

RELATIONSHIP OF UTANG NA LOOB ON LIFE SATISFACTION AND SELF-WORTH AMONG MILLENNIAL BREADWINNERS IN THE GOVERNMENT SECTOR

ABSTRACT

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This research investigates how utang na loob, a traditional Filipino value rooted in gratitude and reciprocal obligation, relates to life satisfaction and self-worth among millennial breadwinners employed in the government sector. While utang na loob often encourages familial support and social unity, it can also become a source of emotional strain when the expectation to repay support becomes overwhelming or difficult to fulfill. The researchers applied a quantitative correlational approach to explore how utang na loob relates to life satisfaction and self-worth among millennial breadwinners working in barangay halls within Quezon City's Districts 2, 5, and 6. To gather data, they used three instruments: the Satisfaction with Life Scale (SWLS), the Self-Worth Inventory (SWI), and a researcher-designed Utang na Loob Questionnaire. These tools allowed for the quantitative assessment of how this cultural value impacts the psychological well-being of the participants. The study found a moderate positive correlation between utang na loob and life satisfaction ($r = 0.46, p < 0.05$), suggesting that those who strongly uphold this cultural value tend to feel more satisfied with their lives. A stronger positive correlation emerged between utang na loob and self-worth ($r = 0.70, p < 0.05$), indicating that breadwinners who feel a deep sense of obligation also report a higher sense of personal value. Additionally, life satisfaction and self-worth were moderately correlated ($r = 0.63, p < 0.05$), reflecting their combined impact on overall psychological well-being. These findings underscore the importance of managing cultural expectations without compromising personal well-being. The researchers developed a Well-Being Program tailored for millennial breadwinners to support their mental and emotional health while fulfilling family obligations. The program consists of stress reduction strategies, financial management education, and access to psychological counseling, aiming to strengthen life satisfaction and self-worth amidst the pressures of both professional and familial roles.

RECOMMENDED CITATION

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