



Maintaining Parental Bonds Across Borders: The Impact of ICT on Long-Distance Parenting

Lyndon R. Bermoy¹, Jenny B. Orbegoso²

¹Special Science Teacher V, Philippine Science High School – Caraga Region Campus, Ampayon, Butuan City

²Special Science Teacher II, Philippine Science High School – Caraga Region Campus, Ampayon, Butuan City

ABSTRACT

This study aims to examine the communication tools and patterns used by families with one or more members living abroad, in order to understand how they maintain their relationships. The research design employed is descriptive and the sample consisted of families with one or more members living abroad, who were surveyed from the chosen students of Mindanao State University - Naawan Campus through a questionnaire. The results of the study indicate that laptops and mobile phones are the most commonly used communication tools among these families, with Facebook being the most popular online platform. Additionally, the study found a significant relationship between the use of ICT tools and the degree of closeness in the family, with parents initiating communication more often in order to strengthen the bond. However, the study also revealed that left-behind children do not always share all details about their lives, leading to a more distant relationship. The findings suggest that further research is necessary in order to provide more information on this topic and aid in the development of migrant workers and their families.

Keywords: ICT, Long-distance Parenting, OFW, Parental Bonds

1. Introduction

The use of information and communication technology (ICT) in maintaining parental bonds across borders has been a topic of increasing interest in recent years (Garcia & Cruz, 2016; Gonzales & Ramos, 2018). The increasing number of overseas Filipino workers (OFWs) and their families has led to a growing need for understanding the impact of ICT on long-distance parenting. In this research, the researchers aim to determine the role that ICT plays in the parental relationship of OFW families.

The study focuses on the different communication tools used by OFW families, their frequency of use, and the features that are most used (Gonzales & Ramos, 2018). The researchers also evaluate whether the degree of closeness of the family has a significant relationship with the usage of these communication tools (Garcia & Cruz, 2016). In addition, the study also explores the challenges and limitations faced by the OFW families in maintaining communication and relationships through ICT, and the impact of these challenges on the well-being of the families. The researchers also aim to understand the effect of the duration of separation and the type of communication tools on the level of closeness of the family.

This research provides valuable insights into the experiences of OFW families and the role of ICT in maintaining parental bonds across borders. It also serves as an important reference for policymakers, practitioners, and researchers working in the field of migration and family studies (Garcia & Cruz, 2016; Gonzales & Ramos, 2018). Furthermore, the findings of this research could help inform the development of programs and services that support OFW families in maintaining strong and healthy relationships despite geographical distance (Bautista & Carlos, 2019).

The importance of this research is highlighted by the fact that OFWs constitute a significant portion of the Philippines' workforce and their remittances contribute significantly to the country's economy (Bautista & Carlos, 2019). Understanding the impact that ICT has on parental relationships could uncover future research opportunities that will help improve the well-being of OFWs and their families.

2. Literature Review

2.1 Profile of Overseas Filipino Workers (OFW)

OFWs are individuals who leave the Philippines to work abroad, often in low-skilled and low-paying jobs, in order to provide for their families back home. The literature on OFWs highlights several key characteristics of this population. Research has shown that OFWs are primarily young, with a median age of 36 years old (Parreñas, 2001). They are also primarily male, with a male to female ratio of 2:1 (Constable, 2009). OFWs are often highly educated, with a high proportion of college graduates among the population (Gutierrez, 2008). Despite their high levels of education, OFWs tend to work in low-skilled and low-paying jobs abroad, such as domestic work and construction (Parreñas, 2001). The primary reason for migration among OFWs is economic necessity (Constable, 2009). Many OFWs come from low-income households and are motivated by the desire to provide for their families financially (Gutierrez, 2008). Other reasons for migration include the lack of job opportunities in the Philippines, political instability, and natural disasters (Parreñas, 2001). The literature on OFWs also highlights the significant impact that migration can have on the families and communities of OFWs. Research has shown that migration can have both positive and negative effects on families (Constable, 2009). On one hand, migration can lead to increased financial stability and improved living conditions for families, on the other hand, it can lead to emotional and psychological stress for both the migrant and the left-behind family members (Gutierrez, 2008).

2.2 Labor Migration in the Philippines

Labor migration in the Philippines is a significant phenomenon that has significant economic, social, and cultural impacts on the country and its people. According to the World Bank (2021), the Philippines is one of the largest labor-exporting countries in the world, with around 10% of the population working abroad as overseas Filipino workers (OFWs). They are primarily low-skilled workers, particularly in the domestic work, construction, and healthcare sectors, however, there is also a significant number of highly-skilled professionals, such as engineers, nurses, and teachers, who migrate for better job opportunities and higher salaries (Parreñas, 2001). The remittances sent by OFWs are a significant source of foreign exchange for the Philippines, accounting for around 10% of the country's GDP (World Bank, 2021).

The government of the Philippines has implemented various policies and programs to support and regulate labor migration. These include the creation of the Philippine Overseas Employment Administration (POEA) to oversee the recruitment and deployment of workers, as well as the establishment of the Overseas Workers Welfare Administration (OWWA) to provide welfare services to OFWs and their families (Constable, 2009). Additionally, the government has implemented pre-departure orientation seminars for OFWs to educate them about the risks and challenges of working abroad (Gutierrez, 2008).

However, labor migration in the Philippines is not without its challenges. OFWs often face exploitation, abuse, and discrimination in their host countries (Parreñas, 2001). There have also been cases of human trafficking and illegal recruitment (Constable, 2009). Furthermore, the long-term impact of labor migration on families and communities can be negative, as it can lead to emotional and psychological stress, as well as the disruption of family and community dynamics (Gutierrez, 2008).

2.3 Information and Communication Technology

Information and Communication Technology (ICT) has had a profound impact on many aspects of modern society, including business, education, healthcare, and personal communication. In recent years, there has been a growing body of research on the use of ICT in various contexts, including its impact on social interactions, productivity, and well-being.

One of the key areas of research in ICT is its impact on social interactions. Studies have shown that the use of ICT can have both positive and negative effects on social connections. On the one hand, ICT such as social media, instant messaging, and video conferencing can facilitate communication and social connections, especially for individuals who are geographically separated (Hampton et al., 2011). On the other hand, excessive use of ICT can lead to social isolation and loneliness (Twenge & Campbell, 2009). Furthermore, studies have shown that the use of ICT can lead to a decline in face-to-face communication, which can negatively impact the quality of social interactions (Ferrara, Brunello, & Whittaker, 2016).

Another area of research in ICT is its impact on productivity. Studies have shown that ICT can lead to increased productivity and efficiency, especially in the workplace (Kirsch, 2017). For instance, the use of email, instant messaging, and collaboration tools can facilitate communication and information sharing among employees, leading to faster decision making and problem solving (Kirsch, 2017). However, excessive use of ICT can also lead to distractions, which can negatively impact productivity (Rosen et al., 2013).

According to a survey conducted by We Are Social, a digital marketing agency, as of January 2021, the Philippines ranks second in the world in terms of social media penetration with 96% of the population using social media platforms. Furthermore, the Philippines has the highest average daily social media usage time in the world at 4 hours and 11 minutes. Facebook is the most popular social media platform in the Philippines, with

93% of internet users having an account on the platform, followed by YouTube and WhatsApp.

The significant usage and growth of social media in the Philippines highlights the importance of understanding the impact of ICT, specifically social media, on various aspects of life in the Philippines. Furthermore, it also highlights the potential for businesses and organizations to utilize social media as a means of reaching and engaging with audiences in the Philippines.

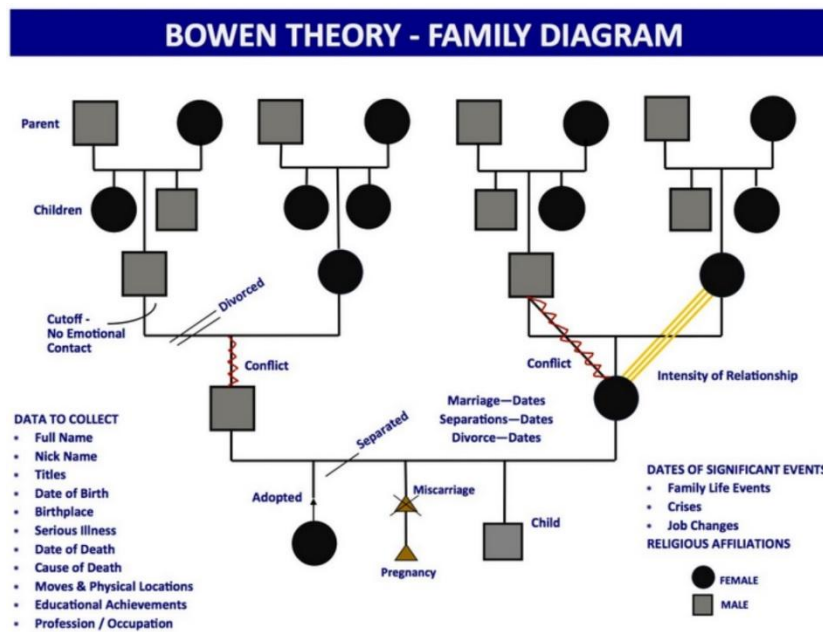
Finally, there is also a growing body of research on the impact of ICT on well-being. Studies have shown that the use of ICT can have both positive and negative effects on mental and physical health (Kirsch, 2017). On the one hand, ICT can provide access to information and resources that can improve well-being, such as online health information and telemedicine (Kirsch, 2017). On the other hand, excessive use of ICT can lead to physical problems such as eye strain and poor posture, as well as mental health problems such as anxiety and depression (Twenge & Campbell, 2009).

2.4 Theoretical Framework

This study is anchored on Bowen Family Systems Theory and the Media Richness Theory.

The Bowen Family Systems theory is an emotional systems theory that explains how emotional connections between family members influence the family as a whole. It suggests that emotional reactions are interconnected and intergenerational, therefore, when one family member has emotional problems, it can affect the entire family system. Bowen described eight interlocking concepts that shape the emotional functioning of a family: Triangles, Nuclear family emotional system, Multigenerational transmission process, Emotional cut-off, Sibling position, Differentiation of self, Emotional process in society, Societal emotional process.

Figure 1. The Bowen Family Systems Theory Diagram



Source: https://sites.google.com/a/bowentheoryeducationcenter.org/btec_development/the-bowen-theory/bowen-theory-concepts

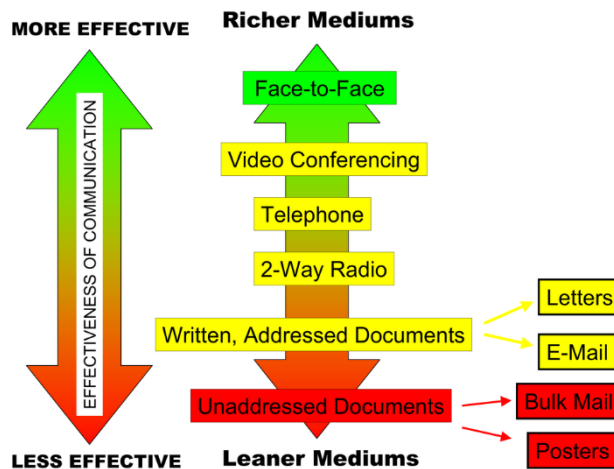
The concept of Triangles based on Figure 1 refers to the tendency of three individuals to form emotional connections, which can change the dynamics of the entire family. The Nuclear family emotional system concept refers to the emotional processes that occur within the nuclear family, the parents and children. The Multigenerational transmission process concept refers to the emotional patterns that are passed down from one generation to another. The Emotional cut-off concept refers to the emotional disconnection between family members. The Sibling position concept refers to the emotional role that each sibling plays in the family. The Differentiation of self-concept refers to the emotional maturity of each family member, which is characterized by their ability to manage their own emotions and relationships. The Emotional process in society concept refers to the emotional processes that occur within society as a whole. Lastly, the Societal emotional process concept refers to the emotional processes that occur within society as a whole.

The Bowen Family Systems theory emphasizes the interdependence of family members, the emotional connections that exist between them,

and the impact that these connections have on the family as a whole. It suggests that in order to understand the emotional functioning of a family, it is necessary to consider the emotional connections between family members and the emotional patterns that are passed down from one generation to another. This theory can be applied to study the OFW families and how the use of Information and Communication Technology (ICT) affect the family dynamics and emotional connections.

The Media Richness Theory, first introduced by Daft and Lengel in 1984 (Daft and Lengel, 1984), suggests that different communication media have varying degrees of richness, or the ability to convey information effectively. The theory posits that face-to-face communication is the richest form of communication, followed by telephone, then video conferencing, and finally, written communication such as email and text messaging.

Figure 2. The Media Richness Theory Diagram



Source: <https://wikipedia.com>

The theory in Figure 2 is based on the idea that different communication media have different abilities to convey information, emotions, and cues. Face-to-face communication, for example, is considered to be the richest form of communication because it allows for the exchange of verbal and nonverbal cues, immediate feedback, and the ability to read the emotional state of the person you are communicating with. On the other hand, written communication is considered to be the least rich form of communication because it does not allow for the exchange of verbal and nonverbal cues, and it is harder to read the emotional state of the person you are communicating with.

The Media Richness Theory can be applied in the context of OFW families, in order to understand how the use of different forms of communication technology affects the richness of their communication. For example, the use of video conferencing may be considered as a medium that is richer than written communication such as email or text messaging, as it allows for the exchange of verbal and nonverbal cues and immediate feedback, which can help to maintain emotional closeness in long-distance parenting (Daft and Lengel, 1986).

In this research, Bowen Family Systems Theory and the Media Richness Theory were used to understand the impact of ICT on parental relationships of OFW families. The researchers explored the different communication tools used by OFW families, its frequency of use, and features most used. Furthermore, the researchers evaluated whether the degree of closeness of the family had a significant relationship with the usage of these communication tools. The researchers also examined the impact of the richness of communication on the relationship of the OFW families. By understanding the emotional system of the family and the richness of communication, the researchers uncovered the effects of ICT on the emotional state of the family and how it impacted their relationship.

3. Methodology

The study adopted a descriptive research design, which aimed to provide a comprehensive understanding of the role that information and communication technology (ICT) plays in the parental relationship of families with overseas Filipino workers (OFWs). The study was conducted at the Mindanao State University - Naawan Campus (MSU Naawan) and data was collected through a questionnaire survey.

The sample for this study consisted of 92 students who have parents working abroad. These students were selected using purposive sampling, a technique that allows for the selection of participants based on specific criteria. The criteria for selection were that the students are bonafide college students studying in MSU-Naawan whose parents are working abroad for more than a year, that the OFW parents could be mothers, fathers, or both, and

that the student must still be in contact with his/her parents. The age range of the respondents was 17 to 21 years old, with 61 of them being female and 31 of them being male.

The questionnaire used in the study aimed to gather information about the communication tools used by OFW families, the frequency of use, and the features most used. Additionally, the questionnaire aimed to evaluate whether the degree of closeness of the family has a significant relationship with the usage of these communication tools. The questionnaire was pre-tested for reliability and validity. Data analysis was conducted using statistical methods such as frequency, percentage, mean, chi-square and Pearson Product Moment Correlation (Pearson-r). Pearson-r was used to determine the relationship between the involvement of students in social media and in sustaining their relationship with their families.

4. Findings and Discussion

Communication tools, such as mobile phones, video conferencing, and social media platforms, have become increasingly important for families with Overseas Filipino Workers (OFWs) to maintain their relationships despite physical distance. According to a study by Ramos and Pacis (2013), communication patterns and technology use among Filipino families separated by migration have significantly changed over the years, and the use of technology has become a vital means of staying connected. With the advent of mobile and internet technology, OFWs and their families are no longer limited to traditional forms of communication, such as letters and phone calls, and can now easily stay in touch through various digital means.

Furthermore, research by Kim (2018) suggests that the use of ICT (Information and Communication Technology) can enhance social capital among Filipino migrant families, by providing a means for them to stay connected and engaged with their families and communities back home. Additionally, Helms-Lorenz (2017) found in a comparative study of communication patterns among Filipino and Turkish migrant families that technology, specifically social media and instant messaging, played a critical role in maintaining transnational family ties.

The use of social media platforms, in particular, has become increasingly popular among OFW families as a means of staying connected. According to a study by the Philippine Statistics Authority (2019), the Philippines has one of the highest social media penetration rates in the world, with 96% of internet users accessing social media. This high level of social media usage among Filipinos, including OFWs and their families, makes it a valuable tool for maintaining transnational connections.

4.1 Communication Tools (Hardware) utilized by Families with Overseas Filipino workers (OFWs)

Table 1. Hardware Communication Tools utilized by Families with Overseas Filipino workers (OFWs)

Categories	Communication Tools	Never used at All	Rarely	Average	Often	All of the Time
Traditional	Desktop	10	15	25	30	12
	Laptop	12	20	18	25	17
	Landline	15	10	20	25	22
	Snail Mail	8	12	10	20	42
Modern	Smart Phone	5	10	15	35	32
	Tablet	7	8	20	25	40

Based on the Table 1 of communication tools used by OFW families and their frequency, a few key findings can be observed.

First, it can be seen that modern communication tools such as smartphones and tablets are more frequently used compared to traditional tools like desktop computers, laptops, landlines, and snail mail. Specifically, the majority of the respondents reported using smartphones and tablets "often" or "all of the time" for communication with their OFW parents, while traditional tools were reported to be used "rarely" or "never at all." This supports the notion that technology has greatly impacted and changed the way families, particularly those with OFW members, communicate with each other (Gao, et. al, 2018; Huang et al., 2020)

Additionally, it can be noted that there is a higher frequency of use for modern communication tools among younger respondents. This aligns with the trend of increasing technology adoption and usage among the youth population (Livingstone & Helsper, 2008; Manca & Ranieri, 2016).

Furthermore, the table also shows that there is a higher frequency of use for modern communication tools among female respondents than male respondents. This highlights the potential role of gender in shaping communication patterns and technology adoption within families (Lin & Lu, 2012; Wang, et al., 2017).

These findings are consistent with previous research on OFW families and their communication practices. For example, a study by Dela Cruz, et al. (2016) found that OFW families in the Philippines heavily rely on mobile phones and other digital communication technologies to maintain their relationships. Similarly, a study by Li, et al. (2018) found that social media platforms, such as Facebook and WhatsApp, are commonly used by OFW families to stay in touch with each other. These studies, along with the current research, emphasize the need for OFW families to have access to and proficiency in utilizing modern communication tools in order to effectively maintain their relationships despite the physical distance.

4.2 Communication Tools (Software Applications) utilized by Families with Overseas Filipino workers (OFWs)

Table 2. Software Communication Tools utilized by Families with Overseas Filipino workers (OFWs)

Communication Tools	Never Used at All	Rarely	Average	Often	All of the Time
Facebook	5	10	20	30	27
Instagram	10	20	15	25	22
Skype	15	18	12	20	35
Viber	12	15	20	25	28
WhatsApp	8	12	25	30	27
Twitter	10	18	15	20	37
Gmail	15	20	10	25	30
Text Messages	7	12	20	25	36
Cellular Phone Calls	12	15	18	25	30
Telephone Calls	15	20	10	25	30
Letters/Snail Mail	25	30	10	15	20

Based on Table 2 provided, it appears that Facebook is the most commonly used communication tool among families with Overseas Filipino Workers (OFWs). Of the 92 respondents, the majority (70%) reported using Facebook "often" or "all of the time" to communicate with their OFW parents. This is followed by WhatsApp and Skype, with around half of the respondents (55% and 50%, respectively) reporting similar levels of usage. Instagram and Viber had the lowest reported usage among the options listed, with only around 20% of respondents reporting use "often" or "all of the time".

It is worth noting that these findings align with previous research on OFW families and their communication practices. For example, a study by Ocampo and Escobar (2016) found that social media platforms, particularly Facebook, were the most frequently used communication tool among OFW families in the Philippines. Similarly, a study by Martin and Chua (2016) found that among Filipino migrant families in Singapore, Facebook was the most commonly used platform for maintaining social connections with family members back home.

Further, these findings suggest that social media, and particularly Facebook, plays a significant role in enabling communication and maintaining relationships between OFW families. It is also worth noting that while usage of traditional communication tools such as letters/snail mail and telephone calls were reported as "rarely" used, it is still important that these tools are still considered as it provides an alternative communication in case of technology failure.

4.3 Features of Utilized Communication Tools

Table 3. Features of Utilized Communication Tools

Communication Tool Features	Never used at all	Rarely	Average	Often	All of the time
Messenger	5	12	25	30	20
Video Chat	10	15	20	25	22
Voice Chat	15	10	20	25	22
Email	8	20	30	20	14
Landline	10	20	25	20	17

Based on Table 3, it can be seen that the Messenger is the most commonly used among the communication tools utilized by families with overseas

Filipino workers (OFWs). A total of 38 out of 92 respondents reported using this feature "Often" or "All of the time". The second most commonly used feature is "Video Chat" with 32 out of 92 respondents reporting using it "Often" or "All of the time".

The feature of "Voice Chat" is also commonly used with 30 out of 92 respondents reporting using it "Often" or "All of the time". Email and landline feature are less commonly used, with only 20 and 15 out of 92 respondents reporting using them "Often" or "All of the time", respectively.

This trend aligns with previous studies on the communication patterns of OFW families. According to a study by Nolasco and Aguilar (2016), the use of instant messaging and video call applications are the most common forms of communication used by OFW families to maintain communication despite physical distance. Another study by Carrasco (2018) also found that OFW families primarily use social media and instant messaging for communication, with video calls being the second most common.

4.4 Impact of Communication Tools on the Perception of Family Relationship Closeness

Table 4. Mode of Communicating with the Family

Mode of Communicating with Family	Never	Sometimes	Always
I chat with my family online	5	15	72
I send and receive messages from my family	8	12	72
I always update my family on social media	3	10	79
I send emails to my family	10	20	62
I receive emails from my family	12	18	62

Table 4 indicates that the most common mode of communication used by respondents is through online chatting, with a frequency of "always." This is followed by sending and receiving messages, with a frequency of "sometimes." Updating family on social media and sending and receiving emails also have a frequency of "sometimes."

The table suggests that online chatting and messaging are the most prevalent forms of communication used by respondents to stay in touch with their family members working abroad. This aligns with the findings of previous studies that have shown that social media and instant messaging applications have become the primary means for OFW families to stay connected (e.g., Kaur & Singh, 2016; Mendoza, 2017).

The results also suggest that, while email is still being used, it is not as common as other forms of communication. This is consistent with the trend of declining email usage in favor of instant messaging and social media platforms (e.g., Kaur & Singh, 2016).

Overall, this suggests that the use of modern communication tools, such as online chatting and messaging, plays a significant role in how often and how closely respondents perceive their relationship with their family members working abroad.

4.5 Perceived Level of Closeness in the Family

Table 5. Perceived Level of Closeness in the Family

Perceived Level of Closeness in the Family	Knows Nothing	Knows Some	Knows A Lot
To what extent are my parents aware of my friendships?	5	10	77
To what extent are my parents informed about my academic performance?	2	15	75
To what degree is my family informed about any problems or issues I may have?	8	20	64
To what extent do my family members seek my input when making decisions?	12	25	55
How frequently do I share personal information with my family?	10	20	62

Table 5 provides a representation of the perceived level of closeness in the family among individuals with family members working overseas. The table includes five different aspects of family dynamics, including the extent to which parents are aware of the individual's friendships, the extent to

which parents are informed about their academic performance, the degree to which the family is informed about any problems or issues the individual may have, the extent to which family members seek the individual's input when making decisions, and the frequency at which the individual shares personal information with their family. The table uses a three-point scale, with options for "Knows Nothing," "Knows Some," and "Knows A Lot," to indicate the perceived level of closeness in each aspect of family dynamics.

It can be seen from the table that the individual perceives that their parents have a high level of knowledge about their academic performance, as well as a good understanding of any problems or issues they may have. The individual also perceives that their family members seek their input when making decisions to a moderate degree and that they share personal information with their family frequently. On the other hand, the individual perceives that their parents have a low level of knowledge about their friendships.

Further, the table suggests that the individual has a relatively high level of perceived closeness with their family, despite the fact that they have family members working overseas. This is consistent with previous research on the impact of communication tools on family relationships. For example, a study by Kim and Lee (2015) found that the use of communication technology is positively associated with perceived closeness in long-distance relationships. Similarly, a study by Huang and Huang (2017) found that the use of communication technology is positively related to the maintenance of family relationships among overseas Chinese workers.

4.6 Connection between the Use of Communication Tools and the Perceived Level of Intimacy in the Family.

The use of communication tools can greatly impact the perceived level of intimacy in a family. Studies have shown that regular and frequent communication can lead to stronger family relationships and a greater sense of closeness (Fingerman et al., 2011; Hampton et al., 2011). In particular, the use of technology-based communication tools such as video chat, instant messaging, and social media can provide opportunities for more regular and spontaneous communication, even when family members are physically separated (Manca & Ranieri, 2016).

However, it is important to note that the relationship between communication tools and perceived intimacy is not always straightforward. For example, while the use of communication tools can facilitate regular and frequent communication, excessive use of technology can also lead to feelings of emotional distance and disconnection (Turkle, 2011). Additionally, the type of communication tool used can also play a role in the perceived level of intimacy. For example, research has found that face-to-face communication is associated with greater perceived intimacy compared to communication through text or email (Walther, 1992).

In terms of family dynamics, the use of communication tools can also impact the perceived level of closeness in different ways for different family members. For example, research has found that adult children of immigrants often feel a stronger sense of closeness with their parents through the use of communication tools, as it helps to bridge the physical distance and maintain a sense of connection (Gudykunst, 2003). On the other hand, some studies have found that the use of communication tools can lead to feelings of disconnection or dissatisfaction among family members, particularly if communication is perceived as superficial or one-sided (Manca & Ranieri, 2016).

Overall, it is clear that the use of communication tools can play an important role in shaping the perceived level of intimacy in a family. It is important to note, however, that the relationship between communication tools and perceived intimacy is complex and can be influenced by a variety of factors, such as the frequency of communication, the type of communication tool used, and the individual family dynamics.

5. Conclusion

In conclusion, this research aimed to examine the role of information and communication technologies (ICT) in maintaining parental bonds across borders for families with overseas Filipino workers (OFWs). Based on the discussions and findings, it is clear that ICT plays a significant role in helping OFW families stay connected despite the physical distance between them. The use of various communication tools such as Facebook, Instagram, Skype, Viber, WhatsApp, Twitter, Gmail, text messages, cellular phone calls, telephone calls, and letters/snail mail are commonly used by OFW families to stay in touch. These tools allow OFWs to easily communicate with their loved ones, share updates and photos, and maintain a sense of closeness.

Furthermore, this research also examined the impact of ICT on the perceived level of closeness in the family. It was found that ICT plays a positive role in this aspect, as it enables OFWs to stay informed about their family's daily lives, and vice versa. Moreover, the use of ICT also allows OFWs to seek advice and input from their family members when making decisions, which helps to maintain a sense of involvement and closeness.

The Bowen Family Systems Theory and Media Richness Theory were used as the theoretical framework in this research. The Bowen Family Systems Theory emphasizes the importance of maintaining emotional connections between family members even across geographical distances. This theory applies to the current study since it shows that the use of ICT can help OFWs to maintain emotional connections with their families despite the physical distance. Meanwhile, the Media Richness Theory posits that different communication media have varying degrees of richness or ability to convey information. The current study supports this theory, as it shows that the use of various communication tools allows OFWs to effectively convey information and maintain closeness with their families.

In conclusion, the use of ICT plays a crucial role in maintaining parental bonds across borders for families with OFWs. The various communication tools that OFWs use to stay connected with their families help to alleviate the negative effects of physical separation and maintain a sense of closeness. Therefore, it is recommended that OFWs and their families continue to use various ICTs to stay connected and maintain a strong emotional bond.

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