

Generation Gap between Couples: Challenges and Coping Mechanisms

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Abstract: *The principle objective in this study is to distinguish and dissect the advantages and the issues of the having a relationship with a large generational gap or age gap that many people encounter and experience it. A qualitative research method was conducted and handle by the researchers of Barcelona Academy in city of Marilao, province of Bulacan. To achieve and exceed their objective and goals, the researchers gather and exact some studies and the answer of the participants by using their own survey or research materials. As the result, the researchers found issues and disadvantages within the research: (a) Couples that have a large generational gap shows that they have different insight and level of maturity (b) The effects of different insights of the community or a person that has a relationship with a large age gap. The researchers also found a solution and a coping mechanism in this research (a) Couples learns to gain trust and understanding (b) Couples knows their adjustment and their acceptance to one another. The researchers conclude that entering and having a relationship with a large age gap may have a difficulties and struggles, as well they can find a bright solution in a relationship.*

Keywords- Generation Gap, Couples, Challenges, Coping Mechanisms, and Qualitative research

more about the couples, their history, and how they dealt with public opinion.

1. INTRODUCTION

Since the beginning of time, having a relationship has been an important part of Mankind's culture and history. Adam and Eve were the "First Humans" to be Husband and Wife or a "Couple," according to "The Bible: Book of Genesis." Humanity did not abandon this tradition as time passed, and it is still being followed today. In today's world, being in a relationship is a very normal phenomenon. It is possible to see them.

Nowadays, "couples" can be anything from a 13-year-old couple to a couple with a 1-2-year age difference to a pair of partners who are of the same gender (Gay and Lesbian). The Couples with a Large Age Difference, on the other hand, are one of the most uncommon pairings. It's rare to see a married couple with such a wide age range.

However, because some people are critical of this type of relationship, researchers have discovered issues that may still arise. The first issue is whether or not the couple is affected by public criticism [1]. Second, "do couples use a type of ignorance method in response to criticism they receive?" [2]. Last but not least, there's the question of "whether or not the couple is truly happy with their relationship" [3].

In any case, the goal of this research is to find out "whether couples with generational gaps are welcomed positively or negatively." The researchers want to learn

In addition, the researchers want to look into the factors that help the couple maintain their relationship in Marilao, Bulacan, over the course of their marriage. Surveys and questionnaires will be used to collect data and evidence, which will be presented in a table or pie chart.

2. RELATED WORKS

Marriages between older men and younger women are popular in many cultures. On the other hand, a marriage between a husband and an older woman may favor both sexes, which is in line with gender differences in mate preferences. On the other hand, if seniority allows men to assert superiority in conflicts of interest, men alone may benefit from such marriages at the expense of women. Indeed, broad spousal age differences are widely viewed as "pathological" in public health, both as a cause and a result of gender inequalities that affect women [4].

Couples with a wide age difference often evoke negative perceptions and discrimination. The researchers hypothesized that discrimination toward age-gap couples derives from a perception of relational inequity, centered on social exchange and equity theories.

The researchers hypothesized that age-gap couples were viewed as less equal and, as a result, less liked than age-matched couples. People measured and hypothesized the equity of age-gap and age-matched relationships to test these hypotheses. When comparing age-matched couples to age-gap couples, the researchers discovered that age-gap

couples were despised and viewed as less equitable. Older men and women were viewed as reaping greater benefits than their younger partners in age-gap relationships [5].

The aim of this study was to see how happiness is viewed in romantic relationships with a significant age difference. It was reported that people in romantic relationships with a wide age difference will be less content than people in relationships with no age gap [6].

People in age-discrepant relationships, wherein one partner is probably much older than the other, are often exposed to negative cultural stereotypes and tropes [7]. Heterosexual Intimate Relationships and Age Gaps Adult men prefer female partners that are slightly younger than themselves in Western cultures, whereas adult women prefer male partners who are slightly younger than themselves. partners who are a year or two older than them (e.g., Buss, 1989; Kenrick, 1989). Kenrick & Keefe, 1992; Gabrielidis, Keefe, & Cornelius, 1996) [8].

Previous research into the impact of age differences between spouses on longevity showed that having a younger partner is advantageous, while having an older spouse is harmful to one's own survival. The most common explanations refer to selection effects, caregiving in later life, and some positive psychological and sociological effects of having a younger spouse. The current study builds on previous studies by using longitudinal Danish registry data from 1990 to present, which provides the entire history of key demographic events for the entire population. When confounding factors like education and income are taken into account, the findings show that having a younger spouse benefits men but is harmful to women, whereas having an older spouse is detrimental to both sexes [9].

Women married to younger men lived longer than expected, while women married to older men died sooner than expected, according to a study of 1968 mortality data and 1970 census data for women [10].

3. STATEMENT OF THE PROBLEM

The main goal of this study is to determine the difference between the generation of millennials, Gen Z, and other generation when it comes to age gap relationships, race, and nationality. In particular, the researchers from Barcelona Academy's Grade 11 students are looking for answers to the following questions:

- 1.) What are the Issues encountered by couples having a Generation Gap?
- 2.) What are the Coping Mechanisms they employ on the issues they encounter?

4. METHODOLOGY

DESIGN:

A qualitative phenomenological approach was the research method that the researchers used for this study. This approach focuses on describing people's living experiences. It also explores how they have had these experiences. The researchers will conduct or ask some questions to their participants. For them to gather some data that they need to conduct their research. The researchers interviewed the respondents. The researcher also gave participants a letter of request. This letter signifies their agreement with the interview.

PARTICIPANTS:

The respondents of the study comprised of age-gap couples, different races and nationalities from known relatives, friends, and even parents from selected families in the municipality of Marilao, Province of Bulacan, Philippines. The researchers used purposive sampling to select the respondents of the study. Purposive sampling is also known as judgmental, selective, or subjective sampling, is a form of non-probability sampling in which researchers rely on their judgment when choosing members of the population to participate in their study (Alchemer). The main goal of purposive sampling is to focus on particular characteristics of a population that are of interest, which will best enable you to answer your research questions. ... Rather, it is a choice, the purpose of which varies depending on the type of purposive sampling technique that is used.

INSTRUMENT:

The tool that the researchers will use to gather data is through a researcher-made questionnaire. It is very convenient for us and for the respondents as well, because of how easily they can answer the questions. We put questions that are relevant to our topic, regarding: Age gap, Criticism and Coping mechanisms. These questions target what they feel about what others are saying to them and how they deal with the criticism. To get the best results, we the researchers, will choose respondents that are in a relationship with someone who is older/younger than them. We decided to use the IPA or the interpretative phenomenological analysis. In this approach [11]. According to Jonathan A. Smith and Mike Osbornhe "Participants are trying to make sense of their world; the researcher is trying to make sense of the participants trying to make sense of their world." IPA believes in the individual as a cognitive, linguistic, affective, and physical being, and claims a connection between people's speech and their thinking and emotional states. Simultaneously, IPA Researchers agree that this chain of links is complex – people fail to grasp it. There may be explanations why they do not convey what they are thinking and feeling. It is up to the researcher to perceive their mental and emotional state

based on what they've spoken.

Our guide questions for couples are:

1. Are you taking criticism regarding your age gap?
2. How do you cope with such criticisms?

5. RESULT AND DISCUSSION

This study aims to find out the problems that couples with a generational gap face in their relationship. The study hereby found the following questions, which answers the statement of the problem specified in the previous discussion. Take note that in the discussion we have marked our participants in the following pattern: Couples 1 to 7. This is to protect their privacy or anonymity throughout the study.

A. The Issues or the Problems that are Encountered by Couples that having a Generation Gap or Age Gap.

A.1. Problems or Issues that may encounter to a person when having a relationship with a large gap

The response of the participants revolves on what the participating couples face the issues encountered regarding their generational gap. The Participants are given questions about what they have faced in their relationship and there are tons of different answers in the survey. After collecting their responses, the researchers have observed that Couples 1, 2, and 5 have a similar answer to the questions. Couples 1, 2 and 5 stated that "Maturity" is an issue they come across in their marriage. Additionally, Couple 5 added that "The Level of Maturity of both parties", which shows that the individual person's (either the Man or Woman) maturity mindset, is part of the problems/issue they encounter. Thanks to their answers, we have determined that Maturity is a major factor in having a relationship with a Generational Gap.

A.2 Issues that will affect others when a person enters a relationship that has an age gap

Furthermore, there are many issues and conflicts when it comes to large age gap relationships. As for couple 7 stated, "Views and opinions may affect the couples' relationship because of a different perspective of both parties.". The same goes for couple 3 that stated, "Different insights could influence both parties point of view.". On the other hand, couple 4 stated that "Bad habits are a common issue on having a large age gap relationship. And having a different perspective from the other."

B. The Coping Mechanism of Couples having a Generational Gap that They Employ in Their Issues Encountered

B.1. Gaining of Trust and Understanding of Individuals

The participants' answers revolve around how they gain the trust of their partners and how they understand each other. Couple 3 indicated that they talk about their problems for them to fix it soon enough, because the longer a problem lasts, the harder it is to solve. Couple 4 stated that "patience" is a must when it comes to age gap couples because having an aged gap relationship will give you some problems in life. whether that problem is coming to your partner or not. Having problems in a relationship is natural, especially with age-gap couples. Others say that "patience" is the key to overcome those challenges. And the remaining participants have the same answers which are having genuine love and acceptance. Those feelings are important when it comes to this kind of relationship because it shows that there's an understanding between each other's feelings. Experts say this helps in accepting each other's flaws and imperfections which helps gain trust and better communication.

B.2. The Adjustment and Acceptance of Couples

Also, Couple 1 stated that they cope with their problems by "adjusting", this more likely implies to when his/her partner is not happy about something that he/she did, then he/she will adjust so that they can avoid fighting. With adjustment comes understanding. Couple 4 mentioned that her husband has a problem with "Bisyo or Vices" and their perspective with problems like that, it is vital that adjustments are to be made.

Couples with a big age gap can stand out in public; that is why it's important to have, just as Couple 6 said "We just trust and love each other. We did not care about what people were talking about us". It's important in your relationship that you block out the negative noise from other people you need "Genuine love & Acceptance" as Couple 7 stated.

6. CONCLUSION

The responses of the participants are based on how the couples deal with situations concerning their generational gap. The participants are asked a series of questions about their relationship troubles, and the answers are varied. Because of the degree of maturity on both sides, some of the couples interviewed experienced difficulties. Some also claim to have contrasting views on life. However, they are able to overcome this by getting a greater understanding of one another, making adjustments, and trusting their partners. This study confirms that while many issues will arise in a couple's life, there are many ways to resolve them together.

As a result, the researcher concludes that no matter how old the couple is, they will face challenges throughout their

lives. People can see in this study that couples have their way when it comes to their problems in life. Regardless of the couple's age, they will face difficulties that will help them better understand each other and improve them. It is up to them to figure out how to get through those challenges. Some couples have relationship problems because their generations are too far apart.

7. RECOMMENDATIONS

Based on the conclusion of the study, the researchers have confirmed what they have to do. The following are hereby recommended:

1. Consultation Therapy or Marriage & Relationship Seminar can help further improve the couple's bond. Most couples never think of this solution because they say it is a waste of time, but these places can help Couples who frequently fights, to understand each other better. This can also be their "go to" when they keep on arguing.

2. Aside from Therapies or Seminars, the couples could also take a vacation for themselves without their children (If they have children). Taking a break can make them feel relaxed and removes all negative emotions and tension between them. Or they can take the time off, the get a better realization with one another.

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