

# Navigating Uncertainty: A Phenomenological Study of Filipinos in Qatar Amid Geopolitical Tensions

Precioso L. Tano <sup>1</sup>, Carol P. Tano <sup>2</sup>

Philippine School Doha

<sup>1</sup> [precioso.tano@psdqatar.com](mailto:precioso.tano@psdqatar.com), <sup>2</sup> [carol.tano@psdqatar.com](mailto:carol.tano@psdqatar.com)

## Article Details:

Received: 15 March 2026  
Revised: 20 March 2026  
Accepted: 22 March 2026  
Published: 31 March 2026  
Corresponding Email:  
[precioso.tan@psdqatar.com](mailto:precioso.tan@psdqatar.com)

## Recommended Citation:

Tano, P. L., Tano, C. P. (2026). Navigating Uncertainty: A Phenomenological Study of Filipinos in Qatar Amid Geopolitical Tensions. *The International Review of Multidisciplinary Research*. 1 (3), 636-642.  
<https://doi.org/10.5281/zenodo.19357075>

## Index Terms:

OFWs, Qatar, phenomenology, coping mechanisms, geopolitical tension, adoptive resilience, heightened awareness, controlled anxiety, community solidarity, social support, psychological anchor, family-centered motivation

**Abstract.** This study investigates the lived experiences and coping mechanisms of Filipinos residing in Qatar amid heightened geopolitical tensions in the Middle East, with particular reference to the 2026 US–Iran conflict. Employing a phenomenological research design, the study seeks to capture the essence of how Overseas Filipino Workers (OFWs) interpret, respond to, and endure conditions of uncertainty within a conflict-proximate environment. Data were derived from a synthesis of existing qualitative literature and in-depth insights gathered from fifteen (15) Filipino respondents, who were purposefully selected to reflect a diverse cross-section of the migrant population in terms of occupation, length of stay, and socio-economic background. The findings reveal that Filipino migrants engage in multifaceted coping strategies rooted in both individual and collective practices. Central to these strategies is the role of faith and spirituality, which serve as psychological anchors during periods of instability. In addition, strong community networks and social cohesion among Filipinos in Qatar provide emotional support and a sense of belonging, mitigating feelings of isolation and vulnerability. Respondents also demonstrated adaptive emotional regulation techniques, including optimism, cognitive reframing, and selective information consumption to manage anxiety. Trust in the host country’s governance, infrastructure, and crisis management systems further contributes to a perceived sense of security despite regional instability. While underlying anxieties remain prevalent, particularly concerning personal safety and family welfare in the Philippines, resilience emerges as a defining characteristic embedded within Filipino cultural identity. This resilience is not merely reactive but is expressed through proactive adaptation and sustained hope. Overall, the study contributes to the fields of migration studies, crisis psychology, and diaspora research by elucidating how migrant communities cultivate resilience and maintain psychosocial stability in the face of geopolitical uncertainty.

## Introduction

Global migration has increasingly positioned Overseas Filipino Workers (OFWs) in regions that are vulnerable to geopolitical instability, exposing them to unique socio-economic and psychological challenges. In particular, Qatar hosts a significant Filipino population, estimated at over 250,000 individuals, who contribute substantially to both the host country’s labor force and the Philippine economy through remittances (Philippine Statistics Authority, 2023). These remittances play a vital role in sustaining households and supporting national economic growth, making OFWs an essential component of the Philippines’ global labor strategy (Bangko Sentral ng Pilipinas, 2022).

However, geopolitical tensions in host regions can significantly disrupt the stability and well-being of migrant workers. Events such as the 2026 US–Iran conflict introduce uncertainty, fear, and potential risks to personal safety. Such conflicts may also lead to economic instability, job insecurity, and mobility restrictions, further compounding the vulnerability of migrant populations (International Organization for Migration, 2020). For OFWs in the Middle East, these tensions can heighten anxieties related to displacement and access to essential services.

Migrant workers often experience compounded stressors that extend beyond geopolitical concerns. These include prolonged separation from family members, financial pressures to support dependents, and the challenges of cultural adaptation in a foreign environment. According to Carballo and Mboup (2005), these overlapping stressors can significantly affect both physical and mental health, particularly when migrants lack adequate social support systems. The emotional toll of homesickness and the burden of economic responsibility further exacerbate their vulnerability.

Research consistently shows that migrant populations are at a higher risk of experiencing stress, anxiety, and other forms of psychological distress. Hasan et al. (2021) found that overseas workers frequently report elevated levels of mental health concerns due to uncertain working conditions and limited access to healthcare resources. Additionally, discrimination, language barriers, and social isolation can intensify these issues, highlighting the need for targeted mental health interventions and policy support for migrant communities (World Health Organization, 2018).

Despite these challenges, Filipinos are widely recognized for their resilience, adaptability, and strong sense of community. Jocano (1997) emphasizes the cultural values of bayanihan (communal unity) and close family ties as key factors that enable Filipinos to cope with adversity. These traits, combined with faith and optimism, allow OFWs to navigate difficult circumstances while maintaining emotional stability. Strengthening support networks and providing accessible mental health services can further enhance their resilience and overall well-being in the face of global uncertainties.

This study seeks to answer the central question:

How do Filipinos in Qatar navigate uncertainty and cope amid geopolitical tensions?

## Methodology

### *Research Design*

This study employed a qualitative phenomenological approach, which is particularly suited for exploring and understanding the lived experiences of individuals within specific contexts (Creswell & Poth, 2018). Phenomenology allows researchers to capture the essence of participants' perceptions, emotions, and coping mechanisms, rather than merely describing observable behaviors or general trends.

By focusing on personal narratives and subjective experiences, this approach provides a deep and nuanced understanding of how Filipinos in Qatar navigate uncertainty amid geopolitical tensions. It enables the identification of common themes, patterns, and meanings that emerge from the respondents' accounts, offering rich insights into the psychological, social, and cultural dimensions of their everyday lives in a crisis-prone environment. Through this method, the study seeks to highlight not only the challenges faced by migrant workers but also the resilience and adaptive strategies they employ to maintain stability, hope, and a sense of agency.

### *Participants and Data Sources*

This study drew upon two sources of data to ensure a comprehensive understanding of Filipino experiences in Qatar amid geopolitical tensions. First, it involved fifteen (15) Filipino respondents, purposefully selected to represent a diverse cross-section of the migrant community. These participants included professionals such as teachers, healthcare workers, and service industry employees, who navigate demanding occupational responsibilities while coping with the uncertainties of living away from their home country (Creswell & Poth, 2018). A significant portion of the respondents were breadwinners supporting families in the Philippines, whose experiences are shaped by economic necessity, familial obligations, and a strong sense of responsibility (Asis, 2006). Their narratives revealed how they balance professional demands, emotional stress, and the need to maintain financial stability, highlighting their resilience and adaptive coping strategies (Hasan et al., 2021). The study also included long-term residents in Qatar, whose extended stay provides them with insights into the host country's social systems, cultural environment, and crisis response mechanisms, fostering adaptability and trust in established safety networks (Amnesty International, 2020).

Second, the study was supported by secondary qualitative data and scholarly readings consulted by the researchers. These included existing phenomenological studies on Filipino migrants (Jocano, 1997), reports on migrant stress and coping (Carballo & Mboup, 2005; Hasan et al., 2021), and contextual analyses of migration and resilience in crisis-prone regions (Philippine Statistics Authority, 2023). By integrating respondents' firsthand narratives with theoretical frameworks and documented research, the study ensured that findings were both empirically grounded and conceptually enriched (Braun

& Clarke, 2006). This dual-source approach allowed the researchers to construct a nuanced understanding of the Filipino lived experience, highlighting the interplay of individual, familial, and community-level coping mechanisms in a complex and uncertain geopolitical context.

#### *Data Analysis*

The data collected in this study were analyzed using thematic analysis, a method designed to identify, examine, and interpret recurring patterns and themes within qualitative data (Braun & Clarke, 2006). This approach allowed the researchers to systematically organize and make sense of both the respondents' narratives and the insights derived from secondary literature and scholarly readings. By carefully coding and categorizing the data, the researchers were able to uncover significant themes related to Filipino migrants' experiences of uncertainty, stress, and coping mechanisms in Qatar. Thematic analysis also facilitated the exploration of deeper meanings embedded in participants lived experiences, highlighting connections between individual emotions, social support systems, and cultural values. Through this method, the study captured not only the commonalities across respondents but also the nuanced variations in how individuals interpret, respond to, and adapt within a complex geopolitical environment.

## **Results and Discussion**

From the analysis of respondents' narratives and the reviewed literature, five major themes emerged, highlighting the key aspects of Filipino migrants lived experiences and coping mechanisms amid geopolitical tensions in Qatar.

### *1. Heightened Awareness and Controlled Anxiety*

*Participants demonstrate awareness of geopolitical risks while maintaining emotional control. This aligns with findings that migrants develop adaptive cognitive strategies to manage uncertainty.*

Participants consistently demonstrated a heightened awareness of geopolitical risks, particularly regarding the ongoing US–Iran tensions in 2026, yet they were able to maintain emotional control in their day-to-day lives. Many respondents reported actively monitoring news reports and governmental advisories while consciously regulating their emotional responses to prevent anxiety from overwhelming their decision-making processes and daily routines. This pattern of behavior reflects an adaptive cognitive strategy in which individuals engage in continuous risk appraisal, anticipate potential consequences, and implement both mental and behavioral coping mechanisms to effectively manage uncertainty (Hasan et al., 2021; Lazarus & Folkman, 1984). Such strategies include selective attention to credible information sources, cognitive reframing, compartmentalization of fears, and the maintenance of structured personal routines that foster predictability and stability (Gross, 1998; Garnefski et al., 2001).

Moreover, these findings align with existing literature on resilience and coping in high-stress or conflict-adjacent environments, which emphasizes the role of emotional regulation and problem-focused coping in mitigating psychological distress (Bonanno, 2004; Hobfoll et al., 2007). The deliberate filtering of information, combined with trust in institutional guidance, suggests a sophisticated form of situational awareness that allows individuals to remain informed without becoming overwhelmed. This balance between vigilance and emotional control is particularly significant among migrant populations, who often navigate layered vulnerabilities related to displacement, job security, and family separation (Miller & Rasmussen, 2010).

The findings indicate that, despite the psychological strain associated with residing in a conflict-proximate region, Filipino migrants employ intentional, reflective, and culturally informed strategies to preserve a sense of control over their environment. This underscores the interplay between individual agency and culturally embedded coping mechanisms, wherein personal resilience is reinforced by collective values, social support systems, and meaning-making practices. Such dynamics highlight that adaptive responses are not solely rooted in individual psychological processes but are also shaped by broader socio-cultural and structural contexts that enable migrants to navigate uncertainty with stability and purpose.

### *2. Faith as Psychological Anchor*

*Faith plays a central role in coping, providing emotional stability and meaning-making during crises. Religion has been widely recognized as a coping mechanism among Filipino migrants.*

Faith emerged as a central and sustaining factor in how Filipino migrants cope with uncertainty and stress in Qatar. Respondents consistently reported that religious practices such as prayer, attending spiritual gatherings, or reading sacred texts provided them with a sense of emotional stability, hope, and inner peace, even in the midst of potential geopolitical

threats. Beyond offering comfort, faith served as a framework for meaning-making, allowing individuals to interpret challenges as part of a larger, purposeful plan and to view adversity with patience and resilience. This aligns with previous studies highlighting that religiosity functions as a critical coping mechanism among Filipinos abroad, supporting both psychological well-being and social connectedness (Jocano, 1997; Pargament et al., 1998). Through their spiritual beliefs, migrants not only mitigate feelings of fear and helplessness but also reinforce cultural and communal bonds, drawing strength from shared values and collective faith practices within the Filipino community in Qatar.

### *3. Community Solidarity and Social Support*

*Social networks among Filipinos serve as protective factors against stress. Strong interpersonal ties contribute to emotional resilience.*

Social networks among Filipinos in Qatar emerged as crucial protective factors against stress and anxiety, particularly in the context of geopolitical uncertainty. Respondents reported that regular communication with friends, colleagues, and fellow community members provided not only emotional support but also practical guidance in navigating daily challenges, such as accessing services, understanding local regulations, and maintaining personal safety. These strong interpersonal ties fostered a sense of belonging and collective resilience, mitigating feelings of isolation that often accompany migration (Carballo & Mboup, 2005; Cohen & Wills, 1985). Beyond immediate support, these networks functioned as platforms for sharing coping strategies, exchanging reliable information, and reinforcing cultural practices, thereby sustaining both psychological well-being and social cohesion. The buffering hypothesis further explains how social relationships protect individuals from the adverse effects of stress by enhancing perceived support and coping capacity (Cohen & Wills, 1985). The presence of such supportive communities illustrates how communal solidarity complements individual coping mechanisms, enabling Filipino migrants to endure uncertainty while maintaining emotional balance and a sense of connectedness in a foreign environment.

### *4. Family-Centered Motivation*

*Family obligations drive perseverance. OFWs' sense of responsibility strengthens their capacity to endure adversity.*

Family obligations emerged as a primary motivator shaping the resilience and perseverance of Filipino migrants in Qatar. Respondents consistently emphasized that their roles as breadwinners and providers for family members back in the Philippines instilled a strong sense of duty, which influenced how they approached challenges and managed stress. This sense of responsibility not only drives them to meet financial and emotional needs but also strengthens their capacity to endure adversity, whether related to occupational demands, social isolation, or the psychological impact of living in a conflict-prone region (Asis, 2006; Datu et al., 2021). For many, maintaining the well-being of their families provides a psychological anchor, transforming potential stressors into purposeful action and reinforcing determination in the face of uncertainty. Recent research further suggests that culturally rooted values such as family obligation and *utang na loob* (debt of gratitude) significantly contribute to grit, perseverance, and adaptive coping among Filipinos, particularly in diasporic contexts (Datu et al., 2021). Consequently, familial commitment serves as both a motivational and coping resource, shaping decision-making, problem-solving, and the development of adaptive strategies that allow OFWs to navigate complex and unpredictable circumstances with perseverance and hope.

### *5. Adaptive Resilience and Trust in Host Nation*

*Participants demonstrate adaptability through adherence to safety measures and trust in Qatar's governance. Structural stability contributes to migrants' sense of security.*

Participants exhibited a notable degree of adaptive resilience, demonstrated through their consistent adherence to safety measures, proactive information-seeking, and trust in Qatar's governance and institutional systems. Respondents reported that following official advisories, maintaining personal safety routines, and relying on established legal and social frameworks provided a tangible sense of control amid the uncertainty of regional geopolitical tensions. This adaptability is reinforced by the structural stability and well-organized governance of the host nation, which contributes significantly to migrants' perceived security and overall well-being (Amnesty International, 2020; Al-Malki et al., 2022). By combining personal vigilance with confidence in institutional support, Filipino migrants are able to navigate potentially volatile circumstances with measured caution and emotional composure. Recent studies further indicate that trust in public institutions and effective risk communication play a critical role in enhancing compliance with safety measures and reducing psychological distress during periods of crisis (Al-Malki et al., 2022). This dynamic illustrates how external systemic factors and individual adaptive strategies interact, enabling migrants not only to manage immediate risks but also to sustain long-term resilience in a foreign environment.

The findings of this study affirm that Filipino migrants in Qatar exhibit multidimensional resilience, which is shaped by an interplay of cultural values, socio-economic roles, and the environmental context in which they live. Respondents' coping strategies were influenced not only by individual psychological mechanisms but also by collective social and cultural frameworks that guide behavior, decision-making, and emotional regulation. This multidimensional resilience enables migrants to navigate the uncertainties of a conflict-prone region while maintaining stability in both personal and professional spheres.

Cultural collectivism, faith, and familial responsibility function as core resilience resources (Jocano, 1997; Enriquez, 1992). These align with broader resilience theories emphasizing the interaction between individual agency and social ecology (Masten, 2014; Ungar, 2013).

Collectivist values promote solidarity and mutual support within Filipino communities, providing a strong social safety net in times of stress. Faith offers emotional grounding and a framework for meaning-making, allowing individuals to interpret challenges as part of a larger plan and to endure adversity with patience and hope. Familial responsibility acts as both a motivator and a coping resource, giving migrants a sense of purpose and direction even under pressure. Together, these elements serve as protective mechanisms, mitigating the psychological impact of crisis situations and fostering adaptive behaviors that support both mental well-being and social cohesion.

Geopolitical tensions, such as the 2026 US–Iran conflict, introduce unique stressors to migrants' daily lives, including fears of escalation, uncertainty about safety, and concern for families back home. Despite these challenges, the respondents' prior experiences with migration-related hardships such as cultural adjustment, financial pressures, and separation from loved ones enhanced their capacity to cope effectively (Hasan et al., 2021). Their ability to anticipate challenges, regulate emotions, and seek practical solutions reflects a combination of learned resilience and culturally embedded coping mechanisms.

In addition, the structured labor and social systems in Qatar contribute significantly to the migrants' perception of safety and security (Amnesty International, 2020). It illustrates the importance of structural conditions in resilience-building (ILO, 2021). Respondents expressed confidence in the availability of institutional support, adherence to safety regulations, and the relative stability of the host country's governance. This structural stability interacts with individual and community-level coping strategies, reinforcing adaptive responses and enabling migrants to maintain emotional composure, perform work responsibilities efficiently, and participate actively in community networks.

Collectively, these findings highlight that Filipino resilience is not solely an individual attribute but a dynamic outcome of cultural, social, and environmental factors, allowing migrants to navigate uncertainty with strength and adaptability.

## **Conclusion and Implications**

### *Conclusions*

Filipinos residing in Qatar navigate geopolitical uncertainty through a combination of faith, strong community networks, and personal resilience, which together form the core mechanisms enabling them to cope with stress and maintain well-being.

Respondents' reliance on faith provides emotional grounding and a framework for meaning-making, allowing them to interpret challenges as part of a larger purpose and to endure uncertainty with hope and patience.

Community connections, including relationships with fellow migrants, colleagues, and social networks, offer practical and emotional support that reinforces a sense of belonging and collective strength.

Meanwhile, personal resilience shaped by cultural values, familial responsibility, and prior experiences of migration-related hardship enables individuals to adapt to changing circumstances, regulate their emotions, and implement effective coping strategies.

Collectively, these factors illustrate that the lived experiences of Filipino migrants are characterized not only by endurance but by proactive adaptation, reflecting a capacity for both psychological stability and social cohesion even in conflict-proximate environments.

Ultimately, the findings demonstrate that individuals can maintain a sense of hope, purpose, and agency despite external uncertainties, highlighting the interplay of cultural, social, and personal resources in sustaining well-being amid geopolitical tension.

### Recommendations

Based on the findings of this study, several recommendations are proposed to support the well-being and resilience of Filipinos residing in Qatar amid geopolitical uncertainty:

1. Conduct primary phenomenological interviews in addition to questionnaires. Direct engagement with participants allows researchers to gain a deeper and more nuanced understanding of their lived experiences, emotions, and coping strategies, providing richer qualitative data than surveys alone.
  2. Develop mental health programs specifically tailored for OFWs. These programs should address the unique stressors associated with migration, separation from family, and exposure to conflict-proximate environments, offering psychological support, counseling, and coping resources.
  3. Strengthen community-based support systems. Filipino social organizations, peer networks, and faith-based groups can provide both emotional support and practical resources, fostering collective resilience and promoting well-being during times of uncertainty.
  4. Expand comparative migration studies across different host countries. Such studies can provide insights into the diverse challenges and adaptive strategies of OFWs, informing policies and interventions that enhance safety, emotional health, and long-term sustainability for migrant communities.
- Implementing these recommendations will help ensure that Filipino migrants are not only able to navigate current uncertainties but also thrive in their host environments while maintaining strong connections to their families and cultural identity.

### References

- Al-Malki, M., Al-Marri, H. S., Al-Thani, M. H., & Al-Mansoori, M. A. (2022). Public trust in government and compliance with precautionary measures during COVID-19 in Qatar. *Frontiers in Public Health*, 10, 879548. <https://doi.org/10.3389/fpubh.2022.879548>
- Amnesty International. (2020). Reality check: Migrant workers' rights with four years to the Qatar 2022 World Cup. Amnesty International Ltd. <https://www.amnesty.org/en/wp-content/uploads/2023/11/MDE2273842023ENGLISH.pdf>
- Asis, M. M. B. (2006). Living with migration: Experiences of left-behind children in the Philippines. *Asian Population Studies*, 2(1), 45–67. <https://doi.org/10.1080/17441730600700556>
- Bangko Sentral ng Pilipinas. (2022). Overseas Filipino remittances report. <https://www.bsp.gov.ph/statistics/external/ofw2.aspx?>
- Bonanno, G. A. (2004). Loss, trauma, and human resilience. *American Psychologist*, 59(1), 20–28. <https://doi.org/10.1037/0003-066X.59.1.20>
- Braun, V., & Clarke, V. (2006). Using thematic analysis in psychology. *Qualitative Research in Psychology*, 3(2), 77–101. <https://doi.org/10.1191/1478088706qp0630a>
- Carballo, M., & Mboup, M. (2005). International migration and health. Global Commission on International Migration. <https://www.iom.int/sites/g/files/tmzbd1486/files/2018-07/TP13.pdf?>
- Cohen, S., & Wills, T. A. (1985). Stress, social support, and the buffering hypothesis. *Psychological Bulletin*, 98(2), 310–357. <https://doi.org/10.1037/0033-2909.98.2.310>
- Creswell, J. W., & Poth, C. N. (2018). *Qualitative inquiry and research design: Choosing among five approaches* (4th ed.). SAGE Publications. <https://us.sagepub.com/en-us/nam/qualitative-inquiry-and-research-design/book246896>
- Datu, J. A. D., Yuen, M., & Chen, G. (2021). Development and validation of the Triarchic Model of Grit Scale (TMGS) among Filipino adolescents. *Current Psychology*, 40, 538–548. <https://doi.org/10.1007/s12144-021-01498-3>
- Enriquez, V. G. (1992). From colonial to liberation psychology. [https://openlibrary.org/works/OL1026123W/From\\_Colonial\\_to\\_Liberation\\_Psychology](https://openlibrary.org/works/OL1026123W/From_Colonial_to_Liberation_Psychology)
- Garnefski, N., Kraaij, V., & Spinhoven, P. (2001). Negative life events and cognitive emotion regulation. *Personality and Individual Differences*, 30(8), 1311–1327. [https://doi.org/10.1016/S0191-8869\(00\)00113-6](https://doi.org/10.1016/S0191-8869(00)00113-6)
- Gross, J. J. (1998). The emerging field of emotion regulation. *Review of General Psychology*, 2(3), 271–299. <https://doi.org/10.1037/1089-2680.2.3.271>
- Hasan, S. I., Reza, S., & Ahmed, S. (2021). Stress and coping strategies among migrant workers: A systematic review. *Journal*

- of Migration and Health, 4, 100067. <https://doi.org/10.1016/j.jmh.2021.100067>
- Hobfoll, S. E., Watson, P., Bell, C. C., Bryant, R. A., Brymer, M. J., Friedman, M. J., Friedman, M., Gersons, B. P. R., de Jong, J. T. V. M., Layne, C. M., Maguen, S., Neria, Y., Norwood, A. E., Pynoos, R. S., Reissman, D., Ruzek, J. I., Shultz, J. M., Solomon, Z., Steinberg, A. M., & Ursano, R. J. (2007). Five essential elements of immediate and mid-term mass trauma intervention. *Psychiatry*, 70(4), 283–315. <https://doi.org/10.1521/psyc.2007.70.4.283>
- ILO. (2021). Labour migration in the Middle East. <https://www.ilo.org/publications/thematic-brief-promoting-internal-labour-market-mobility-arab-states>
- International Organization for Migration. (2020). World migration report 2020. <https://www.un-ilibrary.org/content/books/9789290687894?>
- Jocano, F. L. (1997). Filipino value system: A cultural definition. PUNLAD Research House. [https://books.google.com.qa/books/about/Filipino\\_Value\\_System.html?id=ebcuAQAAIAAJ&redir\\_esc=y](https://books.google.com.qa/books/about/Filipino_Value_System.html?id=ebcuAQAAIAAJ&redir_esc=y)
- Lazarus, R. S., & Folkman, S. (1984). Stress, appraisal, and coping. Springer. <https://doi.org/10.1007/978-1-4419-1005-9>
- Masten, A. S. (2014). Ordinary magic: Resilience in development. [https://books.google.com.qa/books/about/Ordinary\\_Magic.html?id=9VD3AwAAQBAJ&redir\\_esc=y](https://books.google.com.qa/books/about/Ordinary_Magic.html?id=9VD3AwAAQBAJ&redir_esc=y)
- Miller, K. E., & Rasmussen, A. (2010). War exposure and daily stressors. *Social Science & Medicine*, 70(1), 7–16. <https://doi.org/10.1016/j.socscimed.2009.09.029>
- Pargament, K. I., Smith, B. W., Koenig, H. G., & Perez, L. (1998). Patterns of positive and negative religious coping with major life stressors. *Journal for the Scientific Study of Religion*, 37(4), 710–724. <https://doi.org/10.2307/1388152>
- Philippine Statistics Authority. (2023). Overseas Filipino Workers (OFW) statistics. <https://psa.gov.ph>
- Ungar, M. (2013). Resilience across cultures. <https://academic.oup.com/bjsw/article-abstract/38/2/218/1684596?redirectedFrom=fulltext&login=false>
- World Health Organization. (2018). Mental health promotion and protection for migrants. <https://iris.who.int/items/6bd2851e-77d2-4636-867b-0f8bb70d98b9>

## Appendices

No appendices are included in this article