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## Lived Experiences of Young Adults From Broken Families on Marital Relationships

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### ABSTRACT

People often take for granted the impact of having separated parents on children. Individuals from broken homes are highly impressionable and the effects of what they have witnessed during childhood are conventionally carried with them into adulthood. There have been a limited amount of studies describing the impact of parental separation of young adults' perception on marriage. This study aimed to delve into how parental separation affects young adults' perception on marital relationship. Specifically, this study deals with the perception on marital relationships of young adults from broken families. Also, it explores the outlook on marital relationships of young adults from broken families after their parents' separation. This study used a phenomenological research design to explore young adults' perception on marriage. A total of 12 young adults coming from broken families participated in the study to provide the researchers with information about their thoughts and feelings about marriage. The researchers used a semi-structured interview and the collected data were analyzed using the Colaizzi's method. On the perception on marital relationship of young adults from broken families, four themes emerged, namely: God-centered relationship; couples in love; legalization of a relationship; and foundation of family. The participants defined that perception of marital relationships is related to the definition of a healthy relationship between husband and wife. Furthermore, the factors that affect the outlook of young adults from broken families were categorized into four themes: negative experience leading to fear, development of trust issues, poor self-worth, and attachment problems. Here, the participants explained that the negative outlook on marital relationships is related to the negative experiences, trust issues, poor self-worth, and attachment issues that developed as impact of broken families. The researchers recommend that similar studies with a quantitative approach be conducted for the further assessment of the dilemma presented by the study. Further research could bring about different results especially if done on a large population and different.

**Keywords:** Young Adults, Broken Families, Marital Relationship

### INTRODUCTION

We are the product of human relationships, and most of us spend our days within the context of relationships with other people. Problems experienced in our early relationships in the family are often expressed in our own behavior towards others. Some young adults can define a family

as their role model, mentor and people who will always inspire them to be self-sufficient, socially responsible and to get along with other individuals. But some other young adults defined it as traumatic experience, bad influence and considered family as the most hated people in their life because of being into a broken home. It can affect their whole life, especially in their marital relationship and in their emotions. Being into a broken family gives a lot of effects in a young adult's life.

A broken home is where the parents of a family are separated or divorced (Oxford, 2018). It is a situation wherein the parents of a family were separated for a reason. Dissolution rate of marriage in the Philippines is steadily increasing overtime despite the lack of divorce law. Aside from Vatican, the Philippines is the only country in the world where divorce is not legal. In 1960, there were 28,988 Filipino men and 52,187 Filipino women who were divorced or separated. On the year 2010, these numbers have increased more than tenfold to 330,253 and 565,802 respectively. Factors among Filipino women with higher divorce/separation rate include higher education levels, being raised in urban settings, and cohabiting without ever marrying in their first union. Moreover, religion and ethnicity are also associated with union breakdown in the Philippines (Abalos, 2017).

According to Smiley, Chamberlain and Dalgleish (1984), there have been little studies conducted on the reason of the negative implications of marital separation on young children. It has been shown in a study done by Luepnitz (1979) that marital breakdown is a crisis event, which essentially throws the family into a transitional phase that necessitates the need for a new equilibrium. This new equilibrium can and most likely includes the gradual change of a child's perspective about his or her own parents and families in general. This seed of a thought will likely be carried by the child all the way into their own adulthood.

According to Fagan (1999) adolescents who have gone through the trauma of their parents' divorce in their childhood, appeared to hold marital relationships in a low regard as compared to their peers with intact families

Most of the studies mentioned, if not all, showed negativity and positivity in the respondents' outlook regarding future marital relationships. The studies indicate that many participants who come from broken families have on average a somewhat negative view on future relationships. However, what the studies did not delve into is the reason behind those negative views. As stated, to a larger scale of the study, further inquiry into the matter was likely to be difficult. As an addition to what was unknown about this study, there has been a lack of updated literatures about the topic.

The purpose of this qualitative study was to define the impact of having a broken family on the outlook of young adults regarding marital relationship.

The study utilized a phenomenological qualitative research design using semi-structured open-ended questions as the data analysis of this study aimed to explore the perceived experiences of young adults from broken families regarding their outlook on marital relationships.

## **LITERATURE REVIEW**

Family is the first foundation where one equips himself to develop as a whole person. It is said that the family has the primary role in molding a child to be productive and pro-social in the society. A happy and healthy family is everyone's dream, but due to differences, some do not succeed in having that dream. When unwanted disparities arise, many families tend to break causing separation of the members of a family leading to a broken home. A family being the foundation of an individual has the responsibility for ones' development. The character and perspective of an individual as member of the society is highly influenced by the family. Having a complete and happy family is one of the most common objectives of an amidst challenges and difficulties that may arise (Saikia, 2017).

According to the German-American psychologist named Erik Erikson, intimacy vs. isolation is the sixth stage of psychosocial developmental theory. It is a stage wherein the main task of an individual is to find a partner to share an intimate and loving relationship with. In this period, one tries to explore relationship with another person leading to a longer-term commitment. The completion and success of this stage leads to formation of happy relationships, sense of safety and care for relationships. On the other hand, the failure to complete the sixth stage of psychosocial development would lead to loneliness, isolation and even depression (McLeod, 2018).

Children expect their parents to stay happy and in love with each other as they spend their lives together. The children are the ones mainly affected when their parents separate. There is a negative impact brought about by broken homes among children. This is in response to the stressful experience of parental separation, regardless of the age and developmental level they are in. The social impact of marriage dissolution affects children the most. Despite the children's age, the effect of parental separation or divorce among children still remains a painful experience (Eleoff, 2003).

Any type of violence between the parents whether verbal or physical will affect the child greatly as this places the child under stress and can cause emotional trauma. Living in a home

where parents engage in violence and rage rather than love and affection would leave a negative impact on the child's health, especially mentally and emotionally (Azumah, 2017).

A study done in Finland in 2016 found that children with divorced parents were more likely to follow in their parents' footsteps and walk on the same path later in life. This shows that since children learn from their parents, they will portray similar traits in adulthood. This effect will especially be magnified in young adulthood when the person is beginning to look for a life partner. The study suggests that the child who grows into manhood, though searching for a future partner, will always harbor ill feelings towards relationships or towards the significant other due to a turbulent past (Mustonen, 2011).

Everyone has more or less experienced undesirable moments in their lives. These undesirable events may have caused trauma or damage to one's perspective and principles. Young adults from broken homes consider their family origin as one of the negative aspects in their lives. The whole process of how their parents separated make them feel hopeless in many phases of their existence and one of those is their outlook on marital relationships. Seeing how their parents fight, exchange hostile arguments, and show no love and respect for each other make them feel discouraged to look for a future life partner. Moreover, witnessing how a happy home one used to have starts to fall apart becomes frustrating for a person.

The negative emotions of a person strongly remain in his memory. According to a study, it is sleep that preserves these undesirable emotions. One thing that makes change so difficult is due to the repetition of the negative emotions. It is also the negative emotion that drives one's perception as the emotion chase for justification. Concerning positive and negative experiences, it is the negative ones that stay on one's cognition. The repetition of these unwanted emotions make it hard to change thus it control one's perception (Shepherd, 2014).

Trust is defined as the belief, faith, or hope for someone, for a place or thing. It is the reliance on the character, strength, and ability of someone (Merriam-Webster, 2018). Every individual is capable of trusting and this is supported by Erik Erikson's psychosocial development. According to his theory, as early as infancy, one is already capable of trusting. The first person an individual trust is the parents or the primary caregiver. Building up trust in someone takes time and effort, which explains why it is hard once trust is broken in any kind of relationship. Experiencing disloyalty and broken promises is not a desirable thing especially when it comes from someone you love or you look up to. Parents are the ones whom their children depend and trust in their lifetime. Lack of trust affects how one acts and reacts to situations, which result to positive or negative outcomes in a person's life (Lewis, 2013).

Self-worth is defined as one's value and worth for self. It is one's value for inner self and it not focused on one's external self (Firestone, 2016) In other words, self-worth is about one's personality and background rather than physical attributes. Self-concept of an individual represents one's overall consciousness about oneself, which is incorporated by one's thinking, and observation about oneself. The role of parents in every life of an individual is essential as they are the ones that serve as the primary care provider of every child. It is important to establish a sense of security in every household because it is where a child gets his or her emotional needs and the feeling of love and belongingness. Thus, building one's self-worth. Failure of having a happy home that is united by love and care would cause poor self-worth for the members of the broken home. It is not easy to be a member of a broken home as it affects the life of every member of the family particularly the individual's self-worth. They find it hard to completely value themselves because for them they are not whole as a person. It is not easy for them to think that they deserve a thing in this world. They would even tend to isolate themselves from other people thinking that they might just be a burden for others. One thing that is also affected is their thinking that they are not good for anyone. They tend to think that they are less worthy than others because of the fact that they are from broken homes. Young adults from dysfunctional homes find it hard to open up themselves to another person for an intimate relationship because of their poor self-worth. It is one of the reasons why they develop a negative perspective about marital relationships (Angjelkoska, 2015).

Some individuals from broken homes claim to have an attachment problem in a way that they are inclined to seek for love and care from the opposite sex. They are eager to feel how is it to be loved and to love because love is one thing that they have not experienced in their lives. In the event that parents fail to show love to their children and let them have the sense of belongingness would lead them to be easily attached to someone once they show care to them. As a member of a broken home, they lean on their relationship partner too much and cling to them even though it is already suffocating for the other person. They depend too much trying to feel and make sense of love they never had from their parents. This sensation is supported by LaDolce (2017) wherein one of the factors of having attachment problem is once the person experiences abandonment during childhood. It was explained that a child whose parents were not present in times of hardships will have the tendency to pull people toward him or her and become fearful to let them go. Having someone on their lives would make them depend on that person and seek their approval with anything.

## **METHODS**

The study utilized a phenomenological qualitative research design using semi-structured open-ended questions as the data analysis of this study aimed to explore the perceived experiences of young adults from broken families regarding their outlook on marital relationships. The objective of this qualitative research was to determine and describe the perceived experiences of young adults who were from separated homes concerning their opinion on marital relationships. The focus of the interview was to dig informants' perceptions, emotions and insights that were important data for the research.

Information came from twelve young adults in one of the colleges located in Silang Cavite from June to July 2018. Data were obtained from the informants' circumstances at the time of interview with the researchers. The researchers analyzed and interpreted the data using the Colaizzi's method.

The study was held at one of the colleges located in Silang, Cavite. The population included young adults who were from broken homes. The participants must be young adults ages 20 to 35 years old and single. Young adults whose parents were not legally separated but parents were not living together are included in the population. Married students became one of the exclusion criteria because outlook on marital relationship is already assumed.

The informants were chosen using purposive and snowball sampling technique. Purposive sampling is a type of non-probability sampling technique where the selection of participants of the study is based on the judgment of the researchers (Crossman, 2018). In purposive sampling, subjects were chosen with corresponding criteria and conditions coming from the researchers. Another sampling technique that was used is the snowball sampling, which is used to locate hidden populations by referrals from initially sampled respondents who they think have the characteristic of the criteria (Johnson, 2014). It is a type of sampling where the existing study informants recruit future subjects among their acquaintances.

The instruments that were used in this study are semi-structured, open-ended questions that were formulated by the research team. Semi-structured qualitative interview involves pre-determined set of open questions that would give the researchers the chance to explore a particular theme (Blandford, 2013). The questions that were asked to the participants allowed them to describe and explore the impacts of broken family on their outlook on marital

relationships. Moreover, the researchers' communication skills and interviewing skills were used and served as the main instruments for this study.

The approval of this study (Technitrad, 2016) by the research committee led to the preparation of a letter that served as a permission to conduct the study and progressed as follows:

1. An informed consent was given to each participant before conducting the interview.
2. Each interviewee was asked to suggest a place that is comfortable for him or her to be interviewed and in case a participant cannot provide a place, the researchers conduct the interview in a private room.
3. Researchers gathered data through interview with the participants using open-ended questions.
4. Data and information coming from the participants were analyzed and transcribed by the research team. The researchers used the back translation method for the translation of gathered data. Back translation is a procedure where a translator interprets or re-translates a set of statements that was previously translated into another language back to the original language.

This study was conducted in conformance with the principles of human research ethics. The study has been subjected to ethics review by the Ethics Review Board (ERB) of the institution. The ethical principles were carefully review to uphold the dignity of the respondents. An informed consent was utilized prior to the actual data gathering. The approval protocol for this study was 2019-AUP-054.

The following steps are Colaizzi's (1978) method used to analyze data:

Initially, the researchers would read and read again the participants' verbatim transcript of the phenomena and deduced any statement deemed significant, which is directly relevant to the phenomenon. Then formulated meanings are constructed from the significant statements. Formulated meanings are arrange into themes that are common to the participants and categorized them into clusters. This will help to validate and confirm whatever consistencies or inconsistencies there may be between what the researcher concludes and what the participants' stories actually say. Delving further into the findings in order to bridge the gap in data collection, intuition and the description of concepts, a theoretical model was formulated about the phenomenon after topics are compared to find consistent themes, and said themes are bridged to find their conceptual meanings. The findings of the study was confirmed and validated with the participants. Finally, findings were edited to incorporate any changes the participants offer the researchers and included it in the final description of the phenomenon.

## RESULTS

A total of 12 young adults participated in the study. The analysis of data began once the recorded interviews via audiotapes were transcribed into text. The researchers used the back translation for all of the interviews and were transcribed by the research team. Data reduction began with reading and re-reading the transcribed interviews. Different themes were developed to categorize the data gathered which made it easy to be interpreted. For the first question “What is your perception on marital relationships?”, four themes were developed namely: God-centered Relationships; Couples in Love; Legalization of a Relationship and; Foundation of a Family. From the second question “How does your parents’ separation affect your outlook on marital relationship?”, there were four themes that affect young adults from broken homes on their perception about marital relationships: Negative Experience Leading to Fear; Development of Trust Issue; Poor Self-Worth and; Attachment Problems.

Emerging young adults based their perception on marital relationship on the healthy relationship between husband and wife which is not affected by their experience in broken family. The following emerged from the interview with the respondents.

Under this category the participants were asked to define what marriage for them is. Their understandings about marital relationships were elaborated. Seven out of twelve expressed marriages as a gift from God. Marriage is sacred and should be done by two individuals for God. It is done for a person to have a partner with Christ. The vows made during marriage should be fulfilled because the vows are made before God. It is something that should be valued and its sacredness should not be taken for granted.

Table 1. **God-centered Relationship**

Theme	Responses
God-centered Relationship	<i>Respondent</i> <i>“For me marriage is a beautiful thing. Of course you have a partner in Christ.”</i>
	<i>Respondent 4</i> <i>“Marriage is for couple that loves each other and wants to have a blessing from God. I believe that marriage is sacred”.</i>
	<i>Respondent 7</i> <i>“I can see marriage as coming from God. It is sacred and couples being married should fulfill their vows not only because it is a responsibility as husband and wife but also because they promised before God.”</i>
	<i>Respondent 11</i>



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*“I think marriage is a beautiful thing that God has given to us.*

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Table 1 showed how the respondents believed that marriage is from God. Respondents 3 and 11 defined marriages as a beautiful thing that is from God. It is sacred and it is done for a person to have a partner in Christ. Respondent 4 mentioned that marriage is for couples that want to have a blessing from God. Moreover, Respondent 7 elaborated his understanding about marriage that it is coming from God and the vows made during the ceremony should be fulfilled not only because of the responsibilities of a husband and wife but because they have promised before God.

There were respondents who revealed that their understanding about marriage is that it is a gift from God, a sacred and a lifetime commitment between a husband and a wife. They believed that in marriage, God is the center of relationship and the Lord design marriage so that each man should have his own wife and each woman her own husband and carry the responsibilities they have promised before God. Furthermore, one is getting married to have a partner in Christ. This perspective of marriage is supported by a journal of Summit (2012), which stated that God as his purpose for human kind created marriage. It is from God and one of its purposes is to make every couple’s character and life centered on God. The respondents are knowledgeable and believe that a marriage is a blessing, a holy matrimony, a covenant by which a man and a woman establish between themselves and a partnership with God in their whole life and which is ordered by its nature to the good of the spouses and family as a whole.

Some respondents believe that marriage is for couples or two individuals who love each other and want to share their lives together as they grow old.

**Table 2. Couples in love**

<b>Theme</b>	<b>Responses</b>
	<i>Respondent 2</i> <i>“Marriage is for couples that love each other and desire to have a family and want a companion or partner until old age.”</i>

Couples in Love	<i>Respondent 8</i> <i>“For me we need marital relationships just as the saying goes “no man is an island”. Marriage is important because no one want to be alone in the future.</i>
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Table 2 presented the statements of the respondents who described marriage as for couples who love each other. Respondent 2 said that marriage is for couples who love each other and want to have a companion or partner until she gets old. Respondent 8 have given a quote saying that every man should not be alone which means that everyone should have a companion.

There were respondents who believe that marital relationship is for those who want to spend their life with their loved ones. It is for couples that truly love each other. According to Girgis, George and Anderson (2012) marriage is the unification of two individuals who admits to share love and care for each other and is willing to share the burdens and victories in domestic life. Furthermore, the informants wherein they view marriage as for those couple who love each other and want a companion until lifetime.

Marriage is done for legalization of the binding of two persons. It is done to make a relationship authorized not only by God’s law but also in the eyes of other people.

**Table 3. Legalization of a Relationship**

<b>Theme</b>	<b>Responses</b>
Legalization of a Relationship	<i>Respondent 1</i> <i>“I consider marriage is the legal binding of two individuals.”</i> <i>Respondent 9</i> <i>“I see marriage as just a title, but some people see it religiously. People see it as a holy unity, but it’s really just a title.”</i> <i>Respondent 10</i> <i>“To legalize a relationship and it’s not only right in God’s eyes, but also in the public’s eyes.”</i>

Table 3 showed the statements of respondents who defined marriage as a legalization of a marital relationship. Respondent 1 mentioned that marriage is the legal binding of two individuals. However, Respondent 9 believed that marital relationships are done to entitle a relationship and she does not believe in the sacredness of marriage. Moreover, Respondent 10 said that marital relationship is done to make relationships right not only in the eyes of God but also in the public’s eyes.

Respondents stated that marriage is being done for legalization of intimate relationship of two individuals. It is made to legalize the relationship not only in the eyes of God but also to the public. This definition is supported by Girgis, George and Anderson (2012) where marriage was defined as a union of a man and a woman to make their relationship exclusive and permanent. Moreover, below were some passages of the participants on how they explained marriage Family is where every character, value and principle build and develop and it is very important to have this foundation's as a legalization of a marital relationship.

Table 4. **Foundation of a Family**

Theme	Responses
Foundation of a Family	<p style="text-align: center;"><i>Respondent 5</i></p> <p><i>“For me marriages are important because that's where everything starts. Everyone knows that it is in the family where values and building of characters and personalities are developed.”</i></p>

Table 4 showed the definition of one respondent about marriage as the foundation of a family. Respondent 5 believed that marriage is important because it is where everything starts in this world. One's character and personality are being built in the home together with the other members of a family. Moreover, marriage is a way of starting a family and it is where one's principles and values are developed.

One respondent said that marriage is important because it is where everything starts and develops. Marriage is done to start and build a family. This is similar to the article of Wimalasena (2016) claiming that marriage in a physical and moral perspective serves as the basis of family. Marriage is the association of two individuals of different sexes for procreation of children. Stated below was the definition of one respondent about marriage.

Under this category, the influences of the perceptions of young adults from broken families were enumerated. The negative experiences and thoughts of the participants were elaborated together with their reasoning on their stand regarding marital relationships. The major response for the issue was the fear that the same thing might happen in the future.

Some of the respondents were afraid that someday their marriage life would eventually fail resembling their parents' failed marriage.

Table 5. Negative Experience Leading to Fear

Theme	Responses
	<i>Respondent 1</i> <i>"If I marry someone, I might experience the same thing as my parent's experience. Furthermore, I had witnessed the result of my parent's separation, so I might feel the same way if my partner leaves me behind."</i>
	<i>Respondent 4</i> <i>"I'm scared of men because my father used to abuse me and also had other women. I was very disappointed and was discouraged about relationships. I mean I don't want to generalize but a lot of people are like that. As if all men cheat."</i>
Negative Experience Leading to Fear	<i>Respondent 6</i> <i>"To be honest I used to just want to have a child without getting married for the reason that I do not like to have a broken home. I mean I have seen the process of it and I do not like it to happen to me- quarrelling, hitting."</i>
	<i>Respondent 7</i> <i>"I think that I just had a little bit of doubt about myself that it might happen to me in the future, that I might not be content with my future wife."</i>
	<i>Respondent 8</i> <i>"There are times that I feel afraid that I would also experience what my parents experienced."</i>

Table 5 displayed the statements of the informants who claimed that the negative experiences had an impact in the perceptions of young adults from broken families regarding their outlook on marriage. Respondents 1, 6, and 8 mentioned that they were frightened that what happened with their parents before might happen to them in the future. Witnessing the whole process of how their parents separated made them feel anxious about their future marital relationships. Respondent 7 however was having doubts that he will do the same thing as what his father did. He was afraid that he might not be satisfied with her future wife and lead him to cheat. Moreover, Respondent 4 was afraid of men because his father hurt her before and he cheated on her mother. That experience led her to be discouraged about relationships and generalized that all men will cheat.

There were respondents who consider their position negative about marital relationships because of the negative experiences they have been through. Those negative experiences in their lives made them fearful of marriage. This is supported in the study of Pennigton & Spink (as cited in Nelson, 2009) which states that children from broken families tend to have concerns later in life with relationships. They seem to be fearful about marriage and are less expected to marry. Furthermore, they were thinking that the same incident might happen to them in the

future. In addition, below were the statements stated by respondents who have fear of getting married in the future due to the negative experiences.

Trust issues is being develop because of negative experiences they went through. It is hard for them to trust someone because they experienced that everyone is capable of breaking promises even your own husband or wife.

**Table 6. Development of Trust Issues**

<b>Theme</b>	<b>Responses</b>
Development of Trust Issues	<i>Respondent 5</i>
	<i>“It’s hard for me to trust guys even in just friendships much more in relationships.</i>
	<i>Respondent 8</i>
	<i>There are times that I’m afraid that I’d be hurt or what happened to my parents would happen to me too. So it’s hard for me to trust easily.</i>
	<i>Respondent 12</i>
	<i>“Yes I have trust issues since I come from a broken family. I feel like I still carry around what happened to us and I feel like not everyone who comes into my life is here to stay.”</i>

Table 6 showed the statements of respondents who mentioned about trust issues as a factor of having a negative attitude towards marital relationships among young adults from dysfunctional homes. Respondent 5 stated that she finds it hard to trust guys even in being friends with them that is why it is much tough to trust a guy for a relationship. Respondent 8 said that she was afraid that the she might be hurt someday and have the same experience as that of her parents and that is why she does not trust easily. Moreover, Respondent 12 considered her trust issues as coming from her broken home background. She felt like she was still carrying what happened in the past and she felt that no one will stay by her side.

Some of the participants of the interview who mentioned that coming from a broken family reduced their sense of trust. It became hard for them to trust other people especially when it comes to relationships. It is their trust issue that seems to be one of the factors why they have a negative outlook on marital relationships (Lewis, 2013).

Some participants had poor self-worth and fear of judgment and would tend to isolate self from other people thinking that the person might just be a burden to them.

Table 7. **Poor self-Worth**

Theme	Responses
Poor Self-Worth	<i>Respondent 3</i>
	<i>“My self-worth is also very low. I used to think that my future partner wouldn’t accept me because of my familial background. I would isolate myself from people because I didn’t want to feel like a burden to them.”</i>
	<i>Respondent 6</i>
	<i>“Most of the time I doubt myself. Sometimes you’ll see that I’m confident but only on the outside. I feel like I’m not worthy since I come from a broken family and I feel as if I’m lacking as a person.”</i>
	<i>Respondent 11</i>
	<i>“I actually have fear of judgment I mean I am afraid that people will judge me just because they see something they don’t like.”</i>

Table 7 presented the dialogues of the participants who said that poor self-worth was one of the factors of having a negative outlook on marriage. Respondent 3 thought that her future partner might not accept her because of her family background. She also tends to isolate herself with others because she feels that she might just be a burden to them. Respondent 6 said that she felt like less of a person and not worthy of anyone since she came from broken family. She always doubts herself and her capabilities. Furthermore, Respondent 11 verbalized her fear of being judged by other people if they saw something wrong with her.

This indicated that there were respondents who had a negative outlook on marital relationships because of having a poor self-worth. These people felt that they were no good for anyone since they were not whole as a person. They tend to think that they are less worthy than others because of the fact that they are from broken homes. Young adults from dysfunctional homes find it hard to open up themselves to another person for an intimate relationship because of their poor self-worth. It is one of the reasons why they develop a negative perspective about marital relationships (Angjelkoska, 2015). They were also terrified that other people will judge them.

Some have the tendency to trust a person easily and too clingy because they were seeking for love and attention, which their parents failed to show them.

Table 8. **Attachment Problems**

<b>Theme</b>	<b>Responses</b>
Attachment Problems	<p style="text-align: center;"><i>Respondent 9</i></p> <p><i>“I have attachment issues, I get attached easily and it’s hard for me to let go because I’m not used to the love. Actually, my last relationship ended because I was too overbearing on my partner and he felt choked. I learned from that but I was so desperate for one thing which love is because I don’t know the definition of true love.”</i></p> <p style="text-align: center;"><i>Respondent 10</i></p> <p><i>“No one became the father figure so it’s easy for me to trust guys. But not like too easy it’s just nice to get attention from them.”</i></p>

Table 11 portrayed the statements of informants who claimed that attachment issue is one of the factors affecting young adults’ perception on marital relationships. Respondent 9 claimed that she had attachment problems and it was hard for her to let go because she was desperate for love that her parents failed to give her. On the other hand, Respondent 10 mentioned that she easily trusts guys and wanted their attention since she never had a father figure.

This indicated that there were some respondents who have attachment problems, which they considered a factor for their perceptions on marital relationships. This sensation is supported by LaDolce (2017) wherein one of the factors of having attachment problem is once the person experiences abandonment during childhood.

## **DISCUSSION**

### **Conclusion**

Based on the outcomes, the conclusions for the themes are as follows:

1. Perception of marital relationships. Most of the respondents believe that marriage is from God and is for couples who love each other. It is sacred and it should be done to marry someone who is willing to stay by your side until old age. However, some believed that it is only done to entitle a relationship and to legalize the binding of two individuals. Moreover, one participant elaborated the sacrament of marriage where it is the starting point of a family and it is where one’s character, values and beliefs originate.
2. The factors that affect the outlook on marital relationship of young adults from broken home. The majority of the respondents stated that they see marital relationships

negatively. The majority identified negative experience leading to fear and developed trust issues as factors for having a negative outlook on marriage. They are afraid that their marriage will not be successful and it is hard for them to trust other people especially when it comes to intimate relationships. Some of them have poor self-worth thinking that they are not worthy to be with someone. They tend to think negative about their selves and doubt their capabilities. Furthermore, once they enter a relationship it is hard for them to let go and they would tend to depend on their partners which was explained as attachment issue.

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