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**PARENTING IN DIGITAL AGE: UNDERSTANDING  
THE SHIFTS IN PARENTING APPROACHES  
BETWEEN GEN X AND MILLENNIALS**

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**Abstract**



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This study explores the parenting styles of Generation X and Millennial parents. Generation X parents tend to use an authoritative parenting style because they grew up in a pre-digital era, typically following traditional and structured parenting methods. On the other hand, Millennial parents, as digital natives, adopt a more child-focused and emotionally driven approach to parenting. This research employs a qualitative design, specifically phenomenology, to analyze parenting experiences. Purposive sampling was used to select 24 participants (12 Generation X parents and 12 Millennial parents) who were interviewed to examine differences in discipline, communication, and parental involvement. The findings provide insight into how Generation X and Millennial parents differ in their approaches to raising children. The study highlights how these differences shape children's confidence and independence. Understanding this generational shift can help parents adopt a more balanced and effective parenting strategy.

*Keywords: Gen X parents, millennial parents, parenting styles, authoritative, authoritarian*

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## **CHAPTER I**

### **THE PROBLEM AND ITS BACKGROUND**

This chapter presents the background of the study, the statement of the problem, the scope and delimitation the significance of the study, , and the definition of terms used.

#### **Introduction**

Parenting style refers to the behaviors, attitudes, and strategies parents use in raising their children. These approaches influence by various factors including cultural norms, personal values, and social trends . Parents frequently seek to balance between nurturing their children and setting limits to support growth and resilience. Parenting practices vary with changes in societal expectations and challenges faced by each generation. Parenting thus has a fundamental role in the well- being and success of the next generation.

#### **Background of the Study**

It explore the differences in parenting styles between Generation X and Millennial parents because each generation has different parenting styles influenced by the era in which they grew up. Having grown up with less technology, Gen X parents face challenges like balancing work and family, raising kids without much guidance, dealing with new technology, and managing caregiving. Millennial parents, who



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use technology more frequently, deal with issues like social media risk management. It is challenging to strike a balance between children's freedom and safety in the digital environment because of these disparities.

In the Philippines, Gen X parents, usually authoritarian, combine discipline with authority, drawing influence from traditional values that exalt societal norms and respect for elders (Alcantara,2022).This characteristically Filipino cultural approach prioritizes respect for elders and conformity to the dictates of societal norms. Gen X parents appreciate a child's upbringing grounded in structure, obedience, and conformity, citing these as features having to be upheld in social interaction and tradition among family. In contrast, Millennial parents tend to embrace an authoritative approach, balancing strictness with emotional support and open communication, which promotes positive reinforcement and a nurturing environment (Alsagon et al., 2023).The approach fosters normal child growth and development through praise and rewards rather than punishment, and thus offers some semblance of balance by recognizing the child's needs and, at the same time, the authority of parents.

In Dasmariñas Cavite, most parents were authoritative styles linked to a combination of positive and negative developmental outcomes for their children, all depending on how they perceived the parenting (Abdon et al.,



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2023). These approaches may build on positive development, while the outcomes depend on the way children perceive authoritative parenting . Supportive acceptance of that leads to positive emotional and social growth while it may turn into a difficult situation for children if they perceive an imbalance of authority as being too strict, inconsistent, or harsh. It is crucial for the behavior and attitude of a child to be primarily shaped by the way it chooses to interpret its parents behaviors

The study aims to analyze differences in parenting styles between Millennial and Gen X generations, and also the generational influences on parenting styles and their potential implications. Researcher will investigate how their realities and values inform their parenting practices in terms of discipline. This would highlight further understanding of how generational transitions affect parenting practices and help inform parenting education programs designed to support parents of all ages.

**Statement of the Problem**

This study aims to identify the shifts in parenting approaches between Generation X and Millennial parents in Silang, Cavite.

Specifically, it aims to answer the following questions:





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1. What are the parenting styles used by Gen X parents in Silang, Cavite?
2. What are the parenting styles used by Millennial parents in Silang, Cavite?
3. How do the parent-child relationships of Gen X and Millennial parents in Silang, Cavite differ in terms of closeness and understanding?
4. Which of the parenting styles of Gen X and Millennial parents in Silang, Cavite is considered to be effective?

**Scope and Delimitation**

This study will focus on understanding how parenting styles have changed between Generation X (1965-1980) and Millennials (1981-1996). The participants of the study will include only 27 parents from Gen X and Millennials to compare their parenting strategies when raising their children, with an emphasis on gathering information about the impact of these parenting strategies across two different generations. The study will be conducted in the areas of Balite, Hukay, Biluso, and Munting Ilog.

This study does not include an in-depth analysis of individual experiences of each parent, as it focuses on general trends and patterns in parenting. It also does not cover other generations, such as Baby Boomers or those after Millennials. Additionally, the study excludes a



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detailed analysis of external factors, such as economy and religion, unless they are directly related to parenting styles.

### **Significance of the Study**

This will enable to analyze the different behaviors of parents based on their respective generations.

Specifically, the study will benefits the following:

**Gen X parents**, the result may help them understand how their parenting techniques differ from other generations. By acquiring insights on the impact of their parenting on children's social, emotional, and cognitive development, they may adapt their approach to match their children's changing requirements.

**Millennial parents**, the results may help them provide useful insights into how parents parenting approaches affect their children's development. It may assist them in identifying strengths in their approach and places for growth.

**Other parents**, the results may help them gain a deeper understanding of different parenting techniques used by others. It can also provide insights into why other parents act or respond to their children in



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certain ways. It also encourages them to appreciate different parenting strategies.

**The children,** the results may help them understand and appreciate the different parenting styles in each generation. They will also be able to see why other parents act differently compared to their own. Understanding these shifts can help children connect better with their parents and improve family communication.

**The community,** the result may help to build a stronger connection. It can create a programs that can support both generation by balancing independence and emotional connection. This can also lead to a better communication and solution that benefit everyone.

**Future researchers,** the results will help provide a clearer understanding of the parenting techniques of the two different generations. It will also help identify the most effective parenting strategies.

### **Definition of Terms**

To facilitate the understanding of this study, the following are with this definition to understand and clarify the terms used in the study.



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**Authoritative.** Having, marked by, or proceeding from authority (Merriam-Webster,2025)

**Authoritarian.** Of, relating to, or favoring blind submission to authority (Merriam-Webster,2025).

**Generation X.** People born between the middle of the 1960s and the beginning of the 1980s are referred to as Generation X, or simply Gen X (Kagan,2024).

**Millennials.** Those born between 1981 and 1996, who were the first to incorporate digital technology of all kinds into their daily lives (Zelazko,2024).

**Parenting Styles.** Describes a group of parental behaviors that result in comparatively consistent and recognizable patterns in the adjustment outcomes of children (Givertz,2021).



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## **CHAPTER II**

### **REVIEW OF RELATED LITERATURE**

This chapter presents the relevant literature and studies that the researchers considered in strengthening the claim and importance of the present study.

#### **Related Literature**

##### **Foreign**

##### **Parenting style**



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Parents are living in an age of metaphorical parenting. First it was tiger parenting, helicopter parenting and snowplow parenting became trends. Now, gentle parenting is having an extended moment, these parenting styles actually make a difference to a child's development and future well-being (Colino, 2025). Parenting styles are always changing, from the strict "tiger" style to the overprotective "helicopter" and "snowplow" styles. These changes show how our society is changing and what we worry about. Each style has good and bad points, but gentle parenting is becoming popular now. This style is about being kind, understanding, and connecting with child. Parenting is complex activity that includes many specific behaviors that work individually and together to influence child outcomes ( Sooriya, n.d.). Parenting is a really complicated thing, it is not just one thing, but lots of different things do all work together to help child grow. They have to give them the things they need to live, like food and a safe place to sleep. And they also have to be there for them emotionally, teach them what is right and wrong, and encourage them to be independent.

There are many things that push parents to become more controlling or less warm and accepting ( *How does your parenting style impact* , 2022). Life can be tough, and things like stress, money problems, or even own problems can make them want to be more controlling or less loving with kids. Even though being a strict parents and loving parent is the best way



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to raise kids. Most people who endured a bad childhood and have not taken a painful honest look within often repeat old bad parenting patterns and become a negative statistic (Walfish, 2022). If a child had a tough childhood and have not really thought about how that is affecting now, they might end up doing the same bad things to other kids. It is like a bad habit that gets passed down from one generation to the next. It is hard to break out of this cycle because it still carrying around the hurt from their own childhood. Parents should strike a balance in their strictness with their children so that they can grow up well.

Every parent-child relationship is different. Yet, there are some things about raising children that seem to stay the same no matter what (Campbell, 2021). Even though every parent and child is different, there are some things that are always the same when it comes to raising kids. No matter who the parents are or where come from, parents always need to love kids, help them grow, teach them what is right and wrong, and encourage them to be independent. Parenting style is closely related to the development of child's sense of self, their resilience and confidence to face the world as integrated, independent citizens (Hughes & Baylin, 2024). How parents raise their kids really matters for how they feel about themselves, how tough they are, and how confident they are to handle life. Good parenting helps them know who they are, learn to deal with problems, and grow up to be independent and well-rounded people.



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Parenting styles are constructs used to describe the different strategies parents tend to utilize when raising children. These styles encompass parents behaviors and attitudes and the emotional environment in which they raise their children (Cherry, 2024). Parenting styles are like names we give to different ways parents raise their kids. It is not just about what they do, but also how they make their homes feel. These styles describe how parents usually act and think, and this creates the feeling that their kids grow up in. With all of the different parenting approaches out there, it is hard to know what will work best for child. Positive parenting is one approach that often feels good for parents and kiddos alike (Denver et al. n.d.). There are so many ways to be a parent, it can be confusing to figure out what is best for family. Positive parenting is one way that often feels good for both parents and kids. It is about being kind and understanding, setting limits in a calm way, and helping kids learn from their mistakes.

Deciding how to raise their child is a challenge all parents face (Jessup, 2025). Being a parent is something everyone goes through, and it comes with its own set of difficulties. Right from the start, parents have to make lots of choices about how to raise their child, like what kind of education they get, what values they learn, and how they interact with others. Its a journey that is full of both happy times and times of doubt,





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as parents try to give their children the best possible start in life while figuring out how to be good parents themselves. Since children do not come with manuals, parents often struggle to determine how to raise mentally strong, well-rounded and successful kids. Some parents are strict, while others are lenient. Some are vigilant, while others are distant (Zeltser, 2021). Raising kids is hard work, and there is no magic book to tell how to make them strong, smart, and successful. Parents do it in different ways, some are really strict, others are more relaxed. Some are always watching over their kids, while others give them more space. These different ways are because parents and kids are all different, and it makes each family unique.

### **Parenting style of Gen X**

Gen X parents like to volunteer and be very involved in their children's development, including being very involved in their child's school (Hogan , 2024 ). The social media and technology “ the internet influence them as parents and help them learn about parenting in various styles,” They may have been children of Gen X and used to the helicopter parenting style, so they are looking to have a more free and looser approach than what they were raised with. Like Generation X parenting styles are influenced by historical events, changing values, societal norms,



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technological advancements, and so much more (Meagan,2024). Parenting styles evolve over time due to various factors, including historical events, societal shifts, and technological progress.

Generation X self-reliant, adaptable, cynical, distrusts authority, resourceful, entrepreneurial, and technologically savvy (Brandts , 2018). Generation X, typically defined as people born between 1965 and 1980, is known for its distinct characteristics, shaped by the social, political, and economic changes during their formative years. They grew up during a period of significant cultural and social change, which shaped them into a self-reliant, adaptable, and often cynical group. Gen X was so often on their own, they tend to promote independence and grit in their kids. Gen Xers recall losing in childhood and dealing with it. Gen X demographic are influenced by similar child-rearing anxiety, even morphing into the disturbing snowplow parenting phenomenon ( Mzenko, 2020). The parenting styles of Generation X, often characterized by independence and resilience, are a fascinating study. Raised in a time of economic uncertainty and societal shifts, Gen Xers often learned to navigate challenges on their own, developing a strong sense of self-reliance. This experience has undoubtedly shaped their approach to raising their children, emphasizing values like grit, problem-solving, and resourcefulness.



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Gen X parents tend to scurry from one activity to another after work and on the weekends. It is difficult to schedule playdates with them because they are busy with their kid's schedules (Chan, 2023). Gen X parents are often juggling a lot of responsibilities, both personally and professionally, which can make it difficult to keep up with everything. As a generation that values independence and self-sufficiency, many Gen Xers try to balance their career ambitions with being involved in their children's lives.

Parenting styles and approaches can vary widely within generations, and it is important to recognize that there is significant diversity in the way individuals within a generation may choose to parent. However, there are certain trends and characteristics often associated with parenting in Generation X (*Parenting Styles and Bridging Generations*, 2024). Each individual brings their unique experiences, values, and circumstances to their role as a parent. While there are general trends associated with Generation X parenting, it is important to recognize that there is no "one-size-fits-all" approach. That said, there are some common trends among Gen X parents that have shaped their approach to raising children. These trends tend to be influenced by the broader socio-cultural and historical context in which they were raised, as well as the challenges and opportunities they face as parents. Some Gen Xers are very clear on how the parenting style they were raised with hurt them, and they made an



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active decision not to repeat the same choices ( Bazzle, 2024). Many Gen Xers were raised during a time when parenting styles were shifting, and traditional methods were often less emotionally supportive. This generation was raised with a mix of hands-off parenting, where kids were expected to be self-sufficient, and sometimes stricter, authoritative approaches.

Members of Generation X grew up in a time when there were more dual-income families, single-parent households, and children of divorce than when boomers were growing up (McKenna, 2025). Generation X (born approximately 1965–1980) grew up during a period of significant social and cultural change, particularly regarding family structures. This generation saw a rise in dual-income households, single-parent families, and divorce rates, all of which marked a departure from the more traditional family models. Consequently, many Gen Xers were latchkey kids, returning from school to an empty home while their parents were still away at work (*Generation X kids*, 2023). The rise of dual-income families, single-parent households, and divorce during the 1970s and 1980s significantly impacted the upbringing of Generation X. This shift led to a higher prevalence of "latchkey kids," children who returned home from school to an empty house, a reality that shaped their experiences and perspectives in profound ways.



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No one really gave workshops or wrote books on how to appeal to Gen X workers or changed the workplace for us. Contrast that with today, where success comes from figuring out how every generation can understand each other and adapt so we all can work together harmoniously (Shankar, 2019). Back in the day, when Gen X was entering the workforce, there was not much focus on understanding the specific needs or communication styles of different generations. The workplace was still largely shaped by the Boomers mindset, which prioritized hierarchy, stability, and long-term loyalty. Gen Xers were often seen as the "slacker" generation or misunderstood for not fitting into the rigid expectations set by previous generations. Gen X has developed a very particular set of skills acquired over a very long career (to paraphrase that cohort hit 2008 movie Taken) that make them uniquely able to weather contemporary family life (Dickey, 2023). Gen X "particular set of skills" can definitely be traced to the unique circumstances they navigated, especially when it comes to managing family life in today's world. The reference to Taken fits well because, like Liam Neeson's character, Gen Xers have learned to take on difficult challenges and emerge with a set of practical abilities that serve them well.

### **Parenting style of Millennials**

Millennials, navigating parenthood amidst unprecedented global challenges and being digitally native, are acutely aware of the potential



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benefits and drawbacks of the online world for their children (Gilmour, 2023). Millennials have matured into parenthood in truly unprecedented times, characterized by a backdrop of turbulence and worry and punctuated with a seemingly unending cycle of once-in-a-generation events. They are also the digital generation, who have grown up with the internet and social media, making them uniquely placed to understand the benefits the online world can bring to their children's lives, along with potentially negative effects on their mental health. Millennial parents are more likely to use proactive digital parenting techniques, such as setting screen time limits, monitoring online activity, and engaging in open conversations about online safety, (Micro, 2021). Millennial parents are significantly more likely to adopt proactive digital parenting strategies , reflecting a greater awareness of the potential risks and benefits of technology for their children.

Millennials are parenting in unprecedented times, facing global challenges and a constant stream of significant events (McCrossan, 2021). They uniquely understand both the benefits and potential mental health risks of the online world for their children. Millennial parents blend traditional parenting approaches with modern perspectives on mental health and information access, creating a distinct parenting style. Millennial parents, aged 28-43, are shaping a parenting style that draws from the past while forging its own path (Holmes, 2024). Their



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understanding of good parenting, their views on mental health, and their access to information are all distinct from previous generations. This unique blend of traditional values and modern perspectives results in a parenting approach that reflects the changing realities and priorities of today's world.

Millennials, despite being raised by Baby Boomers, have distinct priorities and parenting styles that often differ from their parents' generation (Schuppe, 2021). Millennial parents, deeply devoted to their children, are willing to make significant sacrifices to ensure a secure future for their offspring in an uncertain world. Despite facing financial challenges, they prioritize providing for their children's present and future needs, demonstrating a strong commitment to their well-being. Millennials' parents strive for a more nurturing approach, the question arises whether shielding children from obstacles and disappointments could hinder their resilience and ability to navigate challenges independently (Prabha, 2024). Does shielding children from obstacles and disappointments, while well-intentioned, ultimately hinder their resilience and ability to navigate challenges independently.

The evolution of parenting styles in America, categorizing current trends and explaining popular parenting titles like Tiger Moms, Helicopter Parents, and others (Pederson, n.d.). The evolving landscape of parenting



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in America, highlighting the distinct styles that have emerged in the new Millennials. While terms like "Tiger Moms" and "Helicopter Parents" have gained mainstream recognition, the book sheds light . It provides a historical overview of parenting trends in the United States, categorizes various contemporary styles, and offers concise explanations of some of the most popular parenting titles.

Millennials are redefining parenting by integrating technology, individuality, mindful practices, and progressive values to create a unique and modern approach (Minhas, n.d.). Millennials are at the forefront of redefining parenting, creating a distinct and modern approach that sets it apart from previous generations. They are blending technology into their parenting practices, emphasizing individuality and mindful parenting techniques, and incorporating progressive values and viewpoints. This unique approach reflects a shift towards a more conscious and intentional style of raising children. Millennials are no longer the young, entitled generation of stereotypes, as many are now adults with families and responsibilities (Chan, 2022). The stereotype of millennials as entitled, video game-obsessed individuals who live off avocado toast is outdated. Many are now adults with families, careers, and responsibilities, including raising their own children. The reality of millennial life is far more nuanced than the common stereotypes suggest, reflecting a generation that is navigating a complex and ever-changing world.





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Parenting styles of Millennials highlights the generational differences in approaches to discipline and guidance, particularly regarding expressions of concern like "be careful" or "hurry up" (Holmquist, 2025). Millennial mother who emphasized a gentle approach. This interaction highlighted the generational divide in parenting, where millennials prioritize a more nurturing and empathetic style. Millennial parents are prioritizing emotional intelligence development in their children by openly discussing emotions and helping them identify their feelings( Santora,2024). Millennial parents, unlike previous generations, are placing a significant emphasis on fostering emotional intelligence in their children. This means they are more likely to engage in open conversations about emotions, helping their children understand and identify their feelings. This approach to parenting suggests a shift towards recognizing the importance of emotional development and self-awareness in raising well-rounded individuals.

### **Local**

#### **Parenting style**

Among the different parenting styles, the authoritative parenting style is the most balanced of all. This is because they are not commanding, but they guide their children well (Alidubdub 2022). It is considered the most balanced because it combines warmth and structure. Unlike



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authoritarian parents who are strict and demanding, authoritative parents provide clear guidance and expectations but also encourage open communication, allowing children to express themselves while being nurtured. Parenting style refers to how parents exert control over their children's behavior and regulate it through rewards and punishments (Rothenberg,2021). Parents manage and guide their children's behavior, often through a combination of rewards, punishments, and boundaries. This approach helps shape how children learn to regulate their actions and understand consequences.

The parenting approach that is deeply rooted in the important Filipino values blended with the Canadian emphasis on independence and self-confidence has been their guide in raising their children (Cristina,n.d.). Like family closeness, respect for elders, and strong moral guidance with canadian ideals of fostering independence and self confidence helps shape well-rounded children. It balances traditional family values with a modern approach to personal growth. Filipino families are raised with many unique child-rearing practices. In teaching the value of respecting elders, parents always remind their kids to use “po” and “opo.” (Bunag, 2023). Filipino culture places a high value on respecting elders. One way this is shown is by using the words "po" and "opo" when talking to older people. These words mean "yes" and "no," but they are



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more than just polite. They show that recognize the older persons higher position in society.

Children are often discouraged whenever they fail at tasks (Benaroya, 2023). It highlights the importance of creating an environment where mistakes are seen as learning opportunities, helping children build resilience and self-esteem during their formative years. Most books on parenting offers up-to-date parenting style addressing needs of both parents and children (Venturanza ,2019). Offering insights on how to address the evolving needs of both parents and children in todays world. To provide practical guidance that aligns with contemporary challenges and developments in child psychology.

Uninvolved parenting, sometimes referred to as neglectful parenting, is characterized by a lack of emotional involvement, attention, and guidance from parents. In the Philippines, uninvolved parenting is relatively rare and generally not culturally accepted ( *4 Different style for parents*, 2023). Uninvolved parenting, also known as neglectful parenting. Uninvolved parents are kind of like they are not really there for their kids. They do not show much love and they do not set any rules. This kind of parenting is not very common in the Philippines, because Filipinos really value family and think it is important for parents to be involved with their kids. Permissive parents are lenient and usually step in if a serious



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problem arises. They give their children a lot of space for creativity and fun since they have a notion that they will always be kids. (*Parenting Styles in the Philippines*, n.d.). Permissive parents are pretty relaxed and let their kids do what they want. They think it is important for kids to be creative and have fun, so they give them lots of freedom. This approach is based on the belief that children should be allowed to be kids for as long as possible, with a sense that they will always have the support and guidance they need.

The authoritative parenting style is considered the most successful in providing protective factors against children's risk behaviors and supporting emotional and psychological well-being (Sinclair, 2023). The authoritative parenting style, with its balance of warmth, clear expectations, and open communication, has consistently been shown to be the most effective in promoting healthy development. This helps kids learn to control themselves and respect limits, all while feeling loved and safe. Authoritarian parents are said to be highly demanding but not responsive, permissive parents are not demanding but highly responsive, authoritative parents are both very demanding and very responsive (Pajaron, 2019). Parenting styles can be categorized based on how demanding and responsive parents are. Authoritarian parents have lots of rules and expect a lot, but they do not show much love or understanding



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while Permissive parents, on the other hand, are more lenient and responsive to their children's needs but do not set many boundaries.

**Parenting style of Gen X**

The Gen X parents attributed their improved well-being to better work-life balance and “more hands-on, more present” parenting (*Manulife reveals change in family, 2022*). Filipino parents from Gen X improvement in their overall well-being, which they attributed to achieving a better balance between their work and personal life. By prioritizing family time and being more hands-on and present in their children's lives, they were able to create a more nurturing and supportive environment. This shift in parenting approach allowed them to be more involved in their kids daily lives, attend to their needs, and foster stronger relationships, ultimately leading to a greater sense of fulfillment and happiness. Gens X Filipinos found they practiced “more hands-on, more present” parenting in the new normal (Teh, 2022). Gen X Filipinos, who were already navigating the challenges of raising children in a rapidly changing world, found themselves adapting to a new normal that demanded more hands-on and present parenting. This "more hands-on, more present" parenting style, while initially a response to the pandemic limitations, has likely had a lasting impact on Filipino families. The increased time spent together has fostered stronger family bonds, improved communication, and allowed for greater understanding between parents and children.



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Gen-Xers care more about work-life balance than getting ahead (*How Baby Boomers, Gen-Xers, Millennials*, 2018). Some Gen Xers may still be ambitious and career-driven, while others may have shifted their priorities as they aged and gained more life experience. Factors like family responsibilities, financial security, and personal values also play a role in individual career choices. This generation witnessed the rise of corporate downsizing and layoffs , leading many to value job security and stability over rapid career advancement. Gen X parents are "not as stressed this year compared to last year. (Merez, 2022). Gen X parents are less stressed this 2022 year compared to last year because they have adapted to the "new normal" and found ways to flourish. They see the pandemic as an opportunity to step out of their comfort zones and create a new reality for themselves . This shift in perspective is a key factor in their improved well-being Gen X parents are also finding solace in the easing of restrictions and the return of social activities.

Gen X parental roles were distinct, with limited emphasis on shared responsibilities (Pageone, 2024 ). The Gen X parents often experienced a more traditional division of parental roles, with a limited emphasis on shared responsibilities. Gen X parents often experienced a more traditional division of parental roles, where responsibilities were clearly defined and largely separated between mothers and fathers. Gen X parents, who grew up in more traditional households, were often raised in environments



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where parents set the rules, and children were expected to follow them without much question (*The Changing Face Of Parenting*, 2024). Gen X parents, who grew up in families where parents were always in charge, were taught to follow the rules without asking too many questions. Their parents made the rules and expected them to obey. This created a sense of order and discipline in their homes.

Generation X born to 1965 and 1980, a period that witnessed high divorce rates, (*How Baby Boomers, Gen-Xers, Millennials*, 2018). The experiences of Gen Xers during this period have had a lasting impact on their values and outlook on life, influencing their approach to work, relationships, and parenting. The high divorce rates of the time had a profound impact on Gen Xers, shaping their attitudes toward family, relationships, and stability. This can effect child development, because a child wont understand what is happening in their family. Generation X, those born from 1961 to 1980, are characterized as “kids of working moms and divorced parents,” (Tan n.d. ) Gen X parents, having experienced their own childhoods marked by independence and responsibility, often adopted a hands-off approach to parenting. They valued self-reliance and problem-solving skills, encouraging their children to navigate challenges on their own within reasonable boundaries .Gen X parents integrate tech into parenting but are cautious about overexposure, often monitoring screen time and online activities to protect their children.



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Gen-X parents will prefer to be a class chaperone, which directly benefits and allows them personally to monitor their own child.( *A new parent generation*, 2010). The Gen X parents often prioritize family time and involvement, and being a class chaperone allows them to spend quality time with their child while also supporting their education.Gen-X parents, known for their strong sense of responsibility and desire to be actively involved in their children's lives, often prefer to be class chaperones. Gen X often struggles to understand SOGIE (Sexual Orientation, Gender Identity, and Expression) ( Diaz, 2024 ). The Gen Xers struggle with understanding SOGIE. Many have evolved their perspectives and embraced a more inclusive and accepting outlook. And because of that, some children that one of LGBTQ member will be scared to tell their parent about this things. Because Gen Xers may still hold onto outdated beliefs, others are actively learning and adapting to a more nuanced and diverse understanding of sexual orientation and gender identity.

**Parenting style of Millennials**

The Millennial parent who lives in a multi-generational household, cat help but think about how differently three-year old daughter gets treated sometimes (Elena,2024). The Millennial living in multi-generational households can create challenges for Millennial parents. They might notice inconsistencies in how their child is treated by different family members, which can make it difficult to maintain a consistent parenting





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style. Filipino Millennials moms is very inspiring and inspired generation of moms who are looking for more meaningful and targeted connections (Acedera, et al,n.d.). The Filipino Millennial mothers are a generation of women who are motivated by others while also inspiring those around them. They are searching for more than simply superficial connections; they want genuine and focused partnerships that reflect their ideals.

Filipino millennial parents prioritize ensuring their children are future-proof (Torres,2019). The Filipino Millennial parents are committed to preparing their children for the future. They prioritize providing kids with the skills, knowledge, and resources necessary to flourish in a fast changing world, such as financial literacy and adaptability. Filipino Millennials have more tools at their disposal when it comes to financial planning and are more likely to base their decisions (Simeon, 2024). The Filipino millennials have greater access to financial resources and information than prior generations. This enables individuals to make better financial decisions, such as investments, savings, and long-term planning for their children.

Millennial parents, people born from 1980 to 2000, have the privilege of experiencing both the difficult times bound by strict rules and a freer generation where they can openly express how they feel (Marielvnc, 2019). Millennial parents, who were born between 1980 and 2000, have



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seen how parenting has changed. They saw how parents used to be very strict and had lots of rules, and now they see how parents are more open and let their kids talk about their feelings. This gives Millennial parents a good understanding of both ways, so they can be strict when needed, but also be understanding and listen to their kids. Parenting of Millennials has evolved from the strict, obedience-focused methods of the past to a style that values autonomy and open communication (*Manila Magazine*, 2024). Parents of millennials are different from parents in the past. They want their kids to be independent and talk openly with them, instead of just making them obey rules. Millennial parents want their kids to be able to think for themselves and make their own choices, so they talk to them more and let them be more independent.

The modern parenting style of Millennials is shaped by societal changes, evolving family structures, and rapid technological advancements (*Modern Style From Millennials*, 2024). The way parents who are millennials raise their kids is different because of how the world is changing. Things like how people work, how they talk to each other, and how easy it is to get information are all making parents do things differently. Millennial parents are more likely to work together with their kids, talk to them a lot, and use technology to help them raise their kids. Millennial parents can probably notice how parenting in the past differs greatly from parenting today (Castillo, 2022). The Millennial parenting



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differs from past generations because to the widespread influence of technology, which necessitates ongoing navigation of screen time and online safety. The readily available but frequently inconsistent information online adds to the pressure, as does severe financial strain and the widespread comparisons fueled by social media idealized images of family life. However, this generation welcomes diversity and inclusivity more readily, prioritizing emotional well-being and seeking help when necessary, offering a new perspective to raising children who are prepared for the future.

75% of Filipino millennial parents surveyed say that they worry about the rising cost of living, while 56% are worried about job security for their kids in the future market (Torres, 2019). Parents in the Philippines who are millennials are really worried about two big things: how much everything costs and what kind of jobs their kids will be able to get in the future. It showed that 75% of these parents are very concerned about prices going up, and 56% are worried about their kids finding good jobs because the economy is changing so fast. This shows how tough it is for these parents to raise their kids in today's economy. Millennial parents are more mindful of avoiding comparisons (Cruz, 2024). Unlike previous generations, millennial parents actively try to avoid comparing themselves and their children to others. They recognize the negative impact of comparison on well-being and strive to create a supportive environment



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that celebrates individual strengths and interests, rather than conforming to external pressures.

### **Related Studies**

#### **Foreign**

#### **Parenting style**

The relationships between indulgent and neglectful parenting style and parent–adolescent conflict and cohesion (Smith & Hall, 2008). The relationships between indulgent and neglectful parenting styles and parent-adolescent conflict and cohesion because these styles have significant effects on the quality of the parent-adolescent relationship. Indulgent parenting style is characterized as low in demandingness but high in responsiveness. Indulgent parents are responsive to their children and satisfy children's needs, but they fail to set proper disciplinary, exhibit behavioral control, or make demands for mature behaviors (Baumrind, 1991). The indulgence of parents, where parents are quick to respond to their children's needs and make them feel loved and cared for. However, they do not put proper discipline and control over their children's behavior, and they do not demand or expect forms of behavior and responsibility appropriate to their age.

The discrepancy as a developmental phenomenon, in which adolescents need for autonomy exceeds parental concerns with



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maintaining order and protecting their children from harm (Smetana, 1988). They experience a growing desire for independence, self-expression, and decision-making. This need for autonomy is a key aspect of their emotional and cognitive development, as they seek to establish their own identity and prepare for adulthood. In this strict hierarchical framework, individuals requests for autonomy and any behaviors that potentially threaten group harmony are discouraged, whereas great respect for parental authority is highly valued (Peterson et al., 2005). Parenting styles, such as authoritative, authoritarian, permissive, and neglectful, have been shown to significantly influence various aspects of this relationship. Authoritarian parenting style is characterized as low in responsiveness but high in demandingness.

Henry, et al. (2005), reanalyzed the data with a different cluster method — a hierarchical cluster analysis. The general strategies and behaviors that parents use to guide and manage their children's development. These styles reflect how parents interact with their children, set expectations, and provide emotional support. They are typically categorized into several types, based on factors like responsiveness and demand. Parenting and child development can advance understanding of similarities and differences in how parenting is related to children's development (Lansford, 2016). Parenting child development can help expand knowledge about similarities and differences in parenting styles



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and their impact on children's development. By parenting cultures and traditions, its important to understand how parenting methods affect children's health, emotional development, and other aspects. This will help develop more effective strategies and policies that will benefit parents and children around the world.

Parents of this style tend to use hostile control or harsh punishment in an arbitrary way to gain compliance, but they seldom provide explanation or allow verbal give-and-take (Baumrind, 1991). Auhoritarian parenting as a style characterized by high levels of demandingness but low levels of responsiveness. This means that parents who adopt this style set strict rules and expect their children to follow them without question, but they do not offer much warmth, support, or open communication. Assadi, et al. (2011), reported that frequency was lower for authoritative parents and higher for authoritarian parents—but only authoritative parenting was linked to intensity . Authoritative parents have a balance of discipline and showing affection. That these parents have a lower frequency of imposing discipline or control, they do not impose strict rules as often.

The traditional parenting styles, they can mean different things to different people (Dixon, 2008). These newer styles can be more fluid or adaptable, which means they can vary significantly depending on the individual parents beliefs or interpretations. As a result, the effectiveness



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and impact of these newer styles are less predictable or widely understood. Parenting varies widely across families, with cultural backgrounds having a significant role in shaping family dynamics and child-rearing practices (Assadi, et al, 2011). The demographic makeup of the United States has experienced significant changes, largely influenced by immigration patterns, socioeconomic shifts, and the increasing prevalence of single-parent households. These changes have had a profound impact on parenting styles, reflecting broader societal transformations.

**Parenting style of Gen X**

Their parents utilised an authoritarian child rearing style in the upbringing of their children (Zervides, 2007). An Gen X parenting style is characterized by strict rules, high expectations, and little room for flexibility or input from children. Parents who follow this style often prioritize obedience and discipline, sometimes with less warmth or emotional support. Gen X parents as exhibiting a strict control over their behaviour tended to show less confidence in themselves and less concern for them jobs, thus showing more difficulties in their decision-making process (Judge, et al, 1997). Parents were overly controlling or strict about their behaviour tended to develop lower self-confidence. Additionally, these individuals might not care as much about their jobs, possibly because they were not encouraged to develop independence or self-assurance. As a



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result, they often faced more difficulties when making decisions, likely due to their lack of confidence and reliance on external control.

Gen X parents like to volunteer and be very involved in their children's development, including being very involved in their child's school (Brianne, 2024). They are not only interested in receiving advice on how to be better parents, but they also enjoy offering advice to others. Gen X parents are known for being very hands-on in their children's lives, particularly when it comes to their development and education. This includes volunteering and playing an active role in their child's school life. Essentially, they prioritize being involved and supportive in all aspects of their child's. The career development process of the perspective of family systems theory confirm that good interaction between family members influences the career development (Bright, et al,2005). Gen X parents are known for being very hands-on in their children's lives, particularly when it comes to their development and education. This includes volunteering and playing an active role in their child's school life. Essentially, they prioritize being involved and supportive in all aspects of their child's upbringing.

Parenting values of Gen X and their evolution across generations (*Generational Transmission of Parenting Values*, n.d.). The family traditions hold values and beliefs that are passed down from one generation to the





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next. The guiding principles that shape how parents raise their children, have evolved significantly across generations, reflecting societal shifts, changing cultural norms, and the influence of historical events, shaped by the changing times and the unique experiences of Gen X. The Generation X and Millennials parents could enable health educators to better design programs tailored to generational differences (Xiong, et al ,n.d.). The Generation X parents might respond well to health program that emphasize personal responsibility, autonomy, and practical tips for managing health and wellness. Generation X is often associated with a more independent and self-reliant approach to health.

Generation X was one of the first generation to be raised by two working parent ( Bee, n.d.). The Generation X was a generation where this became the norm, but it was not the first generation to experience and generation distinctly experience the widespread shift toward dual- income families . The Generation X and Millennial parents could enable health educators to better design programs tailored to generational differences. Family with warmth and understanding parents will experience less career decision-making difficulties (Wang, 2013). Understanding provided by their Gen X parents help develop confidence, clarity, and the emotional support needed to navigate career decisions more easily. The positive family environment seems to foster a sense of security that makes it easier for them to make important life decisions, including career choices.



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The possible relationships parental generation, parenting style (*The role of parental generation*, n.d.). The influences, Gen X parents can gain valuable insights into their own parenting practices and strive to create a positive and supportive environment for their children. Understanding these styles and their potential can empower parents to make informed choices that foster healthy growth and positive outcomes for their children. The role of Gen X parent have a significant impact on the development and maturation of early children (*A Comparison of Weight-Related*, n.d.). The parenting style of Gen X has a profound impact on a child's development. Understanding these parenting styles and their implications empowers parents to make informed choices that create a positive and supportive environment for their children's healthy development.

### **Parenting style of Millennials**

The Millennial Generation, constantly evolving alongside rapid technological advancements, is drawn to social media due to its fastpaced, responsive nature and the critical evaluation of information it allow (Rustam, et al, 2023). The Millennial Generation, shaped by rapid technological and internet advancements, thrives on the fast-paced, responsive nature of social media. Their constant development and critical approach to online information make social media a vital tool for communication, connection, and staying informed. The Millennial



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Generations heavy reliance on technology for communication, from email to social media platforms like Facebook, Twitter, and Instagram, is a direct result of globalization, technological advancements, and the internet boom they experienced (Ardi et al, 2023) . The Millennial Generation embrace of technology for communication, encompassing email, SMS, instant messaging, and social media platforms like Facebook, Twitter, and Instagram, is a direct consequence of globalization, technological advancements, and the internet boom they experienced, highlights the profound impact of these forces on the communication habits of this generation.

Millennial generations are defined by their birth years, societal context, and the impact of technological advancements on their development (Latipah et al, 2020). Generations are typically defined by their birth years, age, location, and the significant events that shape their values and personalities. Millennials, named for their proximity to the millennium, grew up immersed in the digital age, shaping their perspectives and experiences. Millennial mothers, navigating a complex landscape shaped by socioeconomic shifts and technological advancements, offer unique parenting perspectives that are crucial for understanding the diverse needs of families in today's dynamic environment (Naruka, 2024). The landscape of parenting has evolved significantly with the rise of the Millennial generation. Millennial mothers,



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born between 1981 and 1996, face a unique set of expectations, challenges, and opportunities shaped by socioeconomic shifts and technological advancements. These mothers are navigating a complex world, grappling with issues like financial instability, the impact of social media, and balancing work-life demands. Understanding their distinctive parenting perspectives is crucial for addressing the diverse needs of families in today's dynamic environment.

Family education is the cornerstone of a child's development, providing the initial foundation for learning and growth, with parents acting as the primary educators during the crucial early years (Ramandhani, 2023). Family education serves as the fundamental building block for a child's future learning journey. It is the initial and most influential educational setting, as children acquire their first knowledge and intellectual skills from family members, particularly parents. Parents, as the primary educators, have a vested interest in guiding and fostering their children's development, especially during the crucial early years. Their influence is profound, shaping the child's cognitive, emotional, and social growth. Parenting style emphasizes the crucial role of the family in shaping a child's values system and fostering essential skills like decision-making, responsibility, and social interaction (Alsagon, et al, 2023). Parenting style a cornerstone of understanding the parent-child relationship, highlights the families crucial role in shaping a



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child's values system and fostering essential life skills. The family environment provides the foundation for children to develop decision-making abilities, a sense of responsibility, respect for others, the capacity for affection and receiving love, understanding social roles, and expressing creativity.

Several influences, including family members, play a crucial role in educating children, particularly during their early years of development and growth (Sihaan, 2020). Family members play a vital role in a child's education, particularly during their early years of development. Their direct interest in fostering a child's growth according to their developmental stage makes them crucial educators. While family members are central, there are numerous influences that shape a child's educational journey, including the community, school system, and societal norms. Understanding these various influences is essential for creating a holistic and supportive educational environment for children. Informal education within the family environment, primarily led by parents, plays a crucial role in shaping a child's personality and adaptability to the world, (Ramandhani, 2023). A child's development is significantly influenced by their environment and the parenting patterns they experience. Parents play a crucial role in informal education, which begins at birth and involves educating, teaching, guiding, and training their children. The communication and interaction of parents serve as



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examples for their children, emphasizing the importance of consistency between words and actions. By instilling values and fostering a positive personality, parents equip their children to adapt to the ever-changing world around them.

Millennial mothers navigate the demands of career advancement and parenting responsibilities through flexible work arrangements, shared parenting duties, and personal and professional development, striving to create a harmonious balance between their professional aspirations and their roles as caregivers (Naruka, 2024). Millennial mothers, navigating the dual pressures of career advancement and parenting responsibilities, are finding innovative ways to achieve work-life balance. The importance of flexible work arrangements, allowing mothers to adjust their schedules to accommodate childcare needs . Shared parenting responsibilities, with partners or family members taking on a more active role in childcare, also contribute to a more balanced lifestyle . Furthermore, investing in personal and professional development helps millennial mothers stay competitive in the workforce while also fostering a sense of personal fulfillment. Millennial generation characteristics, and employee performance in the communication industry, seeking to understand how these factors influence individual performance levels and inform the development of effective management strategies (Sihaan, 2020). Understanding how Millennial generation characteristics, particularly in the



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communication industry, relate to employee performance. To explore their impact on individual performance levels between gender, Millennial traits, and performance achievement, it provide valuable insights for management to create a working system that effectively supports and improves the performance of individual Millennials.

## **Local**

### **Parenting style**

Most people are who they are because of their parents (Enano et al. 2023). Parents play a huge role in shaping their children's personalities and values, it is an oversimplification to say that people are who they are just because of their parents. The behavior of the parents is what the child will inherit. Parenting involvement is one of the determinants of the academic success of the student (Tus, n.d.). Parents being involved in their kids schoolwork is really important for how they raise their children so that their children are good in academic. It shows kids that they care and helps them want to do their best. This makes kids get better grades and also helps them love learning and be ready for the future.

Permissive parent allows their children to make decision often without guidance or consequence. (Corpuz et al. n.d.). Permissive parents are very relaxed and let their kids make choices without much help or punishment. They do not have many rules or limits, and they act more like



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friends than parents. This can help kids become independent, but it can also make it hard for them to control themselves, take responsibility, and listen to people in charge. In the child rearing emphasis is on the act of training or bringing up the children and the interaction between the parents and child, while parenting emphasizes the responsibilities and qualities of exemplary behavior of the parent (Calamayo, 2022). "Child rearing" and "parenting" are both about raising kids, but they focus on different things. "Child rearing" is about the actual things parents do, like teaching, disciplining, and spending time with their kids. "Parenting" is more about the kind of person a parent should be, like being a good example and teaching their kids good things.

Parental socialization, influence of parents on children through two different parenting practices (theoretically independent or unrelated): those of warmth and those of strictness (Garcia, et al. 2020). Parents raise their children and the parenting styles they employ. Two key styles are warmth and strictness. Warmth refers to the level of love and support a parent provides their child, while strictness refers to the parents approach to discipline. These two styles, though separate, can be combined in different ways to create different parenting approaches. Parenting style plays a vital role in the upbringing the individual. through this the behavior of children is highly influenced on how they were raised at home (Bein, n.d.). The way parents raise their kids really matters for how those





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kids turn out. Its like a guidebook for kids on how to act and feel, and it affects how they behave, how they feel about themselves, and how they get along with others. When parents are loving and supportive, it helps kids feel good about themselves and be able to handle tough situations. But if parents are mean or do not care, it can make kids feel insecure and have problems with how they act. So, the way parents act at home really shapes who their kids become.

Parenting styles provide the emotional climate for interaction between parents and children and have significant impact on the family quality of life (Arcay, et al. 2019) . The way parents act and feel around their kids really affects how the whole family gets along and how happy everyone is. When parents are kind and loving, it helps their kids grow up healthy and strong, and makes the family feel close and safe. But if parents are mean or do not pay attention to their kids, it can make the family feel stressed and unhappy, and the kids might have problems with their feelings and behavior. The love, respect, open communication, and self-discipline of parents influence the opportunities to improve their children's family significantly in helping their children build and refine their positive values development system (Arsagon, et al. 2023). Parents who are loving, respectful, and good communicators, and who also have good self-control, have a positive effect on their children's values. These parents make their families better places to live, helping their kids learn



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good values. This makes it easier for children to develop good values and be happy and successful in life.

Parenting style captures two important elements of parenting: parental responsiveness and parental demandingness (Darling, n.d.). Parenting style is basically how parents raise their kids. Responsive parents are like good listeners. They show love and support, making their kids feel safe and loved while Demanding parents set rules and boundaries. They expect their kids to behave well and be responsible. They help their kids learn to control themselves and do the right thing. Parenting style have close relationship with children's behavior (Fabella, n.d.). The way parents raise their kids has a big impact on how they grow up, both emotionally, how they get along with others, and how smart they become. The way parents act with their kids, the rules they set, and how much love and support.

### **Parenting style of Gen X**

Generation X Parent used authoritative parenting style. The most practiced Filipino family values is respect for that generation, there is no significant difference between the Filipino family values and parenting style of Generation X (Calinisan, 2018). Generation X (born roughly between 1965-1980) parents used an authoritative parenting style suggests that generation tend to balance clear, structured expectations



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with warmth and support in their child-rearing methods. The love, respect, open communication, and self-discipline of Gen X parents influence the opportunities to improve their children's family significantly in helping their children build and refine their positive values development system (Alsagon & Ganancial ,2023). Through their love, respect, open communication, and self-discipline, play a crucial role in shaping their children's development. These qualities create a supportive family environment that fosters positive values in children. By consistently modeling these behaviors, gen x parents provide their children with opportunities to develop important traits such as empathy, responsibility, and resilience. This influence helps children refine their value systems, which can contribute to their overall well-being and success when they grow.

Gen X parental strictness contributes to children's psychosocial adjustment in all cultural contexts (Garcia,2020).Traditionally, Gen x are strict parenting they have been seen as having negative consequences for children, such as promoting anxiety, rebellion, or reduced self-esteem. However, the impact of strictness can vary significantly depending on cultural values, norms, and expectations around parenting. Generation X parental socialization is an adult-initiated process (parents or primary caretakers) by which the young person acquires the culture and the habits and values congruent with adaptation to that culture. Parental



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socialization refers to the process through which parents or primary caretakers help children learn and internalize the norms, values, behaviors, and customs of the culture they are part of (Garcia & Fuentes ,2020). It helps children understand how to navigate and adapt to the society they live in. It involves guiding children to develop the skills and attitudes necessary to function effectively within their cultural and social environment. Gen x parents may use a variety of methods, such as direct teaching, modeling behaviors, reinforcement, and setting expectations, to ensure their children acquire these cultural elements. Through parental socialization, children learn what is considered acceptable, respectful, and appropriate in their specific community or society.

The Influence of Parenting Style at Lipa City, which formulating intervention programs (Sanchez, 2018). When it comes to how these parenting styles impact the way students perform in school and behave in their social environments. Gen X, typically born between 1965 and 1980, grew up in a time of shifting societal norms, technological advancement, and economic changes. Parents self-efficacy was found to be the most influential predictor of learning motivation, followed by parental involvement and parenting style (Guillena, 2023). Gen X influence learning motivation, helps to determine the relationship between one dependent variable and several independent variables (such as parents self-efficacy, parental involvement, and parenting style).



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The Generation X parenting styles of the respondents parents does not directly influence the respondents spending behaviors (Enano, 2022). The statement acknowledges that parental influence on spending habits might not be straightforward. This could mean that other factors like personal experiences, peer influence, or individual personality traits play a larger role in shaping spending behaviors. Parenting styles of Gen X provide the emotional climate for interaction between parents and children and have significant impact on the families quality of life (Arcay,et al, 2019).Parenting styles of Gen X refer to the approaches that parents use to raise their children, influencing how they interact and respond to their children's needs. These styles can create a specific emotional climate within the family, shaping relationships, communication, and overall dynamics.

Generation X, born roughly between 1965 and 1980, represents a group of individuals who grew up in a world of rapid change. From witnessing the birth of the internet to embracing the analog and digital eras, Gen X parents have a unique perspective on parenting that is shaped by their formative years(*Generation X, born roughly*, 2024). The unique perspective Gen X parents bring to parenting, shaped by their experiences during a period of significant societal shifts. Gen X grew up during a time of immense technological advancements, from the rise of personal computers to the internet revolution. This exposure to constant change



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likely influences how they approach parenting, perhaps valuing adaptability and embracing new technologies to connect with their children. Gen X parental socialization has an influence on child development, which combination of parental strictness and warmth acts as protective or risk factors, especially during adolescence when the child is more vulnerable (Garcia, 2022). Gen X parents, shaped by their own experiences of rapid societal change and technological advancements, are navigating a complex landscape of parenting in a world vastly different from their own childhoods. While their influence on child development is undeniable, deeper into the nuances of their parenting styles, particularly the interplay between parental warmth and parental strictness, and how these factors impact adolescent development, a period marked by heightened vulnerability.

### **Parenting style of Millennials**

The authoritative parenting style is the parenting style of Millennial parents prefer to employ, which affects or influence the values development system of their children positively (Alsagon, et al, 2024). They found that most of these parents prefer a parenting style called "authoritative." This style is like a balance between being firm and loving. These parents set clear rules and expectations for their children, but they



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also explain why those rules are important and listen to their children's thoughts and feelings. Its like they're guiding their children while also giving them space to grow and learn. The parenting styles and influences of Millennial parents in the values development system (Alsagon, et al, 2023). The parenting styles and influences of Millennial parents and their impact on the values development of children. By exploring the interplay between Millennial parenting practices and the values adopted by their children, the contribute to a deeper understanding of the factors shaping the moral and ethical development of young people in this specific region.

Millennials about parenting style and challenges of Generation X and Millennial parents which may aid in the reassessment of how they nurture and guide children throughout life (Alcantara, 2022). The millennial generation is changing how we think about parenting. They are learning from Generation X experiences but are developing their own approaches. Millennials emphasize open communication with their children, focusing on emotional intelligence and understanding. They encourage free play and exploration. However, they face modern challenges like social media pressures, work-life balance struggles, and financial difficulties in raising a family. By studying both Gen X and millennial parenting experiences, we can support their children's healthy growth. Millennial mothers navigate the challenges of choosing childcare for their infants and toddlers, exploring their lived experiences and



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decision-making processes as they adjust to family changes (Gonzalez, 2018). A significant number of young children, particularly infants and toddlers, are cared for by individuals other than their parents. This trend, driven by evolving family roles and the necessity of dual-income households, makes childcare decisions particularly crucial for middle-class Millennials mothers. The experiences and decision-making processes of these mothers regarding childcare is limited. The lived experiences of middle-class millennial mothers as they navigate the complexities of choosing childcare for their infants and toddlers, uncovering the challenges and adaptations they face as their family.

Generations are distinct social categories shaped by shared experiences and historical events, leading to unique collective consciousnesses within each cohort (Velasco, 2020). Millennials develops a unique collective consciousness shaped by the shared experiences and historical events of their youth. This leads to a distinct worldview and set of values within each cohort, making them predisposed to unique perspectives and actions. The impact of historical context on shaping generational identity and the subsequent influence these generations have on society. Describes the personal and cultural values of Filipino Millennials and unique Filipino cultural values as indicators (Cabahug, et al. 2023). It provides insights into the similarities and differences in values





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between Millennials and Zoomers, highlighting how their personal and cultural values shape their perspectives and behaviors.

Explored how parenting may be described by Millennial parents in parenting their Generation Alpha children (Fanuncial, et al. 2024). The aspects of Millennials parenting, focusing on their technology, emphasis on individuality and self-expression, prioritization of mental health and well-being, and openness to alternative education. Filipino Millennial parents online purchase intention from baby and child e-stores is significantly influenced by the e-stores design, order fulfillment, customer service, security images, and hedonic value, (Manuzon, 2023). Millennial parents with experience shopping at baby and child e-stores found that design, order fulfillment, customer service, and security images positively impact both hedonic value and online purchase intent, while security images specifically influence utility value.

Filipino Millennials they are often described in passionate terms: they can seize the day, pursue their dreams, and travel the world. And yet they can also be self-entitled and narcissistic (Cornelio, n.d.). The generation caught between passionate idealism and a potential for self-centeredness. Its a complex picture, and its worth exploring the factors that contribute to both sides of this coin. This duality presents a fascinating case study for understanding generational shifts in values and



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behaviors. Millennials about parenting style and challenges of Generation X and Millennial parents which may aid in the reassessment of how they nurture and guide children throughout life (Alcantara, 2022). The millennials understand the perspectives of Millennials on parenting styles and the challenges faced by both Generation X and Millennial parents. This understanding will help reassess how Millennials nurture and guide children throughout their lives.

**Relationship of the Previous Studies to the Present Study**

The relationships of the previous studies to the present study is the way that Millennial and Generation X parents approach parenting has changed in the digital age, especially in how they shape the emotional environment that affects family life. Having grown up before the digital revolution, Gen X parents emphasize resilience and independence while judiciously incorporating technology to preserve close family ties. This approach strikes a compromise between conventional and modern parenting. As digital natives, Millennial parents, on the other hand, use technology for parenting more naturally. This promotes inclusion and emotional connection, but it also runs the risk of becoming overly dependent on technology. Notwithstanding these distinctions, both generations strive to create loving and caring settings for their children because they understand that their interactions with them have a big



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influence on the happiness of the family as well as the emotional and social growth of the kids.

Some parents, including Millennials parents, have diverse approaches to raising their kids. While some parents are tough with their children, others constantly let their kids go as long as they tell them, and still others don't tell them. While Gen X care is still present, they actually let their kids to use telephones until they are old enough to do so. They also encourage them to be patient and diligent so that they can support their parents as adults. Gen X parents are among the greatest because they instilled in their kids the values of independence, tenacity, and hard work.

Many Millennial parents employ gentle parenting, however Gen X and Millennial parents employ a range of parenting approaches. This method places a high emphasis on comprehension, emotional intelligence, and positive parent-child connections. While Gen X parents frequently employ a rigid parenting style with defined rules, Millennials parents place a higher value on developing strong relationships with their kids and favour constructive discipline, which focusses on instruction and advice rather than punishment. They may employ punishment more frequently and show less affection, but that doesn't mean they don't care about their children.



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### **CHAPTER III**

### **METHODOLOGY**

This chapter reveals the methods of research to be employed by the researcher in conducting the study which includes the research design, research locale, research instrument, population and sampling, data construction procedure, analysis of information, and ethical considerations.

#### **Research Design**

This study employ a qualitative research, a method that gain an in-depth understanding of social phenomena within their natural setting and relies on the direct experiences of individuals in their everyday lives (UTA Libraries , n.d.). Since the purpose of this study is to explore the perspectives and experiences of Generation X and Millennial parents in raising their children a qualitative approach is appropriate.



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Specifically this study, employs a phenomenological research design, a qualitative approach that seeks to understand the experiences from the perspectives of those who have lived them (Neubauer ,et al., 2019). This approach is appropriate as it enables an in-depth exploration of the personal narratives of parents from two generations, providing insights into their parenting styles.

### **Research Locale**

This research investigates how parenting styles differ across generations in Silang, Cavite, a rapidly developing municipality near Manila. The town's unique mix of agricultural heritage and suburban expansion means the location of Manila is south, and the distance between Manila and Silang is 56 km, distance is 29.6 km. The research is conducted in barangays Balite 1st, Hukay, Biluso, and Munting Ilog.

### **Population and Sample**

This research focusses on parenting, specifically examining Gen X and Millennial parents. The target population for this study includes parents from Gen X and Millennial generations, with a total of 24 participants selected. Creswell (1998), there are a total of 12 Millennial parents and 12 Gen X parents. For Millennial parents, there are 3 participants from Hukay, 3 from Biluso, and 6 from Iba. For Gen X parents, there are 6 participants from Balite, 3 from Munting Ilog, and 3



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from Hukay. The sample includes 23 female parents and only 1 male parent. To determine whether participants belong to the Gen X or Millennial generation, the interviewer uses age as the key guide. Gen X parents are those aged 44 to 50, born between 1965 and 1980, while Millennial parents are aged 28 to 43, born between 1981 and 1996. This age-based strategy is how the interviewer identifies the participants' generational group.

### **Sampling Technique**

The study employ purposive sampling and non-probability technique where participants are deliberately chosen based on specific characteristics (Kassiani , 2022). To achieve this , the study will recruit participants from these two groups. Gen X patents born in 1965 - 1980 aged 44-59. Millennial parents born in 1981-1996 age 28-43. The study also considered the location of the participants.

### **Research Instrument**

This research used a semi-structured interview to guide examine various parenting style and their influence child's development which include 15 open-ended questions. The instrument consist pre-determine question focuses on parenting style, parent child relationship and what is the most effective parenting, allowing participants to share the detail insight about their parenting experiences. The first five question it's all about parenting style of millennial and Gen X parents. The next five



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question is about parent- child relationship and the last five question pertains to the parenting style of Gen X and Millennial parents, which regarded as the most effective. These questions aim to identify the most effective parenting style between Gen X and Millennial parents.

### **Data Construction Procedure**

This study used interviews so that the researcher could better understand what true care parents had for their children.

The following were the steps done by the researcher:

#### **Pre-interview**

- The researcher made interview questions.
- The researcher checked the interview questions.
- The questions were revised so that the participants could easily understand them.
- Then the researcher checked the questions until the interview questions were correct.
- Next, the researcher found the participants.
- Next, the researcher talked to the participants when they were available.



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**During the interview**

- The researcher asked first for permission if they were allowed to record themselves.
- Then the researcher introduced themselves and explained what the consent form was about.
- The researcher asked the interviewee to fill out the interview profile.
- And the researcher started asking the interview questions.

**Post-interview**

- The researcher stored the interview video in a drive.
- The consent form, interview profile, and answers to the interview questions were submitted to the teacher.

**Analysis of Information**

Thematic analysis is a qualitative analysis technique use in the social sciences to detect and present repeating patterns or themes in data. It requires careful study and interpretation of the material in order to extract meaning and comprehend various Issues and interpretations (Science Direct, 2023).

These steps helped the researchers organize and Interpret the gathered data systematically:





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(1) The researcher transcribes the recorded video by attentively listening to the interviewee's comments and transforming them into written text to ensure that the documentations is accurate and complete. (2) The Initial step involved comprehensive reading and understanding the paragraph to grasps its main points and arguments.(3) Understanding the shifts in parenting approaches between Gen X and Millennials is crucial in the digital age. The information was categorized into key themes, including technological advancements, challenges, potential benefits, and concerns, highlighting their impact on modern parenting. (4) After categorization, recurring patterns or trends were Identified in each theme. These include frequent mentions of their own parenting styles, challenges in their life's, or problems. (5) Following pattern identification, the data was interpreted to extract Insights or implications. this involved analyzing the significance of the identified themes and patterns in the context of parenting styles of Gen X and Millennials. (6) Synthesizing the coherent paragraph that effectively captured the main findings and insights of the thematic analysis. this synthesized paragraph provided a summary of the key themes, their implications, and the overall perspective in parenting styles of Gen X and Millennial.

**Ethical Considerations**

Ethical considerations were a set of guidelines that guided this study's design and procedures. The key ethical principles followed in this research included informed consent, confidentiality, voluntary



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participation, and legality. Informed consent allowed parents to make informed decisions about their participation while respecting their autonomy and personal agency. Voluntary participation ensured that individuals joined the study of their own free will. Legality referred to compliance with national laws, ensuring that all research activities were authorized and permitted. Lastly, confidentiality was maintained to protect participants' rights and privacy throughout the study.

**CHAPTER IV**



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## RESULTS AND DISCUSSION

This chapter comprises the analysis, presentation and interpretation of the findings resulting from this study. Discussions are also provided to give a comprehensive explanation of the themes that were generated in response to the objectives set in this study

### Research Findings

#### **SOP1: What are the parenting styles used by Gen X parents in Silang, Cavite?**

Based on the collected data, one of the common parenting styles among Gen X parents in Silang, Cavite, is authoritarian, where parents use punishment as a form of discipline. One of the interviewees said, "*Nung maliit sila, mostly pinagsasabihan kung ano ang tama at hindi tama. Nakakatikim sila ng palo, pero hindi actually, lagi kung sobra na.*" (When they were young, they were mostly told what was right and wrong. They got a taste of spanking, but not actually—only when it was too much.) This shows that they were primarily taught right from wrong, and while physical discipline was sometimes used, it was only applied in cases of severe misbehavior. Another interviewee stated, "*Sinasabi kung hindi na dapat nila gawin ay nagawa; hindi ko na ulit sila papayagan pag umulit-ulit. Pinagsasabihan ko lang sila.*" (When I told them not to do something and they still did, I wouldn't allow them again if they repeated it. I would



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just scold them.) This suggests that even when a child repeatedly disobeys, the parent chooses verbal reprimands as a means of teaching them to correct their behavior. Meanwhile, another interviewee shared, "*Kinakausap namin ng maayos kung may pagkakamali man sila; pinapaliwanag namin, pero nandoon pa rin ang pag-unawa.*" (We talk to our child properly, and if they make mistakes, we explain things to them while still maintaining understanding). This indicates that open communication is also practiced, ensuring that misunderstandings are addressed with patience and comprehension.

The discipline practiced by Generation X parents is deeply rooted in traditional Filipino culture, teaching their children to show respect to elders. As one parent stated, "*Dapat nandoon pa rin yung paggalang, pagmano sa matatanda, pagsagot ng po at opo kase minsan wala na 'yon.*" (Respect should always be there, like showing courtesy to elders through 'pagmano' and responding with 'po' and 'opo' because these practices are disappearing.) This statement reflects how Gen X parents uphold traditional Filipino values by ensuring their children maintain these customs despite societal changes. In the past, these gestures were strictly followed, and elders were seen as figures of authority whose words were not to be questioned. Generation X parents teach their children the value of patience and responsibility. One parent explained, "*Hindi pwedeng agad-agad ibibigay, kailangang manindigan tayo na kapag wala, wala...*"



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*ipapaliwanag para maintindihan nila.*" (You can't just give them what they want right away. We need to stand firm—if it is not available, then it is not, we have to explain it so they understand.) This highlights how they instill discipline by making sure their children do not grow up entitled, reinforcing the Filipino cultural trait of resilience and practicality. In the past, many Filipino families experienced hardships, and children were taught to work for what they wanted rather than expect things to be handed to them. By explaining why certain things cannot be given immediately, Gen X parents ensure that their children develop a sense of responsibility and financial awareness, preparing them for real-life challenges in adulthood. Lastly, Gen X parents emphasize the importance of preserving Filipino traditions, even as times change. One parent observed, "*Palibhasa lumaki kami sa pagmamano nga, hanggang ngayon nadala namin, pero iba na nga, 'yung hug na ngayon ang ginagamit.*" (Since we grew up practicing 'pagmano,' we carried it with us, but now, it has changed—hugs are more common.) This statement acknowledges how cultural practices evolve over time but also highlights Gen X parents efforts to preserve traditional Filipino customs. This demonstrates their commitment to keeping Filipino culture alive despite generational shifts.

Based on the compiled information, one of the parenting styles used by Generation X parents in Silang, Cavite, is authoritative, where the parent is strict and sets rules to emphasize obedience, discipline, and control. One respondent stated, "*Ako dapat ang masusunod, hindi ako*



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*yung susunod sa kanila.*" (I should be the one they follow, not the one who follows them.) This statement implies that children should obey their parents because parents have the right to expect obedience from those they have raised and cared for. Another respondent said, "*Ano, kapag may ginawa silang kasalanan ulit, ako na dapat ang masusunod, hindi sila. Kaya sinasabi ko sa kanila, maging magulang muna kayo bago maging anak.*" (If they repeat their mistake, I should be the one they follow, not them. That's why I tell them to be parents first before being children.) This suggests that parents should demonstrate responsibility and authority before expecting their children to obey them. Another interviewee shared, "*Pag sila humingi, hindi pwedeng agad-agad ibibigay. Kailangan manindigan tayo—kapag wala, wala. Sa susunod na araw na.*" (When they ask for something, it should not be given immediately. We need to stand firm—if there's no money, then there's none. They can wait for the next day.) This statement emphasizes that parents should not immediately give in to their children's requests. If parents always fulfill their children's wants, even when unnecessary, it may lead to a sense of entitlement and spoiled behavior.

**SOP2: What are the parenting styles used by Millennial parents in Silang, Cavite?**



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This statement shows that one of the parenting styles of Millennial in Silang Cavite is getting punished. One of the interviewees said, "For me, sometimes I tell them the right thing to do; sometimes I really get spanked, like when they come home at night. This statement shows that we need to discipline our children properly to raise them properly, such as by spanking them. Another interviewees said, *"Syempre dinidisciplina ko ang anak ko kapag ka mali na ang ginagawa nya sinasaway ko sya minsan nga napapalo kupa"* ( Of course, I discipline my child when they do something wrong. I scold them and sometime I even spank the). This statement shows he needs to discipline her child when they misbehave, occasionally even resorting to spanking when they are overly unruly. Another interviewee said, *"Hanggang maari pinag sasabihan pag hindi nakukurot"* (until it can be scolded when it is not really pinching). It shows that when his son is no longer listening to him, he pinches his son to listen.

According to the gathered data, one of the parenting styles of Millennial parents in Silang, Cavite, is setting rules for their children, and one of the interviewees said that *"Sinasabi ko sa kaniya yung mga dapat nyang gawin na tama na dapat igalang nya kami ng daddy nya at dapat sinusunod nya kami sa bawat sinasabi namin"* (I tell him what he should do right, that he should respect his daddy and me and obey everything we say). It shows that a child should still respect their parents no matter what. Another interviewee said, *"Dapat naka-set yung standard sa pamilya na*



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*pag magulang ka, ikaw dapat yung masusunod, hindi yung mga anak"* (The standard should be set in the family that when you are a parent, you should be the one to be followed, not your children). It shows that the discussion on everything still has to be made by the parents. Another interviewee said, *Magtakda ng malinaw na mga patakaran at inaasahan. Ipaliwanag sa kanya ang dahilan kung bakit siya napagalitan* (Establish clear rules and expectations. Explain to her the reason when she gets scolded). The parent said creating clear rules will strengthen your relationship and that you should explain to them why they were scolded.

Based on the gathered data, one of the parenting Styles of Millennial in Silang, Cavite, is talking calmly to their son. One of the interviewee's said that "*Pinapaliwanag ko sa kanya ang mali niyang ginawa pag tapos ng kanyang eksena*" (explain to him what he made wrong.) The parent is waiting for the child to calm down after his scene, and explaining to him why his behavior is wrong. Another interviewee's said "*Pinapakinggan niya ako sa paraan kapag kinakausap ko siya at pinapaliwanag sa kanya ang mga bagay bagay*" (He listen to me when i talk to him and I explain the things to him.) The parent said that her son pays attention to him when he talks to him and clarify things. The last interviewee's said "*Sa paraan ng pag bibigay ng gusto nila at pakikipag usap sa kanya ng mahinahon at siyempre sa pag bibigay ng pag mamahal sa kanya*" (By giving them what





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they want, talking to them calmly, and of course, showing them love) The parent of Millennials said by calmly communicating, fulfilling their desires, and showing them love, you build a stronger connection with them.

**SOP3: How do the parent-child relationships of Gen X and Millennial parents in Silang, Cavite differ in terms of closeness and understanding?**

Based on the gathered data, one way to describe the parent-child relationship between Gen X and Millennial parents in Silang, Cavite, is through love. One of the interviewees said, "*More ang pagmamahal at pag-unawa, kailangan; dapat unawain ang bagay na hindi lahat ng gusto mo bilang isang magulang ay siya na lang ang masusunod,*" (More love and understanding are needed; it should be understood that not everything you want as a parent should be followed by them). This statement shows that a Gen X parent emphasizes giving more love and understanding, acknowledging that their child may not always follow their wishes. Another respondent said, "*Bilang isang magulang, mas kailangan nating ipakita sa kanila ang pagmamahal,*" (As parents, we need to show more love). This highlights that showing love to children is more important than anything else. Another interviewee emphasized love as a key element in parenting, indicating that a Gen X parent focuses on giving love and understanding to their child.



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Another way to view the parent-child relationship between Gen X and Millennial parents in Silang, Cavite is through their shared faith in God. One of the interviewees said, "*Una talaga ang pananalig ko sa Diyos na hindi kami masisira sa bagay na makakamundo. Kailangan inuuna namin sa buhay ang Panginoon na Siya ang maging gabay namin.*" (My faith in God truly comes first. We will not be destroyed by worldly things. We prioritize the Lord in our lives, making Him our guide.) This statement highlights how a Gen X parent believes that their faith in the Lord comes first—that they will not be led astray by worldly matters because they make God their guide in life. Another respondent, a Millennial parent, shared, "*Kailangan nandiyan ang Panginoong Diyos, yung pananampalataya, kase pag wala 'yon, hindi natin mapagtitibay yung pagiging magulang natin sa mga anak.*" (We need the Lord and faith because without them, we cannot strengthen our role as parents to our children.) This assertion shows how Millennial parents rely on their faith to help them fulfill their responsibilities and strengthen their role as parents. Another respondent stated, "*Sa ngayon kase, kumbaga, nagiging matimbang lalo yung relasyon namin, kase as Christians, sabay-sabay kaming magsimba every Sunday at nag-aattend kami ng Bible study. Kumbaga, yung relasyon namin mas lalong naging close.*" (Right now, our relationship is becoming even stronger because, as Christians, we go to church together every Sunday and attend Bible study. This has brought us even closer.) This statement from a Gen X parent emphasizes that their



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faith in God helps create a stronger and closer relationship with their children.

Based on the gathered data, Gen X and Millennial parents in Silang, Cavite differ in terms of closeness and understanding, as well as support. One of the interviewees said, "*Ako ang tutulong sa kanila kapag sila ay may problema,*" (I will help them when they have problems) which means that parents are not just for discipline but also a source of information. Another interviewee said, "*Kapag kailangan nila ng gagabay, ako palagi ang kanilang saklolo,*" (When they need guidance, I am always there to help) meaning parents are the support system for their children. One final interviewee shared, "*Kapag nahihirapan sila sa isang bagay, handa akong tulungan sila,*" (When they are having difficulty with something, I am ready to help them) which implies that when you become a parent, you are now responsible for guiding your own child.

**SOP4: Which of the parenting styles of Gen X and Millennial parents in Silang, Cavite is considered to be effective?**

Millennial parents use open communication, which is the free and honest exchange of information, thoughts, and feelings without fear of judgment. According to the first interviewee, "*Pag-unawa sa kanila tuwing may problema sila, pinapakinggan ko sila para kahit papaano maramdaman nilang lagi akong nasa tabi nila.*" (I show understanding



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when they have problems. I listen to them so that, in some way, they feel that I'm always there for them.) Showing understanding toward children is a strong and effective way to earn their trust and obedience. The second interviewee stated, "*Kailangan kausapin ko sila ng maayos—anong problema nila, kasalanan nila—itutuwid para alam nila ang mali at ang tama.*" (I need to talk to them properly, find out what their problem is, and correct their mistakes so they can understand what is right and wrong.) Open communication helps prevent children from feeling afraid or ashamed to talk to their parents. Similarly, the third interviewee shared, "*Kinakausap ko sila na para kaming magkakapatid, barkada lang, para hindi sila matakot mag-open.*" (I talk to them in a way that makes us like siblings or close friends so they won't be afraid to open up.) Millennial parents prioritize open communication, ensuring that their children feel heard, understood, and supported without fear of judgment.

Based on the gathered data, both Generation X and Millennial parents in Silang, Cavite, agree on the importance of discipline. One parent stated, "*Kailangan talaga may disiplina sa mga anak.*" (Children must have discipline.) This highlights the belief that proper behavior is learned through guidance, correction, and reinforcement. The data also suggests that Millennial parents emphasize expressing love more in their parenting approach. One parent stated, "*Kailangan dapat bigyan ng pagmamahal ang mga anak.*" (Children must be given love.) Millennial parents believe



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that showing love helps children feel important, accepted, and valued. The key difference between Generation X and Millennial parents is that Gen X focuses more on discipline, while Millennial prioritize communication. Every parent has a unique approach to raising their children, but both discipline and communication play essential roles in child development. Generation X parents emphasize structure and obedience, while Millennial parents emphasize emotional connection and understanding.

### **Discussion**

This study has provided a deeper understanding of how parenting styles have changed over time. The findings of this study demonstrate that Generation X parents mostly use an authoritative parenting style, balancing discipline and communication. This approach reflects traditional Filipino values, emphasizing respect and structure in raising children. Meanwhile, Millennial parents follow a more flexible and adaptive parenting style, adjusting their methods based on their child's needs.

After analyzing these findings, the researchers observed that while both generations aim to raise responsible children, their parenting styles differ significantly. Generation X parents prioritize discipline, family time, and teaching moral values through structured activities like shared meals and religious practices. In contrast, Millennial parents emphasize



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emotional intelligence, open communication, and mental well-being, creating a more accepting and understanding environment for their children. The study highlights that authoritative parenting remains the most common approach, but the adaptability of Millennial parents may offer additional advantages in addressing modern parenting challenges. This demonstrates the ongoing evolution of parenting styles as families adjust to the demands of the digital age.

## **CHAPTER V**

### **SUMMARY, CONCLUSIONS, AND RECOMMENDATIONS**

This chapter presents the summary of the study, conclusions, and recommendations of the study based on the data analyzed from the previous chapter.

#### **Summary**

This study aimed to analyze the different parenting approaches of Generation X and Millennial parents in Silang, Cavite, focusing on how their parenting styles differ and their impact on parent-child relationships. This is a qualitative phenomenological study that explored the lived experiences of parents in disciplining their children. The study surveyed 24 participants—12 Generation X parents and 12 Millennial parents—selected through purposive sampling. Data was collected through



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interviews and analyzed using thematic analysis to identify recurring themes in parenting styles and approaches.

Findings on the superordinate themes, subordinate themes, and subcategories that emerged from the analysis of data are as follows:

1. Parenting Style of Generation X Parents

1.1. Culture

1.2. Authoritative

1.3. Authoritarian

2. Parenting Approach of Millennial Parents

2.1. Punishment

2.2. Setting Rules

2.3. Talking Calmly

3. Parent-Child Relationship

3.1. Love and Faith

3.2. Support

4. Effectiveness of Parenting Styles

4.1. Open Communication

4.2. Emotional Intelligence



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## **Conclusion**

Parenting in Silang, Cavite, blends traditional Filipino values with modern influences. Parents often emphasize respect for elders and strong family ties while incorporating contemporary educational practices and technology into their children's lives. This unique fusion creates a nurturing environment that prepares kids for both local and global challenges. Generation X parents, shaped by strong cultural norms, prioritize respect for elders, harmonious relationships, and gratitude. They combine these values with authoritative parenting, setting clear rules and encouraging open communication, though discipline often includes physical punishment. This approach emphasizes obedience and fosters a sense of family unity. Millennials, on the other hand, bring a more nuanced approach. While still valuing discipline, they prioritize calm communication, active listening, and explaining consequences, fostering a deeper understanding of rules and their rationale. This reflects a shift toward a more adaptable parenting style, recognizing individual needs and encouraging independent thinking. Both generations strive for a balance between firm guidance and supportive understanding, ultimately aiming to raise responsible and respectful children who contribute to society. The most effective parenting style is Millennial, because they tend to be more adaptable and open to different parenting styles. They prioritize





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understanding their children's individual needs and adjusting their approach accordingly. This flexibility allows them to foster environments where children feel valued and heard, promoting emotional intelligence and resilience. As a result, Millennial parents are often better equipped to navigate the complexities of modern parenting challenges while nurturing their children's unique identities.

### **Recommendations**

This study emphasizes the importance of understanding Gen X and Millennial parenting styles to offer effective support. Based on research findings, recommendations are proposed to address the unique challenges faced by these parents. These recommendations aim to foster resilience and positive outcomes. Implementing these suggestions will help create a more supportive environment for both Gen X and Millennial parents.

Based on the findings, the researcher therefore recommends the following:

**Gen X parents**, fostering independence and problem-solving skills is a key parenting approach, teaching children responsibility and



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resourcefulness. However, this can be further enhanced by incorporating emotional support and strengthening the parent-child relationship through dedicated communication time, active listening, and shared experiences.

**Millennial parents**, known for their tech-savviness and focus on work-life balance, often prioritize creating nurturing and stimulating environments for their children. They emphasize open communication, active involvement in their children's lives, and supporting their passions. This approach, combined with age-appropriate responsibilities, helps children develop independence and resilience.

**Other parents**, can use the insights from this research to refine their parenting styles, making them more effective in raising well-adjusted children. Additionally, this research can help prevent children from becoming overly dependent or spoiled.

**Children**, will also gain a more profound understanding of parenting approaches through this study. By applying what they learn to their daily interactions with their parents, they can develop better communication skills and appreciate the reasoning behind their parents' disciplinary methods.

**The community**, will benefit from this research by gaining valuable parenting insights. By adopting effective strategies from previous



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generations, parents can refine their own approaches to ensure their children grow up with a balanced upbringing.

**For future researchers**, this study serves as a useful reference for exploring parenting styles across different generations. By building on these findings, they can access valuable data that will aid in future studies, reducing challenges in information collection and analysis. Future studies may also explore the impact of digital parenting on child development and family dynamics.



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MUNTING ILOG INTEGRATED  
NATIONAL HIGH SCHOOL

# APPENDIXES



# MUNTING ILOG INTEGRATED NATIONAL HIGH SCHOOL

## Appendix A



Republic of the Philippines  
Department of Education  
REGION IV-A  
DIVISION OF CAVITE PROVINCE  
MUNTING ILOG INTEGRATED NATIONAL HIGH SCHOOL

### Informed Consent

Dear Sir/Madam:

I hope this letter finds you in good health and high spirits. We are Grade 11 HUMSS students from Munting Ilog Integrated National High School. I am writing to you to seek your voluntary participation in a research study that we are conducting entitled "*Parenting in the Digital Age: Understanding the shifts in Parenting Approaches Between Gen X and Millennials*". The purpose of this study is to explore the shifts in parenting approaches between Generation X and Millennial parents in the digital age.

Your participation in this research study is entirely voluntary, and you have the right to refuse to participate or withdraw your consent at any time without any negative consequences. Your decision to participate or decline will not affect your current or future relationship with our school or fellow researchers.

Here are some important details about the research study:

**Study Procedures:** If you agree to participate, you will be asked to answer our interviews and it includes 15 questions. The estimated duration of your participation will be approximately 30 minutes to one (1) hour.

**Confidentiality:** We will maintain strict confidentiality of all the information collected during the research study. Your data will be coded and stored securely, and only authorized researchers will have access to it. Any information published or presented will in an aggregated and anonymized form, ensuring your identity remains confidential.

**Voluntary Participation:** Participation in this research study is entirely voluntary. If you decide to participate, you are free to withdraw your consent or discontinue your involvement at any point without providing a reason and without any penalty or loss of benefits.

By signing below, you indicate that you have read this consent letter, understood the information provided, and voluntarily agree to participate in the research study. You also acknowledge that you have received a copy of this letter for your records.

Thank you so much for your cooperation on this study and God bless!

Sincerely,

**The Researchers**

**Participant's Signature:** \_\_\_\_\_

**Participant's Name:** \_\_\_\_\_

**Date of Interview:** \_\_\_\_\_



Purok 3, Munting Ilog, Silang, Cavite  
0917-315-5152  
epedcavite.muntingilognhsmain@gmail.com  
DepEd Tayo Munting Ilog Integrated National High School - Cavite



MUNTING ILOG INTEGRATED  
NATIONAL HIGH SCHOOL

**Appendix B**



Republic of the Philippines  
Department of Education  
REGION IV-A  
DIVISION OF CAVITE PROVINCE  
MUNTING ILOG INTEGRATED NATIONAL HIGH SCHOOL

**Interviewee's Profile**

**Name:** \_\_\_\_\_

**Age:** \_\_\_\_\_

**Sex:** \_\_\_\_\_

**Date of Birth:** \_\_\_\_\_

**Place of Birth:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Educational Background:** \_\_\_\_\_

**Current Employment:** \_\_\_\_\_

**Contact Information:** \_\_\_\_\_

**Number of children:** \_\_\_\_\_

\_\_\_\_\_  
**Signature of Interviewee over Printed Name**



Purok 3, Munting Ilog, Silang, Cavite



0917-315-5152



[epedcavite.muntingilognhsmain@gmail.com](mailto:epedcavite.muntingilognhsmain@gmail.com)



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**Appendix C**



Republic of the Philippines  
Department of Education  
REGION IV-A  
DIVISION OF CAVITE PROVINCE  
MUNTING ILOG INTEGRATED NATIONAL HIGH SCHOOL

**Interview Questions**

1. In what ways do you punish your kids? Which frequent techniques do you employ?
2. How do you exercise your parental power when parenting your child?
3. How significant do you think Filipino customs and culture are to your parenting approach?
4. What has been the most difficult thing for you in raising your children in modern times?
5. Do you believe your parenting style is well received by your child?
6. How do you ensure that your child feels heard and understood in your household?
7. What strategies do you use to build trust and emotional closeness with your child?
8. How do you handle disagreements or conflicts with your child while maintaining a strong relationship?
9. What role does quality time play in strengthening your bond with your child, and how do you prioritize it?
10. In what ways do you adapt your parenting approach to match your child's emotional and social needs?



Purok 3, Munting Ilog, Silang, Cavite



0917-315-5152



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Republic of the Philippines  
Department of Education  
REGION IV-A  
DIVISION OF CAVITE PROVINCE  
MUNTING ILOG INTEGRATED NATIONAL HIGH SCHOOL

11. What does a "effective" parenting approach mean to you?
12. In what ways do you believe parents from Generation X are better at raising kids?
13. What areas do you believe Millennial parents are better at raising kids?
14. Regarding your parenting approach, what do you think your child would say?
15. Do you believe that a more successful parenting style may be achieved by fusing the best qualities of both generations? Why?

\_\_\_\_\_  
Name and Signature of Interviewee

\_\_\_\_\_  
Name and Signature of Interviewer



Purok 3, Munting Ilog, Silang, Cavite



0917-315-5152



[epedcavite.muntingilognhsmain@gmail.com](mailto:epedcavite.muntingilognhsmain@gmail.com)



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MUNTING ILOG INTEGRATED  
NATIONAL HIGH SCHOOL

# **Curriculum Vitae**





MUNTING ILOG INTEGRATED  
NATIONAL HIGH SCHOOL



**Ezekiel T. Alison**

Hukay Kanluran Silang Cavite

09099797367

kielthegreatest@gmail.com

**PERSONAL INFORMATION**

*Birthdate* May 8, 2008  
*Birthplace* Rosario Cavite  
*Age* 16  
*Father's Name* Eman D. Alison  
*Mother's Name* Lilia S. Torres  
*Nationality*  
*Religion* Filipino  
*Civil Status* Catholic  
*Language* Single  
*Spoken* English and Filipino  
*Hobbies*

- Listening to music
- playing basketball
- Playing online games
- drawing

**REFERENCE**

Christianne Roie A. Carabeo, MACDDS  
Munting Ilog Integrated NHS  
Research Teacher  
09171452217  
Angela Lalaine Vicente, LPT  
Munting Ilog Integrated NHS  
Teacher I  
09369482991

**CAREER OBJECTIVE**

A motivated and responsible high school student with a strong academic record and excellent communication skills. Eager to gain hands-on experience in industry or field of interest. Seeking a part-time position or internship at a company to develop valuable skills, contribute to team success, and gain a deeper understanding of professional work environments.

**EDUCATION**

**SENIOR HIGH SCHOOL**

- Munting Ilog Integrated National High School (2024-Present)  
Munting Ilog, Silang, Cavite

**JUNIOR HIGH SCHOOL**

- Munting Ilog Integrated National High School (2020-2023)  
Munting Ilog, Silang, Cavite

**ELEMENTARY SCHOOL**

David P. Jemenes Elementary  
School (2013-2019) Rosario Cavite

**SKILLS**

- Observant
- Hard Working
- Self-Awareness

  
ALISON, Ezekiel, T.  
GRADE 11- HUMSS STUDENT



## MUNTING ILOG INTEGRATED NATIONAL HIGH SCHOOL



**Rhianne Mae, F. Anahaw**

# 4 Munting Ilog Silang, Cavite

09913112648

rhianneanahaw@gmail.com

### PERSONAL INFORMATION

<i>Birthday</i>	May 19 2008
<i>Birthplace</i>	Trece
<i>Age</i>	16
<i>Father's Name</i>	Erwin J. Anahaw
<i>Mother's Name</i>	Mary Joy F. Anahaw
<i>Nationality</i>	Filipino
<i>Religion</i>	Catholic
<i>Civil Status</i>	Single
<i>Language Spoken</i>	English and Tagalog
<i>Hobbies</i>	Badminton Singing cooking

### REFERENCE

Reynalyn Gutib  
Munting Ilog Integrated NHS  
Adviser  
09292664769

Josepha Mendoza  
Munting Ilog Integrated NHS  
Co-adviser  
09369482991

Sir christian  
Munting Ilog integrated National  
Highschool  
Research Teacher

### CAREER OBJECTIVE

Dedicated and highly skilled Neurosurgeon with a passion for advancing medical science and improving patient care. Experienced in performing complex surgical procedures to treat a wide range of neurological disorders, including brain tumors, aneurysms, and spinal cord injuries. Committed to delivering exceptional patient care and staying at the forefront of neurosurgical advancements through ongoing education and research. Seeking to join a reputable healthcare institution where I can

### EDUCATION

#### • SENIOR HIGH SCHOOL

Munting Ilog Integrated National High School (2024-2025)  
Munting Ilog, Silang, Cavite

#### • JUNIOR HIGH SCHOOL

Munting Ilog Integrated national high school (2019-2023)  
Munting Ilog silang cavite

#### • ELEMENTARY SCHOOL

Munting Ilog Elementary school  
Munting Ilog Silang Cavite

### SKILLS

- Hard Working
- Leadership
- Fast decision making

  
Rhianne Mae F. Anahaw  
GRADE -11 HUMMS STUDENT



MUNTING ILOG INTEGRATED  
NATIONAL HIGH SCHOOL



**MARK JAIME R. BALINTIAN**

#117 Halfway Munting Ilog, Silang, Cavite  
09304310762

**PERSONAL INFORMATION**

**Birthday** May 22, 2007  
**Birthplace** Maryann Village  
**Age** 17  
**Father's Name** Joselito Balintian  
**Mother's Name** Aimee Balintian  
**Nationality** Filipino  
**Religion** Catholic  
**Civil Status** Single  
**Language Spoken** English and Tagalog  
**Hobbies** Singing  
Dancing  
Basketball

**REFERENCE**

Christianne Roie A. Carabeo, MACDDS  
Munting Ilog Integrated NHS  
Research Teacher  
09171452217

Angela Lalaine Vicente, LPT  
Munting Ilog Integrated NHS  
Teacher I  
09369482991

**CAREER OBJECTIVE**

To secure a challenging and rewarding Chef position in London, where I can utilize my culinary skills and experience to contribute to a reputable establishment, while continuously developing my expertise and creativity within a dynamic team environment.

**EDUCATION**

• **SENIOR HIGH SCHOOL**

Munting Ilog Integrated National High School (2024-2025)  
Munting Ilog, Silang, Cavite

• **JUNIOR HIGH SCHOOL**

Munting Ilog Integrated National High School (2020-2024)  
Munting Ilog, Silang, Cavite

• **ELEMENTARY SCHOOL**

Munting Ilog Integrated National High School (2014-2020)  
Munting Ilog, Silang, Cavite

**SKILLS**

- Cooking Techniques
- Knife Skills

  
Mark Jaime Regis Balintian  
GRADE 11 HUMSS 1(PISCES)



MUNTING ILOG INTEGRATED  
NATIONAL HIGH SCHOOL



**Ram Gabriel L. Baltazar**

Purok#3, Biluso, Silang, Cavite

09702198289

baltazarram3@gmail.com

### PERSONAL INFORMATION

**Birthday** December 22, 2008  
**Birthplace** Maryann Village  
Poblation 5  
**Age** 16  
**Father's Name** Orlando A. Baltazar  
**Mother's Name** Nora L. Baltazar  
**Nationality** Filipino  
**Religion** Catholic  
**Civil Status** Single  
**Language Spoken** English and Tagalog  
**Hobbies** Basketball  
Swimming

### REFERENCE

Christianne Roie A. Carabao, MACDDS  
Munting Ilog Integrated NHS  
Research Teacher  
09171452217

Angela Lalaine Vicente, LPT  
Munting Ilog Integrated NHS  
Teacher I  
09369482991

### CAREER OBJECTIVE

To obtain a challenging and rewarding position as a seaman, utilizing my skills and experience to contribute to the safe and efficient operation of avessel while continuously developing my professional expertise within the maritime industry

### EDUCATION

#### • SENIOR HIGH SCHOOL

Munting Ilog Integrated National High School (2024-Present)  
Munting Ilog, Silang, Cavite

#### • JUNIOR HIGH SCHOOL


Munting Ilog Integrated National High School (2020-2024)  
Munting Ilog, Silang, Cavite

#### • ELEMELENTARY SCHOOL

Biluso Elementary school (2014-2020)  
Biluso, Silang, Cavite

### SKILLS

- Hard Working
- Risk Taker

  
**Ram Gabriel L. Baltazar**  
GRADE 11- HUMSS STUDENT





MUNTING ILOG INTEGRATED  
NATIONAL HIGH SCHOOL



# Layka A. Beronio

#10 Bayhon Street Balite 1st Silang Cavite,  
09534777167  
beroniolayka@gmail.com

## PERSONAL INFORMATION

**Birthday** November 19, 2005  
**Birthplace** Balite 1st Silang Cavite  
**Age** 19  
**Father's Name** Leonil Beronio  
**Mother's Name** Raynita Alferez  
**Nationality** Filipino  
**Religion** Catholic  
**Civil Status** Single  
**Language Spoken** English and  
Filipino  
**Hobbies** •Cooking  
•Dancing

## REFERENCE

Christianne Roie A. Carabeo, MACDDS  
Munting Ilog Integrated NHS  
Research Teacher  
09171452217

Angela Lalaine Vicente, LPT  
Munting Ilog Integrated NHS  
Teacher I  
09369482991

## CAREER OBJECTIVE

To obtain a culinary, my goal in the future of the culinary field requires not only talent and a love of cooking, but also good planning and responsiveness to changes

## EDUCATION

- **SENIOR HIGH SCHOOL**  
Munting Ilog Integrated National High School ( 2024 Present )  
Balite 1st Silang Cavite
- **JUNIOR HIGH SCHOOL**  
Munting Ilog Integrated National High School ( 2022-2024 )  
Balite 1st Silang Cavite
- **ELEMENTARY SCHOOL**  
Balite 1st Elementary School (2014-2020 )  
Balite 1st Silang Cavite

## SKILLS

- Time management
- Hard Working

Layka A. Beronio  
GRADE 11- HUMSS STUDENT



MUNTING ILOG INTEGRATED  
NATIONAL HIGH SCHOOL



# Mae D. Calibozo

#9 Reginal Height Balite 1st, Silang, Cavite

09653983455

calibozomae2@gmail.com

## PERSONAL INFORMATION

<b>Birthday</b>	January, 09 2008
<b>Birthplace</b>	Dasmariñas, Cavite
<b>Age</b>	17
<b>Father's Name</b>	Almar Calibozo
<b>Mother's Name</b>	Dona Calibozo
<b>Nationality</b>	Filipino
<b>Religion</b>	Catholic
<b>Civil Status</b>	Single
<b>Language Spoken</b>	English and Tagalog
<b>Hobbies</b>	Painting Singing

## REFERENCE

Christianne Roie A. Carabao, MACDDS  
Munting Ilog Integrated NHS  
Research Teacher  
09171452217

Angela Lalaine Vicente, LPT  
Munting Ilog Integrated NHS  
Teacher I  
09369482991

## CAREER OBJECTIVE

To become a dedicated teacher, my goal is to develop my knowledge and refine my teaching strategies to support students' academic and personal growth. I am committed to create a positive and motivating classroom environment that nurtures their potential and empowers them with the skills to succeed.

## EDUCATION

### • SENIOR HIGH SCHOOL

Munting Ilog Integrated National High School (2024-Present)  
Munting Ilog, Silang, Cavite

### • JUNIOR HIGH SCHOOL

Munting Ilog Integrated National High School (2020-2024)  
Munting Ilog, Silang, Cavite

### • ELEMENETARY SCHOOL

Balite 1st Elementary School (2014-2020)  
Balite 1st, Silang, Cavite

## SKILLS

- Maintains patience
- Hard Working
- Time Management
- Adaptability

  
**Mae D. Calibozo**  
GRADE 11- HUMSS STUDENT



MUNTING ILOG INTEGRATED  
NATIONAL HIGH SCHOOL



# Claudine S. Cedeño

St. Hanopol Kaong, Silang, Cavite  
09514387420  
cedenoclaudine21@gmail.com

## PERSONAL INFORMATION

**Birthday** September 21, 2008  
**Birthplace** Zone 4, Pioduran, Albay  
**Age** 16  
**Father's Name** Rufino D. Cedeño  
**Mother's Name** Margie S. Cedeño  
**Nationality** Filipino  
**Religion** Catholic  
**Civil Status** Single  
**Language Spoken** English and Tagalog  
**Hobbies** Volleyball  
Swimming  
Cooking

## REFERENCE

Christianne Roie A. Carabao, MACDDS  
Munting Ilog Integrated NHS  
Research Teacher  
09171452217

Angela Lalaine Vicente, LPT  
Munting Ilog Integrated NHS  
Teacher I  
09369482991

## CAREER OBJECTIVE

To obtain a teaching position in Secondary Education (Mathematics) where I can make a positive impact on students' learning and development by employing creative and engaging teaching strategies.

## EDUCATION

### • SENIOR HIGH SCHOOL

Munting Ilog Integrated National High School (2024-Present)  
Munting Ilog, Silang, Cavite

### • JUNIOR HIGH SCHOOL

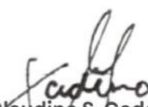
Kaong National High School (2022-2024)  
Kaong, Silang, Cavite  
Flores Academy Inc. (2020-2022)  
Pioduran, Albay

### • ELEMENTARY SCHOOL

Pioduran West Central School (2014-2020)  
Pioduran, Albay

## SKILLS

- Hard Working
- Calm Under Pressure
- Time Management

  
Claudine S. Cedeño  
GRADE 11- HUMSS STUDENT



MUNTING ILOG INTEGRATED  
NATIONAL HIGH SCHOOL



ROMEL L. CELESTINO JR.

# 4 Iba Ibaba, Silang, Cavite

09539709543

PERSONAL INFORMATION

<b>Birthday</b>	May 19, 2008
<b>Birthplace</b>	Silang, Cavite
<b>Age</b>	16
<b>Father's Name</b>	Romel D. Celestino Sr
<b>Mother's Name</b>	Analiza L. Celestino
<b>Nationality</b>	Filipino
<b>Religion</b>	Catholic
<b>Civil Status</b>	Single
<b>Language Spoken</b>	Tagalog and English
<b>Hobbies</b>	Basketball Online games Volleyball

REFERENCE

Christianne Roie A. Carabao, MACDDS  
Munting Ilog Integrated NHS  
Research Teacher  
09171452217

Angela Lalaine Vicente, LPT  
Munting Ilog Integrated NHS  
Teacher I  
09369482991

CAREER OBJECTIVE

Dedicated and disciplined police officer with a strong desire to maintain law and order to ensure public safety, and uphold justice. Experienced in crime prevention, emergency response, and community policing to promote trust and security. Skilled in conflict resolutions, investigation procedures, and enforcing laws with integrity and professionalism, seeking to serve in a law enforcement agency where I can utilize my expertise to protect citizens, reduce crime, and contribute to a safer society.

EDUCATION

• SENIOR HIGH SCHOOL

Munting Ilog Integrated National High School (2024-Present)  
Munting Ilog, Silang, Cavite

• JUNIOR HIGH SCHOOL

MARIANO MARCOS MEMORIAL HIGH SCHOOL (2020-2022)  
STA ANA, MANILA, PHILIPPINES

• ELEMENTARY SCHOOL

Iba, Silang, Cavite (2013-2019)

SKILLS

- Observant
- Hard Working
- Self-Awareness
- Cooking

  
Romel L. Celestino  
GRADE 11- HUMSS STUDENT