

Navigating Shotgun Marriages: A Study of Baby Boomer Husbands' Well-Being

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Abstract. Shotgun marriages, a phenomenon influenced by cultural, religious, and personal factors, have left an indelible mark across civilizations. Shotgun unions prevail in the Philippines, where family reputation is deeply ingrained. The research aims to provide valuable insights into the complexities of shotgun marriages, family dynamics, and the impact of impregnation as a driving force behind marriage decisions. This research employed a qualitative study and utilized an interpretative phenomenological analysis to delve into the intricate tapestry of lived experiences among the Baby Boomer husbands who found themselves in shotgun marriages, focusing intently on their psychological well-being. Moreover, the researcher utilized a homogeneous purposeful sampling in selecting (7) seven participants residing in the Province of Laguna. Following a semi-structured interview questionnaire, the components of the PERMA model were integrated: informed consent, data collection, transcription and initial coding, theme exploration, refinement and clustering, interpretation and sense-making, and report writing. This research deepens the understanding of how shotgun marriages impact Baby Boomer husbands' well-being, highlighting that marital commitment, love, resilience, and adaptability contribute to enduring marriages.

Keywords: Shotgun marriage; Psychological well-being; Baby boomer; Husbands; PERMA model; Marital commitment.

1.0 Introduction

Non-attachment in romantic relationships represents a rational, non-clingy perspective. Rather than relying solely on a partner for happiness, individuals recognize their agency in defining well-being. McNelis and Segrin (2019) highlighted how attachment styles shape relationship outcomes, with secure attachment fostering stable partnerships and insecure attachment leading to marital challenges and divorce. Practicing healthy detachment allows emotional balance while remaining present in the relationship.

Marriage serves as the lifeblood of communities, providing stability, love, and a sense of unity. It upholds families, fosters community bonds, and extends a loving embrace to those who share their lives. Furthermore, considering Ludden's (2020) stated that most people's physical and mental health improved after they got married. In addition to supporting one another emotionally when needed, spouses assisted each other in maintaining healthy behaviors.

On the contrary, Ernaati et al. (2023) concluded that pregnancy out-of-wedlock, parental pressure, love, and local customs were all major factors in early marriage decisions. Shotgun marriages, influenced by cultural, religious, and personal factors, have left an indelible mark across civilizations. Shotgun unions prevail in the Philippines, where family reputation is deeply ingrained. Although reliable research on the true origins of shotgun weddings

is lacking, these forced marriages – commonly referred to as “shotgun marriages” (though they typically do not involve a gun) – have a fascinating history.

Interestingly, Rashid and Islam (2023) explored how cultural norms and expectations significantly shaped marital decisions. Societal pressures, family traditions, and community beliefs can influence individuals’ choices. The study may delve into specific cultural contexts, exploring how norms around early marriages impacted couples. Cultural insecurities could relate to financial stability, social acceptance, or gender roles.

However, it is essential to recognize that shotgun marriages are not a perfect representation of modern unions. Contemporary couples often bind themselves through a mutual declaration of love, transcending the coercive origins of the past. Even the most discerning individuals understand this shift in marital dynamics. Furthermore, a study by Hsu and Barret (2020) found that continuously married individuals performed better on negative and positive well-being measures than those who had never married. However, single or remarried individuals also exhibited distinct well-being patterns.

The researcher was motivated to ascertain whether most men in shotgun marriages were willing, committed, and affectionate to their spouses or if they were compelled to do so. It was critical to understand if shotgun marriages lasted for several reasons. In the first place, it aided in comprehending the evolving trends and significance of marriage and family in modern society. Subsequently, it guided initiatives and regulations to assist households with varying needs among their children and spouses. Furthermore, it assists couples dealing with an unexpected pregnancy make well-informed plans.

Regarding their well-being, like women, men were also human, and as such, they could experience a wide range of emotions, including fear, love, grief, despair, and rage. However, men might not always show their feelings in the same manner or as frequently as society wants them to. This could have resulted from many factors, including coping mechanisms, cultural norms, personal views, and societal conventions.

The study's primary goal was to perceive the psychological well-being of Baby Boomer Husbands from shotgun Marriages. It answered the central question “What is the essence of the lived experience among Baby Boomer Husbands from Shotgun marriage as to psychological well-being?” Consequently, it also answered the following corollary questions: How do the Baby Boomers from shotgun marriage describe their psychological well-being? What themes emerge from the testimonies of baby boomer husbands from shotgun marriages? Based on the study's findings, what program may be proposed?

2.0 Methodology

2.1 Research Design

This study utilized a qualitative research design that focused on understanding the nature of phenomena, emphasized perspectives, and often involved collecting data in words rather than numerical measurements (Busetto et al., 2020). The interpretative Phenomenological Analysis (IPA) approach focuses on understanding the meaning-making activities of Baby boomer husbands. It considers their unique perspectives, embodiment, and embeddedness in objects and relationships (Tallodi, 2019).

2.2 Research Participants

This study gathered data from selected Baby boomer husbands living in Laguna Province. The study considered factors such as researchers’ access to participants, outcomes, available resources, data collection methods, and the cultural context. With the utilization of homogeneous purposeful sampling, seven (7) Baby boomer husbands from shotgun marriages residing in the Province of Laguna, Philippines, were selected. Additionally, the study restricted the participation to male individuals born between the years 1946 and 1964 and who were married for the reason of impregnating their partner. Subedi (2021) stated that the small sample size allowed for flexibility in adding or removing participants based on data sufficiency, particularly in a qualitative inquiry with participants below 10.

These participants offer a diverse range of experiences and backgrounds. Their marital statuses vary, including separation, marriage, and widowhood – the years of marriage span from eight to 49 years, reflecting different

stages of commitment. Occupations also differ, from skilled workers to retired personnel. By studying these Baby Boomer husbands, researchers can gain valuable insights into the complexities of shotgun marriages, family dynamics, and the impact of impregnation as a driving force behind marriage decisions. Qualitative methods, such as semi-structured interviews and interpretative phenomenological analysis (IPA), will allow a deeper exploration of their lived experiences.

2.3 Research Instrument

The study utilized a semi-structured interview questionnaire to gather data and observations from Baby boomer husbands, incorporating the elements of the PERMA model theory, which is composed of (P) Positive emotions, (E) Engagement, (R) Relationship, (M) Meaning, and (A) achievement. The knowledge of skilled experts was requested to validate the semi-structured questionnaire. According to Lawshe (1975), as cited in Diaz and Quevedo-Balasco (2023), as a validation method, the Content Validity Ratio (CVR) was calculated to be 1.00. This validation approach assessed the content validity of each item by considering expert or panel assessments.

2.4 Data Gathering Procedure

Primarily, a letter was composed explaining the goals and purpose of the study to the participants. Subsequently, a call for responses was posted on several social media channels. After acceptance, interview sessions were scheduled based on participants' availability. The participants decided on the place or the most convenient phase. Interviews were conducted face-to-face. Informed consent forms were used for participants to acknowledge the risk accepted while participating in the study, and applications were filed with the IRB for approval.

To facilitate a comfortable environment and boost the possibility of accurate responses, rapport was built with participants before conducting research interviews. Awareness of the constraints on the success of data collection included gathering information from various sources. These sources comprised field notes, interviews, documents, audiovisual and digital materials. Field Notes: These involved recording activities at the research site. Interviews: Unstructured, typically open-ended questions were asked during these interviews. The number of questions was intentionally kept low to elicit the participants' perspectives and opinions. Documents: These could be public or private. Audiovisual and Digital Materials: These might include photographs, art objects, videos, emails, text messages, and social media text.

Additionally, visual ethnography included creative data collection procedures, such as living stories, metaphorical narratives, and digital archives. An observational protocol was used to record information during qualitative studies, particularly data recording. This protocol included descriptive notes, reflexive notes, and demographic information. Separating descriptive notes from reflexive notes allowed a more comprehensive understanding of the participants and the physical setting.

An interview protocol was a methodical way to record responses and pose questions when conducting qualitative interviews. It was captured on handwritten notes, audio or video recordings, or both. Moreover, an interview protocol was used, prepared in advance, and consistently utilized throughout the interview process. This protocol consisted of five to ten questions spread across two pages, covering basic information, an introduction, content questions with probes, and closing instructions. In analyzing the data collected from the participants, transcription and tabulation were done by manual coding, which provides depth and adaptability, making it a valuable tool for qualitative analysis. By meticulously examining each piece of information, I gained a richer understanding of the nuances, patterns, and context. This hands-on approach allows a more profound exploration of the data's themes, connections, and underlying meanings.

Conclusively, any video and audio-recorded materials were deleted after transcription in observance of data privacy. A laptop was used for records and file-keeping. Similarly, all paraphernalia used in transcribing field notes and other written or printed materials was handled carefully to ensure privacy.

2.5 Ethical Considerations

Adherence to the guidelines and ethical standards outlined in the school's research manual was maintained. Participants' dignity and well-being were protected and upheld during the process, with all applicable laws and

rights being adhered to. Ethical issues included personal disclosure, authenticity, credibility, cross-cultural context, and privacy concerns.

Participants were informed about the study's goals, methods, and advantages and disadvantages of participating. They were also told they could withdraw from the study at any time and given an opportunity to ask questions. To safeguard participant identity, pseudonyms were employed. This entailed giving participants imaginary identities or codes in place of their names, increasing the likelihood that research findings would not reveal participants' names. Data was encrypted on a secure server and stored in password-protected folders. After the research phase was finished, information was erased or discarded, breaches of confidentiality were addressed, and retention was restricted to the study's term.

3.0 Results and Discussion

This section summarizes the main findings of this study. Ten (10) themes emerged from the phenomenological study of the lived experiences of the Baby boomer husbands from shotgun marriages in Laguna Province.

Theme 1: Resiliency and Adaptability

The Baby boomer husbands highlighted their ideal marriage. It revolved around the concept of a perfect marriage. Baby boomer husbands often idealized a perfect marriage, envisioning it as a harmonious union where love, companionship, and shared values formed the cornerstone of their relationship. BBH3 responded,

"In that situation, you cannot normalize it because problems arise, which can be solved through God's guidance. We can find a way to address them. Of course, problems come up even after marriage. It is not just about happiness; sometimes challenges arise, and that is when you need to be strong. That is the best approach – keep fighting and stay positive."

Lastly, BH7 responded,

"The most beautiful thing is having a family. Building a family means having happiness and having someone to talk to when problems arise. You can ask if everything is okay, and that is when the problems disappear."

Baby boomer husbands defined their ideal marriage based on what they had experienced over the years with their partners. Many individuals found it challenging to define the concept of a perfect marriage. They recognized life's inevitable trials and emphasized the importance of strength and positivity. It encompasses navigating conflicts, accepting imperfections, communicating effectively, and prioritizing commitment. It concluded that Meaning (M), cited among the PERMA model components, is an emotional connection, shared values, and growth opportunities. It represents a life filled with purpose, love, and continuous learning. The understanding was that challenges were inevitable, but a strong marriage thrived when partners remained resilient and adaptable.

Sassler and Lichter (2020) explained that Nonmarital cohabitation (living together without formal marriage) and marriage were now closely intertwined. Researchers recognized that studying traditional marriage required considering the broader context of cohabitation. Changes in relationship dynamics, such as altered timing, duration, and sequencing of co-residential unions, had made the landscape more intricate. Factors influencing these transitions include economic stability, cultural norms, personal values, and relationship dynamics. Added to this is the importance of compromise and understanding in marital relationships.

Theme 2: Commitment to Forced Marriage Despite the Challenges

The Baby boomer husband's struggle was universal: caught between personal desires and external pressures encapsulated the mindset of the baby boomer husband's state of mind following the forced marriage. BBH3 responded,

"It is a significant responsibility because you will have a family. Gradually, your mind starts contemplating what lies ahead – what will happen when you get married or have children. Sometimes, those thoughts do not materialize immediately, but it is essential to be prepared for whatever comes your way. Yes, starting a family can be challenging, but it also brings joy and fulfillment to life. I am glad you are preparing yourself for the journey ahead."

Furthermore, BBH2 responded,

"I have made up my mind; after all, I have already reached thirty. What else can I do? It is okay, no regrets. Initially, I resisted, but now it is there, and there is nothing more to be done. We have built something together."

The Challenges encapsulated the mindset of the baby boomer husband's state of mind following the forced marriage. Also highlighted were the baby boomer husbands who found love blossoming over time despite an initially weak connection. Some reflected on their age, embraced their circumstances, and fully committed to their relationships. They emphasized mutual desire and consent. Within the PERMA model context, it concluded that positive emotions played a crucial role, not about emotional distress but rather a convergence of shared intentions. Although the initial state of mind following an arranged marriage might not have been positive, their ability to cope, seek support, and find hope contributed to overall emotional well-being. To demonstrate, Ernaati et al. (2023) that pregnancy out-of-wedlock, parental pressure, love, and local customs are all major factors in early marriage decisions. These choices put happiness first but can also have unfavorable effects, like regret, sadness, confusion, and discomfort. Emotional immaturity in a couple can cause arguments and domestic violence. Traditions also play a part in daughters' economic status, making them appear to be burdened.

Theme 3: Societal Norms and Conjugal Responsibilities

The factors of external stressors affect their perception of getting married. Admirably, some individuals went to great lengths for love, even converting to another religion to honor and respect their partner's differences. BBH2 responded,

"If, for instance, I were to take the initiative, I would be the only one struggling while you remain at home. That is how it turned out."

Moreover, BBH7 responded,

"In the Catholic faith, for people like us who are Catholics, there is nothing prohibited there. Even in the church, it is acceptable to get married if the woman is pregnant."

Likewise, BBH6 responded,

"It is ideal to get married around 22 or 21 years old after finishing college to be like friends when you have children. Some people consider the cost of weddings too high due to religious practices."

The theme of Societal Norms and Conjugal Responsibilities emphasized that their age and occupation did not affect their building a family as much as if they were at the right point to commit. It concluded that within the PERMA model, engagement went beyond mere participation – it entailed wholehearted immersion in activities that ignited passion, pushed limits, and infused life with purpose. The idea is that couples who marry young may have more energy and enthusiasm to raise children, like how friends support each other. However, there is no one-size-fits-all approach to marriage; people have different life paths and priorities.

Furthermore, the issues faced by couples in Philippine society during a shotgun wedding were pointed out in a blog by Xavier (2023); in the Philippines, premarital sex and childbirth norms had been greatly impacted by the influence of Roman Catholicism. Though the Church had a great influence during the Spanish colonial era, historically, unplanned pregnancies were taboo, which led to the rise of shotgun weddings to preserve family honor and avoid public shame. To conclude, as a reflection of the deeply ingrained cultural norms of marriage, responsibility, honor, and family unity in the Philippines, shotgun weddings were very common. This illustrated how flexible and resilient Filipino customs were.

Theme 4: Emotional Maturity in Relationship

Maturity requires many experiences throughout the years of being together. It is not about being perfect but about being willing to learn and evolve. Couples can grow together by nurturing these qualities. BBH7 cited:

"When you say you love a woman, love her and do not hurt her."

On the other hand, BBH2 quoted,

"As long as you are honest with each other, there will not be any fights. Avoid jealousy and trust each other to make your relationship last."

The theme of Emotional Maturity in Relationships showcased how baby boomer husbands described maintaining balanced relationships. It is essential to recognize that love is not a transaction—it is not about keeping score. Instead, it is about giving freely and authentically. Relative to these responses, a study conducted by An et al. (2022, investigated the relationship between emotional suppression and psychological well-being in marriage by conducting two online survey surveys on a sizable sample of married participants. The findings showed that being emotionally repressive was linked to higher marital happiness for prevention-focused people, but only if those people thought their partners were also emotionally repressive. However, being less emotionally repressive was linked to higher marital happiness for promotion-focused people, but only if such people thought their spouses were likewise less emotionally repressive. Moreover, the study provides insights into how emotional regulation, regulatory focus, and spousal behavior influence psychological well-being in intimate relationships. Moreover, the study's results, with the complexities described in one experience as a parent and partner, likely involved both prevention-focused and promotion-focused aspects. Besides, it highlights moments when a spouse's behavior (such as accusations or jealousy) impacted a relationship. Understanding and managing spousal behavior was essential for maintaining a healthy marriage.

Theme 5: Interpersonal Relationships within Family Relatives

Family relationships are dynamic and evolve. They shape our understanding of love, trust, and connection. They include relationships between parents and children, siblings, grandparents, aunts, uncles, and cousins. Family relationships can be close or distant, supportive or conflicted, requiring understanding, forgiveness, and compromise to endure. BBH2 responded,

"As for me, I have not shown any ill will towards them, especially my brothers-in-law. I no longer have in-laws; they have both passed away. However, my guiding principle is to maintain good relations with them. I get along well with my brothers-in-law and sisters-in-law. We have all ended up here together. I do not show anything negative to our relatives or neighbors, even if they sometimes portray us badly. It is all good. My siblings, sisters-in-law, and brothers-in-law – we are all on good terms. Yes, even with food, I share with everyone if I cook. If they do something for me during lunchtime, I will reciprocate. That is how it goes."

Furthermore, BBH3 responded,

"When facing relatives, the interaction should be respectful. For me, discipline is essential."

Baby boomer husbands demonstrated family relationships among the immediate and extended family members. They suggest a principled approach, where boundaries are maintained while still treating others with respect. Their courteousness to neighbors and ability to treat family members well speaks volumes about their character. On the contrary, some observed tension within the family, particularly between the mother and their siblings. Despite this, they maintained a positive attitude and strived for good relationships with their in-laws (bayaw) and extended family. It was evident that while challenges persisted, self-sufficiency and providing for the family remained top priorities. Individuals took responsibility for their own lives and well-being. Some found it difficult to fit in, yearning for a sense of belonging suddenly. Occasionally, this led to aloofness during family gatherings or feeling like a mere reflection of their spouse. Nevertheless, others took pride in their family roles, ensuring everyone was treated respectfully. Drawing from the PERMA model, Engagement (E) in family relationships concluded active involvement, understanding, and nurturing connections. However, experiences varied significantly.

A relevant study by Gregorio et al. (2023) emphasized that resilience was crucial in maintaining positive relationships despite external negativity and treating relatives and in-laws with kindness and discipline. This approach resonated with familism, as it recognized the importance of familial connections. Understanding cultural norms and practices was essential for maintaining healthy family relationships.

Theme 6: Factors Affecting Marital Commitment

Baby boomer husbands described different perspectives of discernment they have, and being in a situation that led to a decision that will affect one's life somewhat will make them question how they dearly love this person. Many factors, including emotional intimacy, shared values, communication patterns, and external stressors, influence marital commitment. BBH2 responded,

"Isn't it true that sometimes, when a man impregnates a woman, he just leaves? There are cases like that, right? However, for me, it is different. I stood by my actions. It is not about being a 'real man' but doing what is right."

Similarly, BBH7 responded,

"Well, of course, I just thought that I love her... I love her, and there were no issues with her siblings or parents. Everything was fine for me. So, I made it real."

Lastly, BBH3 responded,

"True love is like that – they say you should not give all your love, not to the extreme. You need to reserve some for yourself; you must balance it. Because love is already there – that is why you married your spouse; you love them. However, you should keep some for yourself."

The theme of Factors Affecting Marital Commitment encapsulated that unlike the conventional union fueled by love between two individuals who had not engaged in premarital sex, this context involved marriages outside wedlock. Doubts arose as individuals grappled with unpreparedness for responsibilities, and over time, individuality could diminish—especially when the focus shifted to spouse and children. Some emphasized enduring connections that existed even before conception, underscoring profound depth.

Conclusively, within the context of the PERMA model, Relationships delved into commitment, balance, and genuine love. Genuine love transcended mere emotional expression and required a delicate balance—wholehearted giving while preserving one's identity. These perceptions reflected their personal experiences. Choosing a life partner was no casual decision; it entailed love and responsibility. As a couple, they collaborated to enrich their lives and nurture their children.

Comparable to the experiences stated by the baby boomer husbands, Betterhelp Editorial Team (2023) conducted a survey in 2023 of 192 married couples across diverse demographics. It explored the intricate interplay between love, marriage, and commitment. The findings highlighted the significant influence of relationship satisfaction on lasting commitment. Contrary to the belief that marriage alone solidifies commitment, the study acknowledged that committed relationships can exist without formal marriage. Instead, dedication to one another matters more than legal union. The study's definition of commitment as a personal choice to remain loyal, even in the face of challenges, resonates with the user's reflections. The study and the participant's responses delved into commitment within the complexities of individual experiences and societal norms, emphasizing the dynamic journey of love. In essence, understanding these dynamics enriches our perspectives on love and partnership.

Theme 7: Challenges in Married Relationship

The Baby boomer husbands outburst their emotions as they intensely reminisce about certain phases of their married life, facing the struggles of juggling their family, personal, and financial lives. Married relationships can face various challenges, and understanding these issues is crucial for maintaining a healthy partnership. BBH6 responded,

"It cannot be said that it is smooth sailing either because there are many times when your godmother gets so angry with me, so jealous... she will leave."

As derived from one of the statements BBH2,

"The most challenging part for me back then was when I sent my children to school. It was tough – three of them, and I was the sole provider working alone."

Lastly, BBH3 cited

"Sometimes, especially during financial needs, when there is none, you will see everyone getting hot-headed."

The theme of Challenges in Married Relationships went hand in hand with the crucial phases of their lives as a husband or being married. Likewise, this expresses the complexities of relationships, which can create challenges. For example, infidelity and trust weighed heavily on his mind when he discovered that his wife was secretly conversing with someone late at night. Despite their separation, she still acknowledged the kindness of his spouse. However, for the others, relationships were not always smooth; anger and jealousy strained them. Additionally, financial constraints often led to heated arguments, but he persevered. Moreover, petty issues seemed insignificant compared to these husbands' weightier burdens.

Relative to this, interpersonal dynamics, communication, and seeking support all contributed to the Relationship as cited among the components of the PERMA model. The challenges mentioned are particularly common even in today's generation; they happen in every relationship and destroy the bond if it does not have a strong foundation. While fulfilling responsibilities is important, it is equally crucial to prioritize individual well-being. Successful marriages thrive on open communication and mutual understanding. To support the responses of the baby boomer husband, a study by Chung et al. (2023) mentioned that the research investigated the delicate balance between work responsibilities and family life; it explored how parenting stress arose from the juggling act of work and family roles and how marital conflicts can arise when work pressures collide with family expectations.

Theme 8: Financial Adaptations, Collaborative Employment Strategies, and Coping Mechanism

Baby boomer husbands openly shared the adjustments and coping strategies amidst the challenges. Most of the responses were challenges consistently faced by themselves and not to be a burden for their wives. Since men and husbands were the family's sole breadwinners, they were labeled as the main providers. BBH1 mentioned,

"Trying multiple jobs at a time."

Likewise, BBH4 mentioned

"Work anywhere, even when there are errands – just work as long as I am earning."

Lastly, as well as BBH7 echoed,

"Will look for other sources of income first."

The theme, Financial Adaptations, Collaborative Employment Strategies, and Coping Mechanisms, shed light on the deeply ingrained in many societies throughout history. Traditionally, men were expected to do so. Some then demonstrate assertiveness by empathizing with his wife and emphasizing the importance of adjusting to family demands and financial duties. Moreover, it was essential to recognize that baby boomers often exuded confidence in their financial knowledge. Their timeless advice to younger generations echoed: "Start saving early." Conclusively, within the context of the PERMA model, the component that stood out was Engagement (E). They remained committed to problem-solving and growth. As life unfolded, they adapted by switching jobs, sacrificing personal pursuits, or embracing new responsibilities. Now, with families of their own, they recognized the need to save, especially with impending parenthood. Balancing work, family, and personal aspirations remained a delicate dance, yet their resolve remained unwavering: seek alternatives and never give up.

Relatively, in a study by Dew et al. (2021), Sound financial management behaviors referred to actions that helped individuals and families achieve financial goals and enhanced financial well-being. Unlike many studies on negative financial events, this research directly measured financial management behaviors. Husbands: Marital satisfaction at Time 1 (T1) was positively associated with sound financial management behavior for husbands; however, only actor effects were found. This suggests that marital satisfaction tends to be higher when husbands manage finances well. Understanding the link between financial management and marital quality was crucial for various reasons: Financial education programs can indirectly impact marital quality by promoting sound financial management. Policymakers and the public can benefit from knowing how financial behaviors influence relationships.

Theme 9: Commitment and Dedication to Family

As a Baby boomer husband who has weathered the storms of life, one understands the value of steadfastness and responsibility. They enunciated life's work fulfillment and value. BBH2 responded,

"In all honesty, even at my age, I am still working hard – for our family, my spouse, and our child. Even though my eldest child has a job, I still experience coming home at three in the morning. We sleep at twelve and wake up at eleven – our lives revolve around work. However, there is no conflict with my wife; we do not fight. My mind remains focused on family and earning a living. Technically, I should rest, but I just cannot."

Lastly, as BBH6 wisely said,

"Family is truly number one. That is why you strive – whether it is for your job or your family. Everything leads back to the family."

In light of the theme, Commitment, and Dedication to Family, prioritizing family as the core of one's life held immense importance. Children and spouses served as ongoing sources of inspiration, motivating continued effort. Despite fatigue and worries, they continued to work for their well-being. Demonstrating perseverance and love through actions was paramount. These collective actions and mindsets contributed to a sense of (A) accomplishment, aligning with the components of the PERMA model—essential for overall well-being and happiness. Familiar commitment became integral to one's identity and self-awareness, providing strength and guidance and placing trust in a higher power that offers hope and support during decision-making. A study by Jocson and Garcia (2021) highlighted that Filipino parents prioritize family above all else. The desire for children to complete their education reflects the value placed on education within Filipino families.

Theme 10: Harmonizing Independence and Connection

The Baby boomer husbands demonstrated the balance of individuality and togetherness in marriages. Marriage often involves finding a middle ground. Compromise means both partners give a little to meet each other's needs. Baby boomer husbands need to discuss and negotiate differences, whether they are related to finances, household chores, or personal preferences. Compromising does not mean sacrificing your core values; it is about finding solutions that benefit both individuals. BBH2 expressively stated

"Until now, we still go on dates. For instance, if I suddenly have some extra money, we ride the motorbike and visit places – maybe go to SM for a meal or head to Binan (pointing). Sometimes, it is scorching hot, like when we rode in a Benz – it was just the two of us. Yes, it is to avoid long arguments and conflicts between spouses."

Lastly, derived from the statement of BBH5

"Perhaps, ma'am, there is nothing to complain about. She was incredibly kind. As for me, I have admitted that I am the one with a mischievous streak – I am the troublemaker. However, my wife is untouchable. She is deeply religious and does not know how to get angry. Moreover, during church visits, sometimes we would take a tricycle to go somewhere – back when there were no malls yet."

The theme Harmonizing Independence and Connection emphasizes maintaining a balance between work and personal life and considering financial aspects (such as money management), which aligns with responses. Whether a simple meal or an outing, these moments strengthen the couple's bond. These moments are precious and contribute to a harmonious relationship. Spending quality time can indeed reduce misunderstandings and promote understanding. When partners recognize each other's flaws and respond with kindness, it strengthens their bond.

Conclusively, the cornerstone of engagement (E), as cited among the components of the PERMA model – is the lively pulse that keeps family ties strong as a father, husband, or sibling wears different hats. Their ability to adapt while retaining one's essence – whether as a protector, provider, or confidant – speaks to one's unique identity. They establish limits to prevent protracted arguments, yet their sympathy never wanes. Additionally, Edwards et al. (2023) mentioned in their study that they investigated the relationship between conscientiousness, quality time, and relationship satisfaction. They found a positive correlation between conscientiousness scores, quality time, and relationship satisfaction. Understanding these personality variables can help individuals enhance their

romantic relationships by identifying qualities to look for in a partner or encouraging behaviors like spending more quality time together.

4.0 Conclusion

The research contributes to our understanding of well-being by emphasizing the importance of engagement (E), positive relationships (R), and accomplishments (A). Recognizing these components adds to the existing knowledge of happiness and flourishing. Moreover, it underscores how interpersonal dynamics, communication, and seeking support play crucial roles in relationships. These factors align with the PERMA model, emphasizing that positive relationships (R) are vital for overall well-being. Conclusively, based on the study's findings, various significant challenges within relationships, emotional and relationship challenges, interpersonal and social aspects, and financial and practical concerns were evident in the baby boomer husbands. Despite these challenges, Baby boomer husbands can navigate conflicts, accept imperfections, communicate effectively, and prioritize commitment. It reflects the understanding that challenges are inevitable, but a strong marriage thrives when partners remain resilient and adaptable. The mention of challenges – common even in today's generation – opens avenues for further research. Investigating how individuals navigate these challenges, adapt, and maintain their well-being could be a valuable study area.

5.0 Contributions of Authors

There were no contributing authors in this study; there was only one author. The author is responsible and accountable for the completion of this paper.

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7.0 Conflict of Interests

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