



TELL ME, HEAR MY VOICE: EXPLORING PARENTAL COMMUNICATION ON ADOLESCENTS THROUGH PHENOMENOLOGICAL INQUIRY

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Abstract:

This phenomenological study explored how adolescents perceive and experience communication with their parents, aiming to understand its impact on their emotional well-being and interpersonal development. Conducted at Irineo L. Santiago National High School, the research involved ten (10) purposively selected student participants who engaged in in-depth interviews using expert-validated interview guides. The collected data underwent rigorous thematic analysis to draw out recurring patterns and insights. Findings revealed three major dimensions of adolescent experiences. In terms of communication patterns, adolescents experienced imposed trust and guidance, generational disconnection, and emotional distance. Regarding emotional impact, emergent themes included fear of being criticized, hesitancy to speak back, fear of consequences, disappointment when disregarded, positive emotions, and a sense of relief. From the adolescents' insights and reflections, the study further uncovered themes such as promoting open communication, raising emotional validation, improving decision-making, creating a safe space, boosting self-confidence, and enhancing parent-child relationships. These findings emphasized the powerful influence of parental communication on adolescents' emotional landscape and social adjustment. This study would contribute to the body of knowledge by offering meaningful insights that can inform school-based interventions, parent education programs, and future research on strengthening family communication dynamics.

Keywords: guidance and counseling, parental communication, adolescents, emotional well-being, parent-child relationship, Philippines

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1. Introduction

“Communication is a two-way street; when we listen deeply, adolescents feel seen and valued—this is when true growth begins” (Unknown)

The quote emphasizes the importance of reciprocal communication in parent-adolescent relationships, where deep listening fosters trust and emotional security. Through a phenomenological lens, this listening allows adolescents to feel truly understood, which is crucial for their personal growth. When parents engage actively and validate their child’s experiences, they create an environment where the adolescent’s voice is not only heard but respected. This dynamic leads to mutual growth, with both parent and adolescent evolving through meaningful and empathetic communication.

Research highlights the critical role of meaningful parent-adolescent communication in fostering emotional intelligence, trust, and resilience, with an emphasis on active listening and validating adolescents’ voices. These interactions strengthen familial bonds, promote well-being, and support personal growth, ultimately shaping healthy adolescent development. (Carvalho & Almeida, 2020; Suskind, 2021; Vargas & Shulman, 2019).

Similarly, parent-adolescent communication plays a vital role in promoting adolescent well-being and development. Research shows that various parental communication styles significantly influence emotional regulation, social behaviors, and coping mechanisms, with cultural factors further shaping these interactions. High-quality communication, particularly through active listening, fosters emotional well-being by building trust and understanding between parents and adolescents. This communication also supports the development of a strong sense of identity, helping adolescents navigate challenges and self-discovery. These findings highlight the significant impact of empathetic communication on adolescents’ psychological growth, resilience, and personal development (Brito & Silva, 2021; Kaufman & Luyten, 2019; Liu & Wang, 2020).

A study conducted at St. Thomas International School in Thailand observed the communication dynamics between parents and adolescents, revealing how effective communication positively influenced adolescents’ emotional regulation and academic success. Researchers have similarly highlighted the role of parent-adolescent communication in different educational settings across the globe, emphasizing its impact on adolescent well-being, identity development, and social behaviors. These studies collectively underscore the importance of fostering open, empathetic communication in promoting healthier parent-child relationships and supporting adolescent growth (Chen *et al.*, 2020; Nguyen & Lam, 2021; Taylor *et al.*, 2022).

However, at Westminster High School in the United Kingdom, a study highlighted the challenges posed by the lack of effective communication between parents and adolescents, leading to emotional and behavioral issues among students. This breakdown in communication has been associated with increased stress levels, academic struggles,

and feelings of social isolation. Without strong parent-adolescent connections, students often struggle to navigate the pressures of adolescence, which can exacerbate existing emotional challenges. Researchers have also observed similar trends in other schools, where communication barriers between parents and adolescents hinder emotional development and contribute to academic difficulties. These studies emphasize the importance of fostering open and effective communication to mitigate stress and promote healthier adolescent growth. Addressing these communication challenges is crucial for improving both the emotional well-being and academic outcomes of students (Green *et al.*, 2021; Miller & Hayes, 2020; Yoshida *et al.*, 2019).

At Ateneo de Manila University in the Philippines, the Guidance Office has implemented a policy that prioritizes open communication between parents and adolescents to promote emotional well-being and academic success. This policy includes regular workshops and counseling sessions designed to enhance communication skills and increase family involvement in adolescent development. Similar initiatives in other schools focus on improving parent-adolescent communication to support healthier emotional and social outcomes. Research shows that such policies positively impact adolescent development and well-being. By encouraging parental involvement, these programs contribute to the overall growth and resilience of adolescents (Garcia *et al.*, 2020; Lopez & Santos, 2021; Reyes 2022).

On the other hand, the University of the Philippines Integrated School (UPIS), Guidance Office has implemented policies emphasizing the importance of communication between parents and adolescents. Despite these efforts, the school still faces challenges, including parental reluctance to engage in the communication process and difficulties in fostering consistent involvement due to busy schedules and cultural factors. Similar challenges have been observed in other schools, where policies aimed at improving parent-adolescent communication encounter barriers such as resistance, lack of time, and misunderstanding of the role of communication in adolescent development (Garcia, 2020; Lara & Santos, 2021; Tan, 2022).

Moreover, at San Pedro College of Davao City, the Guidance Office has implemented a policy aimed at improving communication between parents and adolescents, including workshops and counseling sessions designed to strengthen familial connections. Despite these efforts, the school still faces challenges, such as limited parental involvement due to time constraints and a lack of understanding about the importance of open communication. Similar issues have been identified in other schools in Mindanao, where policies to foster parent-adolescent communication are often hindered by various cultural and practical barriers (Bautista, 2020; Delos Santos & Torres, 2021; Garcia, 2022).

At General Santos City National High School, the school has implemented a policy aimed at enhancing communication between parents and adolescents, which includes regular parent seminars and counseling sessions to address emotional and academic concerns. Despite these efforts, the school still faces challenges, such as limited parental participation due to work commitments and a lack of understanding about the

importance of open communication. Similar issues have been reported in other schools, where despite policies being in place, the gap in parent-adolescent communication remains a persistent issue (Cabrera & Reyes, 2020; Dizon *et al.*, 2021; Mendoza & Fernandez, 2022)

To further emphasize the importance of parent communication to adolescents, DepEd Order No. 54, s. 2013 highlights the critical role of strong partnerships between parents and schools in fostering adolescent development. Effective communication enhances students' academic performance, emotional well-being, and social behavior by providing consistent support and early identification of challenges. Regular engagement allows parents to reinforce positive behaviors and address potential issues, ensuring a nurturing environment for adolescents to thrive.

As the Guidance Counselor of Irineo L. Santiago National High School in Metro Dadiangas, I have observed several challenges in parental communication with adolescents. Common issues include parents' time constraints due to work commitments, a focus primarily on academic performance rather than emotional support, and difficulty in understanding their adolescent children's behavioral changes. These challenges hinder effective communication, making it harder for parents to provide the necessary guidance and emotional support for their children's development.

The gap in the study lies in the need to address the disconnect between parents and adolescents at Irineo L. Santiago National High School, where time constraints, a focus on academics over emotional needs, and difficulty understanding adolescent behavior hinder effective communication. This gap suggests a lack of sufficient programs or interventions aimed at improving parent-adolescent communication and supporting parents in understanding their children's developmental changes. Further research is needed to explore how to bridge these barriers and enhance the involvement of parents in fostering their children's holistic growth.

2. Literature Review

2.1 Parental Communication

Parental communication is a vital factor in shaping adolescent mental health, as it directly impacts family dynamics and emotional well-being. Studies reveal that open and supportive interactions, where parents are empathetic and attentive to their children's needs, create a foundation for positive mental health. Adolescents who perceive their parents as responsive report lower levels of stress, greater emotional stability, and a stronger sense of resilience. This form of communication encourages adolescents to express themselves openly, fostering trust and mutual understanding. As a result, empathetic and responsive parental communication plays a pivotal role in promoting healthier psychological outcomes for adolescents (Ombayo *et al.*, 2018).

Additionally, Johnson and colleagues (2020) emphasize the importance of conversation content, revealing that discussions focused on emotional expression and problem-solving can enhance mental health outcomes for adolescents. These findings

highlight the need for healthy communication practices to foster positive familial interactions and support adolescent development (Smith *et al.*, 2020).

Similarly, effective communication and communication patterns play a crucial role in the interaction between working parents and children with mental disorders. This qualitative study aimed to explore parental communication in such families, focusing on communication effectiveness and patterns. Five mothers were interviewed and selected based on criteria including working over 42 hours per week, having children aged 5-18 displaying mental health symptoms according to the SDQ, and residing in Macassar. Thematic analysis revealed two key communication themes: implementing effective communication and implementing communication patterns. The study suggests further research in diverse settings for comparison (Mukhtar *et al.*, 2023).

Furthermore, a study was conducted to explore the link between perceived parent-child communication and various measures of adolescents' well-being, including depression, self-esteem, substance use, and school adjustment. The sample comprised 809 adolescents, with a majority being male, and with an average age of 16.8 years. Through correlations, regression, and t-tests, the study investigated the relationship between perceived communication and adolescent well-being. It was observed that females tended to perceive communication with both parents as more open compared to males. Additionally, significant associations were found between adolescents' perception of communication with their parents and their subjective well-being. These findings underscore the importance of open parent-child communication in fostering adolescents' overall well-being (Bireda & Pillay, 2018).

Additionally, a systematic review investigates the correlation between adolescent-rated parent-child communication (PCC) quality and adolescent mental health outcomes. From an initial pool of 5,314 articles, 37 studies were included, most of which were cross-sectional. Findings reveal a negative association between PCC quality and mental health issues like depression, anxiety, psychosis, suicidal ideation, post-traumatic stress symptoms, and addictive internet or gaming use, with effect sizes ranging from small to large. The review suggests that PCC plays a crucial role in understanding adolescent mental health, presenting an opportunity for targeted interventions to enhance communication quality. Furthermore, the study notes some limitations, primarily its reliance on adolescent-reported PCC, which may yield different results from those based on parent or observer ratings. Furthermore, the review excludes other relevant factors such as the broader dynamics of dyadic relationships, which could impact the findings. Despite these limitations, the study underscores the importance of PCC in adolescent mental health research and intervention. This suggests that addressing PCC quality could lead to meaningful improvements in adolescent well-being (Zapf *et al.*, 2023a).

Moreover, a related study examines how positive parent-adolescent communication influences depressive symptoms among Chinese junior high students, with attention to the moderating effects of gender and age. Using a sample of 11,455 students, researchers analyzed responses regarding communication with parents and depressive symptoms. Findings from regression analyses indicate that both gender and

grade level impact the link between communication and depressive symptoms, especially for girls. Specifically, 9th-grade girls benefit more from positive communication with both fathers and mothers than 7th-grade girls, while there is no significant grade-level difference among boys (Zhang *et al.*, 2021).

Hence, a systematic review explores how adolescents perceive parent-child communication quality and its association with various mental health issues. Analyzing 37 peer-reviewed quantitative studies from Medline and APA Psych Info, the review focuses on adolescent-rated dyadic parent-child communication and mental health measures, excluding qualitative and case studies, as well as those solely relying on parent-rated communication quality or exploring different constructs. The analysis uncovers negative effects on mental health outcomes like depression, anxiety, psychosis, suicidal ideation, post-traumatic stress symptoms, and addictive internet use/gaming, underlining the importance of parent-child communication in addressing adolescent mental health. Nonetheless, the study concludes that parent-child communication is pivotal in mental health research and could be a target for interventions aimed at improving adolescent mental well-being (Zapf *et al.*, 2023b).

Furthermore, advances in technology have spurred investigations into the influence of digital communication on adolescent mental health. This type of parental involvement helps safeguard adolescent mental health by creating a balanced approach to digital engagement. Such findings emphasize the importance of active, informed parental participation in the digital lives of adolescents (Alvariza *et al.*, 2019).

Similarly, recent studies highlight the dual nature of social media in parental communication, stressing its potential both as a platform for parental support and as a source of stress for adolescents. He discussed how social media can facilitate positive communication and emotional support from parents, but also noted the challenges it presents in terms of stress and anxiety due to cyberbullying or unrealistic comparisons. These complexities contribute to the nuanced understanding of the digital communication landscape within the parent-adolescent dyad. As technology continues to evolve, these insights become increasingly vital for addressing adolescent mental health challenges in an interconnected world (Harris & Macdonald *et al.*, 2022).

In a related study, a sample of 11,455 Chinese junior high school students examined the joint moderating effects of gender and age on the relationship between parent-adolescent communication and depressive symptoms. The findings revealed that both gender and age significantly moderated this relationship, with stronger effects observed in senior-grade girls. Specifically, positive communication with both fathers and mothers was more beneficial for 9th-grade girls compared to 7th-grade girls, while no significant differences were found among boys. These results underscore the importance of considering both gender and age when studying the effects of parental communication on adolescent mental health. Specifically, for girls in the ninth grade, the negative effects of both mother-adolescent and father-adolescent communication on depressive symptoms were greater than for seventh-grade students; however, these effects were not different for boys in either grade. According to these findings, the

benefits of positive parent-adolescent communication in preventing depressive symptoms in teenagers may be greatest for senior-grade junior high school girls in China (Zhang *et al.*, 2021).

Similarly, a study focusing on African American adolescents emphasized the importance of effective parental communication, especially open discussions on various topics, in promoting safer sex practices. Given the rise in risky sexual behaviors and associated health risks, such as sexually transmitted infections and teen pregnancies, understanding the impact of parental communication is crucial. The study, conducted through a narrative literature review, revealed a positive link between parental communication and safer sexual behaviors among African American adolescents. However, it also noted a gap in research regarding the frequency and timing of parental sexual communication with teens (Biradar *et al.*, 2019a).

Furthermore, the review highlighted the differences in parental communication topics between male and female adolescents, pointing to the need for more tailored approaches. It urged researchers and health educators to integrate parental involvement into community and school-based sex education programs. These programs could help foster safer sexual practices by addressing the communication gaps and encouraging open dialogues. The study's findings suggest that effective parental communication plays a vital role in promoting healthier sexual behaviors among adolescents (Biradar *et al.*, 2019b).

In a related study in China, the relationship between parent-adolescent communication and adolescent depressive symptoms was examined, considering school-life experiences, learning difficulties, and future confidence as mediating factors. The results indicated that increased father-adolescent communication, better school-life experiences, and higher confidence in the future were associated with lower depressive symptoms. Additionally, learning difficulties were found to increase depressive symptoms, while the other factors helped buffer against depression. This research underscores the significance of parent-adolescent communication in reducing adolescent depression and emphasizes the role of both mother and father communication in shaping mental well-being (Wang *et al.*, 2022).

Another study was conducted to expand understanding of parenting dynamics by examining how the family's emotional climate moderates the relationship between parent-adolescent communication efforts and adolescent psychosocial functioning. Using longitudinal data from Sweden, involving 1515 participants, the study explored the impact of positive emotional climates on the effectiveness of parenting strategies. Results revealed that a positive family emotional climate strengthens the positive effects of parenting strategies on adolescent well-being. Additionally, adolescents experiencing emotional problems tended to communicate more openly with their parents in positive emotional climates. These findings underscore the significance of family relational context as a protective factor and highlight the importance of enhancing family emotional climate as a preventive measure before implementing specific parenting strategies (Kapetanovic & Skoog, 2020).

However, a study revealed that parental authoritativeness and support are linked to increased intentions for adolescents to seek help for mental health issues, yet they do not directly predict actual help-seeking behavior. Despite adolescents facing high rates of mental health problems, they often hesitate to seek professional help. Parents are crucial in this process, with positive parenting behaviors such as authoritativeness and support being associated with greater intentions for seeking help from professional sources. However, these parental factors did not translate into actual help-seeking behavior when assessed one year later. This suggests that while parents play a role in influencing help-seeking intentions, other variables may also be at play. The study underscores the importance of further research into additional parental factors and social influences on adolescent help-seeking behavior (Maiuolo *et al.*, 2019).

Lastly, a study revealed that the significance of mentalization for adolescents' psychosocial well-being is increasingly acknowledged, yet further exploration is needed to comprehend its connections with other socio-cognitive factors. This cross-sectional study aimed to investigate the relationship between adolescents' mentalization abilities and three attachment-related aspects: trust, communication quality, and alienation in their relationships with parents. Using an online survey, 82 predominantly Australian adolescents participated. Results indicated significant positive correlations between trust and communication quality with both mothers and fathers, while these factors were negatively correlated with alienation. However, mentalization capacity did not show any correlation with trust, communication quality, or alienation in relationships with either parent (Clarke *et al.*, 2020).

Paternal open communication has been shown to positively reduce anxious and depressive symptoms in early adolescents, highlighting the critical role of parent-adolescent communication during this developmental stage. In contrast, maternal co-rumination was found to have a negative association with depressive symptoms over time, suggesting that certain communication styles can influence adolescents' mental health outcomes. The study emphasizes the importance of parents' involvement in developing their children's problem-solving and coping skills. These findings underscore the need for understanding different communication dynamics within the parent-adolescent relationship (Pittman *et al.*, 2020).

Similarly, a study examining parent-adolescent communication styles, including open communication, co-problem-solving, and co-rumination, found that paternal communication patterns were linked to adolescents' anxious and depressive symptoms. The research, involving 400 adolescents with an average age of 12.49, revealed that paternal open communication helped reduce both anxious and depressive symptoms. However, paternal co-rumination was associated with increased depressive symptoms, pointing to the complexities of communication within families. These findings suggest that certain communication styles, particularly paternal involvement, can have significant impacts on adolescent mental health (Smith *et al.*, 2020).

Interestingly, maternal co-rumination was negatively associated with depressive symptoms over time, which contrasts with the findings related to paternal co-rumination. The study's path analyses revealed distinct patterns in how communication processes evolve and influence adolescents' emotional well-being. This indicates that the type of communication—whether open, co-problem-solving, or co-rumination—plays a significant role in shaping adolescents' coping strategies and mental health outcomes. Understanding these dynamics is crucial for developing effective strategies to support adolescent mental health (Loffe *et al.*, 2020).

Consequently, depression has become a significant psychological challenge affecting both adults and adolescents, with family dynamics playing a crucial role in adolescent development. Specifically, it emphasized the importance of parent-child communication in addressing adolescent depression, highlighting that open communication is beneficial in alleviating depressive symptoms. Additionally, the study found that the impact of parent-child communication on adolescent depression varies depending on parental gender, adolescent gender, and age. Therefore, further research is needed to explore how factors such as parental illness influence communication and its effectiveness in treating adolescent depression (Yang & Zeng, 2023).

A similar study emphasized that parent-adolescent relationship plays a crucial role in adolescents' personality development and overall well-being. This quantitative study aimed to evaluate the impact of parent-adolescent communication on adolescents' self-esteem and perceived stress. Data were collected from 377 Malaysian adolescents aged 12 to 17 using the Parent-Adolescent Relationship Questionnaire, Rosenberg Self-Esteem Scale, and Perceived Stress Scale-10. Results indicate a positive correlation between parent-adolescent communication and self-esteem, as well as a negative correlation between self-esteem and perceived stress among adolescents. Notably, female adolescents exhibited lower self-esteem and higher stress levels compared to males. These findings underscore the importance of fostering positive parent-adolescent communication for the psychological well-being of adolescents (Mohan *et al.*, 2022).

Consequently, adolescence is a critical period for developing social and emotional habits that greatly influence mental well-being. The relationship between mental and physical health is reciprocal, affecting various factors such as causation, detection, and treatment. Adolescents struggling with mental health issues are especially vulnerable to challenges like social exclusion, academic difficulties, and physical health problems. Furthermore, parental bonding plays a significant role in nurturing cognitive, emotional, and social growth, while its absence can lead to neglect and abuse. In addition, a study conducted in Surat, Gujarat, aimed to assess the prevalence of mental health risk factors and parental bonding among adolescents at a tertiary care center. Among 498 randomly selected participants, common factors included peer pressure, worries, and parent-child conflicts, while addiction habits were found to be less prevalent. The findings underscore the importance of raising awareness about mental health and implementing initiatives to address these concerns. These insights highlight the need for better awareness and access to mental health services for adolescents (Jain *et al.*, 2023).

Parental psychological control and support indirectly influence mental health in Filipino late adolescents and young adults through identity formation processes, with age-related differences in effects. The quality of parent-adolescent communication significantly predicts various aspects of adolescent well-being, including self-esteem, emotional regulation, and overall psychological resilience. A longitudinal study found that adolescents who reported more frequent and open communication with their parents exhibited lower levels of anxiety and depression over time, suggesting that positive parent-child communication serves as a protective factor against the development of mental health difficulties during adolescence (Pesigan *et al.*, 2019)

Furthermore, the mediating role of parental communication in the relationship between family functioning and adolescent mental health. Their findings underscore the importance of effective communication patterns within the family unit, highlighting how parental warmth, empathy, and active listening can buffer against the negative impact of family stressors on adolescent psychological well-being (Mohan S. *et al.*, 2022).

Lastly, studies have highlighted how adolescents' communication styles and preferences can influence the quality of parent-child interactions and, subsequently, their mental health trajectories. By recognizing adolescents as active participants in the communication process, these studies emphasize the importance of fostering mutual respect, trust, and empathy within the parent-adolescent relationship. The role of cultural factors in shaping parental communication patterns and their impact on adolescent mental health outcomes. Their cross-cultural research underscores the need for culturally sensitive approaches to understanding and promoting effective parent-child communication practices, thereby paving the way for tailored interventions to support adolescent mental health across diverse cultural contexts. (Wang *et al.*, 2022)

2.2 Synthesis

The critical role of parental communication in shaping adolescent mental health spans various cultural contexts and developmental stages. Effective communication between parents and adolescents emerges as a key determinant of psychological well-being, fostering resilience, and mitigating stress and depressive symptoms through open, supportive dialogue and problem-solving strategies. Parental warmth and empathy further serve to buffer against the negative impact of family stressors, emphasizing the importance of nurturing familial dynamics conducive to mental well-being.

Moreover, studies emphasize the significance of addressing digital communication dynamics and acknowledging adolescents as active participants in the communication process. Culturally sensitive approaches to parental communication play a pivotal role in fostering mutual respect, trust, and empathy within the parent-adolescent relationship. By recognizing and respecting diverse cultural norms and values, tailored interventions can effectively support adolescent mental health, paving the way for healthier family interactions and enhanced psychological resilience.

3. Methodology

This study employed a qualitative phenomenological design, which is well-suited for capturing the lived experiences of adolescents regarding parental communication and its perceived impact on their mental health. Phenomenology was chosen to deeply explore the subjective meanings and emotions associated with how adolescents interpret and respond to their parents' communication styles. This approach allowed the researcher to understand the participants' perspectives without being confined by predetermined theories or assumptions, thus preserving the authenticity of their voices and experiences.

This design is particularly suitable for exploring the intricacies of the voices of adolescents as to how their parents' communication affects their mental health without imposing preconceived theoretical frameworks. It allows for a straightforward and in-depth exploration of participants' narratives, offering a rich and nuanced portrayal of their subjective experiences. By engaging the participants in open-ended, semi-structured interviews, the research design enables a flexible and responsive approach, allowing participants to share their perspectives authentically. This study employed a qualitative-phenomenological design. The philosophy of experience was known as phenomenology. A qualitative approach to research is a methodology that focuses on understanding the nuanced and subjective aspects of human experiences and social phenomena. Unlike quantitative methods that rely on numerical data, qualitative research involves collecting non-numerical data through techniques such as interviews, focus groups, and observations. The emphasis is on exploring the depth, richness, and context of the phenomenon under investigation (Cardano *et al.*, 2020).

Grounded in a phenomenological framework, the study aimed to explore the role of parent communication in the mental health of adolescents. The research design embraces an interpretive approach to understanding the intricate roles of parents in the mental health of adolescents. Similarly, qualitative research is a methodology used to understand people's subjective experiences, attitudes, and behaviors through the collection and analysis of non-numerical data, such as text, images, and audio. This type of research typically involves gathering data through methods such as interviews, focus groups, observation, and document analysis, and analyzing the data inductively to identify patterns, themes, and insights (Muzari *et al.*, 2022).

Moreover, qualitative research often seeks to answer open-ended questions that explore complex phenomena, such as social norms, cultural practices, or individual experiences. Qualitative research aims not to measure or test hypotheses but to develop a deep understanding of a particular phenomenon or social context and generate theories or insights that inform further research or practice. Qualitative research is commonly used in fields such as anthropology, sociology, psychology, education, and healthcare. It is often contrasted with quantitative research, which uses numerical data and statistical analysis to test hypotheses and measure relationships between variables.

On the other hand, phenomenology is a philosophical approach and methodology that seeks to describe and understand subjective human experiences, perceptions, and consciousness. It emphasizes studying human experience as it is lived and perceived rather than studying objects or events in the external world. Phenomenology focuses on the "phenomena" of experience, which are the subjective qualities or "meanings" that we attribute to objects, events, and situations in the world around us. For example, the experience of seeing a red apple involves not just the physical object but also our perception of its color, shape, texture, and so on (Haven & Van Grootel, 2019; Pearse, 2019).

Similarly, phenomenological research typically involves gathering data through interviews or other inquiry forms and then analyzing the data to identify themes, patterns, and structures in the studied experiences. The goal is to develop a rich and detailed description of the experience being studied and to explore how it is meaningful to the individuals who have it (Errasti-Ibarrondo *et al.*, 2019).

Likewise, a qualitative research technique called phenomenology focuses on the commonalities of a group's life experiences. As a researcher, I constructed the universal meaning of the event, scenario, or experience as a result of this approach, and get a deeper understanding of the phenomenon. The thematic analysis of the collected data is applied in the whole process of the research (Umanailo, 2019).

As the researcher, my role encompassed conducting a comprehensive literature review, designing and administering surveys, and conducting in-depth interviews to gather authentic insights. I upheld ethical standards by ensuring informed consent, maintaining confidentiality, and collaborating with experts for data analysis. Additionally, I acted as the inquirer, interviewer, observer, advocate, transcriber, and analyst throughout the study.

- **Inquirer.** In this qualitative study, I aimed to gain insight into the perspectives and emotions of the participants. This task presented challenges as it involved individuals discussing deeply personal matters. On occasion, the experiences being investigated were recent and vivid in the participant's memory, while at other times, revisiting past experiences was emotionally taxing. The collection of such insights was facilitated through the inquiry process, which played a central role for the researcher (Daher *et al.*, 2017).
- **Interviewer.** The interview was organized around an interview guide developed by the researchers. The interview had themes that were covered during the discussion. The questions were open-ended to encourage participants to provide lengthy, elaborate responses. It was vital to gather as many details as possible during the interview procedure because the interviewees could also provide shortcuts to the history of such situations, helping to identify other relevant sources of evidence. As the interviewer, I was responsible for conducting the interview and storing and safeguarding the information and responses provided by the research participants (Deterding & Waters, 2021).

- **Observer.** I had to observe data gathering thoroughly. In qualitative research, data were gathered through observation. Observations helped generate in-depth descriptions of organizations or events, obtain otherwise inaccessible information, and conduct research when other methods were inadequate (Busetto *et al.*, 2020).
- **Advocate.** Advocacy research aimed to affect the official and informal policies that decision-makers and other powerful individuals put forward. As a result, it was critical to gather accurate information and present it compellingly. The ideal scenario was that this research would demonstrate that the needs or problems the researcher wanted to address were real and severe and that the proposed methods had been proven effective (Mazzucato *et al.*, 2020). The insights shared by the participants needed an instrument; a DepEd policy could have been formed to persuade decision-makers and the public and shape all policy process stages. I advocated obtaining accounts of adolescents' stories, which played a vital role in drawing attention to this research and providing a solid foundation for opening new ideas for future research (Rutakumwa *et al.*, 2020).
- **Transcriber.** I did the task of transcribing. The most common type of data analysis was text; this could be a transcription of an interview, field notes from ethnographic work, or other documents. Text was a simple form of recording that most researchers preferred when dealing with textual data. A detailed description contributed to an understanding and analysis of the setting studied (Busetto *et al.*, 2020).
- **Analyst.** As an analyst, I collected qualitative research in the field during observation, interviewing, or both when the researcher picked out issues and theories that made sense given the circumstances. Reading the notes or transcripts was a critical step in the analysis process (Schweinsberg *et al.*, 2021).

Furthermore, another critical role of a researcher in this study is known as **emic**. The "emic" approach began with a "blank page" and allowed research participants to define and explain concepts of interest in their own words. Where there had been little empirical research, empirical research was critical. We needed to know how people in under-researched areas perceived the constructs of interest; otherwise, researchers imposed their own, developed elsewhere, viewpoint. While valuable, knowledge based solely on emic research did not always allow statistical comparisons between groups (Spiers, 2000).

In the following paragraphs, I outlined the criteria for participants' inclusion, exclusion, and withdrawal in the research. The inclusion criteria focused on how I was actively involved in supporting students, with prior consent obtained for participation in interviews. The inclusion criteria for this study were the 10 participants. They had to be learner adolescents enrolled at Irineo L. Santiago National High School of Metro Dadiangas, falling within the age range of 10 to 19 years old, with existing problems in parental communication. This age range ensured a focus on adolescents who were navigating the developmental stage characterized by increased autonomy, identity exploration, and changes in social relationships.

Additionally, participants were required to be referred by class advisers for further psychological assessment to the guidance office and willing to provide parental consent. The guidance counselor or a psychologist had to be present to assist in the assessment process. For adolescents under the age of 18, parental or guardian consent was also required. Furthermore, participants were engaged in open and honest discussions about parental communication.

Conversely, the exclusion criteria outlined learners who were not included in the study. This included learner adolescents who were not enrolled at Irineo L. Santiago National High School of Metro Dadiangas, those outside the specified age range, and individuals who did not provide informed consent or lacked parental or guardian consent if under 18 years old. Additionally, participants who were unwilling or unable to discuss their experiences, perceptions, and feelings regarding parental communication and mental health were excluded from the study.

The withdrawal criteria emphasized participants' rights to leave the study at any point without facing any penalties. Participants were not obligated to provide a reason for their withdrawal, ensuring that they felt comfortable and free to decline participation or exit the study if they felt uncomfortable or unwilling to continue.

Lastly, during the interview, my participation was crucial in ensuring that all students involved had been certified as present for the session, and their involvement was documented. If a participant decided to withdraw, they were allowed to do so at any point without consequence, and their data was removed from the study upon request.

During the data collection phase, I accessed the participants by initially securing permission from the school administration and ensuring that all ethical guidelines were adhered to. permission from the school administration and ensuring ethical guidelines were followed. Using purposive sampling, the researcher selected participants based on their experience and relevance to the study's objectives. Educators were chosen due to their direct involvement with students and their insights into parental communication, ensuring that the perspectives gathered would be both informed and meaningful to the research. This method of sampling ensured that the participants could provide rich, detailed experiences relevant to the study.

The research site, Irineo L. Santiago National High School, was selected for its diverse learner population, which allowed the researcher to capture a range of perspectives on parental communication. Challenges faced during data collection included scheduling conflicts and resistance from some participants due to time constraints. These were resolved by offering flexible in-depth interview times and ensuring the confidentiality of responses, which helped in fostering trust and encouraging open communication.

Data collection was carefully documented using digital voice recorders, interview guides, typed transcripts, and field notes. The recordings were transcribed verbatim to ensure an accurate representation of participants' responses. To validate the findings, the researcher employed member checking, where participants reviewed their responses to

confirm accuracy and relevance, ensuring that the interpretations made were in alignment with their lived experiences.

The importance of the perspectives of the class advisers was critical, as they provided insights not only into the challenges of parental communication but also into strategies that could improve it. Teachers' experiences with students and their families offered a unique viewpoint, complementing the data gathered from students and parents. By documenting and validating the findings, the researcher ensured that the conclusions drawn were both reliable and reflective of the diverse viewpoints shared by the participants.

The researcher was guided by the methodologies suggested by Moustakas (1994), who emphasized the importance of active listening and reflexive techniques during qualitative interviews. This approach allowed the researcher to create an environment where participants felt comfortable sharing their experiences. Moustakas' process of phenomenological research, which focuses on uncovering lived experiences, was crucial in understanding the participants' perspectives in a detailed and authentic manner.

Lastly, the work of Quejada and Orale (2018) provided valuable insights into the use of qualitative research interviews as a tool for exploring subjective experiences. Their perspective reinforced the significance of gathering in-depth, personal accounts to uncover the lived world of participants before applying scientific explanations. By incorporating these authors' methodologies, I ensured that the data collection process was both rigorous and sensitive to the participants' experiences.

This study involved gathering information from a range of participants, primarily focusing on students' experiences with parental communication. The significance of the unit of research, which includes both students and parents, lies in its ability to reflect the broader educational perspectives on adolescent development and family dynamics. By focusing on these groups, the study highlights how communication patterns influence students' academic and emotional well-being.

Examples of themes explored in this research include the barriers to communication, the emotional impact of parental involvement, and the strategies students employ to express themselves. These themes were carefully examined through interviews with students, teachers, and parents. To ensure the validity of the findings, participants were carefully selected, ensuring a diverse representation of learners across different grade levels and backgrounds.

To verify the findings, data triangulation was employed, cross-referencing student responses with parental input and teacher observations. This process helped confirm the accuracy and reliability of the themes identified. Additionally, the study's theoretical framework, including communication theories and adolescent development theories, is used to connect the findings, offering a deeper understanding of how communication shapes student outcomes within the educational setting.

Thematic analysis, inspired by Braun and Clarke (2006), serves as the primary method for analyzing qualitative data. This approach involves identifying, analyzing, and reporting patterns or themes within the dataset. The researcher engaged in a

thorough and systematic coding process. Initially, codes were generated through open coding, allowing for a detailed examination of the data. These codes were then organized into overarching themes, capturing the essence of educators' experiences related to child protection. The thematic analysis provides a robust framework for interpreting the qualitative data and uncovering key patterns.

Thematic analysis was used in this research after the collection of the answers of the participants. Thematic analysis is a qualitative data analysis that entails reading over a set of data, such as focus groups or in-depth interview transcripts, and searching for significant trends. Usually, it refers to a collection of texts, such as interview transcripts. I studied the data carefully to uncover recurring themes, subjects, ideas, and patterns of meaning.

Thus, this study utilized Colaizzi's data analysis framework for the descriptive analysis. Colaizzi's phenomenological data analysis process has a distinctive seven-step process that provides a rigorous analysis, with each step staying close to the data. The end product is a succinct yet comprehensive account of the phenomenon under research, supported by the contributors to it. The method relies on detailed first-person accounts of experience, which can be gathered in a variety of forms, including written narratives, blogs, research diaries, internet interviews, and face-to-face interviews (Morrow *et al.*, 2015).

The first step was familiarization. The researcher read through each participant's account numerous times to become comfortable with the data.

Second, the researcher identified significant statements where the researcher identified all statements in the accounts that directly relate to the phenomenon under investigation.

Third, formulated meanings. The researcher identified meanings relevant to the phenomenon by carefully considering the important assertions. To stay as near to the phenomenon as it is perceived, the researcher must instinctively "bracket" his or her presumptions, though Colaizzi acknowledges that perfect bracketing is never possible.

The fourth step was to cluster themes, where the researcher clustered the identified meanings into common themes across all accounts. Premises must once again be bracketed to avoid any potential influence from existing theory.

Fifth, the researcher developed an exhaustive description where the researcher incorporates all the topics generated in step 4 into a comprehensive and all-encompassing account of the phenomenon.

The sixth step was to produce the fundamental structure. The complete explanation was reduced by the researcher to a succinct, dense statement that only includes the elements deemed crucial to the phenomenon's structure.

Lastly, the seventh step was to seek verification of the fundamental structure, where the researcher returned the fundamental structure statement to all participants (or sometimes a sub-sample in more extensive studies to ask whether it captured their experience. He or she may modify earlier steps in the analysis in light of this feedback.

Also, thematic analysis might be carried out in many ways, but the most well-liked one involves six steps: familiarization, coding, generating themes, reviewing themes, defining and labeling themes, and writing up. The utilized research method is thematic analysis, a versatile psychological research approach applicable to a broad spectrum of studies (Braun & Clarke, 2013). This method explores people's perspectives, opinions, knowledge, experiences, and values, with a focus on identifying recurring themes and patterns in the collected data. The thematic analysis involves six steps, including familiarization, coding, generating themes, reviewing themes, defining and labeling themes, and writing up (Caulfield, 2019). By working collaboratively with a data analyst, I identified and summarized critical statements from participants, facilitating the creation of a comprehensive description of the research field. This process informed the interpretation of the gathered data, aiding in addressing the research questions.

- **Trustworthiness**

To establish the trustworthiness of this study, I adhered to four essential components: credibility, confirmability, transferability, and dependability.

- **Credibility**

Credibility pertains to the level of confidence in the believability and trustworthiness of the study's findings. To bolster credibility, I gathered evidence through various means. This included obtaining confirmation of the conclusions from research participants, combining multiple sources of evidence such as reflective field notes from interviews, and implementing investigator triangulation. Ensuring accuracy during data collection in the in-depth interviews would be paramount in establishing the credibility of this research study. My judgments were solely based on factual and relevant information provided by the participants (De Wet, 2010).

- **Confirmability**

Confirmability involves the researcher's ability to connect the study's findings back to the collected data, ensuring that any conclusions drawn were logically grounded in the participants' experiences. I transparently disclosed that all interpretations are firmly rooted in the data, effectively outlining this process. In essence, I reviewed the data to validate the findings or conclusions. Employing a form of data triangulation, I compared saturation data to confirm the results' consistency (Schwandt, 2007).

- **Transferability**

Since qualitative research does not seek context-free generalization, transferability becomes a pertinent concept when considering the application of study results to other contexts. I provided a comprehensive account of the participant interviews and the foundational assumptions of the research study to elucidate transferability. This approach emphasized the transparency of all data, ensuring that it is well-specified for potential transfer to different contexts. I oversaw the determination of the logical transfer

of results. To address transferability, I maintained physical copies of transcriptions, translations, and field notes, all appropriately labeled and stored for future reference. These documents would be kept in their entirety (Guba and Lincoln, 1981).

- **Dependability**

Dependability is akin to reliability and concerns the stability of outcomes over time. To address dependability, I employed the code-recode system during data reduction to ensure the consistency of data collection and analysis. Peer review and investigator triangulation would be implemented for the data to be collected and analyzed, further enhancing the study's credibility (Ramsey, 2010).

By thoroughly adhering to these trustworthiness components, I aimed to enhance the credibility and reliability of this study's findings, thereby ensuring that they accurately represent the impact of parental communication on adolescents' mental health.

3.1 Ethical Consideration

This qualitative research raised significant ethical considerations, stemming primarily from the chosen methodology and having distinct implications for the study. Ethical challenges and concerns have been carefully addressed throughout the research process, particularly regarding the proper conduct of the study, confidentiality, and anonymity. The study adhered to the standards established by the RMMC Ethics Review Committee, following ethical guidelines in dealing with the participants' population and data.

- **Voluntary Participation**

One fundamental ethical principle observed in this study is voluntary participation. Participants were provided with the choice to partake in the research without any consequences, repercussions, or loss of benefits. Consequently, after presenting the study's purpose and potential benefits, careful consideration was given to each participant's rights in contributing to the body of knowledge. In this study, participants were under no obligation to participate and retained the freedom to withdraw their participation at any point if they felt uncomfortable during the study's progression.

- **Privacy and Confidentiality**

Respecting the right to privacy and maintaining confidentiality will remain crucial ethical considerations. These principles align with the existing Data Privacy Act of 2012, which safeguards fundamental human rights, including privacy. To ensure privacy and confidentiality in this qualitative research, respondents were given the option of not disclosing their names on the survey questionnaire. Furthermore, confidentiality and privacy were upheld by refraining from publishing demographic data, such as age, gender, occupation, employment, or any health-related information, to safeguard the participants' identities for their safety. Additionally, the responses to the survey questionnaire items were treated as confidential.

These ethical considerations have been meticulously adhered to, and all necessary precautions have been taken to protect the rights, privacy, and confidentiality of the research participants. The study was conducted with the utmost respect for ethical standards, ensuring the integrity and well-being of all involved parties.

- **Informed Consent Process**

The prospective research respondents were provided with comprehensive information about the research's objectives, methods, and potential benefits to the best extent possible within the study's framework. Their consent was requested voluntarily, and this process was documented in written form, including all essential details to be disclosed to the participants and the procedure for conducting the survey. Participants were asked to affix their signatures on the informed consent form, signifying their voluntary agreement to participate. Given that the respondents are consenting adults, there was no need to obtain parental consent. Notably, the survey questionnaire will contain the names of the respondents, and their responses were held in strict confidentiality. Participants were fully aware of their right to withdraw from the study at any point. Furthermore, any data gathered by the researcher is meticulously protected, and the release of information adheres to a stringent informed consent process. This approach aimed to provide participants with a sense of control over their personal information, alleviating concerns about unintended use of their data.

- **Recruitment**

The respondents were provided with clear explanations regarding their inclusion in the study. The researcher ensured that participants understood the study's purpose, enabling them to derive meaning from their involvement and recognize the study's significance. In addition to formal letters of invitation, the researcher offered a rationale for the study, further elucidating its purpose and importance.

- **Risks**

This research was undertaken only when an acceptable positive benefit-to-risk ratio was established. The welfare and protection of participants from significant harm will be prioritized in this study. The participants' identities were kept confidential to safeguard their security and safety. The researcher took measures to ensure that participants were physically, emotionally, and socially prepared, striving to create a survey questionnaire that did not cause discomfort or awkwardness.

- **Benefits**

The study held potential benefits for the respondents and the broader community. Ultimately, the most significant benefit derived from this study is the acquisition of valuable knowledge.

- **Plagiarism**

The study was conducted with utmost integrity, and there will be no evidence of misappropriation of someone else's work. Plagiarism detection tools, such as Grammarly, were employed to ensure the originality of the study. As a researcher, maintaining positive character and integrity rooted in moral virtues and values is essential. A deep understanding of the concept of plagiarism was crucial in producing a credible research paper.

- **Fabrication**

The study did not exhibit any indications or cues of purposive misinterpretation or fabrication of data and results. It adhered to the integration of theories related to the information and other inferential concepts.

- **Falsification**

The study avoided purposeful misrepresentation of work to fit a model or theoretical expectation, and it refrained from overclaiming or exaggeration. It did not engage in data manipulation, which involved crafting misleading statements, omitting crucial details, or manipulating materials, tools, or methodologies to mislead others.

- **Conflict of Interest (COI)**

There is no trace of a conflict of interest within the study. The researcher did not have secondary interests, such as financial or academic gains or recognition, that would influence professional judgment concerning the primary interest, which is the welfare of the participants and the validity of the research. The participants were not coerced into being part of the study, and the researcher had no control or influence over them.

- **Deceit**

The study refrained from misleading the respondents about potential dangers. Protection of the participants' rights was paramount, especially given their higher education status. The study adhered to balanced and appropriate ethical principles throughout.

- **Permission from Organization/Location**

The researcher of this study followed established protocols. Upon receiving approval from the panelists, the adviser, and the RMMC Ethics Review Committee, the researcher formally sought approval from the organization for the study's conduct through a formal letter. Subsequently, a formal letter was addressed to the participants of the study.

- **Authorship**

The researcher of the study is currently enrolled in the RMMC School. She has undergone a series of revisions for his thesis based on the suggestions and recommendations made by her adviser, who had guided the researcher throughout the completion of this paper. The refinement of the paper had been made possible through the guidance of her adviser.

The researcher also followed the standards of the RMMC Ethics Review Committee for the guidelines of ethical consideration.

4. Results and Discussion

The participants of this study were adolescents aged 10-19 years old who were currently enrolled in Irineo L. Santiago National High School of Metro Dadiangas. These students were diagnosed with different mental health problems like Major Depressive Disorder, Separation Anxiety, Anxiety and Depression, Post Traumatic Syndrome Disorder, Attention Deficit Hyperactivity Disorder, and bipolar disorder, which is common among the participants.

4.1 Analysis of Themes

In this part, the participants' descriptions of their experiences as student inmates are analyzed together with their strategies for overcoming difficulties inside the prison and the insights they have gained from their experiences. One of the most often used qualitative analysis methods is thematic analysis. Thematic analysis may be a very effective analytical tool when done properly, despite its apparent simplicity. Data may be usefully summarized into themes by grouping codes, which will help reach the research goals and provide a solution to the research questions (Crosley, 2021).

4.1.1 Views of Adolescent Learners on the Impact of Parental Communication on Their Mental Health

Table 1: Views of Adolescent Learners on Parental Communication on Their Mental Health

Clustered Themes	Emergent Themes
Comfortable sharing problems within the family. Promotes clear thoughts when being supported by parents.	Shows Support
Parents got strict whenever wrong decisions were made. Good communication could build trust and resilience.	Imposes Trust and Guidance
Thought of being misunderstood because of the age gap and the changes in the behavior of teenagers nowadays. Initially, I saw the communication as not helpful.	Increases Generational Disconnection
Did the same thing as one grew older Got used to the problems during communications and stayed unbothered. Adopted values as one grows older.	Adopts the Same Behavior
Observed that parents were not emotionally ready and not available to hear ideas from them. Unable to communicate with parents due to the unavailability of parents to listen.	Emotionally Distant with Parents

- **Shows Support**

Parental communication that demonstrates support is a crucial factor in fostering adolescents' mental well-being. When parents actively listen, validate emotions, and provide reassurance, it creates a safe environment for adolescents to express themselves openly. Supportive communication allows adolescents to feel valued and understood. Moreover, parents who consistently convey encouragement and empathy can positively influence their child's self-esteem and resilience in facing challenges. This theme underscored the importance of parents being emotionally available and responsive, as it not only strengthens the parent-adolescent bond but also promotes healthier coping mechanisms and overall mental health.

It was evident in the verbatim as follows:

"Maka help siya kay kanang basta mag storya mi sa akuang mama jud mostly kay mag gaan ang akuang pakiramdam. Murag makatabang pud siya nga mag suggest siya ug mga idea, mga advices sa akua so.. Tas ma let out pud nako akuang mga maramdaman pero basin ma-mag lisud jud ko." (Participant III, lines 61-64)

"It helps because whenever I talk to my mom, I mostly feel relieved. It's like she helps by suggesting ideas and giving advice to me. I also get to let out my feelings, though sometimes I still find it difficult."

"Kung maayo ang tono ug open sila sa pagsulti, mas komportable ko ug klaro akong paghunahuna." (Participant IV, lines 75-77)

"If their tone is good and they are open when speaking, I feel more comfortable, and my thoughts are clearer."

In conclusion, the theme "Shows Support" highlighted the powerful role of parental communication in shaping adolescents' mental well-being. As reflected in the participants' experiences, having emotionally available and responsive parents fosters a sense of relief, clarity, and comfort in adolescents. When parents engage with empathy, encouragement, and openness, they not only strengthen the parent-child relationship but also help young individuals navigate emotional challenges more confidently. These insights emphasize the need for supportive conversations at home as a foundation for healthy mental and emotional development.

- **Imposes Trust and Guidance**

Parental communication that emphasizes trust and guidance fosters a sense of security and direction in adolescents' lives. When parents actively demonstrate trust in their children, it encourages mutual respect and openness, making it easier for adolescents to seek advice during challenging times. Clear guidance, coupled with trust, helps adolescents navigate decision-making and develop a stronger sense of responsibility.

This theme highlighted the balance parents must strike between setting boundaries and empowering their children to grow independently.

"Biggest ano talaga like effect sa pag ano nila sa akua kay.... sakit ano kaayo like galit gud tapos always sila ano galit sa akin kapag ano nila ako ga communicate pero dili man sila suko." (Participant IV, lines 104-109)

"The biggest, like, effect of how they treat me is... it really hurts, like, they're angry and always mad at me when I try to communicate with them, but they're not really upset."

"Kung maayo ug makasabot ang parents, dali ko maka-handle sa stress kay naa koy maadto-an para musulti ug mangayo ug tambag." (Participant VII, lines 149-151)

"If the parents are good and understanding, I can handle stress easily because I have someone to turn to for speaking and seeking advice."

In summary, the theme "Imposes Trust and Guidance" emphasized the vital role of balanced parental communication in fostering adolescents' emotional stability and responsible decision-making. As shared by the participants, when parents are understanding and trusting, adolescents feel more secure and supported, making it easier for them to manage stress and seek guidance. However, when communication is perceived as harsh or reactive, it can lead to emotional distress and hinder open dialogue. This highlighted the importance of parents guiding with empathy while building trust, creating an environment where adolescents feel both directed and empowered.

- **Increases Generational Disconnection**

Generational disconnection arises when gaps in communication, values, and understanding between parents and adolescents widen due to differences in upbringing and societal influences. Adolescents often feel misunderstood because parents may struggle to relate to the unique challenges of modern youth, such as mental health stressors and rapidly changing social norms. This disconnection is exacerbated when parents fail to provide emotional availability or adapt their communication styles, leading teens to withdraw and rely more on peers or external sources for support. Over time, this lack of connection can erode trust and make it harder for both generations to foster meaningful relationships.

"Ano ahmmm sa parental communication, I think na mahirap siya kapag yung...yung..yung adolescent atsaka katong parent kay dili pagud sila like katong pagkabata pa niya kay wala nagud sila nasanay na mag talk tapos karon palang sila nag decide nga murag makaya ra siya. I think nga malisdan japon ang...ang bata mag open up sa ilahang parents." (Participant III, lines 15-19)

"Uhm, regarding parental communication, I think it's difficult when... when the adolescent and the parent haven't really been used to talking since childhood. They haven't gotten used to it, and now they're just deciding that it's something they can handle. I think the child would still find it difficult to open up to their parents."

"Sometimes normal iyahang boses pero sometimes kung baga mura siyag taas - mura siyag suko nga boses nga dili nimo siya makuan so bali mag lead siya nga murag ma misinterpret nimo or misunderstood nimo ang..ang conversation so bali mag lead siya through like ikalain pud sa buot pud." (Participant V, lines 69-72)

"The way my parents talk to me is not very helpful for me because they are talking to me like I'm not...I'm like a just a stranger to them." (Participant II, lines 58-60)

To conclude, the theme "Increases Generational Disconnection" revealed how misaligned communication and emotional gaps between parents and adolescents can hinder meaningful relationships. The participants' narratives reflected how the absence of early communication habits, combined with unadapted or harsh parental tones, leads adolescents to feel misunderstood and emotionally distant. When parents struggle to connect with their children's evolving experiences and needs, adolescents may withdraw, reducing opportunities for open dialogue. This highlighted the need for intentional efforts from parents to bridge generational divides by fostering consistent, empathetic, and adaptive communication that nurtures connection and mutual understanding.

- **Adopts the Same Behavior**

Adolescents often unconsciously adopt the same behaviors they experience from their parents, especially in communication patterns. As they grow older, they may emulate the avoidance or indifference they observed during strained family interactions, normalizing these dynamics in their own lives. Over time, some develop resilience and learn to stay unbothered by recurring communication issues, while others may internalize values such as patience or independence from witnessing these challenges. This duality reflects how parental communication influences adolescents not only in the present but also in shaping their future approaches to relationships and emotional expression.

"Ano po like.. important siya masyado sa vital roles sa parents sa ilahang mga anak lalo na gikan pa pagkabata inig unsa na ilang ginapafeel sa ilaha about the way sila mag communicate hantud sa ilahang pagdako kay like madala na nila and murag makasanayan na nila kung unsa gyud ang.. like gikan man ud sa parents gyud naga come-up ang viewing sa isa ka bata hantud sa pagdako nila." (Participant I, lines 5-10)

"Like, it's very important because of the vital roles parents play in their children's lives, especially from childhood. The way they make their children feel about communication will

affect them as they grow up because they'll carry it with them. It's something they'll get used to, and how they view things really comes from their parents and influences them until they grow up."

"Hmmm ano ma'am like, okay lang man siya ma'am ano comfortable kaayo ko kung gina share lang nila ilang problema, ilahang ano away-away sa akuang family, okay lang man sa akua." (Participant IV, 20-23)

"Hmmm, like, it's okay ma'am, I'm really comfortable when they just share their problems, their conflicts in my family, it's fine with me."

In essence, the theme "Adopt the Same Behavior" illustrated how adolescents often mirror the communication patterns modeled by their parents, consciously or not. The participants' insights revealed that the way parents express themselves—whether through openness, avoidance, or emotional sharing—can shape how adolescents perceive and handle communication throughout their lives. These behaviors, ingrained from childhood, become familiar responses that influence how they relate to others and manage emotional interactions. This underscored the long-lasting impact of parental communication, highlighting the need for mindful and constructive interactions that set a healthy foundation for adolescents' emotional growth and relational habits.

- **Emotionally Distant with Parents**

Adolescents often perceive their parents as emotionally unprepared or unavailable, making it difficult to share their thoughts and feelings. This sense of emotional distance is exacerbated when parents prioritize work or personal responsibilities over an active listening and engagement with their children. As a result, many adolescents feel isolated and unheard, leading them to suppress their emotions or seek support outside the family. Over time, this dynamic weakens the parent-child bond, creating long-term challenges in communication and emotional connection.

"Naka affect siya sa akua kay...pag wala man gud ang presence sa akuang parents or wala gid ang communication, is maisip nako nga 'paano nako ni ma overcome?' lalo na nga ang parents gyud dapat ang una nako maduulan, like that po." (Participant I, lines 131-133)

"It affects me because... when my parents are not around or there is no communication, I think to myself, 'How can I overcome this?' especially since my parents should be the first ones I turn to, like that."

"Kanang dili man gud jud always sila kanang available nga.. Maka istorya kay paminsan pud kanang naa pud sila sa stress so maglisud pud ko ug ano kanang reach out sa ilaha so paminsan kay ang ilahang pag accept sa akuang mga maingon kay murag dili gud...dili pud gud kaayo sila mag ano." (Participant III, lines 102-104)

"It's just that they're not always available to talk because sometimes they're also stressed, so I have difficulty reaching out to them. And sometimes, the way they accept what I say seems like they don't really... they don't really respond much."

To sum up, the theme "Emotionally Distant with Parents" highlighted the struggles adolescents face when emotional availability is lacking in the home. The participants' reflections showed how the absence of presence and responsiveness from parents leaves adolescents feeling isolated, unsure of where to turn for support. When parents are preoccupied or emotionally detached, it becomes harder for teens to express themselves, leading to suppressed emotions and weakened familial bonds. This underscored the importance of intentional emotional presence—being not just physically there but truly engaged—to nurture a stronger, more connected parent-adolescent relationship.

4.1.2 Feelings of Adolescent Learners on Parental Communication on Their Mental Health

Table 2: Feelings of adolescent learners on parental communication on their mental health

Clustered Themes	Emergent Themes
Afraid of being misjudged by parents when informed deeply of situations. Anxious about the responses and not being open when it comes to expressing feelings or ideas.	Fear of Being Criticized
Difficulty with speaking to parents, unlike when still being young Nervous about opening up to parents about school events and other matters. Disturbed by the tone and words used, which were painful to hear.	Hesitant to Speak Back
Afraid to speak, one might be punished. Sensitive to the actions to avoid overthinking the situation. Thoughts of negative scenarios that could happen when opening the situation to parents.	Afraid of Consequences
Sensed sadness and disappointment when not given attention and ignored. Experienced upset during family fights. Angry about the situation during family problems. Led to emotional distress when emotions were invalidated.	Disappointed When Disregarded
Happy whenever given a chance to communicate with parents. Felt happy when talking to parents and supporting one.	Positive Emotions
Sensed a better feeling when being heard and listened to by parents. Observed the sense of being pleased when parents were willing to listen. Got relieved and delighted when being supported.	Sense of Relief

- **Fear of Being Criticized**

Fear of being criticized by parents is a significant concern among adolescents, rooted in the apprehension of being misjudged or misunderstood. Many hesitated to share their feelings or situations deeply, fearing that their openness might lead to scolding or being

perceived as weak. This fear often creates anxiety about parental responses, making them less inclined to express their emotions or ideas. Consequently, this apprehension fosters a cycle of emotional withdrawal, as adolescents choose silence over the risk of criticism, leaving their concerns unspoken.

"For my own experiences, my parents...my parents are not talking to me too much and I'm not an open person to them and also they are not open for me kasi nga if I'm gonna open up to them, I think they might scold me for being weak emotionally and then can physically also." (Participant II, lines 130-133)

"For my own experiences, my parents... my parents don't talk to me much, and I'm not an open person to them. Also, they're not open with me because if I open up to them, I think they might scold me for being emotionally weak, and it could also lead to physical scolding."

"I feel nervous sometimes as I am not that open when it comes to expressing my feelings or thoughts." (Participant X, lines 248-249)

In conclusion, the theme "Fear of Being Criticised" sheds light on the emotional restraint adolescents experience when they anticipate negative reactions from their parents. The participants' accounts reflected a deep-rooted hesitation to open up, driven by the fear of being judged, scolded, or misunderstood. This fear creates a barrier to honest communication, pushing adolescents into silence and emotional isolation. As a result, critical conversations that could foster understanding and growth are left unsaid. This highlighted the need for parents to create a safe, non-judgmental space where their children feel accepted and supported, encouraging openness without fear of criticism.

- **Hesitant to Speak Back**

Adolescents often felt hesitant to speak back to their parents, a contrast to the ease they experienced when they were younger. This reluctance stems from nervousness about how their parents might react, particularly when discussing school events or personal matters. Many feel disturbed by the tone or harsh words used during conversations, which can leave a lasting emotional impact. As a result, they may choose to withhold their thoughts, prioritizing emotional safety over open communication.

"Pag-iimagine nako nga mag storya nami kay akong ma feel kay makulbaan ko kay basig some—basig maka lie pud gud ko kay sa kakulba nako." (Participant IV, lines 235-236)

When I imagine that we'll talk, what I feel is that I get nervous because maybe—maybe I might lie because of my nervousness.

"Pero kung suko o taas ang boses, makafeel ko ug kahadlok ug kasakit." (Participant VII, lines 270-271)

But if they're angry or they raise their voice, I feel fear and pain.

"Kung masakit ang sinasabi nila, ang bigat at ang sakit po talaga." (Participant VIII, lines 272-273)

"If what they say hurts, it really feels heavy and painful."

In summary, the theme "Hesitant to Speak Back" revealed how fear and emotional discomfort prevent adolescents from expressing themselves freely to their parents. The participants' experiences highlighted how raised voices, harsh words, and the anticipation of negative reactions create an environment where open dialogue feels unsafe. This emotional tension leads adolescents to hold back their thoughts, sometimes even resorting to avoidance or dishonesty out of fear. These insights emphasized the importance of calm, respectful communication, where adolescents feel heard without fear, allowing for more honest and trusting parent-child interactions.

- **Afraid of Consequences**

Adolescents often fear the consequences of speaking up, worrying that their parents might punish them for sharing their thoughts or feelings. This fear makes them overly sensitive to their actions, as they constantly anticipate negative reactions or consequences. The anxiety of what could go wrong leads to overthinking, causing them to hold back from initiating conversations. Consequently, they may shy away from opening up, fearing the potential fallout that might arise from expressing themselves.

"If I'm gonna open up to them, I think they might scold me for being weak emotionally and then can physically also." (Participant II, lines 331-332)

"If they don't change, I will think they are mad at me or upset at me that's why it has the biggest impact on my mental health." (Participant II, lines 202-201)

"Basin dili man gud sila maminaw and then murag mag lead siya into anxiety...hinay-hinay mag lead siya into depression." (Participant V, lines 305-306)

"Maybe they won't listen, and then it might lead to anxiety... slowly, it might lead to depression."

To conclude, the theme "Afraid of Consequences" highlighted the emotional burden adolescents carry when they anticipate punishment or disapproval from their parents. The participants' reflections reveal how fear of being scolded, misunderstood, or ignored causes them to suppress their emotions and avoid difficult conversations. This constant worry fuels overthinking and emotional distress, sometimes leading to anxiety or even depression. These insights stressed the importance of creating a safe, non-

threatening environment where adolescents can express themselves without fear, fostering emotional openness and mental well-being within the family.

- **Disappointed when Disregarded**

When adolescents feel disregarded, they experience deep sadness and disappointment, especially when their concerns are ignored by their parents. Family conflicts amplify this sense of frustration, as the lack of resolution leaves them feeling upset and neglected. Anger can also build up, as they perceive their emotional needs as unimportant amidst ongoing family problems. This emotional neglect can lead to distress, especially when their feelings are invalidated, making them feel unheard and unsupported.

"I feel sad kasi wala namang tao hindi ma-ano uy feel happy na gina-ignore ka lang."
(Participant IV, lines 375-376)

"I feel sad because there's no one who feels happy being ignored."

"Feeling ignored can lead to sadness, frustration, or insecurity." (Participant X, lines 389-390)

"Masakit po kasi pam...maliit lang yung pamilya namin tapos nag-aaway pa sila."
(Participant V, lines 237-238)

"It hurts because... our family is small, and yet they still fight."

"Galit tapos nakakaiyak. Nakakaiyak kasi...ahmmmm..nagsasakitan silang dalawa tapos yun, may pamilya doon, may pamilya din dito." (Participant IV, 261-262)

"Angry and it's heartbreaking. It's heartbreaking because... uhm... they hurt each other, and then, there's a family there, and a family here too."

"Kung dili sila willing maminaw, maging worst siya. It's either kanang damdamon nalang sa bata or itaha nalang i-sarili."

"If they're not willing to listen, it will get worse. It's either the child will just feel hurt or keep it to themselves."

In conclusion, the theme "Disappointed when Disregarded" captured the emotional pain adolescents experience when their voices go unheard within the family. The participants' testimonies revealed how being ignored or overlooked—especially during conflicts—leads to sadness, frustration, and a deep sense of emotional neglect. When their feelings are invalidated or dismissed, adolescents often internalize the pain, withdrawing or suppressing their emotions to cope. These reflections underscored the

urgent need for parents to be attentive, validating, and emotionally present, ensuring that their children feel seen, valued, and supported during times of vulnerability.

- **Positive Emotions**

Positive emotions arise when adolescents are given the opportunity to communicate openly with their parents, creating a sense of happiness and connection. Engaging in meaningful conversations with their parents fosters feelings of warmth and support, making them feel valued. The experience of being heard and understood by their parents enhances their emotional well-being, providing a sense of reassurance and security. This positive interaction contributed to strengthening the bond, as adolescents feel encouraged and emotionally supported.

"The emotion that comes up first when my parents are talking to me is happy."
(Participant II, 256-257)

"If my parents are supportive, I feel happy because they are supporting me." (Participant II, 366-367)

In summary, the theme "Positive Emotions" highlighted the uplifting impact of open and supportive communication between adolescents and their parents. The participants' responses reflected how feeling heard, understood, and supported brings about happiness, comfort, and emotional security. These meaningful interactions not only nurtured adolescents' well-being but also deepened the parent-child bond. When parents provide a safe space for open dialogue, they foster a positive emotional environment where adolescents feel valued, encouraged, and more connected to their families.

- **Sense of Relief**

A sense of relief emerges when adolescents feel genuinely heard and listened to by their parents, leading to a boost in emotional well-being. When parents show a willingness to listen, it brings a sense of comfort and validation, making them feel understood and supported. The act of being emotionally supported fosters a deep sense of security, alleviating anxieties and uncertainties. Adolescents often experience a heightened sense of happiness and ease when they know their parents are there for them, providing both emotional relief and delight.

"Ahmm, actually kung willing mag listen ang mga parents sa ilahang mga anak maging feel better siya." (Participant VII, lines 207-209)

"Uhm, actually, if the parents are willing to listen to their children, it will make them feel better."

"Ang mararamdaman ko kapag iniisip ko ang mga effects kapag makipag usap sa magulang is either maging better siya kapag willing nga mag-listen." (Participant VI, lines 238-239)

"What I feel when I think about the effects of talking to parents is that it will get better if they are willing to listen."

"Kapag supported, parang ang gaan sa pakiramdam." (Participant VIII, lines 385-386)

"When supported, it feels so light."

To conclude, the theme "Sense of Relief" emphasized the comforting impact of having parents who are genuinely willing to listen. The participants' reflections showed that being heard and emotionally supported by their parents brings a deep sense of ease, lightness, and reassurance. This validation not only reduced feelings of anxiety and uncertainty but also nurtured a sense of emotional safety. When adolescents feel their parents are present and responsive, it fosters emotional clarity and strengthens the bond between them, ultimately promoting a more positive and secure family environment.

4.1.3 Insights Learned by Adolescent Learners on Parental Communication on Their Mental Health

Table 3: Insights Learned by Adolescent Learners
on Parental Communication on Their Mental Health

Clustered Themes	Emergent Themes
Could openly share thoughts and ideas. Appreciated parents who are open to their ideas. Learned how to sympathize with others by communicating with parents.	Promotes Open Communication
Felt being cared for by parents when communicating with them. Reliant on the feelings shown by the parents. Communicated positively when achieving something academically.	Raises Emotional Validation
Considered decisions of parents over circumstances. Supported the decisions being made about life. Thought of communicating with parents, like ideas and suggestions, is very helpful.	Improves Decision-making
Helped to ease the burden being carried. Aided in overcoming the problems of teenagers. A sound voice can create a positive impact. Whenever my parents talk in a calm way, I feel safe and valued. Made to feel safe when being listened to rather than saying something.	Creates a Safe Space
Boosted self-esteem, confidence, and security. Felt the support when doing well in academics. Simple words could boost self-confidence.	Boosts Self-Confidence

Needs understanding from parents and adolescents. Built special bonds with parents and teenagers. Being heard and understood can improve emotional well-being.	Improves Parent-Child Relationship
Poor communication leads to stress and self-doubt. Yelling or dismissiveness hurts the most.	May Cause Negative Impact

- **Promotes Open Communication**

Promoting open communication between parents and adolescents is crucial for fostering healthy relationships and emotional well-being. When parents create an environment where their children feel comfortable expressing their thoughts, it leads to increased trust and understanding. Open communication allows teens to feel heard and valued, which can positively impact their self-esteem and reduce feelings of isolation. Ultimately, by encouraging transparency and active listening, parents can better support their children's mental health and personal growth.

"Yung mga magulang po na nakikinig muna bago magsalita, sobrang laking tulong nun sa amin. Pero kung puro sermon agad, nakakadrain po." (Participant VIII, lines 578-579)

"Parents who listen first before speaking, that's really a big help to us. But if it's all just preaching, it's draining."

"Kapag good ang communication between sa parents ug sa bata ma'am kay murag that way ma'am, mas maka learn sila paunsa mag sympathize sa uban." (Participant III, lines 514-516)

"When there's good communication between the parents and the child, ma'am, it's like that way, ma'am, they learn how to sympathize with others."

In conclusion, the theme "Promotes Open Communication" underscored the powerful impact of a communicative and empathetic home environment. The participants' insights revealed that when parents prioritize listening over lecturing, adolescents feel more respected, understood, and emotionally supported. This open exchange not only builds trust but also teaches adolescents valuable interpersonal skills like empathy and compassion. By fostering honest and respectful conversations, parents can greatly contribute to their children's emotional development, helping them grow into confident individuals who feel safe expressing themselves.

- **Raises Emotional Validation**

Raising emotional validation in parent-adolescent communication is vital for enhancing emotional intelligence and well-being. When parents acknowledge and affirm their children's feelings, it helps adolescents feel understood and supported, reducing emotional distress. Emotional validation fosters a sense of security, allowing teens to cope better with stress and mental health challenges. By validating emotions, parents

teach their children the importance of self-acceptance and healthy emotional expression, which are crucial for navigating life's difficulties.

"Checking upon their children constantly and letting them feel that you are on their side make them feel comforted."

"Sometimes their attitude projects to somebody else, naghahanap sila ng malalabasan ng kanilang galit." (Participant IX, 536-537)

"Sometimes their attitude projects onto somebody else, they're looking for someone to release their anger on."

"Sobrang laki ng epekto nito. Kahit simpleng mga salita, puwedeng makasakit o makabuo ng self-confidence namin." (Participant VIII, lines 452-453)

"The impact of this is huge. Even simple words can hurt or build our self-confidence."

In summary, the theme "Raises Emotional Validation" highlighted the essential role of recognizing and affirming adolescents' emotions in strengthening their emotional health. The participants' experiences showed that when parents consistently check in, express support, and choose words with care, adolescents feel comforted and valued. Emotional validation not only reduces distress but also reinforces self-worth and resilience. By acknowledging their children's feelings, parents help build a foundation of emotional intelligence, teaching adolescents how to process and express their emotions in healthy, constructive ways throughout life.

- **Improves Decision-making**

Improved decision-making in adolescents is closely linked to effective communication with parents, as it provides guidance and perspective during critical moments. When parents engage in open dialogues, they offer insights and help teens weigh pros and cons, encouraging thoughtful choices. This ongoing support enhances adolescents' confidence in their ability to make responsible decisions, fostering independence. Furthermore, these conversations help adolescents develop problem-solving skills, equipping them to handle future challenges with greater maturity and self-assurance.

"Pero kung wala nila gina communicate ilang problema mag overthink gid ko, pero kung gna commnicate nila wala may problema." (Participant IV, lines 405-406)

"But if they don't communicate their problems, I really overthink, but if they communicate, there's no problem."

"I learned about ano.. Ang good is mas mag strong ang... mas mag strong and ma build ang isa ka family if naay communication like good communication jud." (Participant I, lines 504-506)

"I learned that... the good thing is a family becomes stronger... it becomes stronger and builds when there's communication, like really good communication."

"Maka apekto siya sa akuang mental health kay dati murag ma bal-an nako paunsa pud mag reach out or mag express sa akuang emotions sa ubang tao." (Participant III, lines 558-560)

"It affects my mental health because before, I didn't know how to reach out or express my emotions to other people."

In conclusion, the theme "Improves Decision-making" emphasized how effective parent-adolescent communication strengthens adolescents' ability to make sound and responsible choices. The participants' reflections revealed that open conversations with parents not only ease overthinking and emotional stress but also foster clarity and confidence in handling life's situations. Through supportive dialogue, adolescents gain guidance, develop emotional expression, and learn to evaluate decisions more maturely. This highlighted the vital role of consistent, healthy communication in shaping independent, thoughtful individuals equipped to face future challenges with resilience.

- **Creates a Safe Space**

Creating a safe space within parent-adolescent relationships ensures that young individuals feel secure sharing their thoughts, emotions, and concerns without fear of judgment. This environment of trust encourages honesty and vulnerability, fostering deeper connections and understanding. When adolescents know they can express themselves openly, it strengthens their emotional well-being and builds resilience against external stressors. A safe space also promotes mutual respect, allowing parents and adolescents to navigate challenges collaboratively and grow closer through shared experiences.

"They can help you solve your problem or can help you ease your problems because they are ... they are your parents, they can help you whatever you needed help." (Participant II, lines 512-513)

"Parental communication can be a help to lessen the issue of mental health problems. It's a key to open communication within the household." (Participant, lines 421-422)

"Yung tono po nila at kung paano nila sabihin ang mga bagay. Kapag mahinahon, mas okay po. Pero kapag mataas ang boses, parang hindi ko po kaya." (Participant VIII, lines 495-496)

"It's their tone and how they say things. When it's calm, it's better. But when their voice is raised, I feel like I can't handle it."

"Ang makahelp sa ilaha na pag talk sa parents is like kanang calm and more on like...makaisip ang bata nga ang gina pa abot sa ilahang parents is 'Naa lang ko diri willing mu help sa imuha.'" (Participant I, lines 460-462)

"What helps them when talking to their parents is something calm and more like... the child thinks that what their parents are trying to convey is 'I'm just here, willing to help you."

"Maka apekto siya sa akuang mental health kay dati murag ma bal-an nako paunsa pud mag reach out or mag express sa akuang emotions sa ubang tao." (Participant III, lines 558-560)

"It affects my mental health because before, I didn't know how to reach out or express my emotions to other people."

In summary, the theme "Creates a Safe Space" highlighted the importance of calm, supportive, and judgment-free communication in building trust between parents and adolescents. The participants' responses reflected how a gentle tone, emotional presence, and openness from parents foster a sense of security, allowing adolescents to express themselves more freely. This safe space not only helps ease emotional burdens but also strengthens the parent-child relationship by promoting mutual understanding and support. When adolescents feel reassured that their parents are there to help without judgment, it enhances their emotional resilience and overall well-being.

- **Boosts Self-Confidence**

Boosting self-confidence in adolescents is a key outcome of healthy parental communication. When parents provide encouragement, constructive feedback, and affirmations, it helps adolescents develop a strong sense of self-worth. Feeling supported and valued enables them to take risks, explore new opportunities, and trust their abilities. This confidence not only impacts their academic and social success but also equips them to handle challenges with a positive and resilient mindset.

"Sobrang laki ng epekto nito. Kahit simpleng mga salita, puwedeng makasakit o makabuo ng self-confidence namin." (Participant VIII, lines 452-453)

"The impact of this is huge. Even simple words can hurt or build our self-confidence."

"Kung good ang communication between sa parents ug sa bata ma'am kay murag that way ma'am, mas maka learn sila paunsa mag sympathize sa uban." (Participant III, lines 514-515)

"When there's good communication between the parents and the child, ma'am, it's like that way, ma'am, they learn how to sympathize with others."

"Na-realize nako nga dako kaayo ang epekto. Ang simple nga mga pulong makapalig-on o makadaot sa pamati ug confidence sa teens." (Participant VII, lines 450-451)

"I realized that it has a huge impact. Simple words can either strengthen or hurt the feelings and confidence of teens."

In conclusion, the theme "Boosts Self-Confidence" revealed the powerful influence of parental communication on adolescents' self-esteem and emotional strength. The participants' reflections showed that even simple, affirming words from parents can significantly uplift or damage their confidence. When parents offer encouragement and communicate with care, adolescents feel empowered to believe in themselves, take on new challenges, and relate to others with empathy. This highlighted the importance of consistent, positive communication in nurturing a resilient and self-assured adolescent, ready to thrive both emotionally and socially.

- **Improves Parent-Child Relationship**

Effective communication significantly strengthens the parent-child relationship by fostering trust and mutual respect. When parents actively listen and show empathy, children feel understood and valued, which deepens their emotional bond. Open and honest dialogues help reduce misunderstandings and create a foundation for resolving conflicts constructively. As a result, the parent-child relationship becomes more collaborative and supportive, enhancing family harmony and overall well-being.

"Ang emosyon ko po is...ahhh...always sad, always galit sa tao tapos yung ..yung na realize ko is wag tayo maging sensitive, always mag overthink sa sinasabi ng mga tao, sa mga ganyan-ganyan." (Participant IV, lines 438-440)

"Na-learn nako nga maayo nga communication makahatag ug strong bond sa pamilya ug maka-boost sa mental health." (Participant VII, lines 532-533)

"I've realized that feeling heard and understood improves teens' emotional well-being." (Participant X, line 456)

In summary, the theme "Improves Parent-Child Relationship" highlighted how meaningful and empathetic communication nurtures stronger emotional connections

between parents and adolescents. The participants' reflections revealed that being listened to and understood not only eases emotional burdens but also fosters mutual respect and closeness. Through open and supportive conversations, misunderstandings are minimized, and emotional bonds are strengthened. This kind of communication cultivates a more harmonious home environment where both parents and adolescents can grow together with trust, understanding, and shared emotional well-being.

- **May Cause Negative Impact**

While effective communication can strengthen bonds, poor or mismanaged communication may lead to negative impacts on the parent-child relationship. Harsh criticism, dismissive attitudes, or excessive control can make children feel misunderstood or devalued, resulting in emotional distance. Persistent negative communication patterns may contribute to feelings of insecurity, resentment, or low self-esteem in children. Over time, these issues can strain the relationship, making it challenging to rebuild trust and mutual understanding.

"Poor communication leads to stress and self-doubt." (Participant X, lines 538-539)

"Yelling or dismissiveness hurts the most." (Participant X, lines 499-500)

In conclusion, the theme "May Cause Negative Impact" emphasized how poor communication practices can harm the parent-child relationship and the adolescent's emotional well-being. The participants' insights revealed that yelling, dismissiveness, and harsh criticism can cause deep emotional wounds, leading to stress, self-doubt, and a sense of disconnection. When negative communication becomes a pattern, it can erode trust and make adolescents feel unsupported and misunderstood. These reflections highlighted the need for parents to communicate with care, empathy, and awareness to prevent long-term emotional strain and foster healthier, more respectful relationships.

5. Conclusions

5.1 Implications for Practice

The emergent themes of this study offered rich insights that may inform practical strategies in the fields of education, guidance, counseling, and parenting. As adolescents navigate a developmental period marked by emotional complexity and identity formation, the role of parental communication becomes a central influence in shaping their mental health and personal growth. This section outlines the practical applications of each theme identified in the study, providing a guide for parents, educators, school counselors, and mental health professionals on how to foster emotionally supportive and developmentally responsive communication practices. Through these implications, stakeholders could promote healthier adolescent-parent relationships and create environments that support emotional resilience, openness, and well-being.

- **Shows Support**

This theme emphasizes the need for parents and caregivers to foster open lines of emotional communication with adolescents. In practice, guidance counselors, educators, and family advocates must empower parents to offer consistent affirmation and active listening, as these create a stabilizing force in a young person's emotional world. Workshops on emotional presence and validating language should be integrated into parenting programs to foster safer spaces for adolescent disclosure.

- **Imposes Trust and Guidance**

This theme underlines the importance of setting boundaries while maintaining emotional warmth. Schools and guidance offices can implement structured parent-adolescent dialogue activities, where trust-building is nurtured alongside respectful discipline. Practitioners are encouraged to train parents in non-coercive methods of influence, reinforcing that adolescents thrive when guidance is offered through partnership, not pressure.

- **Increases Generational Disconnection**

Emphasizing the challenges brought by the age and value gap, this theme urges practitioners to create bridge-building programs that promote mutual understanding. Schools and community centers may facilitate intergenerational communication workshops, allowing both adolescents and parents to explore generational perspectives and recalibrate their expectations, thus lessening emotional alienation.

- **Adopt the Same Behavior**

This theme shows that adolescents often mirror their parents' communication styles, whether healthy or toxic. It is crucial for parenting coaches and guidance professionals to help parents develop self-awareness about their own habits and emotional expressions. Role modeling, mindfulness, and emotional regulation strategies should be embedded in parenting education to prevent the transgenerational transmission of maladaptive behaviors.

- **Emotionally Distant with Parents**

This theme reveals a lack of emotional availability from parents, which stunts adolescent expression. In practice, mental health practitioners and school-based support staff should promote the idea of "emotional presence" as a parenting skill. Interventions such as parent support groups or coaching sessions can reintroduce emotionally responsive parenting and rebuild emotional closeness.

- **Fear of Being Criticized**

Adolescents who fear criticism often remain silent about their struggles. Counselors and teachers must advocate for feedback that is constructive and compassion-based.

Parenting seminars should include sessions on replacing judgmental remarks with supportive language to reduce adolescent anxiety and build self-expression.

- **Hesitant to Speak Back**

This theme indicates the fear-driven silence of adolescents. For practice, parent engagement efforts should promote egalitarian dialogue at home. Programs that train parents to ask open-ended questions and use reflective responses can empower adolescents to communicate more assertively and safely.

- **Afraid of Consequences**

The anticipation of punishment deters communication. School counselors and social workers should guide families toward using natural and logical consequences instead of punitive measures. Parent education programs must emphasize understanding, not control, and train parents to frame discipline within emotionally safe conversations.

- **Disappointed when Disregarded**

Being ignored leads to emotional withdrawal. In response, practitioners should help parents understand the importance of validating adolescent emotions. Parental coaching should include specific exercises on active listening, acknowledgment, and responding to emotional cues to repair emotional disconnection.

- **Positive Emotions**

Emphasizing the joy of effective parent-child communication, this theme inspires practitioners to frame communication as a bonding tool. Parent-child recreational dialogues and gratitude-based exercises may be promoted to reinforce positive associations with parental involvement and emotional expression.

- **Sense of Relief**

Adolescents feel emotionally unburdened when truly heard. Practitioners should guide parents in becoming attentive listeners. Mental health campaigns should include the value of "listening to understand" as a core component in parenting curricula, emphasizing that relief is rooted in emotional acceptance rather than quick solutions.

- **Promotes Open Communication**

This theme invites guidance counselors and educators to design school-home programs that nurture openness in family conversations. Parent-adolescent journal exchanges, family storytelling, or regular "talk times" can be integrated to normalize communication and break cycles of silence.

- **Raises Emotional Validation**

Given its central role in mental health, emotional validation must be a core target in parenting support interventions. Family service providers should model validating

responses and role-play various adolescent emotional disclosures during training, thereby making empathy a habitual skill.

- **Improves Decision-making**

Adolescents thrive when they are co-navigators in decisions. Guidance programs may include role-playing or life-planning exercises where both parents and adolescents work through scenarios collaboratively. These activities build trust and foster autonomy while reinforcing wise judgment.

- **Creates a Safe Space**

Practitioners must emphasize that emotional safety precedes emotional disclosure. Parenting programs should teach parents how to de-escalate conflict, use calming tones, and pause judgment, creating a communication climate where adolescents feel unthreatened and respected.

- **Boosts Self-Confidence**

To harness this, educators and parents alike should focus on reinforcing effort, improvement, and individual growth. Praise should be specific and sincere, and school-based recognition systems can partner with parents to spotlight student strengths beyond academics.

- **Improves Parent–Child Relationship**

This theme calls for continuous relationship enrichment efforts. Counseling centers can offer family bonding workshops, empathy-building activities, and reflective dialogue sessions that invite both parents and adolescents to rebuild and deepen their relational foundation.

- **May Cause Negative Impact**

Practitioners must not ignore the consequences of toxic communication. Mental health campaigns should raise awareness of verbal harm and emotional invalidation, equipping families with conflict de-escalation tools. Early intervention and restorative family therapy should be prioritized when harmful patterns persist.

5.2 Implications for Future Research

While this study provides valuable insights into adolescents' lived experiences of parental communication and its impact on their mental health, it also opens avenues for further scholarly exploration. The emergent themes revealed nuanced dimensions of communication that warrant deeper investigation across different family structures, cultural contexts, and developmental stages. This section outlines potential directions for future research that can expand the current understanding, validate findings in broader populations, and inform more inclusive, responsive, and evidence-based interventions aimed at enhancing parent–adolescent relationships and emotional well-being.

The findings of this phenomenological inquiry emphasize the deep personal and complex nature of parental communication as experienced by adolescents. While the study offered rich insights, it also opened new doors for future exploration. Future research may consider broadening the participant base to include perspectives from parents, enabling a more comprehensive understanding of the dynamic communication from both sides. A comparative analysis between adolescent and parental narratives could reveal critical mismatches or alignments in perception that influence emotional outcomes.

Additionally, future studies may benefit from focusing on specific communication contexts, such as during times of crisis (e.g., academic failure, family conflict, or emotional distress), to explore how adolescents interpret and respond to varying parental approaches. Longitudinal qualitative research could also trace the lasting effects of different communication styles on mental health outcomes over time. Moreover, researchers may explore how socioeconomic status, cultural background, and digital communication platforms shape parent–adolescent interactions in the evolving landscape of family relationships.

Investigating the role of school-based interventions, guidance programs, and digital tools in improving parent–adolescent communication may also present promising pathways. Action research that engages families in collaborative dialogue sessions and tracks behavioral or attitudinal changes could provide practical models for replication. In sum, future studies can build upon this study's themes to design preventive and developmental programs that respond to the emotional and communicative needs of Filipino adolescents.

This study has illuminated the powerful impact of parental communication on the emotional and psychological well-being of adolescents. Through the voices of the participants, it became evident that communication within the home does more than transmit information—it shapes self-concept, builds or breaks emotional security, and guides the adolescent's development of identity and interpersonal skills.

Each emergent theme revealed both the healing potential and the harm that communication can bring. Adolescents who experienced support, validation, and safe dialogue demonstrated stronger emotional regulation and self-confidence, while those who faced dismissal, criticism, or emotional distance reported internalized distress, withdrawal, and fear. Yet even in difficult stories, the hope for restored connection and improved relationships shone through.

The study reinforces the importance of intentional, empathetic, and inclusive communication between parents and adolescents. As guidance professionals, educators, and family advocates strive to strengthen mental health support systems, the findings of this study can serve as a meaningful foundation for shaping future conversations, both at home and in society. Ultimately, listening with compassion, speaking with care, and choosing presence over pressure may be the most powerful ways to safeguard adolescent mental health and deepen familial bonds.

Conflict of Interest Statement

The authors declare no conflicts of interest.

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