

## NAVIGATING CHALLENGES AND COPING STRATEGIES: THE EXPERIENCE OF HOUSE PARENTS IN YOUTH REHABILITATION AT BAHAY PAG-ASA

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**ABSTRACT:** Youth rehabilitation plays a crucial role in helping children in conflict with the law rebuild their lives through supportive, structured, and age-appropriate interventions. While much attention is given to the children themselves, the experiences of house parents who provide daily care, guidance, and emotional support are often overlooked. This study explores the challenges they face and the ways they cope as they carry out their essential work at Pag-asa Youth Home. Using a qualitative phenomenological approach, the researchers conducted in-depth interviews with five house parents to understand their lived experiences. The findings show that house parents face several challenges, including managing difficult behaviors, working with limited resources, handling emotional and relational stress, and balancing discipline with compassion. Despite these difficulties, they rely on emotional self-regulation, faith, personal resilience, and support systems to maintain a positive and stable environment. These coping strategies allow them to provide care that encourages personal growth and constructive discipline among the youth. The study concludes that strong institutional support, adequate training, and sufficient resources are essential to help house parents thrive in their roles. Supporting them not only improves their well-being but also strengthens the effectiveness of youth rehabilitation programs. Understanding and addressing the experiences of house parents is key to creating better outcomes for the children in their care.

**Keywords:** bahay pag-asa, caregiver experiences, coping mechanisms, juvenile rehabilitation, youth offenders.

### I. Introduction

According to Luna (2024), over 11,000 CICL were documented nationwide in the past five years, with a substantial percentage housed in Bahay Pag-asa centers. The data from DSWD also reported that a large number of cases involve theft, illegal drug use, and physical assault, indicating the need for comprehensive rehabilitation programs. Moreover, studies reveal that many of these minors come from low-income families and have histories of abuse and neglect. This underscores the importance of psycho-social support systems and skilled house parenting within rehabilitation centers (Bongbong et al., 2023). Despite the crucial role that house parents play in the rehabilitation of CICL, limited research has been conducted focusing specifically on their lived experiences and coping mechanisms (Gomonod et al., 2025). Existing literature tends to concentrate more on the children themselves, leaving a significant gap in understanding the unique challenges and stresses encountered by house parents at Pag-asa Youth Home (Celis et al., 2025). Moreover, few studies have examined the level of institutional support available to them or how they cope with occupational stress and burnout (Xu & Yang, 2021). This lack of focused research weakens the development of effective support systems, which are essential not only for the well-being of house parents but also for sustaining CICL's rehabilitative outcomes (Luna, 2022). Thus, there is a pressing need to explore their narratives to strengthen institutional policies and improve the quality of rehabilitation services within Bahay Pag-Asa centers (Bacusa et al., 2025).

Bahay Pag-asa centers were established in response to the growing number of CICL due to socio-economic hardships, family breakdowns, and involvement in illegal activities (Barnizo et al, 2024). These centers focus on rehabilitation through vocational training, sports, and spiritual development to promote self-awareness, social skills, and vocational competence, rather than strictly penalizing minors (Cruz, 2024). The need for such institutions arose as a humane and developmentally appropriate alternative to placing juveniles in jails alongside adult offenders (Agoot, 2023). The Juvenile Justice and Welfare Act of 2006 (RA 9344) institutionalized Bahay Pag-asa as a response to the need for child-sensitive rehabilitation (Quetulio-Navarra et al., 2023).

The purpose of this study is to explore the challenges encountered by house parents in Pag-asa Youth Home and the coping strategies they employ in their daily responsibilities. Through understanding their lived experiences, the research aims to contribute to the development of policies and programs that can enhance their well-being and effectiveness. Ultimately, the study seeks to inform stakeholders on how to improve the quality of rehabilitation services for CICL by empowering the individuals who play a vital role in their reformation.

## II. Materials and Methods

The research used a semi-structured interview guide to generate data, divided into three sections. The first section included introductory demographic questions, such as age, length of service at Bahay Pag-asa, and prior caregiving experience. The second section explored the house parents' lived experiences, focusing on emotional challenges, relationship dynamics, and the specific obstacles they faced in providing care for children with traumatic backgrounds. The third section contained questions centered on the coping strategies and support mechanisms used by house parents to manage the emotional demands of their work, as well as their perceptions of the training and resources available to them.

To ensure comprehensive data collection, face-to-face, in-depth interviews were conducted to obtain rich and nuanced information. The interview guide underwent a thorough review by the College Research Committee to ensure compliance with ethical standards and to safeguard the rights and well-being of the participants.

Additionally, focus group discussions were held to foster peer dialogue among house parents, further enriching data collection and revealing common themes in their experiences. Observational checklists were also used to supplement data on interactions between house parents and children, enhancing the overall understanding of the caregiving environment.

Before the actual interviews, approval was obtained from the dean of the College of Criminology. The researcher also obtained formal permission from the administration of Pag-asa Youth Home to conduct a study on the experiences of house parents at the rehabilitation center. A request letter was submitted to local authorities to ensure compliance with necessary regulations.

The researcher then identified potential participants among house parents currently employed at Pag-asa Youth Home. Detailed information about the study's purpose, the interview process, and participants' rights was provided to them. Informed consent was obtained from each house parent, ensuring that their participation was voluntary and that they fully understood the objectives and procedures of the study.

To preserve the integrity of the data gathered, all interviews and focus group discussions were audio-recorded (with participants' consent) and transcribed verbatim. Field notes and observational checklists were also compiled to supplement the recordings. All data files, including audio recordings, transcripts, and notes, were stored in password-protected digital folders. At the same time, hard copies were kept in a secure, locked cabinet accessible only to the researcher. To protect confidentiality, participants' names were not used in any transcripts or reports; instead, pseudonyms or codes were assigned. Data were retained for a limited period of five years, after which all digital files were permanently deleted, and hard copies were properly disposed of through shredding. This ensured that the participants' privacy and dignity were upheld while maintaining the ethical standards of the research.

Throughout the research process, ethical standards were strictly adhered to protect the dignity and rights of participants. The study was reviewed and approved by the College Research Committee, and informed consent forms were secured from the house parents of Pag-asa Youth Home to ensure their voluntary participation and understanding of the research purpose. Confidentiality and privacy were guaranteed, with in-depth interviews conducted in private settings chosen by participants to foster a safe, open environment for discussion. All data were transcribed, and audio recordings were deleted immediately after transcription, while identifying information was securely stored and destroyed upon completion of the study, in full compliance with the Data Privacy Act of 2012 (Republic Act No. 10173).

### III. Results and Discussions

This study explored the lived experiences of the house parents at the youth rehabilitation center Bahay Pag-asa in Misamis Occidental, Philippines. Using a qualitative research design, the study gained an in-depth understanding of the challenges and experiences faced by the house parents at Bahay Pag-asa. This study involved nine house parents who are actively engaged in guiding CICL (Child in Conflict with the Law) or CAR (Child At Risk) and other related assignments, selected through purposive sampling. The Moustakas phenomenological reduction technique was used to analyze the collected data. From the insights and experiences shared by the participants, six predominant themes emerged: (1) Difficult Behaviors and Attitudes of Youths; (2) Resource and Facility Limitations; (3) Balancing Discipline with Compassion; (4) Emotional Self-regulation and Stress Management Growth; (5) Creating a Supportive and Stable Environment; (6) Encouraging Constructive Discipline and Personal Growth.

The researchers selected the respondents through purposive sampling, who have at least six 6 months of work experience, and these experiences may be in the field, as shown in Table 1. The researchers selected these house parents, who live in the city of Ozamiz, and they all have a college degree. Furthermore, the study participants' ages ranged from 25 to 47 years, according to their responses. There are four single participants and five married. The total number of participants in the study is five males and four females.

**Table 1.** Profile of the Participants

Code Name	Age	Civil Status	Length of Service
P1	27	Single	3 Years
P2	25	Married	2 Years
P3	29	Married	5 Years
P4	29	Single	6 Months
P5	32	Single	11 Months
P6	35	Single	1 Year and 5 Months
P7	38	Married	7 Years
P8	40	Single	5 Years and 2 Months
P9	47	Married	9 Years and 8 Months

#### 3.1 Difficult Behaviors and Attitudes of Youths

Many children in conflict with the law and those at-risk struggle with difficult behaviors that make caring for them a daily challenge (Galleposo et al., 2023). Their stubbornness, defiance, and quickness to argue are not just signs of misbehavior but reflections of the pain, neglect, and negative influences they have experienced in their young lives. At Pag-asa Youth Home, house parents face the daily challenge of guiding children who often struggle with difficult behaviors and attitudes. Many youths are stubborn, quick to argue, and resistant to authority, which makes communication and discipline difficult. Some are hard-headed, outspoken, or insistent on making their own decisions, while others quarrel easily and are not open to reasoning (Wang & Chen, 2022). Some carry negative traits from their past, such as lying or being argumentative, which makes it harder to handle them. On top of this, some children face educational gaps that affect their confidence and influence their behavior. These challenges show that the children's struggles go beyond misbehavior; they reflect the pain, neglect, and lack of guidance they have experienced, making the role of house parents both demanding and deeply meaningful (Qadeer et al., 2025).

Code Name	Responses
P1	<i>"Many of them are stubborn and quick to argue, but I try my best to understand them."</i>
P2	<i>"Just like my co-workers, I also notice that the children who come here have very different attitudes. Some are very stubborn, some want to do things their own way, and others are quick to argue."</i>
P3	<i>"Their attitudes are always different. Some are very hard-headed, some try to control their own decisions, and some are quick to talk back."</i>

According to our participants, many factors make their duties even harder due to the stubbornness of some CICLs or CARs (Ludayen et al., 2023). Many studies show that these attitudes are influenced by family backgrounds and peers or friends. The participants also said that all of the latter have different attitudes and characteristics that may be influenced by the environments in which they grew up. Based on the insights shared by our participants, caregiving challenges are made significantly more difficult by the stubbornness and problematic behaviors of some CICL and CAR. As many studies support, such difficult behavior can often be traced to a complex background in which even family instability, neglect, or negative peer influences may have been experienced (Tasfi & Mostofa, 2024). Participants noted that each child's attitude varies widely, likely shaped by the unique environments and personal experiences of each child. Such variability calls for an individualized approach to caregiving, with an emphasis on patience, understanding, and flexibility (Harsha et al., 2025). The environment where these children grow up plays a crucial role in shaping their attitudes. Children from dysfunctional households or from areas with peer pressure tend to be more defiant and resistant. The reason behind this is that such influences often translate into an inability to manage conduct, as these behaviors might constitute coping mechanisms for unresolved trauma or other unmet emotional needs. For that reason, caregivers should be equipped not only with disciplinary strategies but also with empathetic skills to handle the underlying issues that influence such attitudes. Appreciation of this factor underlines the need for a holistic approach: one that integrates emotional support, trauma-informed care, and community engagement in efforts to effect positive behavioral changes among CICL and CAR (Murphy & Luthar, 2022).

### 3.2 Resource and Facility Limitations

One significant challenge in supporting CICL and CAR is the lack of adequate resources and facilities within care centers (Incleto et al., 2024). Limited access to proper beds, medical services, educational materials, and other necessities makes it challenging to provide the children with the stability and support they need for effective rehabilitation (Asa et al., 2021). House parents at Pag-asa Youth Home face severe challenges due to the lack of essential resources and facilities needed to adequately support CICL and CAR. They report shortages of medical support, educational resources, and even the most necessities, such as proper beds and personal storage (Sen-Crowe et al., 2021). Many children are forced to sleep on simple foam mattresses instead of safe, adequate double-deck beds, while the lack of secure cabinets for their belongings creates further issues. These limitations not only affect the children's comfort and well-being but also hinder their rehabilitation, as the lack of proper support and learning materials makes it harder to provide the stability and opportunities they need for personal growth and change (Morris et al., 2021).

Code Name	Responses
P2	<i>"What makes the work challenging are the many needs that are still lacking here, such as medical support, educational resources, and even basic supplies like beds."</i>
P3	<i>"The challenges we face here are plenty. There are not enough medical resources, and their education still has many gaps. Even basic needs such as proper beds and supplies are lacking."</i>

P5	<i>“In terms of limitations, our facilities are lacking we have insufficient beds for minors, as many only sleeps on foams instead of proper double-deck beds, and they do not have enough safe cabinets for their clothes, which creates issues.”</i>
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The lack of resources and proper facilities creates real struggles in caring for Children in Conflict with the Law (CICL) and Children at Risk (CAR) (Suerte et al., 2023). Many youth centers face shortages of medical support, learning materials, and even the most basic needs, such as safe beds and proper storage for children’s belongings (Azzam et al., 2021). Some of them sleep only on foam, while others share limited supplies, which affects not only their comfort but also their sense of dignity and stability (O’Mara & Bonser, 2025). These gaps make it harder for caregivers to provide consistent support and meaningful rehabilitation, leaving children with fewer opportunities to learn and grow in a nurturing environment (Diener et al., 2022). Without addressing these needs, the children may continue to feel neglected, even in a place meant to guide and protect them, making it more difficult for them to heal and choose a better path forward (Ginsburg et al., 2020).

Research shows that when youth centers lack enough resources and proper facilities, it becomes much harder to support the rehabilitation of Children in Conflict with the Law (CICL) and Children at Risk (CAR) (Bacusa et al., 2025). Without basic needs such as safe beds, medical care, and learning materials, children may feel neglected and discouraged, which can affect both their physical well-being and emotional growth (Hoffman & Miller, 2020). Studies also point out that overcrowded spaces, limited supplies, and gaps in education reduce their chances of developing essential life skills and make it more difficult for them to build hope for a better future (Anderson et al., 2022). When the environment is unstable or lacking in support, young people are less likely to trust the system that is supposed to help them (Urbano et al., 2023). This highlights the importance of providing adequate resources and proper facilities so that children can experience care, stability, and opportunities that honestly guide them toward positive change (Kruk et al., 2022).

**3.3 Balancing Discipline with Compassion**

Balancing discipline with compassion in the lived experiences of house parents in Bahay Pag-asa involves setting rules that ensure safety and accountability while being sensitive to the personal histories and struggles of the children and youth placed under their care (Juance & Sabijon, 2025). House parents often witness stories of trauma, neglect, or conflict that shape the behavior of the residents, so their discipline must be influenced by empathy and patience rather than punishment alone (Rahman 2025). Recognizing lived experiences, house parents can also guide youth towards positive change through consistent boundaries and emotional support (Muir et al., 2023). It is this balance in making Bahay Pag-asa more nurturing and rehabilitative that promotes healing and personal growth and engenders trust (Urbano et al., 2023).

Code Name	Responses
P1	<i>“That is why I try to balance being firm and being compassionate.”</i>
P2	<i>“In dealing with them, I learned to balance firmness with compassion.”</i>
P3	<i>“Because of my long experience, I have learned that the best way to handle them is to balance discipline with compassion.”</i>
P4	<i>“In handling aggressive or uncooperative youth, his strategy is to talk to them properly and calmly, especially when they violate the rules inside the center, reminding them that what they did was wrong and should not be repeated, and since there are rules in the center, they must follow them.”</i>

P5	<i>“I also take time to talk to them about their attitudes and behavior, since they have different personalities, some are argumentative, some are outspoken, and many of them tend to lie, a trait they often carry from outside the center. Because of this, I continuously encourage them to change these behaviors, reminding them not to bring the negative traits from outside into the center because those will not help them in their future.”</i>
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In Bahay Pag-asa, house parents must balance discipline with compassion since they are working directly with children and youth who often come from backgrounds filled with trauma, conflict, or instability (Gomonod et al., 2025). Discipline offers a structure that provides safety and clear expectations, qualities that might have been intermittent in the lives of many such young people (Gardner, 2021). It gives them responsibility, teaches them self-control, and makes them aware of the consequences of their actions (Peterson et al., 2021). However, if strict discipline is not tempered with compassion, it may feel harsh or punitive, reinforcing the feelings of rejection or mistrust already nurtured by the youth (Ankomah, 2024). Compassion enables house parents to look at misbehavior with insight into its emotional and psychological roots.

Simultaneously, compassion is not about letting go of boundaries but, to the contrary, enhances discipline through, for instance, the carrying out of consequences in a way that guides rather than harms the child. If the house parents listen to the lived experiences of the youth and acknowledge their struggles, they are better able to provide the responses they need to heal and grow as people. Such a balance in approach provides the necessary relationships rooted in respect and empathy, and the children will be more receptive to guidance. Ultimately, this synthesizes discipline with compassion to help Bahay Pag-asa attain its goals in rehabilitation and transformation, thus making the place safe, supported, and empowered for young people to change their lives (Tepora, 2023).

### 3.4 Emotional Self-Regulation and Stress Management

The nature of the work engaged in by house parents in Bahay Pag-asa requires daily contact with youth carriers of complex histories of trauma, conflict, and hardship (Valera, 2022). These lived experiences often manifest as challenging behaviors, emotional outbursts, or resistance that are emotionally draining for caregivers. By practicing self-regulation, house parents stay calm, patient, and grounded during stressful situations, responding with clarity rather than impulsively (Asquith, 2020). This likewise helps them maintain their own well-being through effective stress management, preventing burnout, and enabling them to continue providing consistent care (Sovold et al., 2021). When house parents manage their emotions well, they create a safe and stable environment where youth can be supported, understood, and guided toward positive behavior and emotional healing (Ginsburg & Jablow, 2020).

Code Name	Responses
P1	“I have seen my co-workers break down in frustration because of the children’s stubbornness. I always remind them that some people come and go and not everyone will change. What matters is that we do our part to help while we can, and then we let go and trust God.”
P2	“One thing I always remind myself is not to bring my personal problems from home into this place. The children are already carrying heavy burdens of their own, and it would not help if they saw me being weak.”
P3	“Despite the difficulties, I never allow my personal problems to affect my work. At my age, I have already faced many hardships in life, but I know these children are already carrying heavy burdens of their own. So, I try to show them strength and calmness.”
P5	“To cope with stress, I remind myself to set aside my personal problems so they do not affect how I deal with

	the children, because if I carry my stress into my work, I might say something harmful to them, so I choose instead to step aside and avoid interactions when I feel down so that I do not negatively impact them.”
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Emotional self-regulation and stress management are vital for house parents at Bahay Pag-asa, as their role requires constant patience, empathy, and emotional stability (Beltran, 2023). Many of the youth they care for come from environments filled with trauma, abuse, neglect, or conflict, which can result in challenging behaviors, emotional struggles, and unpredictable reactions (Ungar et al., 2022). House parents must navigate these situations with calmness and understanding, as their responses directly shape the home's emotional climate (Hajal & Paley, 2020). When they can regulate their emotions, they can model healthy coping skills, communicate more effectively, and maintain the trust and respect of the youth (Marsay et al., 2021). Without emotional self-regulation, even minor conflicts may escalate and negatively affect both the child and the caregiver.

At the same time, effective stress management is crucial because the demands of caregiving can be overwhelming, leading to fatigue, frustration, or burnout. House parents who prioritize their mental and emotional well-being through rest, reflection, support systems, or healthy coping strategies are better equipped to provide consistent and compassionate care (Mason et al., 2021). Managing stress allows them to approach each day with renewed patience and energy, ensuring that the challenges they face do not overshadow the important work they do (Maslach & Leiter, 2022). Ultimately, emotional self-regulation and stress management help house parents create a stable, nurturing environment where youth can feel safe, supported, and guided toward healing and positive transformation.

### 3.5 Creating a Supportive and Stable Environment

House parents in Bahay Pag-asa have to create an enabling and stable environment because the background of the youth placed under their care is generally characterized by instability, trauma, and emotional distress (Menart, 2023). By providing consistent routines, clear expectations, and nurturing relationships, house parents create a sense of safety that many of these young people may experience for the first time (Ulianova et al., 2025). It is through these lived experiences—managing crises, providing emotional support, and building trusting relationships—that they are capable of establishing an atmosphere wherein the youth would feel valued and understood. This stability not only helps reduce anxiety and behavioral challenges but also provides a foundation for healing and positive growth within the rehabilitative setting of Bahay Pag-asa (Urbano et al., 2023).

Code Name	Responses
P1	<i>“My way is to hold the youths close, show them love, and discipline them when necessary. I treat them fairly because for me, there are no rich or poor here, all are equal.”</i>
P2	<i>“I also make sure to show them that I am happy in taking care of them. If they see me worrying or stressed, it might affect them too. That is why I try to stay positive, neutral, and create activities that will make them feel happy and engaged.”</i>
P3	<i>“I make them feel that someone truly cares for them. I also share with them the wisdom I have gained over the years. Simple lessons about life, respect, and hard work are things I try to pass on to them.”</i>
P4	<i>“He emphasized that children should not be scolded or shouted at harshly, because this will only trigger them to become more aggressive, so the best approach is to talk to them in a calm and respectful way to help them settle down.”</i>
P5	<i>“Sometimes they feel rejected and lonely, so we comfort them, ask about their problems, and even contact their parents to check why they are not visiting.”</i>

Providing a conducive and secure environment is one of the most critical tasks of house parents in Bahay Pag-asa, as many of the youth turned over to their care have come from a background full of instability, trauma, and unmet emotional needs (Ciedelle et al., 2024). To these young minds, consistent routines, predictable rules, and nurturing interactions are not just part of daily structure but, in fact, integral to healing. House parents learn through life experiences that reassurance, patience, and understanding are also extended, even when challenging behaviors arise (Brooks, 2023). By offering steady guidance and emotional presence, they can make youth feel safe, valued, and respected; these are the very foundations of rehabilitation and personal growth.

Such an environment, nurtured by supportive house parents, evokes trust in youngsters who have perhaps lost it along the way because of abandonment, abuse, or conflict. House parents model good relationships and coping strategies by being reliable and showing compassion, which helps youth open up, take responsibility, and learn new skills. This stability empowers the house parents themselves since it reduces daily stress and better equips them to respond to each child's particular needs. The supportive and stable atmosphere they foster becomes a transformative space where young people can begin to rebuild their sense of self, develop resilience, and press toward a more hopeful future (Ginsburg & Jablow, 2020).

### 3.6 Encouraging Constructive Discipline and Personal Growth

House parents in Bahay Pag-asa have to encourage constructive discipline and personal growth because the youth they serve often need guidance that promotes responsibility without reinforcing past trauma or negative experiences (Celis, 2025). Through their lived experiences, house parents learn that discipline is most effective when it teaches rather than punishes, helping young people understand consequences, reflect on their actions, and build healthier behaviors (Ateah et al., 2023). By using positive reinforcement, clear expectations, and respectful communication, they create opportunities for youth to develop self-esteem, decision-making skills, and emotional awareness (Villegas et al., 2024). This approach not only supports rehabilitation but also empowers the youth to take meaningful steps toward personal growth and a more positive future (Halsall et al., 2022).

Code Name	Responses
P1	<i>"That is why I try to balance being firm and being compassionate. Harsh punishment does not work anymore since many of them are used to it and no longer fear it. Instead, I approach them slowly and patiently, correcting them with care, and I thank God whenever they choose to cooperate."</i>
P2	<i>"In dealing with them, I learned to balance firmness with compassion. If I treat them too lightly, they might take advantage, but if I am too harsh, they will only resist. So, I choose to guide them in a fair and patient way."</i>
P3	<i>"Because of my long experience, I have learned that the best way to handle them is to balance discipline with compassion. If we are too soft, they will take advantage, but if we are too harsh, they will only become more rebellious. So I treat them with fairness, like my own children or grandchildren. I give them care and love but at the same time, I remind them that rules are rules and every action has consequences."</i>
P4	<i>"In handling aggressive or uncooperative youth, his strategy is to talk to them properly and calmly, especially when they violate the rules inside the center, reminding them that what they did was wrong and should not be repeated, and since there are rules in the center, they must follow them."</i>
P5	<i>"Because of this, I continuously encourage them to change these behaviors, reminding them not to bring the negative traits from outside into the center because those will not help them in their future."</i>

Encouraging constructive discipline and personal growth is an essential aspect of the lived experiences of house parents in Bahay Pag-asa, where many of the youth come from traumatic, conflicting, or unstable backgrounds (Gonzales et al., 2024). House parents understand that discipline cannot stem from fear or punishment alone but rather should lead young people to understand their actions and further healthier behaviors. They create an environment where discipline serves as a tool to teach responsibility and self-control through clear expectations and fair consequences, with consistency in routines (Bear & Soltys, 2020). Their daily experiences show that when discipline is delivered with patience and respect, it helps the youth feel supported rather than judged, making them more open to change and reflection.

At the same time, constructive discipline naturally opens the door to growth opportunities. House parents witness how positive reinforcement, coaching, and meaningful conversations can really empower the youth to develop confidence, emotional maturity, and better decision-making skills. By recognizing each child's strengths and potential, they help them set goals, build resilience, and overcome negative patterns shaped by their past experiences (Yoon et al., 2020). Beyond correcting their behavior, house parents nurture growth through modeling compassion, respect, and perseverance. This combination of guidance and empowerment creates a rehabilitative environment in which the youngsters of Bahay Pag-asa can grow, heal, and work toward a more hopeful future.

#### IV. Conclusions

The study shows that house parents at Pag-asa Youth Home embody genuine compassion, resilience, and dedication as they care for Children in Conflict with the Law (CICL) and Children at Risk (CAR), even with the many challenges they face. Their stories reveal how patience, empathy, and emotional control enable them to guide children toward change and healing, despite limited resources and the emotional toll of their work. Still, the findings shed light on the ongoing struggles with limited facilities, supplies, and emotional support that make their caregiving roles even harder. Overall, the research highlights that proper rehabilitation goes beyond strict rules it thrives through understanding, emotional balance, and the sincere commitment of caregivers who choose to nurture rather than simply discipline.

#### V. Recommendations

Based on the findings, it is recommended that institutions like Pag-asa Youth Home strengthen their support systems for caregivers through continuous training in stress management, emotional regulation, and compassionate discipline. Providing adequate facilities, sufficient resources, and access to counseling can help reduce their workload and improve the quality of their caregiving. Furthermore, fostering collaborative activities, such as team reflections, skills development, and family engagement programs, can build stronger relationships between caregivers and youth. By investing in both caregivers' well-being and resource improvements, centers can create a more nurturing and stable environment that promotes healing, learning, and lasting transformation for every child under their care.

#### VI. Declarations

The authors acknowledged using Grammarly as a writing tool at the final stage of paper preparation. We used it to proofread and enhance spelling, grammar, punctuation, sentence structure, and general text clarity. We employed the following instruction: "Suggest ways to improve the flow of words, clarity, and concision. Offer recommendations with examples." We followed its recommendations and revised and edited our work to improve the quality and legibility of the paper.

We also acknowledged ChatGPT (<https://chat.openai.com/>) as a tool to help us in generating the study. More specifically, we used ChatGPT to generate basic ideas for the schematic diagrams of the sub-constructs of our research variables. We input the following prompt: "Identify the potential sub-constructs of my variables." The response was taken as a starting point for identifying and considering applicable elements for the schematic diagram. We went through and modified all material generated by AI, using our own thinking and critical reflection to ensure it was appropriate for our research aims.

We also recognized ChatPDF (<https://www.chatpdf.com>) as a valuable aid in our research. ChatPDF helped us understand and condense academic PDFs and documents. It enabled us to engage with research articles by asking questions and receiving precise, contextual responses, which made it easier for us to comprehend the material. The information we gained from the tool enhanced our understanding of major concepts, but our final work was based on our critical thinking and analysis.

We also acknowledged HumanizeAI Pro (<https://www.humanizeai.pro>) as a writing improvement tool at the revision phase of our paper. Using Humanize improved the tone and enhanced the natural flow of our language, bringing the writing to sound more genuine. The recommendations from Humanize enhanced clarity, interest, and readability without compromising the original meaning and intent of the material. We scrutinized and modified all revisions based on our discretion and scholarly standards.

we recognized the ,Lastly use of a URL shortener tool during the preparation of the paper. The tool helped us generate compact, easy-to-share links for referencing internet resources. Using the URL shortener improved the tidiness and clarity of the paper without altering the substance or accessibility of the sources.

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