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***Against the current: A grounded theory study on
the estrangement experiences of a select group of
Filipino gay older persons***

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Estrangement experiences among Filipino gay older persons

ABSTRACT

According to Healthy People (2011b), in order to understand the health concerns of the Lesbian, Gay, Bisexual and Transgender (LGBT), the oppression and discrimination that they have faced must be scrutinized. Among the many issues they face, their estrangement experiences are one of the most understudied. However, little is known about how it is experienced by the gay elderly population, hence, this investigation. This grounded theory purports to describe the process by which estrangement is experienced among the Filipino gay older adults.

Strauss and Corbin's Grounded Theory (1990) design was utilized. A total of ten (10) gay older persons were purposively chosen to participate in semi-structured interviews. Field texts were subjected to thematic analysis involving open, axial, and selective coding. The study generated *The Sailing Model of Estrangement*. Remarkably, three phases relative to estrangement emerged, namely: Sequestering, Striving and Surviving. Primarily, the sequestering phase involves the gay persons' need to express self, search for acceptance and its subsequent reactions. The striving phase typifies the struggle with dealing with estrangement leading to either feelings of depression, remorse and shame or positivity, hopefulness and motivation. Finally, in the surviving phase, gay persons may either feel contented and fulfilled or sad, lonely and remorseful as they acquiesce aging with estrangement. Findings of the study offer an understanding of how Filipino gay older adults employ coping strategies in response to estrangement.

The older gay men of today were raised in a society where sexual fluidity has been stigmatized and constrained. In their younger years, they were “viewed as perverted by society, evil by the church, sick by the medical and psychiatric professions, and criminal by the police” (Reid, 1995). As mentioned by Haber (2009), for these individuals, “subsequent lifestyle and attitude change, as well as advocacy efforts, would prove to be difficult for them to accomplish.” Therefore, policy makers and the medical and psychiatric professions are challenged to cater for the needs of this greying population.

According to Healthy People (2011), in order to understand the health concerns of the Lesbian, Gay, Bisexual, and Transgender (LGBT), the oppression and discrimination that they have faced must be scrutinized. Among the many issues they face, their estrangement experiences are one of the most understudied.

Sternberg and Boyn (2005) define estrangement as how the familiar is made strange, perceptible, disturbing, as if never before encountered. In a study by White and Cant (2003), interview of gay men reported that acceptance and support were provided by partners or friends, rather than their own family. Graugaard, Giraldi, Frisch, Eplov, and Davidsen (2015) indicated that societal estrangement, along with risks of loneliness, fear, and shame further potentiates the LGBT individuals to turn towards unhealthy habits such as substance abuse. Because older gays today grew up surrounded by negative views, attitudes and beliefs assimilated with them by different cultures, they have internalized these vilifications (Orel, 2004). These make them more easily vulnerable to psychological, psychosocial, and even physical distress.

However, despite these concerns, the gay older persons are still very much indigent when it comes to attention. Belonging in a minority group, their needs and concerns are often overlooked (Price, 2005) and very little is known about their healthcare needs (Anetzberger, Ishler, Mostade & Blaire, 2004; Simone &Appelbaum, 2011).

The lack of public health priority and the dearth in knowledge concerning their needs warrants further attention especially because most morbidities and health concerns occur in late life (Singh & Misra, 2009; Bennett & Flaherty-Robb, 2003). Results from studies suggest that apart from dealing with the common predicaments faced by their heterosexual counterparts such as issues of aging, declining health, and future care plans, they are also confronted with distinct challenges related to self-perception, social isolation, and healthcare inequality (Christensen, 2005; Lyons, Pitts, Grierson, Smith, McNally & Couch, 2012; Addis, Davies, Greene, Macbride-Stewart & Shepherd, 2009). Notably, majority of the studies done regarding these special population were conducted in countries with welcoming attitude towards the LGBT community but very little research is done in countries who are less supportive of it (Fenkl & Rodgers, 2014; Trahan & Goodrich, 2015).

The Philippines has been persistently labelled as a tolerant country by some Western literature when it comes to gender and sexuality (Williams et al. 2010:644, Frederick Whitam, 1990). Indeed, in this archipelagic country, the homosexuals, bisexuals, and transgender people are visibly saturated in many industries such as fashion, beauty, and entertainment. Popular culture reinforces this “tolerance” with the emergence of openly LGBT actors and actresses, television personalities, as well as the numerical growth of LGBT-themed films, TV series or

teleserye, and other media productions. From an outsider or Western perspective, the Philippines may indeed have developed a strongly tolerant attitude towards the LGBT community.

It is worthy of note, however, that despite this perceived tolerance, the LGBT Filipinos are still highly vulnerable in structural and individual levels. Besides the protection against discrimination of public social workers because of their sexual orientation, not everyone is directly protected by any national legislations when it comes to anti-discrimination in work, education and healthcare. Religious institutions that are against the LGBT also largely influence state policy on matters of concern to these minority groups (Austria, 2004). Results of a national survey in 2005 revealed that about 1 out of 4 Filipinos would refuse to be neighbors with gays and that 28% of Filipino adults sees being gay as wholly unacceptable (Manalastas & del Pilar, 2005).

With the considerable influence that estrangement plays in the experiences of older gay persons and its impact to their life, it is imperative to understand how its origin and development occurs. To date, there is no known information about how gay older persons have experienced estrangement.

This study seeks to conceptualize the estrangement experiences of Filipino gay older persons and their consequent coping strategies, ultimately leading to the development of a theoretical model that explains the process of estrangement among these individuals. Findings from this study may encourage nurses and other health care practitioners to render care that is specially tailored to the needs of this vulnerable population.

METHODS

Research Design

To attain the overall purpose of this study, Strauss and Corbin's (1990) grounded theory design was utilized. Such design is a systematic, inductive and comparative approach for conducting inquiry for the purpose of constructing a theory (Charmaz, 2006; Charmaz & Henwood, 2007) that will "generate a theory close to data that relates to a particular situation" (Creswell, 1998).

Selection and Study Site

A total of 10 gay Filipino elderly were purposively selected based on the following criteria: (a) Age 61 and above (b) Self-admitted gay (c) Filipino (d) Single (e) Mentally coherent.

Participants were members of an organization established in the 1980's which served as a home and organization that caters to gay Filipino elderly. The facility used to accommodate 60 gay elderly.

Majority of the participants are aged 61-65 years old and Roman Catholics. Half of them have high school as their highest educational attainment and are working as beauticians (see Table 1).

Data Measure

A two-layered approach was utilized in the gathering of data. The first layer is the *robotfoto* which was provided to obtain personal data from each of the participants such as

age, civil status, religion and educational attainment. Assistance in writing was offered when the participant is not able to read or write. The second layer is a semi-structured interview which was conducted to capture the process through which the participants experienced estrangement. Specifically, 57 interview questions were prepared from a set of *a priori codes* based on the defining elements of estrangement. Questions such as: (1) what are the most hurtful things that were done or said to you? (2) Have you ever experienced distance from your family, friends and/or other people?

Data Gathering and Ethical Consideration

Prior to data gathering, a letter of request indicating the intentions and nature of the study was addressed to the president of an organization for Gay older adults. After approval, interviews were scheduled any time convenient to the participants.

Informed consent was obtained after explaining the purpose and importance of the study to the participants. They were informed that refusal to answer the questions and withdrawal during the course of the interview is allowed; and were rest assured that the data gathered will be treated with utmost confidentiality. After obtaining the informed consent, Seidman's (1991) three step interview process was utilized. This includes, establishing rapport, exploration and clarification (Knox & Burkard, 2009). The actual interviews lasted for 45 minutes to 2 hours, depending on the participant's eagerness to share, describe and explain their experiences related and leading to estrangement. Upon acquiring the consent for the digital recording of the interview, recording devices were used to accurately obtain the verbatim responses. Follow-up questions were raised if there is a need to clarify or explore on some points from the participant's

responses. Eventually, as the interview ended, a simple token of appreciation was given to the participants.

Mode of Analysis

The obtained data from the interviews were then transcribed into field text. Afterwards, field texts were carefully read and reread to facilitate naïve understanding. During the thematic analysis, concepts were identified and their properties and dimensions were discovered (Strauss & Corbin, 1990) through open coding. Further, axial coding was accomplished by understanding the data, its categories and relationship with the other data at hand. Consequently, an axial coding paradigm was developed (see Figure 1). Lastly, selective coding was used to integrate and refine the theory cultivated (Strauss & Corbin, 1990). Subsequently, theoretical saturation was obtained after 10 interviews, with fully developed categories and no new information surfaced (Strauss & Corbin, 1990). To ensure truthfulness and trustworthiness of the data, member checking procedure was observed (Graneheim & Lundman, 2004).

FINDINGS

From the richness and thickness of the descriptions given by the participants, a distinct and interesting set of phases emerged relative to how estrangement is experienced by the gay older persons. Dubbed as *The Sailing Model of Estrangement* (See Figure 2), this model describes the phases that the gay elderly individuals have progressed through, namely: *Sequestering, striving, and surviving* phases. In each of the phases, the gay demonstrated behaviors as they were confronted with different needs and challenges. (See Figure 2.)

Similar to a boat sailing, the gay elderly are faced with distinct and nautical challenges as they embark on a voyage to fulfil their aspirations and cater to their needs as gay individuals. In *sequestering*, the gay individual is estranged from his significant others the same way a boat is separated from the shore. In striving, the gay individual confronts being estranged just as how a boat converges with the currents after setting sail. In this phase, the gay individual undergoes periods of submersing and surfacing. In submerging, he would immerse himself with feelings of negativity while in surfacing, he would rise above those negativities and engage in positive behaviors. In surviving, the gay individual finds a way to come into terms with his estrangement experiences similar to how a boat would give meaning to his journey in the big ocean. There are two ways that an individual can interpret his journey. First is subliming, where he finds meaning in his estrangement experience just like how a boat finds freedom in the ocean despite being away from the shore. Second is secluding, where he is overwhelmed by being estranged and is haunted by negative feelings, the same way a boat interprets his journey in the ocean as being isolated.

SEQUESTERING PHASE

According to the gay older persons, the need to express themselves emerged from the moment their sexuality dawned to their consciousness. Thus, engaging on a quest for self-expression and search for acceptance. This presented early in their childhood years, where behaviors that are different from what is expected to a typical heterosexual male child is exhibited.

As articulated, “*When I was a child, I used to wrap myself in a blanket and pretend I’m a queen*” (R2). Another shared “*I had a wonderful and colorful childhood. I used to play on the table wearing my mother’s clothes and play-act Santa Cruzan*” (R5).

After expressing themselves, they received various reactions from people surrounding them depending on how homosexuality is perceived in their culture. If their self-expression is accepted without any kind of perceived aggravation, there would be no struggle to express self. For some, the acceptance came from their family members or friends. They felt comfortable and at ease with showing their true selves. As verbalized, “*I didn’t experience being inhibited to be gay because my parents accepted me for who I am*” (R4).

However, if their identity expression was unaccepted either by their family and/or the society, he would develop negative feelings. The next phase only began to unfold as a response to being estranged either by the society, his family, or both, progressing linearly. Because of the revelation, the individual is viewed in an entirely different picture, as if he is a stranger once again. A certain negativity directed to him is formed because of his self-expression. Various individuals articulated:

“*I was the first gay in the family so they didn’t accept the fact that I was gay*” (R8).

“*My elder brother detested me. He was very hostile each time he saw me*” (R10).

“There was one time when my mother caught me putting on a lipstick and she told my father. That same day, my father suddenly hit me at the back with a wooden chair while I was standing near the window” (R2).

“I first experienced discrimination inside my own home. Because there, I already felt that they didn’t even want to try to understand me. I couldn’t show who I really am because I know they would be angry. That’s why I believe that I felt discrimination first inside my own home, not from other people” (R2).

This unacceptance from others would often impose limitations to the individual when expressing his desired behaviors. As verbalized, *“My father didn’t hurt me physically, but he was angry. He didn’t want to see me wearing girl’s clothes and being with men”* (R1). Another verbalized, *“At first, my father couldn’t accept me because he was in military. He wasn’t proud of me initially, I developed hard feelings. He wanted me to act like a man”* (R5).

Consequently, they developed negative feelings such as frustration and defiance. Hence, they engaged in activities where they could express themselves despite the limitations. As articulated, *“At home, I acted normal and manly. But when I was with my friends, I was really flamboyant.”* (R2). Another shared, *“When I was a kid, my parents gave me a toy gun but I wouldn’t play with it. When my father was not around, I would play with my sister’s Barbie doll”* (R5).

The sequestering phase begins at the time when the gays initiate expression of their identity. In this early stage of self-disclosure, their primary need is to be accepted. If this need is met, they develop a sense of acceptance and belongingness and therefore they are able to express

themselves freely and without struggle. Sequestering then occurs when they are estranged by the society and/or their family in response to their self-expression and the disclosure of their self-identity. They feel frustrated and defiant because of the indifference from others and the limitation imposed to them. Despite this, they still engage in activities to express themselves.

STRIVING PHASE: Submerging and Surfacing

The sequestering phase is followed by the striving phase wherein the gays try to deal with being estranged. It focuses on how they would try to come to terms with the reaction of their significant others towards their identity.

For those gays who have been strongly affected by having made a stranger by the society or even by their own family, they developed negative feelings ranging from hurt to depression and involved themselves in maladaptive behaviors such as self-isolation and suicidal attempts. This state is named as submerging. Various gays articulated:

“It’s alright when other people who do not know you and is not close to you would often call you out for being gay, but it’s different when the name calling comes from someone really close to you. I don’t show it, but it really hurts” (R9).

“When I commit mistakes, people blame it to my sexuality. It hurts because it has nothing to do with being gay” (R8).

“Because I’m gay, some people feel awkward to come to me. I feel sad because I feel like they’re afraid of me” (R6).

“Back then, my family were ashamed because gays weren’t accepted. I usually cry, asking why I was made that way” (R5).

“It’s heartbreaking to think that my siblings acted as if they didn’t know me anymore” (R2).

“I tried committing suicide a couple of times. If it weren’t for prayers I would’ve been successful” (R2).

In response to these negative emotions and to avoid being hurt, those who have underwent submerging often would resort to isolating themselves from the society and/or their family. As articulated, *“I just kept quiet. I tried my best to stay home because hearing other people talk about me hurts”* (R2). Another shared, *“Oftentimes I hesitate if I should approach someone because I’m afraid that they might think I have malicious intentions. If I go to them and talk to them, they might think that I have a different intent. That’s why I rather choose to be distant”* (R7).

In contrast, some gays coped with the estrangement by engaging in positive behaviors. They chose to override their negative feelings and focused on involving their selves in adaptive and productive behaviors in order to prove their worth, termed as surfacing. As verbalized, *“Because you want to show them that you have worth. You really want to prove that they can also be proud of you”* (R8). Some dealt by pleasing their family and by not giving them problems and being generous to them. As articulated, *“I didn’t bring my family any shame. I give*

them my earnings. As you know, we, gays, are really good in finding ways to earn money. I became a beautician" (R1). Others chose to be generally likeable and pleasant. As verbalized, "*I offered loans to teachers and bought shoes from Baclaran until the teachers loved me. When I earn, I share it to them by treating them food*" (R5). Another gay added, "*My friends were happy when I told them I was gay because I make them laugh*" (R4).

Others who have figured that being different attracted unwarranted attention chose to conform to societal expectations. One gay confidently articulated, "*I didn't cross-dress because I wanted to be respected. I have seen gays who wear short skirts and spaghetti straps get repeatedly disrespected*" (R3). Another gay articulated, "*I took care of my reputation. I was accepted and had many connections because I took care of my name*" (R5).

In the striving phase, the gay individual's primary challenge is to find a way to deal with the estrangement. The individual will often submerge himself to negative emotions and/or find a way to resurface. In submerging, he develops negative feelings such as depression, shame, and remorse towards self or neglect and hurt to those who have estranged him. In response, he isolates himself, prefers to have less friends, and ignores others. In surfacing, the individual chooses to overcome his negative feelings and focuses on engaging in positive and productive behaviors such as being generous to family, befriending others, conforming to societal standards, being humorous, and aiming for success. He feels inspired, hopeful, and goal-driven.

SURVIVING PHASE: Subliming or Secluding

Finally, the estrangement is concluded with the surviving phase, where the gay individual finds a way to acquiesce with aging.

Some of the gays acquiesced their aging life in a more optimistic position. Because of the positive and compensatory behaviors they have taken, they were able to successfully reintegrate their selves in their relationships either with the society or with their family. This is named as subliming. Often, this is achieved if the individual was successful in the striving phase. As verbalized by some of the respondents:

“Yes, eventually my family accepted me. Especially when I had my own job. They can’t throw me out because I earn my own money and I provided for them” (R9).

“At first, my father was ashamed of me. I became sad about it. But when I grew up and started having my own connections in the society, he became proud of me” (R7).

In subliming, the individual is able to find meaning in the essence of being estranged. Despite the challenges and negative feelings their negative experiences have incurred, a way to accept and acclimatize has been found. As articulated by various respondents:

“But when I think about the things that happened, my anger subsides when I realize that at least I was able to be myself and do what I want” (R2).

“I don’t allow myself to be affected anymore. I accept life the way it is” (R3).

“I am concerned about who will take care of me when I get even older. Who will take care of me when I can’t stand up anymore from my seat bed? Perhaps that would be the only problem”
(R7).

On the other hand, some gay individuals find it difficult to successfully acquiesce with their aging life. This is named as secluding. This is often due to lingering feelings of hurt because being estranged. The individual find it difficult to move on and is haunted by unresolved issues in the past. This came into view with the following verbalizations:

“The most painful experience that I’ve ever had as a gay was when my mother disowned me and sent me away. It really hurt me. I still carry it now. I would have been happy if she was able to accept that I was gay. I realized how painful all of it was when I arrived here at the Golden

Gays and became old. I kept thinking about all the things that happened to me, and it really hurts”

(R2).

“I became happy but there are times that I feel sad. It started when I reached the age of 40. Especially when I became 50, there are mornings that I feel sad because I’m alone.”

(R1).

“Maybe I’m just afraid. Maybe it’s true that when I reach a certain age, I will have no one to be with at home” (R8).

In the surviving phase, the gay individual acquiesces his aging life. The need is to find a resolution to his estrangement experiences. During this phase, the gay individuals finds a way to come to terms with being estranged either by subliming or secluding. In subliming, they are able to either successfully reintegrate their selves in their relationships after being estranged or find a way to live with estrangement with a positive outlook. They feel contented, fulfilled, accepted, and belonged. On the other hand, secluding occurs if the gay individuals were unable to let go of the estrangement and hardships that they went through and is haunted by unresolved issues as they age. They feel sad, lonely, and remorseful.

DISCUSSION

Considering the dearth of nursing literature on the dynamics of estrangement, this qualitative study sought to describe the process of how a select group of Filipino gay older persons have gone through the process of estrangement. The **Sailing Model of Estrangement** elucidates estrangement as a process that is composed of three phases, namely: *Sequestering*, *striving* and *surviving* phases. It is interesting to note that these phases are characterized by behaviors driven by distinct needs and challenges.

The *Sequestering* phase unfolds when the gays started expressing and disclosing their homosexual identity. As they express this identity, the need for acceptance and support from their family and/or society came into view. Subsequently, they received positive reactions such as acceptance and support and negative reactions such as rejection, discrimination, isolation and oppression.

Specifically, participants receiving support and acceptance developed sense of belongingness, acceptance and liberty to embrace their sexuality. This is congruent with empirical studies suggesting that acceptance after disclosure improves family relationship, increases self-esteem, and decreases mental health problems (Cramer & Roach, 1988; Savin-Williams & Dube, 1998). However, where support and acceptance was lacking, the gay older persons are faced with negative reactions. Studies by Ben-Ari (1995) and D'Augelli and Hershberger (1993) explained that lack of acceptance and social support perpetuated estrangement among gay individuals especially after the disclosure of their gender. The participants who were unaccepted by their family experienced being prohibited to express

desired behaviors, feeling unwanted and alienated and being physically abused. Similarly, in a study by Savin-Williams (1998), those who have unraveled their gender identity to their family reported verbal and physical abuse by own family members. Moreover, being unaccepted by the society caused the participants to endure abuse, discrimination, isolation, and oppression. The Philippines is tolerant when it comes to the LGBT but heterosexism (prejudice against those that are not heterosexuals) remains a problem. For this reason, acceptance and social support must be rendered to the gay individual as soon as they start showing their true identity in order to prevent them from feeling detrimental emotions.

Meyer (2003) recognized that the consistent poor mental health outcomes among the LGBT are not caused by their sexual orientation but are rather mediated by minority stressors such as discrimination, violence, rejection by family or significant others, and internalized homophobia. Being subjected to these unacceptance from family or society have projected limitations to the participants which they had to conform to in order to receive less aggression and be tolerated. They have been made to suppress their feelings and have been prohibited to express their desired behaviors. Eventually, feelings of frustration and defiance developed, opting the gays to engage in activities that will help them to cope and thereby setting the next phase in motion.

The striving phase presents the participants' attempts to deal with the negative reactions from their family and/or society. They coped with the experience through contrasting behaviors, termed as submerging and surfacing.

On the one hand, submerging is carried out characterized by negative feelings such as hurt, shame, depression, remorse, and neglect. Maladaptive behaviors such as suicide attempts, suppression, and self-isolation also surfaced. This is consistent with literatures explaining that experiencing homophobic reactions, discrimination, victimisation and intolerance to their sexual identity predispose gays to behaviors such as substance abuse and suicidal actions (Masini & Barrett, 2008; Manalastas, 2013) as well as higher rates of anxiety, depression and loneliness (King, McKeown, Warner, Ramsay, Johnson, Cort, Wright, Blizzard & Davidson, 2003). This finding suggest that the consequences of being estranged have crucial effects on a gay's quality of life that needs to be addressed by psychiatric and medical professionals.

Additionally, the gays in this study resorted in detaching themselves from their family or society in response to estrangement. This may be to their fear of experiencing the same rejection and hurt once again. Similarly, Radkowsky and Siegel (1997) posited that self-isolation is a defense mechanism against possible rejection.

Surfacing, on the other hand, involves positive coping behaviors utilized by the elderly gays. They engaged in adaptive behavior in order to redeem themselves and retaliate from being estranged. This is consistent with literatures suggesting that effective coping are utilized by gay men which enables them to possess positive gay identity, self-understanding, and crisis competence (Moradi, Mohr, Worthington & Fassinger, 2009; Riggle, Whitman, Olson, Rostosky & Strong, 2008). Christman (2012), for his part, averred that gay men make use of a number of coping skills in response to homonegativity such as turning to work, active coping, planning, venting, humor, and positive reframing. Thus, reaffirming the role of healthcare and support group in helping elderly gay deal identify and utilize effective and positive coping strategies.

As the gays reaches late adulthood, they find ways to acquiesce with the life of being estranged. Hence, entering the surviving phase, where subliming and secluding are employed.

First, secluding is utilized when aging is approached with harbored and lingering feelings of regret and remorse. They are also faced with issues that are yet to be resolved such as living alone and lack of social support. Similarly, Anderson (2008) reported that “gay older adults were twice as likely to live alone in the latter part of the life cycle, 4 times less likely to have children to help them, and half as likely to have a significant other or close relative to call on for help.” Additionally, being alone later in life is known to be linked to certain negative physical and mental health outcomes (Blank, Asencio, Descartes & Griggs, 2009). This finding once again stresses the importance of social support among gay elderly. It is also important for them to resolve issues in the past.

Finally, subliming is utilized when meaning has been found in the estrangement experience. The concept of resiliency can be attributed to the reason why these gays manage to age gracefully despite their negative experiences. Henrickson and Neville (2012) posited that homosexuals are more likely to face aging resiliently and cope adaptively with issues associated with the aging experience compared to heterosexuals. Windle, et al (2008) explained that self-acceptance is one of the key of resiliency in old age. This finding suggest that resiliency must be achieved by gay elderly in order to positively acquiesce their estrangement experiences.

CONCLUSION

This grounded theory study attempted to describe how estrangement is experienced by a select group of gay older persons. Accordingly, the *Sailing Model of Estrangement* was emerged to describe estrangement as a transition that progresses through *sequestering, striving and surviving phases*. Thus, offering an understanding of how Filipino gay older adults utilize coping strategies when faced with estrangement.

The researchers call for future grounded theory studies on estrangement including different participants from other minority groups such as lesbians, bisexuals and transgender individuals and study sites. Lastly, quantitative paper on tool development is warranted to measure estrangement as a latent construct; and model testing as well.

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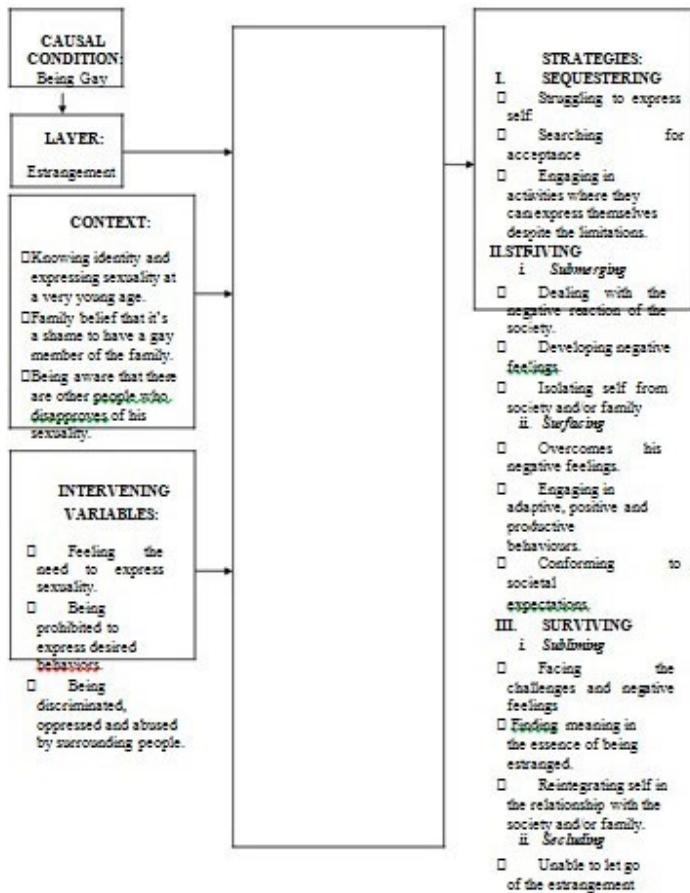
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Table 1 Demographic profile of the participants

PROFILE	n	%
Age		
-61-65	6	60
-66-70	2	20
-71-75	2	20
Religion		
-Catholic	8	80
-Church of God Int'l	1	10
-Christian	1	10
Educational Attainment		
-Elementary Level	1	10
-High School Level	1	10
-High School Graduate	5	50
-College Level	2	20
-College Graduate	1	10
Occupation		
-Retired	1	10
-Beautician	5	50
-Businessman	2	20
-Garbage Collector	1	10
-Freelance writer	1	10

Figure 1 Axial Coding Paradigm



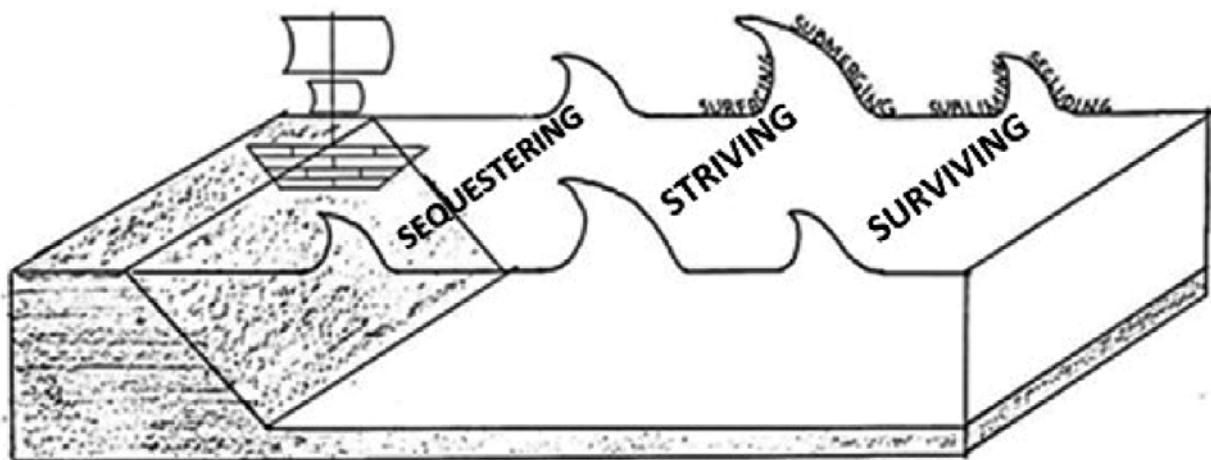
and hardships they went through.

- Feeling of sadness and remorse.
- Fear of spending the rest of life being alone.

CONSEQUENCES:

- Developing sense of acceptance and belongingness
- Feelings of frustration and defiance because of indifference from others.
- Self-isolation
- Feeling inspired, hopeful and goal-driven
- Feeling contented, fulfilled, accepted and belonged.
- Haunted by unresolved issues while they age.

Figure 2 The Sailing Model of Estrangement



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