

FACTORS INFLUENCING FAMILY ESTRANGEMENT AMONG FOURTH-YEAR PSYCHOLOGY STUDENTS AT BESTLINK COLLEGE OF THE PHILIPPINES

ABSTRACT

AUTHORS

Angel Cristine Cardines
Shyla Janinne Escares
Carzie Alliah Igloso
Jevalyn Mesa
Angel Jay Sta Cruz

RESEARCH ADVISER

Jolly A. Miguel, EdD

AFFILIATION

Bestlink College of the
Philippines

DISCIPLINE

Mental Health

KEYWORDS

*family estrangement; college
students; family dynamics;
ecological systems theory;
psychological well-being;
cultural expectations*

ARTICLE ID

AASGBCPJMRA-B28407

Family estrangement, particularly among young adults, presents increasing psychological and social challenges. This study investigates the factors influencing family estrangement among graduating psychology students at Bestlink College of the Philippines. Grounded in Bronfenbrenner's Ecological Systems Theory, the research explores the interplay of family dynamics, life transitions, psychological well-being, and cultural values in contributing to the decision to estrange from one's family. This study employs a correlational research design. Data were gathered using a structured questionnaire administered to 50 purposively selected fourth-year psychology students. The instrument measured multiple factors related to family estrangement. Pearson's correlation analysis was applied to determine significant relationships between the variables examined. The results revealed that ineffective communication, unresolved conflicts, and unequal distribution of responsibilities were major contributors to family estrangement. Additional factors such as personal growth, career transitions, and relocation further intensified the disconnect between individuals and their families. Psychological well-being was found to be negatively affected by family-related stress and unrealistic expectations. Cultural norms also contributed by placing pressure on individuals that often conflicted with personal aspirations. Statistical analysis showed a significant relationship between these factors and the decision to estrange ($r = 0.73$, $p < 0.00$), underscoring the multifaceted nature of family estrangement. The findings emphasize the importance of proactive interventions, such as communication workshops and counseling programs, to assist students in managing family-related challenges. Understanding the underlying causes of estrangement can enable families and educational institutions to collaborate in fostering healthy, supportive relationships. As family estrangement is a complex and deeply personal experience, interventions must be culturally sensitive and adaptable to the unique needs of students. Future research may further explore these influencing factors across diverse populations to enhance the development of effective support systems that prioritize both familial connection and individual well-being.

RECOMMENDED CITATION

Cardines, A. C., Escares, S. J., Igloso, C. A., Mesa, J., & Sta Cruz, A. J. (2025). Factors Influencing Family Estrangement Among Fourth-Year Psychology Students at Bestlink College of the Philippines. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 83.