

Dungngo: The Unheard Voice Of A Father

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ABSTRACT

This study aimed to discover the experiences and explored the unheard love (dungngo) language of 'fathers' toward developing parenting programs to increase fathers' involvement in the family. It is a phenomenological research design using the interview as the main research gathering tool. It has a total of 30 father-participants - 10 widows, 10 single fathers, and 10 complete families coming from the different barangays of the municipality of Sta. Cruz, Ilocos Sur. The participant's fathers were chosen through purposive sampling. Based on the data gathered, the following were the findings that described the experiences of different fathers. There are five (5) themes presented, which include Father as Provider, Father as Believer, Fathers' Sorrows, the Fathers' Joy, and Father as Worker. The parenting experience of a Father encountered in rearing their children. There are five (5) themes presented, which include teaching them to be obedient, teaching them to be mature enough, Father as a Guidance Counselor, Father as a sense of hope, and Father as a life changer. The developmental parenting program that could be developed to increase father's involvement are the following 6Bs Developmental Program for fathers: Boost your IQ, Boost Self Confidence, boost your Model Identity, Boost your Bonding Moment, Boost Independence and Boost Parental Rights in the Law. In light of the findings and conclusion of the study, this study can give parenting programs whatever the fathers need in rearing children. Second, parenting programs must be religiously carried out by the municipality for a better understanding of the love language of fathers to increase fathers' involvement in the family.

KEYWORDS: Parenting Programs, father's Involvement, Father's Experiences

1. Introduction

Fathers play a vital role in every child's life that cannot be filled by others. However, some fathers are not too showy to express their love to their children as mothers do. They at times, downplay feelings. They do not use hugs, nor are too verbal to indicate how much they feel but helping with tasks or activities is generally their way of showing affection.

In the society, fathers are often viewed negatively concerning nurturing and emotional support, because these roles are historically delegated to mothers. Some research studies show that a certain number of fathers do not have a 'relationship with their children because the children's mothers limit fathers'

opportunities to engage with their children (Allen & Hawkins, 1999; Fagan&Palkovitz, 2011) ; Schmidt, E. M., Rieder, I., &Zartler, U. (2019). Overall, a father's love appears to be as heavily implicated as a mother's love in the offspring's psychological well-being and health, as well as in an array of physiological, psychological, and behavioral problems

Fathers has a lot to offer a man they give everything to their children they worked hard from them. Fathers are happier and derive more meaning from everyday activities than men without children. But fatherhood can also be a struggle. A man can be a biological father without doing much actual parenting—or a breadwinner who doesn't do much

childcare and housework—but many men today strive to be all things at once: father and son, man and husband, breadwinner and caregiver. Remember that almost everything about family life can be improved. If fathers deeply desire more time with their children, they'll make the time. Cookston (2012).

Erik Erikson (1993) claims that the love of a father and a mother are distinctly different. Father's love becomes more dangerously because their love is more expectant, more instrumental than a mother's love (Pruett, 1993). In the Philippines, mothers are more involved than fathers with day-to-day rearing and disciplining of offspring (Medina, 2001). Hock, R. S., Hindin, M. J., Bass, J. K., Surkan, P. J., Bradshaw, C. P., & Mendelson, T. (2016). Thus, aspects of authoritative parenting, such as monitoring, may be particularly important for the mother's role as compared with the father's. In other words, children take a mother's love for granted, but they have active expectations and a cognitive need for their father's presence and approval. A father, therefore, brings unique contributions to the job of parenting that no one else can replicate especially for girls. Fathers should engage in productive activities with their children such as household chores, washing dishes after dinner, or cleaning up the backyard. Research consistently shows that such shared activities promote a sense of responsibility and significance in children that is, in turn, linked to greater self-esteem, academic and occupational achievement, psychological well-being, and civic engagement later in life (Rosenberg and Wilcox 2006).

Generally, men may not be from Mars nor in a particular outer space but compared to women, they do communicate in very different ways in some sorts of giving their needs, discipline their children, advice them and others. Children with involved, caring fathers have better educational outcomes. A number of studies suggest that fathers who are involved, nurturing, and playful with their infants have children with higher IQs, as well as better linguistic and cognitive capacities. (Rosenberg and Wilcox 2006). Thus, in this study, the researchers will attempt to explore and describe the father's affection experiences, and deal about knowing the "father's love".

2. Methodology

2.1 Research Design

The researchers followed a phenomenological research design wherein in order to understand the meaning of one's action, we have to emphasize and understand them in their own view because different people have different experiences. It is qualitative research in nature that focuses on the commonality of a lived experience "how they have experienced" and "what they experienced within a particular group. And the fundamental goal of the approach is to arrive at a description of the nature of the particular phenomenon (Creswell, 2013). The research was conducted with a group of individuals who have first-hand knowledge of an event, situation, or experience. Other forms of data such as documents, observations, and art may also be used. The data was then read and reread and culled for like phrases and themes that are then grouped to form clusters of meaning (Creswell, 2013). Through this process, the researchers constructed the universal meaning of the event, situation, or experience and arrive at more profound understanding of the phenomenon.

2.2 Population and Local of the Study:

Purposive sampling is a technique used in qualitative research for the identification and selection of information-rich cases for the most effective use of limited resources (Patton, 2002) and a saturation process used until such data are maximized in that case 30 father-participants - 10 widows, 10 single fathers, and 10 complete coming from the different barangays of the municipality of Sta. Cruz, Ilocos Sur.

2.3 Data Collection Methods

A pivot, in-depth, semi-structured interview using the Interview Development Guide by De Guzman (2015) Gandeza (2020) to explore and describe the father's affection experiences. Thematic analysis employed to generate new ideas to create merging themes Creswell (2007); Gandeza (2020) The researchers used the FGD to assemble a group of individuals to discuss a specific topic, aiming to draw from the complex personal experiences, beliefs, perceptions, and attitudes of the participants through a moderated interaction.

2.4 Data Gathering Instrument

The study's consent to proceed was requested in advance from the proper college officials. Following research permission, the observation procedure was created using a priori codes. The researchers recalled the demonstration of assertion and refusal of their answer in the conducted interviews. After the validation of answer using the FGD the researchers reviewed the responses of the participants in a form of coding. The researcher used the Thematic Approach. By interviewing the father's answers as reflected. There was an interview with the participants. It serves as validation. After that, the results of the collected data were analyzed, analyzed, and interpreted according to the coding, categorization, and participants met the criteria set.

3. Results and Discussion

This study generally aimed to discover the experiences and explore the unheard love language of 'fathers' toward developing parenting programs to increase fathers' involvement in the family. As such, this chapter presents the findings and outputs of the study.

3.1 Experiences of a Father

As emerged from the responses of the selected fathers, findings in this chapter described the experiences of different fathers. There are five (5) themes presented, which include Father as Provider, Father as Believer, Father's Sorrows, Father's Joy, and Father as Worker.

Theme 1 : Father as Provider. Giving needs to children is one of the vital roles of a father. He has a definite contribution as a provider for his family and ensures support for education as the children grow up. He works harder in order to fulfill his family's needs. The father below (F1) began sharing his experience. He stated:

"There are many obstacles because there are ten children who came out and all of them are schooling. It's really hard to sacrifice for their studies but just because of the help of my siblings. When the time that the others graduated, my hardships paid off; and I have a child who went abroad so, she is the one who made our house comfortable to live in and beautiful. There are still so many problems,

especially our food. But at most times, even how sad we are, we do know that God is always there if we need help, He gave us work and He healed us from sadness. As a father, I have loved all my children. Sometimes, if they are lazy, I've got to scold them. I worked hard for our food and other necessities... just to give their needs."(F1)

Seemingly, the same issues were experienced by F3 and F4. They worked hard to provide their children with the kind of education and other provisions needed.

"Of course, the children are the ones who have seen how difficult it is to come from the farm, or when I come from work; but seeing my child or children would give me comfort and somehow get rid of my tiresome and weary days as such when my children hug me, offer me to change my worn-out farm clothes to dry and clean ones, while others would serve coffee or refreshment. I do appreciate my wife's love and patience for always helping me a lot". (F3)

"Now that they are still young, I make sure scholars have approached their analysis of the role to work for them, especially for their future. These are all I think about their education, and of course, especially my eldest who is still studying. As the eldest, he is also thinking about his future and for the whole family so that we can get out of poverty."(F4)

This implies that one of the father's roles is the breadwinner, to provide for his children all their necessities no matter He also works hard to support the family. It is also his responsibility to give their basic needs like food, clothing, shelter, and education. That's why as the provider, he gave his best to fulfill his duties and responsibilities.

According to Morman, MT 2006, those other of the father from the perspective commonly referred to as father involvement (see Pleck & Masciadrelli, 2004, for a comprehensive review).

In addition by McMunn, A (2015), Levels of fathers' involvement are not homogenous across society. For example, as gender norms continue to identify men as household providers, and time is a

finite resource, we might expect fathers' involvement with their children to diminish with increasing hours spent in paid work (Hook, 2012)

In the role of provider, a father's ability to provide for his family is related to his sense of duty, his sense of identity, and his sense of manhood. Different cultures have different messages about what it means to be a man, a husband, and a father. Many of those cultures see that one of the father's primary roles is that of a provider. That the "real men bring home the bacon," they support their family, tend the fields or work in the factories, the mines, and the forests. even though the work may be hazardous, that is their responsibility as the provider for their family. As I mentioned, in many two-parent households today, fathers are no longer the sole provider, but it still is an important role that fathers fulfill in their families. <https://www.continued.com/early-childhood-education/ask-the-experts/what-three-primary-roles-father-23462>

Such is the case, part of fathers' mindset has changed to include the child in their commitments and priorities in life. It is evident in this study that providing for their family, as well as becoming role models, is the most common goal of these fathers. As providing is central to a father's identity (Christiansen & Palkovitz, 2001; Williams, 2008), the provider role should be a focus of attention too.

Theme 2 Father as Believer. Faith is committing and submitting their worries to God and relying upon him. It also includes believing in his teaching, serving, and praying. Trusting completely in God is called also Faith.

One father stated:

"When the time that others graduated and my hardships were paid off and I have a child who goes to school, she is the person who made our house beautiful. There are so many, especially our food. Even how sad you are, God is always there if we need help, he gave us work and he healed us from sadness.

F2 stated; I'm also a strict father like that, sometimes when he doesn't listen to me I also let go of words but it's normal for me I just want to discipline my son who grew up

fearing God, with respect for us as his parents so that when he is in that situation he already knows what he is doing and so that he can apply it.

The similarity between F3 and F6 said that with the help and guidance of Almighty God their family is on good terms and feels light if there is God. God is only the ultimate object of Faith."

"Of course, first of all, I can say that comfort is because I accept God because God will save my life, of course when I accept him I feel very light of the living, working hard or light, of course, I feel light because there is a god in my life as far as I know.(F3) .

"It was hard to start a marriage when you're not ready and young especially when you don't have a job, your family will be the one who suffers to provide their needs in their daily lives, but with the help and guidance of our almighty God, our family is in good terms. There are so many struggles and hardships that we conquered together." (F6)

F8 stated:

And then sir entering and faith in God is one thing I will do so that I will always be happy.

-Faith and prayer have made me feel that life has become easier since entering and serving in the church.

This implies that when they submitted to God all their worries, God will listen and help them. Even though there are many obstacles to giving these needs there is God who can help you face these obstacles. God is the only one to whom we can ask for help through praying.

According to Lamb (2004), fathers were primarily responsible for ensuring that their children grew up with an appropriate sense of values, acquired primarily from a study of the Bible and other scriptural texts. It was validated also by the study of Villamor, Neil Jupiter E et. Al (2015), most of the participants in this study described also positive changes in their spiritual lives. Filipino fathers see their children as a gift and a grace from God, and this view may, in turn,

have encouraged and motivated them to become more spiritual. Indeed, fatherhoods' association with increased levels of religiosity is noted (Eggebeen & Knoester, 2001). Before the industrial revolution, the responsibility of fathers was teaching moral values to their children and meeting their educational needs of their children. Shorey, Shefaly (2019),

Theme 3 Fathers' Sorrows. Sorrow is a feeling of great sadness or grief. It is a state of unhappiness and deep distress because something very bad happened like losing someone they loved or they can't give what their children yearning for. It is also unbearable sadness.

The father below (F2) began sharing his experience. He expressed:

"Sometimes I feel sad sir because there are things they want me to buy. It hurts because I can't give them anything due to lack of finances and there's nothing here that's hard to find.

F4, F5, and F8 fathers also stated their sorrow:

The worst was that I lost my job. That's all. And found it right away. And my children have never been seriously ill.

" My parents were still alive, and also they were uncles to help when I was in trouble. At least I have uncles who help me when I'm having a hard time. But now it's a little easier." (F4)

"It is hard to mourn. If we talk about the sadness Sir, for almost one year that I grieved since my wife died. Then because she left the kids, I bring them to my older brother then I left to work tiles Sir although it is difficult to keep away from my children." (F5)

"For me, it's good to be a father but sometimes it seems difficult because my children scold me that's my experience. My sadness as a father is when my children don't follow my instructions and when I miss my wife because she is far away." (F8)

F6 also stated that:

The same hardship the providing for the needs of the children especially when there is no catch in the ocean, and when you are lazy your

family situation will be pitiful and there is a trip to the ocean sometimes there will be a source of income for your family to live. (F6)

This implies that being a father is not always fun and associated with difficulties. There also have their sorrows regarding rearing their children like sadness if they can't give the needs of their children. Hardship in dealing with financial problems. Sometimes children talked back or they don't listen to you as a father.

According to Fletcher, Richard (2019), Fathers can feel as though they are 'outsiders', they may experience conflict with partners, and face competing demands across family, work, and relationships. For some men, internal and external stressors such as these may lead to depression

In terms of child contact times, some young fathers report this to be inadequate and express dissatisfaction with the extent of their paternal involvement (Centre for Research on Families and Relationships, 2009).

A young father's self-esteem may be affected by his inability to provide for his family. However, the potentially damaging effects of being out of work can be mitigated by a young father's significant practical involvement in the child's life (Paranjothy et al., 2009).

Leath, Seanna (2017), Many young African American men report feeling unprepared and worried about their new fatherhood roles, and these feelings were often related to fiscal concerns (Dallas & Chen, 1998; Moloney et al., 2009). In their qualitative study on African American fatherhood in the context of urban poverty, several males described the limitations of having "more going out than coming in" (Threlfall et al., 2013). This phrase refers to situations in which fathers' financial responsibilities extend beyond their income. One father observed, "More problems come up when conventional ideas about fatherhood don't add up to what I can do. I feel frustrated when I cannot afford to take my daughter out to eat or buy her toys." When I asked Tron how he felt when he first found out that he would be a dad, he shared similar thoughts.

Theme 4 Father's Joy. Joy is a feeling of happiness, gladness, or great pleasure that comes from the contentment of well-being. Father's joy and happiness

can be seen in the simple things related to their children. As F2, stated his experience as joy:

The happiness as a father when I go home is she surprising me with a warm hug that's how they say that I arrive home already.(F2)

F4 added,

Being a father is fun, even though the fun is hard but because of his children this difficulty can easily be removed.

"Being a father is fun."

F7 and F9 have the same thought that the feeling of joy and happiness when their children welcome them at home.

"Now, coming home from work exhausted. But seeing your children coming to you or welcoming you makes you feel better and light."(F7)

"Now, coming home from work exhausted. But seeing your children coming to you or welcoming you makes you feel better and lighter. Unlike before, all you need to do is go to bed and take sleep."(F9)

Being a father means playing different roles.

Despite the problems and circumstances encountered by a father in raising children, what matters most are the happiness and joy brought by children. Fathers may be tired coming from work and may experience emptiness but the children entertain them.

According to Villamor, Neil Jupiter E et. Al (2015), No matter how stressful the initial part of childbirth for them, fathers gradually proceeded to the delivering phase of their transition where they, on seeing their child for the first time, entered a realm of freedom from worries and fear. Clayton, 2016, Some young fathers report the benefits of their youthful age concerning the physical aspects of childcare and play (Mansi, 2013), and many described parenthood as an accomplishment, a source of pride and responsibility, and a potential source of giving and receiving love (Ayoola et al., 2010)

Theme 5 Father as Worker. Working is engaging in work for wages or salary. It is a sweat of one's temple. Every father is a worker and head of the family. F4 started his experience as a worker:

"Now that they are young, I work for them, especially their future, that's all I think about their education. Especially my eldest who is studying, he is also thinking about his future so that we can also get out of poverty"(F4)

The father below (F5) began sharing his experience regarding his father as a worker. He stated:

"I bring them to my older brother then I left to work on tiles Sir although it is difficult to keep away from my children. Sometimes work Sir to provide financial to my children because I do not want to grow them without anything."(F5)

This implies that to give the basic needs of the children, Father must make a living and work harder. He is not hesitant to apply for any job for his family. In order not to be jobless and bring food to the table. Father gives a sense of security by working for his family's sake. Earning a living is one of the very important roles of the head of the family.

According to Rakotomanana, H et. Al (2021), In all FGDs, fathers **mentioned providing financial and material support for the household as their main responsibility**. Fathers perceived that their responsibility was limited to finding money for health care and buying clothes for their families. Also, fathers thought they were responsible for procuring the household's material assets such as agricultural tools and other items in the house.

Shorey, S (2019). During the period of the industrial revolution and the onset of the division of labor, fathers were accorded the role of being the breadwinner to provide for their families while mothers were the primary caregivers.

3.2 Parenting experiences

Theme 1 Teach for obedience. Being obedient is a trait that is willing to obey, being submissive, and can simply follow orders from elders. As a father, he must teach her/his children the art of obeying.

F8 stated that:

"My sadness as a father is when my children don't follow my instructions and when I miss my wife because she is far away."(F8)

This implies that raising a child to be obedient is a tough responsibility of a parent, especially on the

part of a father being the head of the family much more without the guidance of a mother away from the family. Obedience must be taught well to children.

In an article entitled 5 Ideas for Raising an Obedient Child, it is mentioned that "Teaching early obedience and setting boundaries is one of the most critical facets of parenting. As parents, we expect our kids to follow rules and respect our authority. Instilling obedience in young children means teaching them about respect and other important character traits. When children are respectful, it helps them understand that the parent is the adult, as it draws healthy boundaries and it promotes the good and welfare of everybody. The problem is that raising an obedient child isn't always easy".
<https://childrencentral.net/obedient-child/>

Theme 2 Teach for maturity. Maturity is a responsibility that is shown in an action. It is the willingness and ability to accept and live the consequences of an action. Entering a relationship or becoming one is a responsibility. F8 started his experience in his journey of being a father:

Those times that we are financially incapable. I am not able to provide for their needs, especially for their milk and diapers. It is very hard to be parent-dependent, knowing I have to provide for them as a father. That is why I do my things with perseverance and diligently to provide for them. Because you have a family and you will be mature. The things you couldn't do before sir, it's like you can't do it anymore.

F9 shared his parenting experience:

There is this big and I've learned a lot from being a father, one thing is that you take responsibility for the family. be the strong hold source of strength and that I think is what makes me mature in my decisions and actions as a person. And there are things that we cannot even do now unlike before.

F10 stated also that:

I've learned a lot so far, I can't do that when I'm more mature.

- I can show my love for my children by taking care of them, watching over them, and working to give them everything.

- It seems like what I did before, sir, I won't repeat, I'll just focus on the family

This implies that the maturity of a father develops throughout fatherhood or parenting, it develops with the help of different factors encountered by a father himself in raising a child such as; financial problems and challenging responsibilities (as based on the responses of F9 and F10). In this case, it also implies that difficulties encountered by fathers in raising a child do not solely reflect on their capability to uphold their duty and responsibilities, but it also reflects on their maturity in decision-making and maturity in taking action for the sake of their children's welfare, happiness, safety, and future.

In a study entitled 'A Qualitative Study on the Perception of Fatherhood' (Gurkan, J. et. al, 2021), there is three mentioned definitions of fatherhood based on the participants (fathers). These are fatherhood (1) as happiness, (2) as responsibility, and (3) as a life source. The study revealed that among these three definitions of fatherhood, 7 out of 20 defined fatherhood as responsibilities such as; responsibilities related to school and health, responsibilities to finance, and responsibilities to be present in a child's activities. In addition, F9 mentioned the hardship he encountered being a father, on which he mentioned how these difficulties helped him to be better. This response of F9 confirms the study of (Gurkan, J. et. al, 2021), that fathers defined themselves as self-sacrificing, wherein fathers always think for their family and their children's future. Self-sacrificing also means selfless. With all these definitions of fatherhood, therefore, maturity plays an important role in effective parenting.

It was validated also by the three components of father involvement have been proposed (Lamb, Pleck, Charnov, & Levine, 1987): (1) Engagement—a father's experience of direct contact and shared interactions with his child in the form of caretaking, play, or leisure; (2) Accessibility—a father's presence and availability to the child, irrespective of the nature or extent of interactions between father and child; and (3) Responsibility—a father's understanding and meeting of his child's needs, including the provision of

economic resources to the child, and the planning and organizing of children's lives

Theme 3 Teach for guidance. As a guidance counselor, the father must ensure their children reach their potential in life. Counsel and guide their children.

F3 stated:

It's hard not to say that life is hard if we don't have the plan to get out of poverty. What if we just imprint in our minds that "my life is really hard this is how it is". That's not how my brain works. If I can't finish school my kids say they will study well for their future. Do not be like us who did not graduate because of poverty. We also want you not to experience the hardship we went through. We also want you to experience hardship to be a lesson to you.

F5 stated:

Before they build a family, my advice for them is they need to work hard before they got married so that they can have financial support for their family to survive. It is difficult to build a family without a job. I experienced this when I was single then and I thought it is hard to build a family since I just can't live on my own so I looked for a job so that I can provide for the needs of my family

This implies that the words of wisdom or advice of fathers to their children are usually based on their own experiences. They reflect on their own experiences in life, specifically on their own experiences in married life, fatherhood, and parenting. Based on the responses of F3 and F5, they mainly reflect on the hardship to be a father or the hardship of building a family, wherein, these difficulties they encountered gave them the strength to guide and lead their children to a brighter path. In addition, it also implies that the guidance of a father does not always see as authoritarian, but also authoritative and permissive. Authoritative because based on the response of F3, he is supportive of his children and he explains and discusses to his children the importance of education, yet he still sets limits for his children. Therefore, these made a father as a guidance counselor.

Evidently Eerola. P.,(2015), the study revealed the three paternal responsibilities of a father, and these are a) Nurturing, b) Breadwinning, and c) Upbringing. Among these three, the third sphere which is Upbringing is about the responsibility of a father in protection and role modeling. This paternal responsibility was highlighted by the participants' (fathers) narratives at the very beginning of the interviews. Upbringing responsibility is also incorporated with other responsibilities such as helping a child, teaching the child manners, and how to behave. Therefore, it's mainly focused on moral upbringing.

Theme 4 Teach for hope. Hope is a positive view of the mind and an optimistic state that is based on positive output. It is also a positive emotion that we feel towards something we envision as a brighter life and future that helps us in times of hardship.

F7 stated:

When we have problems that we cannot overcome, seems when my partner and I are fighting, I just want to give up but every time I saw my child, he gives me more strength and a reason not to give up.

This implies that raising a child is a give-and-take responsibility, meaning to say, a father gives all he has and all he can do for his family/children, and at some point of difficulties, he can take hope by looking to his children. This parenting experience of F7, just like the responses of others, still mentioned a problem or challenges in raising a child. This also implies that raising a child is not an easy responsibility, here come the challenges a father hasn't experienced before. But the good thing is there is a sense of hope in the relationship between a father and his children. Children look up to their father as a hope, a hope that he will guide them to a brighter future.

In a study entitled 'Hope and Optimism as Human Strengths in Parents of Children with Externalizing Disorders: Stress is in the eye of the Beholder (Kashdan T. et. Al, 2002), it was mentioned that there is a significant relationship between hope and parental functioning. Though this research is about parental psychological functioning, it cannot

avoid the fact that hope is an important component in creating a meaningful relationship with children. In addition, according to Forehand et al. (1998), sustaining or developing hope in parenting can enhance family-process hardships, including shared correspondence issues in guardians and kids encountering difficulties. In terms of coping with parenting stressors, hope was significantly and positively associated with active, problem-solving approaches and negatively associated with maladaptive and passive behaviors.

Theme 5 Teach to change lives. A life changer is having an effect that is strong enough to change someone's life. The ability to influence someone's life. Fatherhood includes seeing their child change as they grow. F6 stated:

Yes, you need to make things that are helpful to your children. I know that they are obedient, and they are responsible.(F6)

You need to study first, if you finished your studies start/find a job, and you are not to face hardship when you start a family. As I've said, if you start a family at a young age, especially at this time that living is really hard if you didn't study and it is hard to find a permanent and stable job. It was better when you graduated first, you could go to places that you want to go if you studied, and you still have things that you learned.(F7)

This implies that having a child has an impact on lifestyle, goals in life, attitude, financial aspect, and viewpoint of a father. The responsibilities of a father are a key factor why being a father is a life changer. Just like the F7 response, before entering the life of a parent or being a father, men should let go first their vices. Meanwhile, F6 also agreed that entering fatherhood is something that needs preparation like graduating first and finding a stable job because a father's responsibilities are not easy to do. In this case, looking forward to the responsibilities of a father, a man will change himself to be a responsible father before entering the life of a parent. While in other cases a young parent is usually unprepared for raising a child, along the journey in upholding those

responsibilities, a young man will change himself for his child. Therefore, a father is a life changer.s

In the study conducted by Nystrom, K. et.al, (2003) there were four categories identified under the father's perspective in raising a child, and these are; a) being confident as a father and as a partner, b) living up the new demands causes strain, c) being prevented from achieving closeness to the child is hurtful, and d) being the protector and the provider of the family. Among these 4 categories, category B is about the extensive changes in the life of a man in raising a child. Though, these changes mentioned in this study are mainly about the difficulties in adapting to these changes such as; role strain, changes in behavior and attitudes, and frustration at having less time for themselves.

Based on the importance of a father in a child's life, Boys will seek approval from their fathers from a very young age. As human beings, we grow up by imitating the behavior of those around us; that's how we learn to function in the world. If a father is caring and treats people with respect, the young boy will grow up much the same. When a father is absent, young boys look to other male figures to set the "rules" for how to behave and survive in the world. <https://www.pediatricsoffranklin.com/resources-and-education/pediatric-care/the-importance-of-a-father-in-a-childs-life/>

Krisch, J.A. (2018)"We find that fathers get a lot of joy and also pride from teaching things to their children, or watching their children meet new milestones and learn to do something for the first time."

3.3 Fathers Developmental Program

Father as a Pillar. Fathers play an important role in a child's emotional development, intellectual development, and provision of all needs. Children looked to their fathers to set and enforce the rules. They also expected their fathers to provide a sense of physical and emotional safety. Children wanted to please their fathers, and a supportive father encourages inner growth and strength. According to studies, Fathers who were affectionate and supportive of their children have a significant impact on their cognitive

and social development. It also gives a general sense of well-being and self-assurance. These are the following 6Bs Developmental Program for fathers:

1. Boost your IQ.

The father can aid in developing his children's emotional intelligence and problem-solving skills. According to studies, children whose fathers were actively involved throughout their first year of life perform better on cognitive development tests and have a greater capacity for curiosity and exploration. Children who have active fathers do better on verbal and math tests and are less likely to drop out or commit juvenile crimes.

2. Boost Self Confidence

A father's emotional support for his child is a priceless gift. Children with supportive fathers are more likely to have high self-esteem and are generally happier and more confident. They also show a higher tolerance for stress and frustration, less hesitation and fear in new situations, and a greater ability to resist peer pressure and speak up for themselves.

3. Boost your Model Identity

Fathers serve as positive male role models for their children, assist in promoting positive behaviors, and have faith in God. As a result, children who have more involved fathers have fewer behavioral and impulse control issues, longer attention spans, and are more sociable. These kids are also more compassionate and generous, with a greater awareness of other people's needs and rights. Fathers assist and support their children in achieving their goals and being who they are.

4. Boost your Bonding Moment

Fathers should spend quality time bonding with their children to help them grow into happy, socially adjusted adults. Research has shown that close relationships between parents and children benefit children in the long run. While strong bonds between parents and children have positive outcomes in a child's life, weak bonds between parents and children may result in the child experiencing anxiety, depression, and detachment issues in adulthood, according to the study.

5. Boost Independence

Fathers should teach making decision is an important step toward independence. Allowing them to figure things out for themselves will improve their ability to identify and solve problems. They'll also improve their reasoning and listening skills, as well as their ability to prioritize and compromise.

6. Boost Parental Rights in the Law

Fathers should be reminded about the FAMILY CODE OF THE PHILIPPINES, Title IX – PARENTAL AUTHORITY Chapter 3 – Effect of Parental Authority upon the Persons of the Children ARTICLES 220-221. Involved fathers take ultimate responsibility for their child's welfare and care, including participating in decision-making regarding child-rearing and ensuring that children's needs are met.

4. Conclusion

Based on the findings, the following conclusions were derived from this study :The experiences of a father were five (5) themes presented, which include Father as Provider, Father as Believer, Fathers Sorrows, Fathers Joy, and Father as Worker. A father's parenting experiences were taught to be obedient, teaching them to be mature enough, Father as a Guidance Counselor, Father as a sense of Hope, and Father as a life changer. The developmental parenting program that could be developed to increase father involvement are the following 6Bs Developmental Program for fathers: Boost your IQ, Boost Self Confidence, Boost your Model Identity, Boost your Bonding Moment, Boost Independence and Boost Parental Rights in the Law

5. Recommendation

In the light of the findings and conclusions of the study, the following recommendations are forwarded The municipality of Sta. Cruz must know the result of this study so that they can give parenting programs whatever : The fathers need in rearing children and parenting programs must be religiously carried out by the municipality for a better understanding of the love language of fathers to increase fathers' involvement in the family.

Funding: This research received no external funding but a help from the LGU of Sta.Cruz as adoption of the study.

Conflicts of Interest: The author declares no conflict of interest.

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