
- [45] The Peninsula Qatar (2019). Qatar region's most stable, growing economy. <https://www.thepeninsulaqatar.com/article/22/10/2019/Qatar-region%E2%80%99s-most-stable,-growing-economy>
- [46] Thurber, C. A., & Walton, E. (2007). Preventing and Treating Homesickness. ResearchGate. Retrieved 2022, https://www.researchgate.net/publication/6601167_Preventing_and_Treating_Homesickness from
- [47] Uy-Tioco, C. (2007). Overseas Filipino workers and text messaging: Reinventing transnational mothering. *Continuum*, 21(2), 253–265. <https://doi.org/10.1080/10304310701269081>
- [48] Valerio, R. L. (2002). Iisang Pisa: Clans in Chain Migration. In Dizon-Añonuevo, E. and Añonuevo, A. (eds.). *Coming Home: Women, Migration, and Reintegration*. Philippines: Balikbayani Foundation, Inc. and Atikha Overseas Workers and Communities Initiative Inc.
- [49] Van Manen, M., & Adams, C. (2010). Phenomenology. *International Encyclopedia of Education*, 449-455. <https://doi.org/10.1016/b978-0-08-044894-7.01539-6>
- [50] Van Tilburg, M. A., Vingerhoets, A. J., & Van Heck, G. L. (1996). Homesickness: a review of the literature, *Psychological Medicine*, 26, 899-912. <http://dx.doi.org/10.1017/S0033291700035248>
- [51] Cultural Adaptation: Definition, Theory, Stages & Examples. (2015, August 5). Retrieved from <https://study.com/academy/lesson/cultural-adaptation-definition-theory-stages-examples.html>.
- [52] Vangelisti, A. L. (Ed.). (2004). *Handbook of family communication*. Lawrence Erlbaum Associates Publishers.
- [53] Weber, Martha L. (1998). *She Stands Alone: A Review of Recent Literature on Women and Social Support*. Winnipeg, Canada: Prairie Women's Health Centre of Excellence.
- [54] Weishaar, H. B. (2008). Consequences of international migration: A qualitative study on stress among Polish migrant workers in Scotland. *Public health*, 122(11), 1250-1256.
- [55] Yamada, E., Shimizutani, S., & Murakami, E. (2021). The COVID-19 pandemic, remittances and financial inclusion in the Philippines. *Philippine Review of Economics*, 57(1), 18-41
- [56] Acosta, A. S., Narisma, J. E. B., & Belarmino, C. G. A. *Doing Things Right: The Lived Experience of Overseas Filipino Workers Having Brain Drain*.
- [57] Bautista, A. G. M. (2020). Life challenges of overseas Filipino workers. *Open Access Library Journal*, 7(10), 1.
- [58] Huang, S., B. S. A. Yeoh & N. A. Rahman (eds.) (2005) *Asian Women as Transnational Domestic Workers*, Singapore: Marshall Cavendish.

- [59] Asis, M. M. (2006). Living with migration: Experiences of left-behind children in the Philippines. *Asian population studies*, 2(1), 45-67.
- [60] Pertierra, R., 2007. *The Social Construction and Usage of Communication Technologies*. Quezon City: University of the Philippines Press.
- [61] Paragas, F. (2005). Migrant mobiles: Cellular telephony, transnational spaces, and the Filipino diaspora. *A sense of place: The global and the local in mobile communication*, 241-249.
- [62] Tan, E. A. (2005). The wage structure of overseas Filipino workers (No. 2005, 03). UPSE Discussion Paper.
- [63] Reside, R. E. (2009). Determinants of Overseas Filipino Worker (OFW) Remittances (No. 2009-11). UPSE Discussion Paper.