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**BALIK BANSA BAGONG SIMULA: LIVED EXPERIENCE OF  
REPATRIATED OVERSEAS FILIPINO WORKERS FROM  
ARAB COUNTRIES**

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**Abstract**

This study looked into the lived experience of repatriated Overseas Filipino Workers from Quezon province as to the reverse culture shock in their home country. The research design used was qualitative with phenomenology as an approach. In this light, this study explored the experiences and readjustment process of Repatriated Overseas Filipino Workers. Using the Interpretative Phenomenological Analysis, ten purposefully selected repatriated Overseas Filipino Workers participated in the study. From the findings, nine main themes emerged: (1) looking for a new job and spending time with the family at home (2), body, and work adjustments from the job abroad, (3) social, cultural, climate, food, and work adjustments due to foreign country's influences, (4) family members' various reactions to their job loss, (5) family and friends as the source of support, (6) low wages, lack of job opportunities, and high qualification, (7) more accessible and affordable job opportunities, (8) having just enough income for the family, and (9) preparing for the life abroad and considering the family in the home country. Lastly, an action plan was also suggested

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**Keywords:** *reverse culture shock, readjustment process, repatriated overseas Filipino workers*

## INTRODUCTION

The Philippines is still considered a third-world country with a high rate of unemployment and underemployment. The Philippine Statistics Office (2021) suggested the number of unemployment in the Philippines was around 3.16 million. As a result, many Filipino choose to work outside the country, particularly in wealthy countries with numerous worldwide prospects like Arab countries. The Arab countries are one of the richest countries in the world they are part of the largest gross domestic product due to their largest deposits of oil and natural gases. Furthermore, despite the cultural differences between the Philippines and Arab countries in terms of religions, languages, beliefs, climate, and food, overseas Filipino workers are nevertheless able to work abroad despite these difficulties. The overseas Filipino workers are considered modern because of their unremunerated sacrifices working abroad. The majority of overseas Filipino workers choose to work abroad because they have no other option but to make sacrifices for their families. Even though they long to return home, they are unable to do so because their families rely on them, thus they must bear the everyday hardship, loneliness, and homesickness that comes with working abroad. However, every overseas Filipino worker ultimately does have the hope that their perseverance in working abroad will pay off and provide them with a fresh start when they return to their home country.

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# INSTABRIGHT e-GAZETTE

ISSN: 2704-3010

Volume IV, Issue I

August 2022

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



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The Philippines is a global model of migration as a major migrant-sending country that deploys thousands of overseas Filipino workers outside the country every year due to its labor export. However, migration is not just about global opportunities, it also includes migration problems and challenges. According to Asis (2020), the overseas workers interrupted their employment or were repatriated due to some reasons like war, natural disaster, company bankruptcy, economic meltdown, the health of the workers, and old age which refer to mandatory retirement. The repatriates faced identical obstacles upon their return to their home country as they had while working there. According to one survey, repatriates have an easy time reentering the country. However, repatriation issues, according to Chiang, Esch, Birtch, and Shaffer (2017), are emotions of estrangement experienced by repatriates upon their return, which can lead to unhappiness.

The majority of overseas Filipino workers in the Philippines are from the CALABARZON region. The CALABARZON region is the most affected in the Philippines as a result of increased repatriation. The problem of repatriation impacts OFWs and their families, posing additional and often unanticipated obstacles. A reverse culture shock is another term for this. The process of readjustment for OFWs returning home to their native country was more challenging than the initial adjustment to working outside the country. Their reintegration into their home country is influenced by their daily lives in their host countries, such as their work types, culture, and environment. According to Heikkinen (2021), adjustment to a new nation is defined as a process

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of adapting to a new environment while overcoming unpleasant feelings that can be triggered by cultural differences.

This prompted the researcher to study the repatriation adjustment process of the repatriated overseas Filipino workers, including the coping mechanism process, and reverse culture shock in their field of employment. This study will also recommend and develop new programs and services to support and guide the repatriated overseas Filipino workers regarding their readjustment process.

## METHODS

This study used the Interpretative Phenomenological Analysis as part of the qualitative method because the study focuses on the lived experience of repatriated OFWs. The examination of personal lived experience is the center of interpretative phenomenological analysis, according to Eatough, and Smith (2017). The researchers utilized the purposeful sampling technique from the ten (10) repatriated OFWs of Quezon Province, five (5) of which were women and five (5) were men. The participants identified as repatriated overseas Filipino workers who have been working in Arab countries. According to Rashid (2018), a homogenous purposeful sampling is one that has been selected for a common trait or collection of qualities. Homogenous sampling is the process of selecting similar cases to explore a specific phenomenon or subgroup.

Before conducting the study, the researcher requested permission from the Overseas Workers Welfare Administration Region IV-A regional director and the Quezon family welfare

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officer for the study of the repatriated overseas Filipino workers. After the approval, the researcher contacted the participants and schedule the interview session. The researcher prepared recordings, gadgets, notes, and pen and guide questions before she facilitated the interview. Due to the epidemic, poor internet connection, and participants' locations, the phone interview was conducted using a cell phone to gather essential information needed for this study. The information gathered was properly transcribed, converted, and coded.

## RESULTS AND DISCUSSION

From the narrative interviews of the ten participants, the researcher were able to generate nine themes: 1. Looking for a new Job and Spending Time with the Family at home, 2. Body and Work Adjustment from Job Abroad, 3. Social, cultural, climate, food, and work adjustments due to foreign country's influences, 4. Family Members Various reactions to their Job Lost, 5. Family and Friends as the Source of Support, 6. Low Wages, Low Lack of Job Opportunities, and High Qualifications, 7. More Accessible and Affordable Job Opportunities, 8. Having Just Enough Income for the Family, 9. Preparing for Life Abroad and Considering the Family in the Home Country.

### Theme A

The theme, **Looking for a New Job and Spending Time with the Family at Home**, the 10 participants expressed various coping mechanisms they had used to their job loss to that

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what made them feel better after being terminated. It was derived from their experiences or subordinate themes that were discussed in the paragraph that followed.

Participants were optimistic about making themselves better for their job loss. They used different strategies to cope with their repatriation. **Thinking of a new job** was expressed by the participants as revealed by Participant 5, *"Ahh..pwede din naman akong mag apply ulit paabroad or magtayo ng maliit na tindahan dito samen."* At the same time, participants also experience **Thinking about the support for the family and looking for a new job abroad**, as reported by Participant 7 with his response, *"mam inisip na lang po yung pamilya na uuwian...sabay ano po nag hanap hanap na din po ng trabaho doon sa Qatar habang naka tigil po dor"* Moreover, a participant mentioned that **Taking some rest** was one of his coping mechanisms for making himself better after losing his work abroad. Participant 10 stated that *"ayon patulog tulog na lang sa accommodation nag hihintay ng pag uwi."* It was also evident that **Acceptance** was the coping mechanism they used for their termination, as stated by Participant 8 *"Ahh tinanggap ko na lang po mam...kasi kapag ano OFW ka dapat tanggap mo na pwede kang mawalan ng trabaho anytime."* Additionally, another participant mentioned that **Talking with a friend to feel relieved** was what she used to deal with her termination. Participant 2 stated that *"kinausap ko yung mga kaybigan ko na domestic helper din para gumaan-gaan naman yung nararamdaman ko."* And lastly, another participant highlighted that **Working with the house plants** he used

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strategies to deal with his repatriation as stated by Participant 6 "*Kaya yung mga nag papagawa ng ano lagayan ng halaman ayon yung ginawa ko*".

These responses led the researcher to the conclusion that most repatriated overseas Filipino workers look for a new job after losing one because they were one of their families' primary sources of income. They also spend time with their families after living and working overseas for several years as their coping mechanism to their job loss.

In support to the participants' responses, Knight (2017) mentioned in her blog "How to Apply for a New Job After You've Been Fired" which aimed after a job loss they could find a new position to reduce stress. Keep yourself active by surrounding yourself with friends. When they were looking for work, it's also important to be constructively engaged in something else.

## Theme B

With the theme **Body, Social, Work Adjustment from Job Abroad** they expressed notable body adjustments they had during their repatriation adjustment process. It was influenced by their experiences superordinate themes which were discussed in the succeeding paragraph.

Working overseas involves a lot of hard work and sacrifices, even though your body was suffering from the demands of your job. Because of this, the Filipinos was known in their country as a diligent worker. **Body adjustment from the work abroad** was expressed by the Participant 8, *Naka apekto sya mam.. kasi maraming nag bago sa gingawa ko sa abroad sa*

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*ginagawa ko sa bahay dito. Ah...hinahanap din ng katawan ko yung.... araw araw na gawain sa ibang bansa.*”. At the same time, the participant also experience **Body clock** revealed by the Participant 2 *“Ay syempre mam diba kapag nasa sarili ka naman pong bahay diba mag papahinga ka pa po muna, dahil hirap ng trabaho doon. Kaya lang po mam yung sa pag tulog syempre late naman po doon matulog hindi po katulad dito sa atin, ayon lang naman po.”* Apart from that participant experience the difficult working abroad in mentioned **Attaining an easier source of income in the home country**, based on the response of Participant 6, *“Ahh Malaki po mam imbis na gumaan-gaan ang buhay...lalo pa po na baon sa utang. Mahirap po syempre gawa iba ang kalakalan sa ibang bansa mas madali pong dumiskarte dito sa pilipinas nang pagkakakitaan.”*

In addition, this revealed to the researcher that facing the readjustment process was challenging for repatriated overseas Filipino workers. They were one of the most hardworking workers around the world. Their body was used to engage to the heavy workload of the host country that affects their readjustment process in their home country.

Moreover, Gvi (2021) mentioned in their blog post “Five ways to ease reverse culture shock after traveling abroad” that it could be difficult to get back into your regular pattern after being immersed in the culture of a foreign destination and adjusting to your everyday routine. This could lead to feelings of unease and alienation, which were common indicators of reverse culture shock.

## Theme C

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With the theme, **Social, cultural, climate, food, and work adjustments due to foreign country's influences**, were derived from the 10 participants' descriptions of how the reverse culture shock affected their daily life in their home country. It was influenced by their experiences superordinate themes which were discussed in the succeeding paragraph.

The participants shared their various perspectives on how reverse culture shock affects their daily lives, the majority of the participants mentioned that they had experienced **Religious beliefs and practices influenced by the foreign workplace**. Participant 2 stated that *"nakaka panibago kasi diba yung religion tsaka yung suot mo sa ibang bansa mahahaba.. tapos ang suot naten dito sa pilipinas maiiksi."* Moreover, other participants mentioned that **Social and climate adjustments** the reverse culture shock they encountered in their home country. Participant 5 stated that *"minsan sanay ako na hindi nakikipag usap sa tao dahil nga nasa loob lang kame ng bahay doon. hindi din kame nalabas kaya yung mainit na panahon dito ay nakakapanibago"*. Also Participant 7 statement that *"yung sa klima....at pagkain yung sa klima po nasanay na lang din po siguro. Yung sa pagkain naman ma...medyo maninibago ka kasi."* Furthermore, another participant stated that different **Traditions** between her home and host country affect her daily life influenced by the reverse culture shock. Participant 3 mentioned that *"sa ibang bansa syempre pag uwi mo maninibago ka sa mga makikita mo.....sa paligid mo kasi sanay ka ganto yung tradisyon nila...."* Aside from that **Culture adjustment** also contribute to the changes that OFW's experiences. As a proof, Participant 8 stated that *"mastress ka na lang*

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*ba...kasi iba yung buhay at kultura sa ibang bansa kaysa dito sa pilipinas mam napaka hirap."*

Lastly, Participant 1 highlighted the **Work-related difficulties** regarding her home country's reverse cultural shock experience. She stated that "*Nahirap po pag aa-adjust, syempre mam wala naman po akong trabaho*". As stated, the participant experience difficulty adjusting to her hometown because of the difficulty finding work. Loss of income contributes to the financial stress a person could experience when he/she lost a job.

The researcher was convinced by these responses that everybody was different from each other, with different personalities and different ways to perceive things or situations. Participants experiencing the readjustment process were based on their life experiences and difficulties in their home country. Also, it made the researcher realize that OFW's foreign work locations indeed affect their daily life in their home country because of the different traditions, customs, and cultures that different countries offer.

To support the responses of the participants, Alheshami, Yassin, and Sha'ar (2019) suggested that returnees to their home culture face a slew of socio-psychological difficulties after spending a long time in the host culture. Many studies suggest that re-adjustment to one's home culture, particularly after a lengthy period away, was a difficult process and that returnees experience re-entry or reverse cultural shock. This emphasizes the importance of bridging cultural boundaries and ushering in a new era of international cooperation and understanding.

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## Theme D

With the theme, **Family members' various reactions to their job loss**, the participants divulged their different reactions from their families after finding out that they were terminated from their job. It was influenced by their experiences superordinate themes which were discussed in the succeeding paragraph.

The participants divulged that **Happy, Unhappy, Mixed Emotions, And Still Fine** were the reactions they received from their families after being repatriated from their job. Most of the participants stated that their family's reactions to their job loss were Unhappy. Participant 10 mentioned "*Syempre na lungkot e..wala nang pera e..wala nang aasahang pambayad sa mga bayarin..oh na lungkot* On the other hand, even though being repatriated was a dreadful thing, some families of repatriated overseas Filipino workers recognized the good in it because they had been apart for so long. As stated by Participant 3 stated "*syempre ano maging masaya din naman sila kasi ilang taon din ako sa ibang bansa matagal din naman nila akong di nakasama...*" Furthermore, other participants stated that their family's response to their job loss was **Mixed reactions**. Participant 1 stated that "*Ay syempre mam masaya na malungkot..... syempre mam di naman nila expect na uwi ako bigla na nawalan ako ng trabaho. Inaasahan din naman po ako ng pamilya ko, ako din naman po ang breadwinner samin..... Masaya naman din po kasi ako ay naka uwi nang maayos, naka uwi po ako ng buhay.*" And lastly, the participant mentioned that

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his family's reactions to his job loss were **Still fine**. Participant 6 stated "*wala naman masyadong ano kasi yumg isa kong anak sumusuporta naman. kasi samen*"

The researcher realized from these reactions that different types of families and the economic status of the participants affected their family reactions. As a repatriated overseas Filipino worker's source of income for every Filipino family, their family reactions were different based on their family background and economic status. And also the family of the repatriate had a positive perspective of their return, as opposed to the repatriates who were the family's primary provider, who had a negative impact on their return.

To support the responses of the participants, in line with the participants' personal experiences, an article published by Indeed Editorial Team (2022) entitled: Effects of Unemployment on Individuals, Society and the Economy mentioned that family members of unemployed people were also vulnerable to the effects of unemployment. Unemployed people had lower family and marital happiness and face more family issues than working persons. Moreover, the stress of unemployment might had a negative impact on spouses' and children's well-being.

## Theme E

With the theme, **Family, and friends as the source of support**, was the theme derived from the 10 participants regarding the social support they received from their family and friends.

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Also, they were motivated and more encouraged to readjust to their home country because of their loved ones.

The participants shared their various perspectives on how important the support they received from their family and friends, the majority of the participants mentioned the support that they received from their family was their **Source of comfort** during their readjustment process in their home country. Participant 3 stated *"Importante na ano talaga....andyan yung pamilya mo pag uwi mo diba syempre matagal mo silang di nakasama tapos parang sabik ka din na makasama sila kasi nga andon ka sa ibang bansa."* Apart from that, participants from their families help them to readjust to their home country, and they received valuable assistance from them as their **Source of strength** based on the response of Participant 10 *"Aba syempre mahalaga yung nararanasan mong stress na babawasan kasi syempre may na sasandalan ka meron ka na pag sasabihan mo ng mga hinaing mo sa buhay oh."*

Indeed, Filipino families were well-known for their strong bonds. They were also known for Bayanihan to help each in the time of crisis or difficult situations than could help and available for each other to face the challenges and obstacles in life. And having support from people, especially loved ones, was essential when facing challenges in life like readjusting to your own culture it was very essential that they know they had someone on your side.

In accordance, Smith, Segal and Robinson (2021) stated that even in this difficult time, family support could help they survive and thrive. Now was the time to lean on the people who

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care about you, whether it's to relieve tension or cope with the pain of job loss, even if they were proud of your strength and independence.

## Theme F

With the theme, **Low wages, lack of job opportunities, and high qualifications**, the repatriates-participants had the various concept about the unemployment rate in the Philippines that influences them to work in Arab countries. It was evident that every aspect of this concept was derived from their individual viewpoints and experiences.

As Filipino workers make such low hourly rates that even if they worked year-round full-time, their annual earnings wouldn't be enough to feed and support their families. In **Low wages**, specifically mentioned by Participant 2, *"May iilan naman na trabaho dito sa pilipinas pero hindi sapat. Hindi kayang suportahan ng sweldo dito ng pilipinas sa araw araw na kaylangan ng isang ordinaryong pamilya"*. Apparently, the **lack of job opportunities** also influences the Filipino workers who work abroad, as stated by the Participant 10, *"kung may sapat ba na trabaho dito mag iibang bansa pa ba ng mga tao syempre hindi na. syempre kung may trabaho hindi na"* Moreover, Participant 5 stated that *"kasi hindi naman din ako naka tapos ng kolehiyo....masyadong mataas ang qualification dito sa pinas. sa abroad mahalaga nakapag tapos ka high school at syempre marunong ka sa gawaing bahay.. okay na yon"*. The **High Qualification**, the minimum qualifications required to acquire a job in the Arab countries, and the work standard to find a job here in the Philippines influenced her decision to work abroad.

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Based on the responses of the participants in this study the researcher realized that establishing a better government with greater job chances and opportunities could provide a better life for Filipino workers and prevent them from working outside the country. The job opportunities and salaries here in the Philippines were not enough for the Filipino workers which influences them to work abroad and also to help to support their families' daily necessities.

In support to the participant's responses, Urrutia (2017) suggested that the Philippines had a population of 100 million people and 9.1 million unemployed, so the Philippines must had a huge problem. There were two types of unemployed people in the Philippines: those who were actively looking for work and those who were truly unemployed. In the Philippines, this group of unemployment was likely to include students, housewives, retired employees, and disabled people who were not considered part of the labor force.

## Theme G

With the theme, **More accessible and affordable job opportunities**, were derived from the 10 participants. They expound on the same concept as why they choose Arab countries to work in rather than other countries. It was very prominent that this concept all came from their personal perspectives and experiences.

Participant 1 responded, "*Kasi mam yun lang po talagang mabilisang umalis, lalo na mam kapag direct hired ka eh..di po mag tatatgal na aalis ka na po agad.*" The **More accessible** of the job in the Arab countries that's why overseas Filipino workers prefer working in Arab nations

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# INSTABRIGHT e-GAZETTE

ISSN: 2704-3010

Volume IV, Issue I

August 2022

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



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since they may leave the Philippines quickly and find employment abroad this was another reason why they select Arab nations over other nations. On other hand, Participant 10 responded "*Eh don may ano e.. don may bakanting trabaho na aakman sa skills ko tsaka mabilis maka alis hindi kaylangan ng pera kita mo sa ibang bansa nga katulad ng Canada mag lalabas ka ng pera eh wala ka namang pera. Kaya syempre kahit mahirap sa middle east ahhh*" Many overseas Filipino workers choose to work in Arab countries because there were more **Affordable job opportunities** there than in other countries. It was also simpler to move there and start working there without paying a placement fee compared to other countries that required placement in order to work in.

The researcher concluded that the majority of Filipinos who choose to work abroad do so in Arab countries due to the abundance of opportunities and the fact that those countries are among the easiest and most accessible places in the world to work. This conclusion was based on the participants' shared lived experiences.

Moreover, HelperChoice (2022) posted in their blog, that Saudi Arabia was still the most popular destination for Filipino foreign domestic workers? One in every four OFWs (Overseas Filipino Workers) works in the Kingdom. The Saudi Ministry of Labor and Social Development had created a new program to expedite the recruitment of domestic assistants from the Philippines, new system, the recruitment process should take no more than 45 days. As well as a 50 percent reduction in the fees employers must pay to acquire a Filipino helper.

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## Theme H

With the theme, **Having just enough income for the family** the participants expressed various life changes before they work abroad. It came from their experiences or subordinate themes which were discussed in the succeeding paragraph.

Working overseas was one way for Filipino workers to escape poverty in their home country and support their families' everyday necessities. In **Having just enough income**, specially mentioned by Participant 1, *"Eh..mam kami naman po talaga ay isang kahig isang tukha lang, ngayon po mam..kahit papano nakakaraos naman po sa araw araw"*. Additionally, some benefits of working abroad mentioned by the participant were able to **Providing support for the children's studies**, as stated by the Participant 2, *"...ahh wala nag bago ganon pa din hehehe..ayon lang kahit pano na tustusan ko yung pag aaral ng mga anak ko."* As stated, the participant's employment overseas was able to assist her by providing one of the most essential things for her children, but her life did not alter at all after working abroad. She was able to give financial support for her children's education as a result of working abroad.

The researcher realized this based on the participant's shared lived experiences, working overseas to improve their situation in life may not always be the best solution to the issue of poverty. Only a select few Filipinos who work abroad were fortunate enough to improve their lives. And after making sacrifices and working overseas, the majority of them did not change their life.

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In accordance, in her blog post " How OFWs could Increase Their Savings and Come Back Home for Good", Zoleta (2022) mentioned that there's nothing wrong with wanting to provide your family with a large portion of your earnings to meet their living needs. But isn't it too much of a sacrifice to starve yourself frequently just to send back a balikbayan box full of pricey products for everyone in the family. Set limits on the amount of money they send back home without hesitation. After all, they were the earner, and they had authority over your hard-earned cash.

## Theme I

With the theme, **Preparing for the life abroad and considering the family in the home country**, participants enumerated ways of their preparation before deciding to work abroad. It came from their experiences or subordinate themes which were discussed in the succeeding paragraphs.

Participant 4 reported that they **Having the family as motivation** before they decided to work outside the country, as for her, "*Ahh... inisip kong mabuti ang pamilya ko dahil para sa kanila yon kung bakit ako.... nag alis ng Pilipinas...mahirap makipag sapalaran pero kaylingan.*" Apart from that, one of the participant preparation before working abroad was **Preparing oneself**, based on the response of Participant 3, "*Wala ni ready ko lang yung sarili ko inisip ko talaga kung ano yung possible na mangyare sa buhay ko kapag ano nag trabaho ako sa ibang bansa. Parang ano start na yon sa mga binubuo kong pangarap.*" Moreover, the participant mentioned **Considering the salary** abroad her preparation did before deciding to work in Arab

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countries. As stated by the Participant 2, "*Syempre nga yung sweldo, may swledo nga dito sa pilipinas kaso nga lang maliit nga di nga sasapat. Syempre mapipilitan ka talagang pumunta sa ibang bansa.*" Enough compensation for working abroad influences her preparation for deciding to work in Arab countries because of the low wages in the Philippines.

The researcher realized this based on the participant's shared lived experiences that every overseas Filipino worker had a different way of preparing for deciding to work abroad. The participants who shared their preparations were motivated by their family members, salary increases, and self-preparation. It was essential for the overseas Filipino workers to make sure that their preparation was good enough before deciding to work abroad.

Meanwhile, Asis and Ruiz-Marave (2017) stated that noted that with the growing number of Filipino migrant workers, families face issues not only in meeting the needs of their children but also in providing the assistance they require despite geographical distances.

### **Consolidated Findings, Reflections, and Recommendations**

In the phenomenological study on the lived experiences of the repatriated overseas, Filipino workers nine (9) themes emerged. These were Looking for a new job and spending time with the family at home, Body and work adjustments from the job abroad, Social, cultural, climate, food, and Work adjustments due to foreign country's influences, Family members' various reactions to their job loss, Family and friends as the source of support, Low wages, Lack of job opportunities and high qualification, More accessible and affordable job opportunities, Having just

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enough income for the family and Preparing for the life abroad and Considering the family in the home country.

The repatriated overseas Filipino workers had different responses as to making themselves better after being terminated from their job. The different personality of the repatriated overseas Filipino workers also affects their readjustment process to their home country. Also, the type of their job in their also affect their readjustment process, the overseas Filipino workers are known all over the world for their hard work. Their bodies were used to working in their host country and they worked on a regular basis, which could affect their readjustment process. They are also experiencing reverse culture shock when they return back to their home country.

Moreover, the participant's family member's reactions toward their job loss were varied. Participants received the support social and moral support from their families and friends that help them to cope with their readjustment difficulties.

Furthermore, the low wages, low lack of job opportunities, and high qualifications they experienced working in their home country drive them to work outside the country. They choose the Arab countries because they were more accessible and affordable job opportunities to work on.

Lastly, after all the sacrifices and hard work, most of the participants was having just enough income for their families. They prepare for life abroad and consider the family in their home country as their inspiration and motivation for working abroad.

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The repatriation adjustment process theory created by Black, Gregersen, and Mendenhall was experienced by the repatriated overseas Filipino workers when the researcher conducted this study she witnessed the real readjustment difficulties of the repatriated overseas Filipino workers. The overseas Filipino workers who had been repatriated and had readjustment difficulties should have moral and social support from their loved ones, especially from their family and friends. Additionally, it was also necessary for the repatriated overseas Filipino workers to cope with their readjustment process when they would have a new job waiting in their home country.

This study recommends the family of Repatriated Overseas Filipino Workers may understand that they play a significant role in the readjustment process of the repatriated overseas Filipino Worker. They may think about how important for the repatriated overseas Filipino workers to receive support in order to help them adjust and feel better. Also, the community may recognize the various repatriation adjustments, recognize that every repatriated overseas Filipino worker is going through a readjustment process in their home country, and provide moral and social support to them. Moreover, The Overseas Workers Welfare Administration may improve and develop new programs or services, such as seminars or webinars, not also for livelihood assistance but also related to the readjustment process and psychological well-being of repatriated overseas Filipino workers so that they can easily adjust to their home country. Additionally, another qualitative study concentrating on the lived experience

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of repatriated overseas Filipino workers as well as the repatriation adjustment process they encountered in their home country may be conducted by interested researchers.



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