



\*\*\*\*\*  
**REDEFINING RECIPROCITY: FILIPINO MILLENNIAL PARENTS  
AND THE EVOLUTION OF 'UTANG NA LOOB' IN PARENTAL  
EXPECTATIONS**

**HAZEL DEEN A. MAGNO**

University of Perpetual Help System Delta - Molino

**ABSTRACT**

Parenting in today's world can be a real puzzle, and it's no different for Filipino Millennials. Researchers are on a mission to explore how they tackle the hurdles of raising kids, all while juggling the influence of social and cultural norms. This research delves into the dynamic landscape of Filipino Millennial parents' experiences in navigating evolving parental expectations, particularly within the context of the deeply rooted cultural concept of "Utang na Loob" or reciprocal indebtedness. The research sought to define the concept of "Utang na Loob" by exploring the lived experiences and narratives of selected Filipino Millennial parents and exploring the interplay between parental expectations, cultural influences, and personal reflections. This Phenomenological study employed Murray Bowen's Family Systems Theory to understand the impact of generational shifts on parenting expectations and behaviors. To gather the necessary data, the study carried out one-on-one interviews with 12 purposively selected Filipino Millennial parents. Data were analyzed using Interpretative Phenomenological Analysis (IPA). The significance of the study lies in its contribution to understanding the multifaceted relationships between cultural and generational influences, redefining parenthood in the midst of societal

\*\*\*\*\*

**Editorial Team**

**Editor-in-Chief:** Alvin B. Punongbayan

**Associate Editor:** Andro M. Bautista

**Managing Editor:** Raymart O. Basco

**Web Editor:** Nikko C. Panotes

**Manuscript Editors / Reviewers:**

Chin Wen Cong, Christopher DC. Francisco, Camille P. Alicaway, Pinky Jane A. Perez,  
Mary Jane B. Custodio, Irene H. Andino, Mark-Jhon R. Prestoza, Keive O. Casimiro, Ma. Rhoda E. Panganiban  
Rjay C. Calaguas, Mario A. Cudiamat, Jesson L. Hero, Albert Bulawat, Cris T. Zita, Allan M. Manaloto

\*\*\*\*\*

# INSTABRIGHT e-GAZETTE

ISSN: 2704-3010

Volume V, Issue III

February 2024

Available online at <https://www.instabrightgazette.com>



\*\*\*\*\*  
changes. This research opens avenues for future studies in Filipino psychology and family culture, elucidates on the complexities of parenting in a fast-changing society.

**Keywords:** *parenting, Filipino millennials, parental expectations, social and cultural norms, Interpretative Phenomenological Analysis (IPA)*



\*\*\*\*\*

## **Editorial Team**

**Editor-in-Chief:** Alvin B. Punongbayan

**Associate Editor:** Andro M. Bautista

**Managing Editor:** Raymart O. Basco

**Web Editor:** Nikko C. Panotes

## **Manuscript Editors / Reviewers:**

Chin Wen Cong, Christopher DC. Francisco, Camille P. Alicaway, Pinky Jane A. Perez,  
Mary Jane B. Custodio, Irene H. Andino, Mark-Jhon R. Prestoza, Keive O. Casimiro, Ma. Rhoda E. Panganiban  
Rjay C. Calaguas, Mario A. Cudiamat, Jesson L. Hero, Albert Bulawat, Cris T. Zita, Allan M. Manaloto

\*\*\*\*\*