

Life of a Shadowed Victim: The Effects of Having Incarcerated Parent on Young Adults' Social Life

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Abstract: Drawing on several researches, this study aims to determine the effects of having incarcerated parent on young adults' social life, and specifically seeks answers to the questions about their relationship with family, friends, partner, and acquaintances, and how the situation of their parent affected their social life. The researchers utilized the qualitative descriptive design of research and gathered data to five (5) participants with the use of semi-structured interview. Results of the study revealed that while some experienced no change in their relationship with their family and maintained a good relationship—having the qualities of care, respect, and communication—, others experienced having a difficult relationship due to financial issues, specifically when the incarcerated parent was the provider before the incarceration. Additionally, participants stated having social connection with their friends even after opening up about their parent's incarceration, while some experienced peer disconnection. Maintaining social connection and good friendship may serve as a source of support for people who have incarcerated parents. Overall, while parental incarceration has no effect on some because they are not into socializing with people or they are still viewed as individual persons, there are young adults who have difficulty forming social life due to shame, embarrassment and stigma associated with their parent's incarceration.

Keywords: parental incarceration, young adult, children of incarcerated, social life, shadowed victim, relationship, shame, embarrassment, stigma

Introduction

Incarceration, as defined by the U.S. Department of Justice, is “the long-term confinement of convicted and sentenced offenders”. When one is incarcerated, they are restrained from their liberty as a result of committing a crime. According to the Statista Research Department, as of June 2022, the prison population in the Philippines, including those detained and sentenced, reached roughly around 131.2 thousand. Some of the most common crimes are theft with about 13 thousand cases reported, crimes against persons such as murder, physical injury, rape, and robbery with accumulated statistics of 23 thousand cases, and cases involving illegal drugs with about 12.4 thousand crime incidents.

Incarceration of a family member put families in hardship including economic hardship and material hardship (Turney and Goodsell, 2018). They face adversity due to the loss of employment as a direct result of incarceration, and a lot of them hurdles to the situation, such as experiencing stigma and erosion of skills that stand in the way of a parent resuming employment after incarceration (Hardy, 2018). Moreover, incarceration greatly affects the children, and one of the considerably affected factors is their social life. Their social wellness, which can be defined as having healthy, nurturing, and supportive relationships as well as fostering a genuine connection, may be impacted. They may experience low self-esteem, depression, trauma, separation anxiety, fear of abandonment, antisocial behaviors like disobedience, lying, and aggression, psychological distress, and stigmatization (Beresford, 2020).

The researchers define young adults within the age bracket of 18-40 based on Erik Erikson's theory of

Psychosocial Development. The main task in this stage is to establish intimate relationships and to not isolate oneself from others. A major conflict can arise when one attempts to form longer term commitments outside their family (Lang et al., 2022). In this stage, incarceration of a parent may cause cessation of romantic relationships, exclusion from social activities, and disconnection from the labor market (Cochran et al., 2018). A different type of punishment is given to the family of incarcerated. They are commonly referred to as “hidden” or “invisible”, and in the present study, they are referred to as “shadowed victims”, because their situation and hardships are not immediately brought to light. Despite the fact that they are legally innocent and had no involvement in the offense, they are perceived as guilty by association. The common stigma that incarcerated families experience are bad treatment from the members of society, and negative treatment by colleagues, peers, the media, and even friends and relatives (Impact of Punishment: Families of People in Prison, 2019). Understanding the effects of parental incarceration on young adults' social life may support a period of social development that may help them in building strong relationships and their ability to function and connect to other people around them. Thus, this study aims to determine the effects of having incarcerated parent on young adults' social life.

According to Waddoups et al. (2019), parent-child separation can occur for a variety of causes, both voluntary and involuntary. The most common reasons that are responsible for the global increase in this family situation are early institutionalization; war persecution, and conflict; separation during asylum; trafficking; conscription into armed conflict; and being abandoned when parents migrate for economic or other reasons. Overall, the impacts of parent-

child separation on children's social-emotional development, well-being, and mental health are consistently adverse. They are more severe when the separation lasts a long time or is accompanied by other forms of deprivation or victimization. Some mitigating and protective factors for this may include earlier stable family placement in the event of early institutionalization, parent-child communication and parenting quality, and community support in the host community.

Children of incarcerated may develop feelings of abandonment that can result in a need to seek acceptance from other people outside of their immediate or extended family. Children experiencing parental incarceration are often forced to become self-reliant; they are often afraid of what other people might say when they discover their situation, which is why they choose to keep quiet and be away from others (Rose, 2023). This experience manifests in low self-esteem and behavioral problems that is why children of incarcerated parents frequently endure shame, guilt, bullying, and social exclusion (Opiyo, 2020). They may spend more time inside and refuse to participate in activities in the classroom, which leads to isolation and a decline in social interactions, school performance, and attendance due to stress and worries (Artiga and Lyons, 2018).

Parental incarceration can cause fear, stress, and traumas to their children that can cause long-term effects, including an increase in mental health needs (Rose, 2023). Their experiences can hinder their ability to learn, lead to a loss of hope for the future and have long-term consequences for the child's educational attainment and future success (Artiga and Lyons, 2018). Children who have an incarcerated parent may also experience financial hardship that results from the loss of that parent's income. They are also more likely to have faced other adverse childhood experiences, including witnessing violence in their communities or directly in their household or exposure to drug and alcohol use/misuse. Furthermore, some incarcerated parents face termination of parental rights because their children have been in the foster care system beyond the time allowed by law or have questions about child support. These children require support from local, state, and federal systems to serve their needs.

It is important to administer support and resources to attenuate the negative effects on children with incarcerated parents, as they need to continue living their lives and be able to break the stigma their situation gave them (Artiga and Lyons, 2018). Moreover, Poehlmann Tynan and Turney (2020), mentioned that parental incarceration is negatively associated with child, adolescent, and adult adjustment, and they often experience more adversity, such as extreme poverty, homelessness, and poorer mental health.

Social stigma, embarrassment, and shame are among the key issues that families face when a member is incarcerated. Revealing that a close family member is in prison has many negative consequences. Many family

members are embarrassed and do not tell even their closest friends or extended family about a relative's incarceration. There is limited scientific research on the level of social stigma that families and individuals experience from peer groups and neighbors under different conditions and the way families of incarcerated individuals manage these experiences. According to research, the effects of parental incarceration can have an impact on transitions to adulthood. Noel & Hoeben (2022) stated that parental incarceration may generate a negative turning point in the life course, when young persons are more vulnerable to bad outcomes as they enter adulthood.

According to the Poverty Fact Sheet: Life Beyond Bars (2017), as cited in The Bar Book Project (2019), in today's incarceration environment, the imprisonment of a parent or parents can cause a slew of problems for their children. When a parent is incarcerated, the family structure typically changes; family members may be asked to perform a variety of tasks, and children may be compelled to live with extended family if their primary caregiver is incarcerated.

There are instances where children of incarcerated were discriminated against by their family members. One participant of the study conducted by Zhang and Flynn (2020) recalled her aunts criticizing them because their father was in prison, referring to her as the "prison father's daughter".

Incarceration increases family instability, and a child or adolescent may even become homeless. About 11% of children with a mother in prison and 2% of children with a father in prison enter into foster or state care. In some cases, incarceration can lead to improvements for children and adolescents, removing from the home a source of disruption, abuse, or violence (Fisher, 2022).

The child's ability to develop and maintain relationships in adulthood is influenced by the quality of family-close ties. If this bond is neglected, a child is more likely to struggle to navigate and build meaningful future relationships, particularly in their romantic relationship (Li, 2023). The social support provided by romantic partnerships can both increase and decrease problem behavior (Brannigan, 2020). After a traumatic incident, such as parental incarceration, social support can be critical to an individual's well-being. According to one study that used Add Health data, parental incarceration is specifically connected with low-quality romantic relationships (Crews, 2019).

People who have had an adverse childhood experience (ACE) are more likely to keep secrets in relationships and to harbor feelings of distrust and betrayal against others. People with adverse childhood experience are more likely to isolate themselves from social interaction (Zlate, 2020).

Children whose parents were incarcerated are less likely to marry than children whose parents were never

convicted. When they did marry, it was at a younger age and most commonly while pregnant (Van de Weijer et al., 2020).

A study by Cochran et al. (2018), which examined the links between parental incarceration and social exclusion, showed that although there is an inconsistent evidence that parental incarceration affects children social status among peers and the size of their social networks, there is a consistent evidence that it adversely affects the characteristics of social networks the children of incarcerated parents had friends with. The social networks usually have slightly lower GPAs and are engaged with skipping school, lying and fighting. Thus, the study revealed that parental incarceration may push children to have peers with conduct disorder or peers who are less prosocially engaged.

Forming relationships is essential for one's emotional and mental well-being. May it be with close friends or acquaintances, having connection plays a crucial role in social development, providing a person with a sense of belongingness and offering social benefits (Everyday Speech, 2023). Sometimes, due to a lack of socialization with peers and building connections, children with incarcerated parents often have low self-esteem, leading to poorer academic performance in public schools. They report lower achievement, less engagement, and higher disciplinary action compared to peers without incarceration (Warren et al., 2019).

Parental incarceration is connected with inferior cognitive skills (math, reading, and other attentional capacities) and behavioral difficulties during elementary and middle childhood (Fraile, 2023). Children of incarcerated people are more likely to experience both grade retention (Fox et al., 2023) and suspension or expulsion (Jacobsen, 2019). In addition to that, they have worse grade point averages and are more likely to be absent from school until they reach adolescence (McCauley, 2020; Brown and Minton, 2018). They frequently fall behind their peers in terms of language development, reading comprehension, math achievement, and problem solving, with impaired attention spans, recall, aggression, and college completion rates (Hagan et al., 2020).

This study aims to determine the effects of having incarcerated parent on young adults' social life. Specifically, it seeks answers to the following questions:

1. What are the effects of having incarcerated parent on young adults' relationship with:
 - 1.1 Family;
 - 1.2 Friends;
 - 1.3 Partners; and
 - 1.4 Acquaintances?
2. How does having incarcerated parent affect their social life?

Methodology

The researchers utilized a qualitative descriptive research design. Qualitative research focuses in collecting and analyzing non-numerical data to better understand opinions, experiences, and concepts. The participants of the study were 18–40 years old residing in Olongapo City who have incarcerated parent. The researchers took into account that in the cases of the parents, their children are not their victims or the parents are not perpetrators of their children. The participants were chosen through the use of purposive sampling, a sampling technique commonly used in qualitative studies. The researchers interviewed five (5) participants who met the qualifications needed for the study. The researchers conducted a semi-structured interview to collect information from the participants. The questions asked covered the topics of the young adults' relationship with their family, friends, partners, and acquaintances, and how having incarcerated parents does affect their social life. The researchers also gathered information using observation. The researchers allowed the participants to provide additional information and ask questions to the researchers. A smartphone was used with the consent and approval of the participants to audio record the entire interview process for transcription to obtain the findings. The information acquired from the interview were examined using thematic analysis. It is a way of studying qualitative data that entails reading through a set of data and looking for patterns in the meaning of the data to uncover themes. Since interpretations are subjective, the researchers deliberately and carefully interpreted the data, with constant reflection on how it shapes the developing insight, in order to achieve soundness of the results.

Results and Discussion

The young adults' relationship with their family is shaped by their perception and experiences with them. Based on the results, their perspective may differ depending on their individual experiences and relationships with their siblings and parents. Unchanged relationship and difficult relationship are the two themes that emerged based on the data collected.

Table 1. Thematic analysis on young adults' relationship with their family is shaped by their perception and experiences with them.

Theme	Description	f
Unchanged Relationship	Participants perceived their relationship with family as the same before and after their parent's incarceration.	3
Difficult Relationship	Participants stated that their relationship with their family is difficult because they experienced financial hardship due to parental incarceration.	2

Unchanged relationship

In this study, three participants experienced no change in their relationship with their family and these participants labeled their family as “normal”, and no changes at all when it comes to the financial aspect after their parent’s incarceration. These participants have some of the characteristics of a good relationship despite their experiences after their parent’s incarceration.

"Okay naman, normal, kasi kahit na nakakulong na si papa, hindi naman kasi (ako) nagkulang sa atensyon mula kay mama, sa mga kamag-anak namin. Nabibigay n'ya pa rin 'yong mga pangangailangan naming magkakapatid, 'yong care, gano'n." –Participant 1

("It's okay, normal. Even though dad is in jail, my mom and my family did not fail to show us care and attention, and they are still able to provide for our needs.")

"Iyong meron kang masasandalang pamilya pa rin kahit na may mga pinagdaanan kayo as family, gano'n. May nagsusuporta pa rin kahit papaano sa mga hindi nabibigay ng papa ko sa'min —nila mama, pero syempre may barrier sa'min ni papa, pero kahit na gano'n, iniintindi naman ako ni mama dahil nga sa nangyare." –Participant 3

("I still have a family to lean on even though we have been through things as a family. There are still family members who support us, even if my dad cannot provide for us anymore —like my mom. Of course, there is a barrier/awkwardness between me and my dad, but even so, my mom understands it because of what happened.")

Based on these findings, some of the participants' having a good relationship with their family have the qualities of respect, care and communication.

According to the Cambridge Dictionary (n.d.), care is the act of giving someone or something the items they require while also protecting them. Love is respect, which defines respect as having the freedom to be who you are and being loved for it, as well as speaking honestly and openly with one another, listening to one another, and appreciating one another's needs and feelings.

Communication here refers to the verbal and nonverbal information that are shared. The ability to understand the thoughts and feelings of others is a requirement for effective communication (Epstein, Bishop, Ryan, Miller, & Keitner, 2019).

In a 2019 developmental guide book entitled “Supporting Connections for Children with Incarcerated Parents”, it is stated that communicating with the parent

during incarceration can minimize attachment disruptions, help both parties in coping with grief or loss felt during separation, and provide chances to talk about their feelings. Maintaining a positive relationship and contact between incarcerated parents and their children is a way to mitigate the harmful effects of parental incarceration on families.

Difficult relationship

Although three of the participants experienced no change in their family relationship, two out of five participants experienced financial strain due to their parent’s incarceration. A participant stated:

"Ngayon po? Hindi ko po masabi na okay, kasi katulad po ng ibang pamilya, nawalan po kami ng source of income noong nakulong si papa kaya nahirapan po kami financially." –Participant 2
("Now? I cannot say that it is okay because, like other families, we lost our source of income when my dad was incarcerated so we struggled financially.")

According to Turney and Goodsell (2018), families suffer more financially when one or both of the parents are incarcerated, and many of the parents who were providing financial support for their families before their incarceration are unable to make a living while behind bars. They accrue court bills, penalties, and costs concurrently. Additionally, according to The Impact of Incarceration on Families (2022), families struggle to manage their financial obligations which can result in the loss of a home or the placement of a child in protective care.

Table 2. Thematic analysis on young adults’ relationship with friends.

Theme	Description	f
Social connection	The participants’ feedback on their relationship with their friends indicate that they are receiving good treatment despite knowing about their parent’s incarceration.	4
Peer disconnection	A participant stated that his friends left when they learned about his father’s incarceration.	1

Social connection

According to the findings of this study, four out of five participants mentioned that they maintain good relationship with their friends after they told them that they have a parent who is incarcerated. Some participants said that there is no change and that the incarceration of their parent has nothing to do with and does not affect their relationship with friends at all.

The following statements show how participants felt having good relationship with their friends:

"Sa mga kaibigan? Okay sila. Napagsasabihan sila ng mga bagay-bagay.

Nakakapag-open ako." –Participant 1

("My friends? They are good. I can tell them things. I can open up to them.")

"Obviously they will ask questions on what happened, it's slightly hard for us to answer it that time because we are also coping up in our situation. But my relationship with my friends has nothing to do with what happened, it will always stay the same." –Participant 2

Despite the incarceration of their parents, four participants reported feeling good about their friendships since they are able to connect and open up to them. Forster and colleagues (2019) postulated that connections to a cultural community may be especially helpful in coping with the stigma and stress of familial involvement in the criminal justice system and offer youth opportunities to bond with extra familial adults that can compensate for the social isolation and difficulty in peer relationships often reported by children whose caregivers are incarcerated.

Peer disconnection

In the data gathered, one participant stated that his relationship with friends changed after they learned about his parent's incarceration.

"Ahmm, 'di ko rin po masabi na okay. 'Di na ako nakikisali sa mga ganiyan eh. Porke may nakulong lang sa magulang ko eh nagsiwalaan na... ewan ko po, ayaw na siguro nila ako kaibiganin." – Participant 5

("Ahmm, I cannot really say they are okay. I do not join in those anymore. Just because my parent was incarcerated, they also disappeared. I do not know... maybe they do not want to be friends with me anymore.")

The participant's response was indicative of a detached feeling caused by the incarceration of his parent. According to JC Cochran (2018), parental incarceration may lead to the cessation of peer relationships, contribute to children gravitating or feeling pushed toward antisocial peer contexts, and reduce their integration in school. More generally, it may lead to children's social exclusion. More broadly put, social exclusion is described as prohibiting "full participation in... normatively prescribed activities" in addition to "denying access to resources, information, sociability, recognition, and identity, eroding self-respect and

reducing capabilities to achieve personal goals" (Prattley, 2020).

Young Adults' Relationship with Partner

According to the results, all of the participants stated that their partner understands and communicates their own feelings and opinions regarding the situation of the participants. All of the responses indicated that participants' relationship with their partner is great, and according to their stated answers, the participants already built trust with their partner.

Table 3. Thematic analysis on young adults' relationship with partner

Theme	Description	f
Satisfied relationship	All of the participants stated that they have good relationship with their partner.	5

Satisfied relationship

In the responses of the participants, they expressed having a satisfied relationship with their partner. Although the participants are aware that their partners might not accept or understand their situation, they are still able to maintain a satisfied relationship with them by communicating their feelings and opinions regarding the situation.

The following statements show that the participants felt that they have satisfied relationships with their partners:

"Okay lang, normal lang. Hindi naman siya nakipaghiwalay sa 'kin dahil lang sa sitwasyon na meron ako, naiintindihan niya na hindi ko naman kasalanan na nakulong 'yong magulang ko. Napag-usapan namin 'yon dahil noong una, natakot ako na sabihin sa kaniya kasi, syempre, alam mo naman na baka hindi niya matanggap 'yong gano'n na sitwasyong meron ako. Nag-thank you nga ako sa kaniya dahil naintindihan niya sitwasyon ko." – Participant 1

("It is okay; my partner did not end our relationship just because of my situation. My partner understands that it is not my fault that my parents have been incarcerated. We already talked about it because, at first, I was afraid to tell my partner about it. Because you know, my partner probably cannot accept the kind of situation that I have, I expressed my gratitude to my partner for understanding my situation.")

"Okay naman po, kasi kahit papaano hindi niya po ako jinudge agad. Nakapag-usap kami at noong nabanggit po, wala po siyang ibang reaksiyon kung hindi "Ano naman kung nakulong magulang mo? Hindi naman ikaw, kaya naintindihan ko." – Participant 2

("It is okay, because at least my partner did not judge me immediately; we talked about it, and when it was mentioned, my partner did not have any other reaction other than saying, what about it when your parents are incarcerated? It is not you, so I understand it.")

A study by Smith and Johnson (2020) suggests that partners of individuals whose parent is incarcerated shows adaptability and resiliency in maintaining relationships. Communicating with partners, providing support networks, and having individual coping strategies have significant roles in reducing the potential negative impact of parental incarceration on couples. High-quality romantic relationships also correlate with lower rates of problematic substance use and mental health issues among children of incarcerated (McDowell, 2019).

Table 4. Thematic analysis young adults' relationship with acquaintances

Theme	Description	f
Positive relationship	The respondents of the study stated that they have normal or good relationship with their acquaintances.	4
Negative relationship	One of the participants expressed having a negative relationship with acquaintances.	

Positive relationship

Participants of the study stated that they were able to maintain positive relationships with their acquaintances despite parental incarceration. They did not believe that their situation affected their relationships with others, as people continued to treat them the same way. The following statements illustrate how the participants expressed the idea that having incarcerated parents does not necessarily hinder one's ability to have positive relationships with others:

"Okay lang, normal lang. Wala namang nagbago sa pakikitungo nila sa akin kahit nalaman nilang nakakulong si papa. Maayos pa rin naman silang makitungo sa akin. Gano'n pa rin katulad ng dati... walang nagbago" – Participant 1

("It is okay, normal. Nothing changed in their treatment even when they found out that my father was in prison. They are still good to deal with. It's still the same as before. Nothing changed.")
"Sa tingin ko ayos lang naman kasi wala naman akong naramdaman na kakaiba 'yong turing o tingin nila sa akin. Wala naman akong nalaman na may

sinasabi sila about doon... kaya okay naman kami."
 –Participant 3

("I think it is okay because I did not feel that they treated or thought of me differently. I did not think they talked behind my back about that, so we are okay.")

Based on Relationship Management Theory, it is important to establish and maintaining positive relationships with others in both personal and professional contexts. It provides individuals with a sense of support and belonging. This can be especially important during difficult times or when faced with challenges (Kim, 2024).

Negative relationship

One of the participants reported having a negative relationship with acquaintances due to unpleasant experiences. The statement below illustrates how the participants expressed the negative relationship with their acquaintances.

"Dati may work ako pero nag-resign din ako, kasi minsan binibiro nila ako — pero hindi ko alam kung pabiro pa ba or hindi na, kasi minsan offensive na. Dahil doon, napapaaway ako sa work ko. Eh syempre hindi ko rin makontrol 'yong emosyon ko kaya nag-resign na lang din ako. Nasaktan po ako... kahit sino naman, kapag inano (pinagsalitaan) 'yong tatay mo, ipagtatanggol mo kahit anong mangyari. Kahit gano'n siya, syempre tatay ko pa rin 'yon." – Participant 2

("I used to have a job but I resigned, because sometimes they will crack jokes that I do not know if it's still a joke or not, because sometimes, it is offensive. That is why I get into fights at work. Of course, sometimes I could not control my emotions, so I resigned. I have been hurt, who would not? It still my father (they are talking about). I will defend him no matter what. Even if he is like that, he is still my father.")

The Multimotive Model of Exclusion (SeyedMousavi, 2022) holds that rejection by an acquaintance may be more threatening to belonging and control needs, resulting in greater unpleasant sentiments than rejection by a stranger.

Table 5. Effects of having incarcerated parent on young adults' social life7.

Theme	Description	f
Parental incarceration has no effect	Not into socializing with people	Participants expressed that they are not into socializing

t on social life		with people that is why the incarceratio n of their parent has no effect on their social life.	<i>"Hindi rin kasi ako masyadong ma-ano sa tao eh... malapit. Dito lang ako sa bahay. Hindi rin ako masyadong lumalabas at nakikipagkwentuhan kaya kahit pa may iba silang pagtingin sa akin dahil sa sitwasyon ko, hindi pa rin nito maaapektuhan kung paano ako makisalamuha sa ibang tao, hindi pa rin nito maaapektuhan 'yong social life ko'" – Participant 1</i>
Difficulty forming social life	Shame	Participant experienced shame because of their situation.	<i>(I'm not really close with people. I just stay at home. I don't go out and talk to people often, that is why even though they have a different view on me because of my situation, it does not affect the way I socialize with people, it still does not affect my social life.)"</i>
	Embarrassment	Participant experienced being embarrasse d to be friends with people because of their situation.	Participant 3 also stated that her parent's incarceration did not affect her because other people still see her as an individual person who does not have any connection or liability on what her parent did.
	Stigma	One participant stated that she was stigmatized by her co- worker.	<i>"Siguro sa una, ang thinking ko ay 'wag na lang ako makipagkaibigan sa iba, like ako na ang lalayo pero kasi eventually I realized na hindi ako mirror ng tatay ko at hindi porke nakakulong sya eh dapat pagdusahan ko rin 'yong ginawa nya. Indibidwal na tao pa rin naman kami kung tignan ng ibang tao, kahit pa magkadugo kami. Hindi ko rin naman responsibilidad o wala rin naman akong konesyon sa kung anong nagawa nya. Sa tingin ko wala masyadong epekto 'yong pagkakakulong ng tatay ko sa social life ko.'" – Participant 3</i>

Parental incarceration has no effect on social life

The participants of the study stated that parental incarceration did not affect their social life. These participants view their social life as normal. They also expressed that they are not into socializing with people, which is why whether or not people see them as different because of their situation, it still did not affect them. Despite the incarceration of their parents, they still have people who they talk to and who they are with every day.

"Yong social life ko parang kung sa standard ng tao, 'normal' lang naman. May mga kaibigan ako na nakakausap sa pang-araw-araw. May mga tao naman akong kasama sa pang-araw-araw na dumadaan." –Participant 3

("My social life is normal. I have friends who I talk to and I have people who I am with every day.")

("Maybe at first, I thought of not making friends with others, like distance myself, but eventually, I realized that I am not a mirror image of my father, and just because he is imprisoned does not mean I should suffer for what he did. We are still individuals in the eyes of others, even if we share the same blood. I don't have any responsibility or connection to what he did. I don't think my father's incarceration has much effect on my social life.")

Difficulty forming social life

The participants stated that they had difficulty forming social life. According to them, it became hard for them to socialize with other people because they are viewed differently because of their parent's incarceration. They are embarrassed to socialize with people and some of them experienced shame because of their situation.

"Minsan ako na po 'yong nahihiya na makipagkaibigan dahil nga po sa nakulong 'yong tatay ko kaya ako na rin po 'yong dumidistansya sa ibang tao.'" –Participant 5

("Sometimes I feel embarrassed being friends with people because my father was incarcerated that is why I am the one who distance myself from them.")

"Minsan po naiisip ko kung ano na lang ang iisipin ng mga tao kapag nalaman nilang may nakulong sa magulang ko. Parang ang sagwa po kapag nalaman nila 'yon kaya ako na po mismo 'yong lumalayo o hindi ko na po talaga pinapaalam." –Participant 4
("Sometimes I wonder about what would people think if they learn that one of my parents is incarcerated. It feels inappropriate if they knew about that so I distance myself or I don't tell them at all.")

Shame and embarrassment are both negative emotions in response to violating different types of internalized standards. Shame comes from violating the standards of one's ideal self, whereas embarrassment is a result of violating one's persona (Wohrle, 2021). Shame arises as a result of negative evaluations from others and involves judging oneself while thinking of failing to live up to their own standards. Embarrassment, on the other hand, is a feeling of discomfort when one feels that something is revealed to others and this revelation is likely to undermine one's image.

In addition to shame and embarrassment, a participant also stated that she was stigmatized by her co-worker because of his parent's incarceration.

"Minsan po may mga nagsasabi sa akin na baka drug addict din ako kasi 'yong papa ko ay nakulong dahil sa droga. Baka raw po gawan ko sila ng masama" –Participant 2
("Sometimes people say that maybe I am also a drug addict because my father was incarcerated because of drugs. They think that I might do something to them")

Scholars argue that parental incarceration may lead to an increase shame and embarrassment. Incarceration of parents, as well as other embarrassing family circumstances brought by the incarceration, may impede the ability of their children to make new social relationships (Cochran, 2018). Shame and embarrassment, whether from internal sources — feeling of one's own shame towards their parent's and family's situation and anticipation of stigma from peers, or external sources —perceiving negative views of others, may lead to children seeking to minimize the conversation about their parent's incarceration and keep their familial circumstances a secret.

Conclusion and Recommendation

The main purpose of this study is to determine the effects of having incarcerated parent on young adults' social life. The researchers aim to answer the questions about the relationship of young adults with their family, friends, partner, and acquaintances, and how the situation of their parent affected their social life.

The incarceration of a parent may lead to major social life changes for young adults, but the consequences are not universally the same. The results of the study indicate that some may experience no change in their relationship with family and may still maintain a good relationship because of respect, care and communication.

However, when the parent was the provider before incarceration, families may experience difficult relationship due to financial issues. With regards to young adults' social connection with their friends, some may feel a connection of trust because they feel safe in telling and sharing their situation with source of support for people who have incarcerated parents.

Based on the gathered data from the participants, the incarceration of a parent communication between them. Parental incarceration may not significantly impact young adults' relationships treatment. The results of the study showed that some may view their social life as normal and are not affected by parental incarceration. The reason for that is because they are not into socializing with other people or they are still viewed as individual persons that have no liability with their parent's incarceration. However, some may still have difficulty forming social life, specifically due to feelings of shame, embarrassment, and stigma. Also, based on the gathered data, although a type of relationship is not affected by the incarceration of a parent, one type of relationship may still be affected, hence, the incarceration may still have an impact on young adults' social life.

Based on the findings from the gathered data, the researchers propose the following recommendations:
For the Children of Incarcerated

1. Young adults who have incarcerated parents can join support groups as it is highly beneficial for them. These groups may give young adults a secure environment, can make them feel less alone, and may help them acquire helpful coping strategies by talking about their emotions and experiences with peers who are going through similar things. Additionally, children of incarcerated may be qualified for particular programs and assistance aimed at supporting them get through these challenging times. These resources may involve educational assistance, mental health services, or even mentoring programs. Young adults could look into advocacy or legal aid organizations that focus on matters pertaining to the families of incarcerated in order to learn more about these possible benefits. As an example, The Public Attorney's

Office (PAO) is one of the organizations that provides free legal services to indigent Filipinos, not just to those accused of crimes, but also to their families. is one example of this.

For the Incarcerated Parents

1. Incarcerated parents should aim to set attainable goals for themselves while they are in prison. These goals could be related to self-improvement through education or rehabilitation programs. Sharing these aims with their family can indicate a commitment to building a brighter future which encourages hope and positive change.
2. To those who are going back into society and are returning to their families, actively seeking assistance for reintegration is advantageous. It can be useful to research organizations that provide support to individuals like them who have served time in prison, helping them to find safe housing, employment, and a way to restart their lives. Collaborating with The Second Chances Project (TSCP), a non-profit organization that promotes employment and welfare for ex-offenders, can be particularly beneficial. This emphasis on stability can benefit the parents themselves, as well as the family as a whole.

For the Authorities

1. The authorities in police stations or prisons can encourage the children and families to visit incarcerated individuals, and should create an environment wherein it is easy for children to visit their parents to decrease the negative relationship due to lack of communication. They could create programs that may integrate the incarcerated individuals to their family and create a connection between them.

For the Government

1. The researchers urge the government to make more programs that will provide young adults and the families of incarcerated with the means to sustain their daily expenses as they adjust to their parent's incarceration. They are also encouraged to create more livelihood programs that could cater those previously incarcerated individuals in restoring their household incomes that sustain themselves and secures the needs of their family. This could also decrease the likelihood of returning back to prison.
2. The Department of Education (DepEd) should add homeroom curriculum subjects related to developing young adults who have incarcerated parents, such as self-esteem and self-worth, so that they can be assisted in sustaining great communication with others as well as help them discover and develop themselves more.
3. When a parent is incarcerated, it can pose several challenges to their children and family's mental health.

The government should provide more accessible mental health services for low-income families and should integrate mental health policies into public health policy.

For the Non-Government Organization (NGO)

1. Non-Government Organizations (NGOs) can provide a means of communication for incarcerated parents and their children. This communication can improve the relationship of incarcerated parents to their children. Non- Government Organizations (NGOs) can also offer a variety of programs, such as seminars in different communities to raise awareness about children having incarcerated parents. They can also do a project or a program for a cause wherein the children of the incarcerated can showcase their talents and skills and could help in building a trusting community.

For the Mental Health Professionals

1. Mental health professionals are encouraged to advocate psychological preparedness interventions regarding mental health challenges faced by the young adults who have incarcerated parents and how this affects their social lives. They researchers also suggests that mental health professionals introduce mental health first aid programs to schools in the Philippines to promote awareness and prevent harmful consequences.
2. For young adults, especially those whose parents are incarcerated, mental health professionals must create a secure and accepting environment. Young individuals whose parents have served time in prison should be encouraged to have open discussions in order to better understand their experiences, challenges, and how they adjust to their situation.

For the Community

1. The study raises awareness that young adults who have incarcerated parents also need to be accepted and respected, and by studying and understanding the challenges and life experiences of young adults whose parent is incarcerated, the public can gain a better insight of their living circumstances, hardships, and the ways in which their parent's incarceration impacts their social lives. In this way, they can learn that social inclusion of children of incarcerated are essential in creating a more inclusive environment for them.
2. By exploring the unique experiences and different challenges faced by the children of incarcerated, it gives a deeper awareness for the public that extending hand and showing compassion is important in creating a more understanding and emphatic society.
3. In the non-government organization where the researchers have done their on- the-job training, Integridad: Heart for Detainees, the public are encouraged to volunteer in creating programs with them

in helping to provide support for both the incarcerated parents and their children.

For the Future Researchers

1. Studies related to the effects of having incarcerated parent on young adults' social lives are limited, few, and out of date. It is recommended that future researchers contribute studies related to the topic.
2. Future researchers are encouraged to expand the number of participants to obtain more accurate results.
3. To provide an extended understanding on the effects of parental incarceration, future researchers may consider the length of the sentence of which the parent has to serve.

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