

The Hurting Heroes: The Impact of Covid-19 Pandemic on the Livelihood of Parents' Working Abroad

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Abstract- Since the start of COVID-19, the education, economy, transportation, and basic lifestyles of not only Filipinos, but the entire globe, have been brought to a halt. The vegetations and crops have been reduced thus lowering the rate of our economy; educational Institutions have been closed down that resulted to having online and modular learning. The same applies to working and employment, given this situation which lead to ponder the thought, "what is the effects of COVID-19 to the parents working abroad?". The study used phenomenological design to determine the impacts of Covid-19 to the livelihood of parents working abroad. The sample population was acquired by non-probability purposive sampling in which only 10 OFW parents who's livelihood is affected by the pandemic were the participants. The research study used a profile form and unstructured online mediated interview as tools for data gathering. The data collected are analyzed and interpreted to answer the study's research question. The major findings of the study showed that Covid-19 positively affects the livelihood of parents working abroad in terms of love they can give their family members, appreciation of small things, having stronger faith in God, seeing the importance of things, learning to adapt and caring about their health and wellness more. Covid-19 also negatively affects the parents' livelihood by uncertainty of job and compensation, stress and paranoid about the situation, over conscious about their body and frustrations due to their new nature of work. Additional information includes the challenges that the parents who are working abroad faced. The study concluded that Covid-19 Impacts the livelihood of parents both in a positive and negative aspect based on different factors. The results of this study were suggested as being useful to the relatives in understanding their condition more generally and devising ways to overcome the mentioned dilemma.

Index Terms- Parents working abroad, Covid-19, Livelihood, positive and negative, impacts

I. INTRODUCTION

Covid-19 pandemic was a big catastrophe that shocked the entire globe. It sweeps lives as it continuously spread in multiple countries around the world, including Philippines. This catastrophe has made a lot of alteration in the life of the

individuals. Unemployment, bereavement, loss of income, anxiety and distress are widely infiltrating the system of Filipinos. Household are worried on how can they survive for a day. Parents are getting anxious in giving the needs of their kids, for they want what's best for them. Not just health is at risk but also the survival of the people because of the crisis. Multiple variety of livelihoods local and overseas are in jeopardy because of this pandemic.

Since the start of COVID-19, the education, economy, transportation, and basic lifestyles of not only Filipinos, but the entire globe, have been brought to a halt. The vegetations and crops were reduced thus lowering the rate of our economy; educational Institutions were closed down that resulted to having online and modular learning. The same applies to working, which lead to ponder the thought, "what is the effects of COVID-19 to the parents working abroad?"

The guardians wants the best for their kids so numerous Filipino parents chose to go abroad and grab the opportunity to work their despite the challenge they may face there such as distance and longingness. Their absence in the household is also their worry, but giving their children's needs are also their priority, giving what their children's necessities and desires are the reasons why. However, this year another challenge makes it way and entered the scene. Covid-19 affects the livelihood of these parents who are working in the other countries in either positive or negative way that can also affect their employment. Being unemployed is possible considering what is happening today, in other hand there's also a high possibility of them to stay in their jobs and continue working like they used to.

More than 153,000 OFWs have been forced to repatriate so far, with the COVID-19 pandemic bringing a large portion of the global economy to a halt (Mercere, 2020). While many health sector OFWs are hospital frontliners in the United States, the United Kingdom, Europe, and the Middle East, many returning to the Philippines are unemployed and stranded outside domestic airports. Some who were able to get domestic flights via the infamous Balik Probinsya and Hatid Probinsiya (return/return to the provinces) programs tested Covid as positive. Others who have not been able to repatriate but have lost their jobs, some with lapsing visas, others forced to sell blood, are in similarly dire straits. The paper discusses the different layers of displacement and insecurity faced by OFWs who have been displaced to find

jobs outside and are now displaced as they combat the pandemic in their own country (Fernandez et al., 2020).

Covid-19 can affect the livelihood of overseas working parents in a negative way. They can lose their job, they may be forced to repatriate and go home or some may be stuck in the country and they can't go back to their jobs because of the enhanced community quarantine to general community quarantine mandated by the Philippine government. In other hand, this pandemic can be an opportunity for them to go home and stay with their family instead, to choose in staying instead of leaving their family behind, and to find a job and livelihood here instead. Conversely, they can still acquire their jobs and be more inspired and motivated to work for their family to keep them safe by providing their needs in the midst of this pandemic.

Given this kind of situation, the researchers opted to conduct a study investigating the effects of COVID-19 pandemic to parents' working abroad in San Carlos City, Pangasinan to raise awareness not only to the Filipino parents working abroad but also to the community.

Statement of the Problem

This study was directed to find out the effects of covid-19 pandemic on the livelihood of parents' working abroad in San Carlos City, Pangasinan during school year 2020-2021. It answered the following questions:

1. What is the profile of the respondents in terms of:
 - a. Age
 - b. Sex
 - c. Job
 - d. Length of Employment?
2. What are the positive and negative impacts of Covid-19 Pandemic on the livelihood of Parents' working abroad with regards to:
 - a. Compensation
 - b. Mental Well-Being
 - c. Self-Care Practices
 - d. Reshaped Nature of Work
3. How does the Covid-19 Pandemic challenge the parents' working abroad with regards to:
 - a. Remittances
 - b. Tenure
 - c. Family Communication
4. How does the Covid-19 Pandemic impact the workers quality of life?

Conceptual Framework

The input were parents working abroad, effects of Covid-19 Pandemic, livelihood and employment, and San Carlos City, Pangasinan. The process indicated that the researchers used phenomenological study as their research design to know the perceptions and experiences of the respondents and Non-probability Purposive sampling as their sampling procedure to gather sample from the population. Profile form, unstructured online mediated interview, frequencies and percentage, and thematic analysis were also used to gather, interpret, treat and evaluate data.

Scope and Delimitation

This research study aimed to determine the effects of covid-19 pandemic to the livelihood of parents' working abroad among the residence of San Carlos City, Pangasinan. The study used Non-probability purposive sampling method and participants were asked through unstructured online mediated interview. The study is limited to only ten (10) parents' who are working abroad and is affected by the covid-19 pandemic to differentiate the negative and positive effects of Covid-19 in their livelihood.

Significance of the Study

This study has significance in many aspects as it gives awareness and knowledge to the community, family, other parents, student and children about the effect of the pandemic to the parents working abroad. The significance of the outcome of the study are as follows:

Community: This study affects the people infected, plus the mental trauma and the fear which everyone faces. The fear of not knowing how this pandemic is going to play out in terms of our economic, physical and mental well-being. This will also inform the community about the impacts of Covid-19 to the livelihood of OFW breadwinners of the family.

Family Members: it helps to know what to do especially because we are affected by Covid-19 and to explain more about the topic which can raise awareness to the members of family regarding the experiences of OFW parents that are working in the midst of pandemic. This study can serve as inspiration and motivation to the family members to be closer to their OFW family member, to keep communicating with them and also in protecting themselves to avoid giving additional worries and problems to their working family member.

Parents: due to the Corona Virus pandemic, thousands of parents working abroad were greatly affected. This research would not only help them explain their situation and understand the virus' impact on their lives but also its to understand how the pandemic affects their work.

Students: This study can help the students to be more aware and knowledgeable about this topic. It can also help the students to take a look in the different dimensions of the situation.

Children: The result of this study can give them information to understand what their parents are experiencing in this pandemic and how it affects their livelihood, in addition to that they can be more responsible to avoid giving their parents additional problems. It can serve as motivation for them to do best in anything that they do to give back what their parents are working hard for.

II. METHODOLOGY

Respondent of the study

In this study that investigated the impacts of COVID-19 on the Overseas Filipino Workers and how did this affect their life. The researchers' target population were the OFW parents that is affected by the COVID-19.

Procedure

For this research study about the effects of Covid-19 pandemic to the livelihood of parents' working abroad, the researchers used phenomenology research design. The type of sampling used was non-probability purposive sampling, where the

researchers pick and create sample involving individual of the target population that can represent the population and could correspond to the criteria of the study. The data for this study came from a profile form and an unstructured online mediated interview. To evaluate the data, interview questionnaires were analyzed by non-statistic method to answer the research questions that involves frequencies and percentage in profile part, and thematic analysis to closely examines the data to identify common themes, topics, ideas and patterns of meaning that come up repeatedly.

Data Analysis

This section encompassed the presentation, analysis, and interpretation of collected data about the impacts of Covid-19 to the livelihood of parents who are working abroad. It also decoded the most critical information and understandings needed for drawing conclusions and making recommendations. For a clearer understanding of the effects, the findings were presented in tables and a series of simplified specific interpretations.

Recurrent Themes of Positive impacts of Covid-19 Pandemic to Overseas Working Parents' compensation

Categories	Sub- Categories
No effect	Nothingness (NO-Not) Unaffectedness (NO-Una)
Affection	Love (A-Lv) Care (A-Cr)
Redundancy	Lay-off (R-Lo)

The presented data showed that the key-participants were expressing three major positive impacts of covid-19 on their compensation. These were no effect, affection and redundancy. In majority, the key-participants expressed their perception in positive impact of covid-19 pandemic to their compensation in terms of no effect. (7) response on nothingness and (1) response on unaffectedness, which they stated that that Covid-19 has no positive impact on their compensation . This was followed by perceptions in terms of affection. (1) response on each sub categories, which stated that he became a full-time dad on his children and spent a lot of time to take care of them. other claimed that they need to remove some employee: (1) response on lay-off. *Recurrent Themes of Negative Impacts of Covid-19 Pandemic to Overseas Working Parents' Compensation*

The presented data showed that the key-participants were expressing four major positive impacts of covid-19 on their compensation. These were limitation, distress, adversity and generosity. In majority, the key-participants expressed their insights in negative impact of covid-19 pandemic to their compensation in terms of adversity. (2) responses on no extra income, (1) response on no day off, (2) responses on difficulty, (2) responses on deduction and (1) response on salary damage), which they stated that covid-19 bring more difficulties on their compensation and some said that their income had a deduction and they got no extra income. This was followed by limitation. (1) response on limitation, he said that the negative impact of covid-19 in his compensation is that they limit their overtime of work.

Others claimed that it caused them distress. (1) response on stress, which stated that covid-19 pandemic brings stress in their compensation. Whereas, few stated that covid-19 has no impact to his compensation because her boss is kind.

Recurrent Themes of Positive impacts of Covid-19 pandemic to OFW Parents' Mental Health

Categories	Sub-categories
Positive Well-being	Readiness (PWB-Rdn) Importance (PWB-Imp) Faith (PWB-Fth) Thankful (PWB-Tkf) Life (PWB-Lf) Unconditional Love (PWB-UI) Positivity (PWB-Pos)
Negative Well-being	Not having any (NWB- Nha)
Satisfaction	Sustenance (S-Stn) Satisfaction (S-Stfn) Enjoyment (S-Ent)

The presented data showed that the key-participants were expressing three major positive impacts of covid-19 pandemic on their mental health. The key participants expressed that covid-19 caused positive well-being, negative well-being and perceptions in terms of satisfaction. In majority the key-participants expressed their positive well-being towards impacts of covid-19 pandemic on their mental health. (1) responses on readiness, (1) responses on importance, (2) responses on faith, (1) response on thankful, (1) response on life, (1) response on unconditional love and (1) response of positivity. They said that covid-19 makes them realized that our life is too short and we need to be happy in what we have and know the importance of everything, be thankful to everything and it also boosted their faith to God. This was followed by negative well-being. (3) responses on not having any, they said that covid-19 doesn't had impact to them when it comes to their mental health. Others claimed that it gives them satisfaction. (1) response on sustenance, (1) response on satisfaction and (1) response on enjoyment. They said that they was able to realize how important their health is and they need to maintain good mental health to be able to work hard to sustain their family.

Recurrent Themes of Negative Impacts of Covid-19 to Mental Well-being

Categories	Sub-Categories
Inactivity	Immobility (I-Imo)
Mental Health Issues	Psychological Issue (MHI-PI) Emotional Issue (MHI-EI) Social Issue (MHI-SI)

The presented data showed that the key-participants/respondents were feeling 4 negative major theme impacts on their mental well-being. These themes were immobility, psychological issues, emotional issues, and social issues. In majority, the key participants expressed what are the impacts of Covid 19 on their mental health; (7) Response for the

psychological issues. According to the respondents, they are worried due to lack of financial assistance and always thinking about their family and children’s safety in the Philippines. They are paranoid, for they always thought of getting infected upon any single symptom of the virus. Also, stress in any aspects regarding this pandemic. (1) Response for immobility, they said that they can’t move like before, they can’t meet their usual routine. (1) Response for social issue. They claimed that boredom really strike hard for they can’t go outside, they’re stuck in their houses for months. (1) Response for emotional issue. They said that they feeling sad for they can’t go home due to pandemic.

Recurrent Themes of Positive impacts of Covid-19 to Self-care practices

Categories	Sub-Categories
Health Awareness	Awareness (HA-A)
Being Hygienic	Hygiene (BHY-Hgn)
Being Healthy	Fitness (BHE-Fit)

The presented data showed that the key-participants/respondents were feeling 3 major theme perceptions regarding their self-care practices. These are perception of awareness, perception being hygienic, and perception of being healthy. In majority, the key participants expressed what are the positive impacts of Covid-19 pandemic to their self-care practices. (5) Responses for fitness. The respondents said that they’ve become extra committed to exercise and having more time in meditating and learning something new on how to make their body healthy and free from illnesses. (4) Responded to awareness. According to them, they become more aware and careful on everything to protect their self and they learned to become healthier. And lastly, (4) responses to hygiene. They claimed that they became more careful in following the protocol mandated by World Health Organization and being extra careful and precise when it comes to hygiene. Washing hand and sanitizing became a habit.

Recurrent Themes of Negative Impacts of Covid-19 to Self-care Practices

Categories	Sub-Categories
Mental breakdown	Mental health issue (MB-MHI)
Body complications	Body health Issues (BC-BI)

The presented data showed that the key-participants/respondents were feeling 2 major theme regarding the negative effect of the Covid 19 to their self-care practices. These are mental breakdown and body complications. With these categories stated above it has a sub categories compose of mental and body issues. (6) Responses for body issues as they claimed that they feel back pain due to long seating while working at home and Irritation from excessive use of the alcohol to sanitize their hands. Another is the Extreme cleaning of body is which they think is not a good idea. And, (5) Response for mental health issue. According to the respondents even they know to themselves that they’re doing the right practice to take care of themselves they’re still have doubts that end up to stress and also the additional expenses buying for extra vitamins, hand sanitizer, and alcohol

Recurrent Themes of Perceptions on the Positive Impacts of Covid-19 Pandemic to the Overseas working parents’ Reshaped Nature of Work

Categories	Sub-Categories
Pessimism	Dissatisfaction(PM-Dstf) Nothing (PM-Nth) Negative(PM-Ngt)
Optimism	Relief(OP-Rel) Security (OP-Sec) Satisfaction (OP-Sat)
Growth	Education(G-Edn)

The presented data showed that the key-participants were expressing three major insights towards the positive impacts of Covid-19 pandemic to the respondents’ reshaped nature of work. These themes were Pessimism, Optimism, and Growth. In majority, the key participants expressed their Pessimism on how they cope with the negative impacts of Covid-19 pandemic affecting their reshaped nature of work; (1) response on Dissatisfaction, (1) response on Nothing, and (1) response on Negative Effect; a total of (3) responses on its sub-categories. Others expressed Optimism on how they handle the positive impacts of Covid-19 Pandemic to their reshaped nature of work; (3) responses on Relief, (1) response on Security, and (2) responses on Satisfaction; a total of (6) responses on its sub-categories. Lastly, the key-participants expressed their Growth with (1) response on Education as its sub-category.

Recurrent Themes of Insights on the Negative Impacts of Covid-19 Pandemic to the Respondents’ Reshaped Nature of Work

Categories	Sub-Categories
Inconvenience	Hecticness (I-Hct) Stress (I-Str) Unaffected (I-Una) Frustration (I-Fru)

The presented data showed that the key-participants were expressing one major insight towards the negative impacts of Covid-19 pandemic to the respondents’ reshaped nature of work. This theme was Inconvenience. The key-participants expressed that they were having negative feelings: (1) response on Hecticness; (3) responses on Stress; (2) responses on Unaffected; and (4) responses on Frustration.

Recurrent Themes of Observations on the Challenges the parents Face in Sending Remittances

Categories	Sub-Categories
Pessimism	Stress (P-Str) Frustration (P-Fru) Lack of Accommodation (CMP-Loa)
Optimism	Satisfaction (O-Sat) Determination (O-Det)
None	Nothing (N-Nth)

The presented data showed that the key-participants were expressing three major insights toward the challenges they face in sending remittances. These themes were Pessimism, Optimism, and None. The key-participants expressed Pessimism and that they were having negative feelings: (4) responses on Stress, (1) response on Frustration, and (2) responses on Lack on Accommodation; a total of (7) responses on its sub-categories. Second, the key-participants also expressed Optimism: (1) response on Satisfaction and (1) response on Determination; with a total of (2) responses on its sub-categories. Last, the key-participants also expressed None with (1) response on Nothing as its sub-category.

Recurrent Themes of Tenure Challenges of parents working abroad brought by Covid-19 Pandemic

Categories	Sub-Categories
Social and governmental Challenges	Government issue (SGC-GovI) Disobedience (SGC-Diod)
Adaptation Challenges	Adjustments (AC-Adjts)
Dubiety Challenges	Meticulousness (DC-Mtls) Skepticism (DC-Skm)

The evaluated data showed that the key-respondents were expressing three major tenure challenges brought by Covid-19 Pandemic. The themes were Social and governmental challenges, Adaptation challenges and Dubiety challenges. In majority, the key-respondents experience Adaptation Challenges; (4) responses on Adjustments. They said that Covid-19 brought a lot of adjustments in their lives when it comes in living in the so called new normal. In tie with this, the respondents also experienced dubiety challenges; (2) responses on Meticulousness and other (2) responses on Skepticism. Whereas, the other respondents stated that Covid made them extra careful, alert and aware of the situation because our health is always at risk, not just that but also their work is at risk too. And lastly, this was followed by Social and Governmental Challenges; (1) response on Government issue and (1) response on disobedience. A respondent said that many corrupt officials showed up and the other said that other people are not following the protocols that's why the virus kept on spreading. These results inferred that the tenure challenges that the OFW parents faced varies.

Recurrent Themes of Family Communication Challenges of overseas working parents brought by Covid-19 Pandemic

Categories	Sub-Categories
Disturbance	Disruption (DTB-Dpt) Interruption (DTB-Itp)
Convenience	Accessibility (CVN-Acs) Adaptability (CVN-Adpl)
Stagnant	Neutral Effects (STG-NeuE)

The presented data showed that the key-respondents were expressing three major communication challenges with their family because of Covid-19 pandemic. The themes were Disturbance, convenience and stagnant. In majority, the key respondents experienced stagnant effects; (5) responses on Neutral effects. They said that Covid-19 didn't affect their family communication at all. This was followed by Convenience; (3) responses on accessibility and (1) response on adaptability. The participants stated that because of covid-19, they learned more about technology that helped them have accessible and adaptable communication with their family. Whereas, few stated that the pandemic became a disturbance to them; (2) responses or disruption and (1) response on Interruption. They stated that because of pandemic the internet became unstable because many people are using and because of online classes and online games their children have no time for them. These results implied that every OFW parents experienced different communication challenges.

Recurrent Themes of Impacts of Covud-19 Pandemic to the OFW parents' quality of life

Categories	Sub-Categories
Personal Impacts	Shock (PI-Shc) Accommodation (PI-Acm) Vigor (PI-Vgr)
Financial Impacts	Shortcoming (FI-Shtc)
Social Impacts	Racism (SI-Rcm)
Mental Impacts	Gratefulness (MI-Grt) Strength (MI-Strg)
Religious Impacts	Faith (RI-Fth)
No Impacts	Unchanged (NI-Unc)

Recurrent Themes of Tenure Challenges The presented data showed there are six major impacts of Covid-19 to their quality of life. The themes were personal, social, mental, religious, financial and no impacts. The majority of respondents experienced personal impacts; (3) responses on accommodation, (1) response on shock and (1) response on vigor. They said that Covid is a big shock to them, and it made a lot of alterations in their lives that's why they needed to adapt, like caring for you health and wellness more as well as for your hygiene. This was followed by Mental impacts; (2) responses on Gratefulness and (1) response on strength. Covid-19 took lives literally and figuratively, that it reminded the respondents to appreciate things small or big and to be steady and braver as we conquer the pandemic. Next were Religious impacts; (1) response on Faith, Financial impacts; (1) response on shortcoming, Social impacts; (1) response on racism and No impacts; (1) response on Unchanged. A respondent stated that this pandemic strengthen their faith and relationship with God, the other said that pandemic made other people lose their jobs that's why they're having shortcomings, another said that other race blames Asian people for they spread the Covid and the last one said that it doesn't affect their life at all because they live a simple life. These results implied that Covid-19 has a great impact on our life, that it taught us many lessons and gave us many struggles.

III. SUMMARY, FINDINGS, CONCLUSION AND RECOMMENDATIONS

This section summarized the research work done and the results, as well as the conclusions drawn from the findings and limitations of the study. In addition, the conclusions reached as a result of this research were discussed.

Summary

This phenomenological study is focused on investigating the Impacts of Covid-19 pandemic to the livelihood of parents' working abroad. It was conducted to discover the positive and negative effects of Covid-19 of the OFW parents' livelihood. There were 10 OFW parents' that participated in this study.

The research designed and constructed unstructured interview which is the online mediated interview. Frequency and percentage distribution were used in visualizing the demographic profiles of the respondents. Furthermore, thematic analysis and tallying evaluated dominant concept and point of key-respondents answer.

Findings

This research came up with the following summarized findings based on themes, based on the data gathered and the objectives of this study based on the statement of the problem:

1. Profiles of the Respondents

a. Age

From the gathered data, 3 respondents were aged from 45-48, another 3 were aged ranging from 49-52, 2 in ages 41-44, 1 respondent aged 33-36 and another 1 in aged above 52 years old.

b. Sex

The 4 respondents were males and 6 were females. Majority of the respondents who participated in our research were females.

c. Length of employment

There were 6 respondents were working abroad for 10 years or above and 4 were working for 1-3 years.

d. Job

There were 4 Domestic helpers, 2 participants who have other job aside from the given choices, 1 Factory worker, 1 Engineer, 1 Construction worker and 1 Seaman who participated in our study.

2. Positive Impacts of Covid-19

a. Compensation

Majority of the Key-Respondents stated that they experienced No effect– 7 responses on nothingness and 1 response in unaffectedness, few said that it become a way for them to show affection to their love ones with 1 response in love and redundancy– 1 response on lay-off.

b. Mental Well-Being

Most of the participants said that the pandemic help them have Positive well-being– 2 responses on faith, 1 response on readiness, importance, thankful, life, unconditional love and positivity. While 3 respondents said that it gave them negative well-being– 3 responses on not having any. And others experienced satisfaction– 1 response on sustenance, satisfaction and enjoyment.

c. Self-Care Practices

The respondents said that they became more conscious about their health– 5 responses on fitness, they also stated that they became more aware of their health which also relates in being hygienic– 4 responses on Health awareness, and another 4 for hygiene.

d. Reshaped Nature of Work

The key-respondents experienced Pessimism about their reshaped nature of work with 1 response on Dissatisfaction, Nothing and Negative effect. Some expressed Optimism- 3 responses on relief, 2 responses on satisfaction and 1 response on security. Another respondent expressed Growth with 1 response on education.

3. Negative Impacts of Covid-19

a. Compensation

The key-respondents' compensation affected, majority of them stated that they experienced adversity with 2 responses on no extra income, 1 response on no day off, 2 responses on difficulty, another 2 responses on deduction and 1 response on salary damage. This is followed by limitation and distress with 1 response on stress, same with limitation. While the other 1 respondent answered generosity with 1 response on kindness.

b. Mental Well-Being

The majority of the participants responded in having mental health issues- 7 responses on having psychological issues, and 1 response on Emotional and social issues. Other respondent also expressed boredom with 1 response on lack of mobility.

c. Self-Care Practices

Majority of the respondents expresses Body complications with 6 responses on Body health issues, and the other respondents expressed Mental Breakdown with 5 responses on mental health issues.

d. Reshaped Nature of Work

Most of the respondents answered Inconvenience when it comes to reshaped nature of work– 4 responses on frustration, 3 responses on stress and 1 response on hectic. While the other 2 respondents were unaffected.

4. Challenges faced by the respondents

a. Remittances

Respondents experienced Pessimism in sending remittances– 4 responses on stress, 2 responses on lack of accommodation and 1 response on frustration, some experienced Optimism– 1 response on satisfaction and another 1 on determination, and few weren't affected at all– 1 response on nothing.

b. Tenure

In majority, the participants experienced adaptation challenges with 4 responses on Adjustments. Followed by Dubiety challenges with 2 responses on meticulousness and 2 responses on skepticism. Lastly, social and governmental challenges with 1 response on government issue and another 1 on disobedience.

c. Family Communication

Most of the respondents experienced stagnant effects on family communication with 5 responses on neutral effects, some experienced convenience with 3 responses on accessibility and 1 response on adaptability, whereas few stated that it became a disturbance for them with 2 responses on disruption and 1 response on interruption.

5. Impact of Covid-19 to the quality of life

The respondents are impacted by the pandemic, majority in personal impacts– 3 responses on accommodation, 1 response in shock and another 1 in vigor. They were also affected mentally– 2 responses on gratefulness and 1 response on strength. Few said that they Religiously impacted– 1 response on faith, Socially impacted– 1 response in racism, financially impacted– 1 response on shortcoming and No impacts– 1 response on Unchanged.

Conclusion

The researchers developed the following comprehensive conclusions based on the study's results and the specific research questions.

1. The profiles of the respondents gave additional information in the research study.
 - a. More females participated in our study than males
 - b. Respondents who are OFWs for years have more experience and are willing to participate in our research study. Their experiences also affects their views in a way that they're able to compare their past experience to their new ones.
 - c. Majority of our respondents are domestic helpers.
2. Covid-19 pandemic negatively affects the OFW parents'.
 - a. Most of the respondents didn't experience positive impacts on their compensation. Covid-19 even became disadvantageous to their salary. Therefore, Covid-19 pandemic negatively impacts their compensation.
 - b. It causes stress and panic on them, especially because the virus kept on spreading and there's a high possibility of losing their jobs.
 - c. It made them do a lot of adjustments to adapt in the situation and to their reshaped nature of work.
 - d. Covid made the respondents financially unstable, thus it gave them shortcomings
3. Covid-19 pandemic positively affects the OFW parents'
 - a. The effects of Covid to their mental health varies. It has a positive effect like Optimism, Courageousness, alertness and Faithfulness to God. There are also few claims that Covid didn't have impacts on their mental health.
 - b. Because of the pandemic, the respondents are more conscious about their health, therefore they became more hygienic, fit and aware of their health.
 - c. The respondents became more appreciative of small things and sturdy to live their lives despite the pandemic.
4. The respondents' reshaped nature of work became a challenge, with different advantages and disadvantages in their work.
5. Covid-19 didn't affect their family communication, thanks to technology and social media applications that are accessible.

Recommendations

With thorough and in-depth conclusions of the study, recommendations were made for the different sectors such as community, family members, Overseas employed parents and their children were as follows:

1. The community should follow the protocols that the government instructed, because their actions do not just affect them but also the people around them. Disobedience can lead into multiple additional cases of

Covid-19 that will impact other people's lives and livelihood.

2. Other family members should take care of themselves and apart from that, keep a good communication with their family members that are working abroad, because the chat chats that they do can serve as a rest for the OFWs after their tiring work to earn money.
3. The Overseas employed parents should also focus on taking care of themselves more especially for their health and not just focusing about their work, because health should always come first.
4. To the children of the parents who are working abroad, they should appreciate and love their parents more. They are also advised to study well as a way of expressing gratitude towards their parents.

For revalidation and expansion of future researches related to this report, the following recommendations were made:

1. Future researchers should gather a few more respondents if possible to have more variety of answers.
2. Future researchers should also include some statements from the OFW parents' relatives, family members or children.
3. Future researches should also include the emotional and mental stress that the OFW parents are experiencing.
4. Future researches relevant to this study should include coping mechanism of the OFW parents in terms of negative impacts that they are facing brought by the pandemic.

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