

A Home of Paradoxes: A Phenomenological Inquiry into the Lives of Adult Children Living with an Alcoholic Parent



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ABSTRACT. Children are meant to feel safe and secure in their homes; however, that is not the case for some. This phenomenological study aimed to explore and understand how adult children view their experiences living with an alcoholic parent. Twelve Adult Children of Alcoholics (ACoAs) were selected through purposive and snowball sampling and were interviewed using semi-structured interviews. The gathered data were analyzed using Interpretative Phenomenological Analysis and were validated through investigator triangulation. This study affirms that living with an alcoholic parent entails both positive and negative experiences. Consequently, they cope by escaping the problem, regulating their emotions, and seeking social support. The results highlight the necessity of expanding knowledge about parental alcoholism and educating the public about it. More importantly, the findings may serve as bases for mental health and other allied professionals in providing targeted interventions and support services for ACoAs.

1.0. Introduction

People often seek the comfort of alcohol to escape stressors and challenges for a short time. People consume alcohol for various reasons, including relaxation, socializing, and escaping problems (Stockton, 2021). Although, the inability to manage drinking habits can cause an array of effects not only on the abusers of alcohol but also on those around them (Laslett et al., 2019). Alcohol abuse can impact the family, friends, and other people they are working with (Robinson et al., 2019). In terms of the consumption of alcohol, Ritchie and Roser (2018) presented that 1.4 percent of the population around the globe has an alcohol use disorder. Meanwhile, in the Philippines, 2015 data revealed that Filipinos are known to be the second-highest consumers of alcohol in Southeast Asia (Salas & Hinlo, 2019). For Filipinos, a big part of Filipino merry-making activities is alcohol drinking. Hence, it is no surprise that the Philippines has a relatively high ranking among countries placing a high value on alcoholic beverages.

According to the Food and Nutrition Research Institute Department of Science and Technology

(2015), binge drinking is slightly higher among adults in rural areas. Salas and Hinlo (2019) presented the regional alcohol consumption from 2004 to 2012, during which alcohol consumption increased in all regions. The Ilocos region was revealed as the highest alcohol consumption area, as the region is known to observe 22 celebrations.

Dealing with an alcoholic member poses a challenge, especially if it is the parent. According to Juergens (2022), parents' alcoholism can have crippling effects on children. Also, the impact of alcoholism undermines alcoholic parents' capacity to use their parenting skills in several ways.

Children can be directly or indirectly affected when exposed to alcoholic parents (Bowden et al., 2022). A child may be trapped in a problematic situation and may encounter feelings of guilt, anxiety, embarrassment, inability to have close relationships, confusion, anger, and depression (American Academy of Child and Adolescent Psychiatry, 2019).

Adult children belong to the period of development, particularly in young adulthood (Simpson, 2018). The study of Breiner et al. (2015) emphasized that this is a stage when individuals face significant challenges and are expected to assume new responsibilities and obligations. Maturing through experience, adult children have a broader capacity to understand challenging situations but also

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inflict harm and greater challenges on their part. Adult children of alcoholics (ACoAs) often suffer the long-term consequences of growing up in dysfunctional homes (Gonzales, 2020). Parents are what children need the most, but ACoAs are not allowed to be cared for by their parents. Even after they reach adulthood, dealing with their parent's alcoholism and its aftereffects might still be difficult.

Alcoholism is a growing concern in Filipinos' culture and social life (Salas & Hinlo, 2019). Many case reports revealed the consequences of alcoholism to people. However, abusers of alcohol continue with their drinking behaviors without considering the people around them. More than that, the stigma received by ACoAs associated with alcoholism is still evident (Haverfield & Theiss, 2014). Thus, this research aimed to explore and understand how adult children view their experiences living with an alcoholic parent.

With this study, the researchers will have the chance to look into the phenomenological experiences of ACoAs rather than just looking into the surface of how children cope with alcoholic parents. Deng (2019) mentioned that adolescence might be a traditional period for researchers to explore the potential developmental changes in emotion regulation from childhood to adulthood. Using an interpretative phenomenological analysis (IPA) will give the researchers a more profound understanding of the phenomenon. Likewise, IPA is apt for this study since the approach acknowledges that a single experience may have different meanings; hence, this might balance the conflicting views on who and how adult children are raised today. The study can also serve as a basis for developing intervention programs to provide mental health care and coping mechanisms that can be explored by ACOAs.

2.0. Methodology

Research design. Since this study explored how adult children of alcoholics view their experiences, interpretative phenomenological study was deemed valuable. Interpretative Phenomenological Analysis is a qualitative approach that provides a detailed study of lived experiences. This approach helped the researchers understand adult children's lived experiences and visualize what it is like to live in a home where the parent has alcohol problems.

Population and locale. This research utilized two (2) sampling techniques: purposive and snowball. Purposive sampling is a non-probability sampling in which the researcher uses judgment to select variables for the sample population. Meanwhile, snowball sampling is a non-probability method in which current study participants find new participants among their social networks. The researchers

primarily searched for a fitted participant based on the criteria. To continue the search, the researchers asked the participants to name other individuals they know or from their circle of friends or community who are also adult children of alcoholics.

The participants in the study were 12 adult children, ages 18-22. Most of the participants identified their father as the one who is an alcoholic; only one participant has a mother who is an alcoholic. In addition, adult children were chosen as the participants as they are more vulnerable to risk-taking behaviors. Hebbani et al. (2018) explained that young adulthood is a phase of new opportunities and changes and the emergence of developmental tasks in which the new challenges could lead to difficulty adapting to social norms and regulations. Thus, as they grow, they gradually see the world differently, and their thinking becomes more abstract (Idler, 2020). The participants are currently living under the same roof with an alcoholic parent (either father or mother) since the day they were born and are dependent financially on their parents. Likewise, they are presently studying and residing in the province of La Union and/or studying outside the province but going home regularly.

Furthermore, for the participants to be included in the study, their parents are expected to meet the following criteria for them to be considered an alcoholic: a.) They spend a lot of time drinking, with five or more drinks within two hours for males on any day, or a female with at least four glasses within two hours on any day; b.) Unable to control their alcohol consumption but not clinically diagnosed with an Alcohol Use Disorder; c.) They neglect important responsibilities at work or home and continue consuming alcohol despite knowing its harmful effect on their health, relationships, employment, or social interaction. d.) their relatives and or neighbors identify them as alcoholics based on their inappropriate behaviors during and after consuming alcohol for some time.

Research instrument. The researchers used a semi-structured in-depth interview using a researcher-made questionnaire guided by the McAdams Life Story Interview Guide (McAdams, 2007). According to Alea (2018), this life story interview allows the participants to reflect on their life story scene, which gives information about the events that contributed to the type of person they are. Thus, some questions contain events where they experience the highest and lowest points from their experiences.

Data collection procedure. The interview with the participants was conducted face to face to gain an in-depth collection and comprehensive understanding of their situation. The interview was not undertaken in the participant's home to protect the participant from potential harm and avoid drawing attention to the

neighborhood. The researchers considered interviewing places like the homes of the participant's most trusted friends or relatives to provide comfort, privacy, and security. One-meter social distancing and wearing of face masks, as promulgated in the 2020 Workplace Handbook on COVID-19 Management and Prevention of the Department of Health (DOH), were observed during the interview as personal protective measures, and to avoid putting the respondents and researchers' health at risk. Subsequently, the ethical considerations of this study are anchored on the Psychological Association of the Philippines' (2008) Code of Ethics. The researchers respect the rights, safeguard the dignity, and protect and promote the welfare of research participants. The research also underwent an ethics review from the Saint Louis College Research Ethics Committee to ensure the ethical and responsible conduct of the study.

Data analysis. In analyzing the gathered data, the researchers followed the seven-step analysis of Charlick et al. (2016), which includes reading and re-reading the original data, initial noting, developing emergent themes, searching for connections across emergent themes, moving to the next case, looking for patterns across cases, and taking interpretations to deeper levels.

Throughout this entire scholarly endeavor, the researchers made a concerted effort to avoid researcher bias. However, their backgrounds might have influenced the result of the study, as one of the researchers considers herself to be an ACoA. Likewise, the researchers came from the same locale as the participants. Hence, comfort and a sense of familiarity were easily established. Because of these, several measures were made to increase the validity and credibility of the study's findings. First, the researchers employed peer debriefing. The team, consisting of four members, individually analyzed the data before convening as a group to review and discuss the themes they identified. This collaborative process helped to resolve any inconsistencies in the generated themes. This also ensures that the researchers were grounded in the data and reflective of the participants' perspectives, which fosters a more objective analysis. Additionally, investigator triangulation was employed to further strengthen the analysis. This is a technique that researchers use to gather information from various sources to verify the accuracy of their conclusions. In their research, Merza and Macalma (2023) stated that investigator triangulation is a collaborative approach. The researchers sought the assistance of two other investigators. They are licensed psychologists who have experienced or handled alcoholism cases and are also well-versed in the process of IPA. They conducted their own analysis by reading and re-reading the transcriptions and generating their own

themes. Researchers then noted the similarities of the analysis and included them in the paper.

4.0. Results and Discussion

Adult children of alcoholics: perspectives on their experiences

This category explains how Adult Children of Alcoholics (ACoAs) view their experiences, as explored in this research study. This includes two (2) main themes: An Enduring Discouragement and A Bittersweet Reminder. An Enduring Discouragement consists of three (3) subthemes: Genesis of endangerment to life, Cause of strained relations, and Adverse change of role.

An Enduring Discouragement. This theme explains the negative views of adult children regarding their situation. Such a view is anchored on the unfortunate events they endured for a long time, beginning in childhood, causing them to feel stuck and helpless. This theme includes viewing their situation as a genesis of endangerment to their lives, a cause of strained relations, and an experience that fuels an adverse change of role.

Genesis of endangerment to life. Adult children view living with an alcoholic parent as a risk to their lives. The participants in this study elucidated that parents' alcoholism endangers their lives such that they receive physical and sexual violence. Instead of serving as the primary source of protection, maltreatment and abuse begin within the home.

Adult children of alcoholics could experience direct physical violence from their alcoholic parents. Common to their narratives are being thrown things in their homes, such as plates, cauldrons, and even a table. Some participants also narrated their experiences of being beaten to death by their alcoholic parents. They were strangled, pulled their hair, and slammed into a wall. This finding is in line with the study of Acosta (2021), wherein he claims that children of alcoholics experience physical abuse from an alcoholic parent. This result makes sense because Tuason (1994) explained that alcohol addiction could alter one's personality by affecting one's self-confidence and self-respect and, in turn, destroying one's will. Tee (2021) also stated that alcoholics might become cruel and violent when influenced by alcohol. The claims of previous literature might be why their parents became violent to them to the point that they were being physically abused.

This sub-theme could also be explained by the sexual mistreatment that the participants experience. In this study, one participant experienced sexual mistreatment resulting from her parent's alcoholic

behavior. The sexual mistreatment that the participant received did not come directly from the parent but rather from her parent's alcoholic friend and from her grandfather. Paula shared that she was touched on her butt and was videotaped while taking a bath by her grandfather:

It was as if he was touching my ass until he touched me *pointing at her breast*... until he suddenly became stubborn and pulled me into the bathroom. That is when he started... he made me sit on the toilet bowl, and then he took off my shorts. (Paula, 19, personal communication, February 11, 2023)

This finding affirms the study of Widom and Hiller-Sturmhofel (2019), stating that parental drinking is a risk factor for child sexual abuse. Parental alcohol abuse may make children more susceptible to sexual abuse by others. At the same time, the majority of victims experience abuse at the hands of either a family member or a stranger. It was also concluded in the study of Finkelhor et al. (2014) that high rates of lifetime sexual abuse and sexual assault by adults and peers are seen in adolescent self-report surveys. The narratives of one of the participants in this study affirm these claims of previous literature. It also provides evidence to the National Baseline Study on Violence Against Children in the Philippines provided by the United Nations Children's Fund (UNICEF, 2016), claiming that most abuse cases happen in the victim's own households and could even be instigated by people close to them.

Cause of strained relations. This sub-theme explains the participants' view on how their parents' alcoholism causes disturbance in family relations. The participants in this study elucidated that they commonly experience a lack of affection and connection with their alcoholic parents because of the latter's attitude towards them. This strained relationship extends to their relationship with the community, as they are subjected to ridicule and mockery. The participants were able to explicate that this experience affects them psychologically, such as feelings of worthlessness, being flawed, unloved, and unwanted.

Ley said that whenever her parent is intoxicated, she often receives hurtful words from him. Such comments make her feel useless. It is important to recognize that it is not only the relationship between the child and the alcoholic parent that is being affected but also the whole family system. Some participants spoke about watching parents' conflict and ongoing domestic violence against their spouses.

When Daddy is drunk, he acts like a completely different person; hurtful words always come out of his mouth, as if he makes us believe that we are useless children with no purpose in life. (Ley, 19, personal communication, February 2, 2023)

The experiences mentioned above make them prone to criticism due to the unpleasant behaviors caused by their parent's alcoholism. Instead of becoming an outlet of support, the neighborhood tends to contribute to the emotional baggage carried by adult children. These negative experiences have brought many adverse effects on adult children. Because of the disturbances in their relationships, some participants cry out of nowhere and tremble. For others, they claimed that they could adopt their father's behavior towards them, like throwing things when angry and frustrated. Unfortunately for others, they also have had suicidal ideation.

The experiences leave them so scars that they compare their situation to that of other households. They expressed their wish to also share a life where they were able to feel the support of their parents; subsequently, others expressed that they were tired of living with their alcoholic parents as they wished to be separated from them.

The findings of the current study support the claim of the previous literature that parental alcoholism has a negative effect on the quality and quantity of parenting behavior, such that parenting behaviors lead to children experiencing a lack of attention (Jacob & Leonard, 1994 cited in Kachadourian et al. 2009). Participants in this study repeatedly highlighted the adverse treatment of their parents toward them, which in turn led them to believe that they were unworthy and unloved. The offensive remarks that they receive cause the emotional atmosphere in the home to be unsupportive, which impacts the child's development and family relations, leading to emotional problems. These infer then that the emotional effects of living with alcoholic parents could leave a big scar on these adult children and could even be a key ingredient in developing mental health problems in the long run. The study by Lotito-Meier (2016) stated that a child raised by an alcoholic parent might experience severe anxiety or difficulty navigating daily life and increase their risk of developing both childhood and adult mental health issues. The American Psychological Association (APA, 2014) also showed that children of alcoholic parents have an 85 percent higher risk of attempting suicide than people who do not have alcoholic parents. This finding underscores the importance of community support; if the home is not a safe space for these children, the community may provide a safety net for them.

An adverse change of role. The participants in this study view that their experience of living with their alcoholic parent causes an adverse change of role. Their narratives highlighted the functional and emotional role switch between the parent and the child. The participants need to take care of the responsibilities that their alcoholic parent could not do, such as taking care of the household, their younger siblings, and their parents themselves. Instead of receiving guidance and advice from their parents, it shows that some alcoholic parents tend to become hard-headed and display chaotic behavior, making adult children portray parental roles.

In addition, they also shared that their parent's alcoholism led to their neglect of responsibilities such that education and household expenses were compromised due to mismanagement in prioritizing financial expenses. JJ (21, personal communication, February 5, 2023) shared that instead of paying for their bills and other expenses, he chose to sponsor the drinking session of their friends. This sub-theme could also be explained by the stories of Paula (19, personal communication, February 11, 2023), as she experienced dismissal of concerns from both of her parents when she shared her encounters with sexual mistreatment.

According to Acosta (2021), adult children of alcoholics frequently switch places with their parents and assume their responsibilities, wherein they control the family budget, prepare meals, and discipline their younger siblings. This scenario is similar to the *tagasalo* personality in the Filipino context, where children hold a sense of responsibility early in life. This study highlights that children can assume the role of the *tagasalo* when their alcoholic parents fail to undertake their responsibilities. This finding denotes that parents' negligence of their duties could leave a big commitment to their children, taking away their freedom to live and grow as normal children who are supposed to enjoy and discover the beauty of life through proper parental supervision and guidance.

A Bittersweet Reminder. This theme captures the duality of their experience, where cherished memories of affection and joyous events coexist with their feelings of disappointment and longing. The positive experiences serve as bittersweet reminders of their desire for connection with their parents. Among these experiences that they consider as positive memories were receiving gifts, spending quality time with their parents, and having a sense of fulfillment from their parent's praises. For the participants in this study, these experiences symbolize the love and affection they long for from their parents.

Some participants shared how they received

simple gifts from their alcoholic parents. Pako (19, personal communication, February 22, 2023) shared how his father bought them pizza despite being drunk. Furthermore, simply going out as a family and having an intimate family bond were considered momentous memories—something that they would treasure a lot.

The participants highlighted not only the tangible generosity but also the positive feelings their parents make them feel. Participants shared that they became their parents' pride. Their parents usually praised and appreciated them, which brought out feelings of satisfaction as their school achievements were being recognized. These experiences enable the participants to view their situation from a positive angle. Additionally, despite their parents' alcoholism, these experiences foster an appreciation for them.

This finding parallels the contention that Filipino families have a close-knit relationship, as shown by their high regard for and respect for the elderly (Morillo et al., 2013). In the same vein, the findings affirm the study of Choi et al. (2018), stating that Filipino youth emphasize the importance of strong familial relationships. Accordingly, their bond with their parents remains steadfast even in the face of difficult situations. In this study, the participants express gratitude for the efforts that their parents are providing. Nevertheless, this finding does not downplay the unpleasant experiences that they experience. Instead, it highlights the complexity of their relationships and the duality of their feelings. This duality underscores how gratitude and negative experiences can coexist, revealing the complex emotional tapestry of their familial relationship. Such is the reality of Adult Children of Alcoholics; while they may be grateful for the glimmers of joy that they experience, they still grapple with their predicament. Understanding this reality is crucial since it sheds light on their struggles and resilience in challenging family dynamics.

Coping Mechanisms of adult children living with an alcoholic parent

This category presents the conscious or unconscious ways the participants alleviate their circumstances. Despite facing life associated with their alcoholic parents, adult children in this study were able to elucidate how they can cope and see opportunities leading to their growth and development. Three themes were generated from the participants' narratives: Escaping One's Problem, Regulating One's Unpleasant Emotions, and Seeking Social Support.

Escaping One's Problem. Participants in this study escape their problems by choosing to dismiss their predicaments, either physically escaping

or psychologically escaping from their alcoholic parents. Others opt to leave their houses and engage in alternate activities, such as diverting their emotions and distracting themselves with an object to stay away or forget the existence of their problems.

I am so stressed about what is going on because my dad is straight-up drinking. What I did was leave the house. It is like I am so stressed that I want to leave the house first. (Misyen, 22, personal communication, February 5, 2023)

Meanwhile, some adult children of alcoholics prefer to leave their houses to avoid conflicts. For others, they portrayed this theme by engaging in different activities, such that they become productive in meaningful ways.

Adult children find safe spaces to calm their minds and temporarily stay away from their alcoholic parents. Some participants reported finding ways to distract themselves or to get out of the house. This reflects the study of Goeke (2017) that adult children of alcoholics eventually learned to set up physical boundaries with their parents or families. In the same vein, other participants learned to engage in activities, such as sports and other physical activities, to ease their problems. Some adult children also find art engagement helpful in diverting their problems temporarily. In essence, looking for ways to divert their attention and have time off from the difficulties of their situation is deemed helpful for the participants in this study. This coping mechanism is their way of forgetting their current situation.

However, participants' escaping and keeping the problems might also be problematic, creating additional strain on the relationship between the parent and child. Scott's (2021) study stated that avoidance is a maladaptive form of coping because individuals do not directly confront the problem. Hence, the dismissal of their situation might be detrimental to the participants. With this, people with the same predicament are encouraged to engage in more adaptive coping mechanisms, such as opening their issues to their most trusted friends, family members, or people they think can help them address their problems.

Regulating one's unpleasant emotion. Participants in this study can cope with their situation by exerting control over their emotional state. Children of alcoholics learn to regulate their unpleasant emotions by understanding and accepting their situations, venting out, and trying to see the silver lining behind their problems. Instead of focusing on the problem, the participants tend to accept their situation by

becoming the bigger person.

In a way, because accepting it, I am trying to be a bigger person... I try to understand the situation. And then I realized that when I am able to understand the situation... that is when I realized that I could breathe better. (EJ, 21, personal communication, March 3, 2023)

Other self-regulatory goals were also visible to some participants as they cried out their bottled-up emotions rather than submit themselves to risky consequences such as suicidal ideation and being involved in a parental conflict. For others, they cope with their predicament by highlighting the good things their parents have provided for them. Likewise, for some participants, regulating their emotions means accentuating their dreams and aspirations. The participants in this study claimed that living with an alcoholic parent will not warrant the same image their parents created. They can make their destiny by choosing to avert from their parents' alcoholic life.

Wilkinson (2020) discussed that emotion regulation allows one to make intentional decisions rather than being dictated by emotions. Positive experiences could also regulate one's emotions as participants find ways to view their situation positively. Participants mentioned regulating their unpleasant emotions by accepting that what they are going through is beyond their control and also by understanding the reason behind their parent's alcoholism. The research conducted by Drapkin et al. (2015) revealed that more ACoAs than non-ACoAs thought their stressful family situations were beyond their control and needed to be accepted.

Seeking Social Support. The narratives from the participants indicate that they manage their situation by asking for help from others. They seek support from their relatives, friends, neighbors, and community members who can provide psychological, physical, and financial assistance in times of need. Many participants mentioned that they cling to their friends when they want to vent their problems as they become their source of comfort.

The study of Roohafza et al. (2014) stated that social support can come in tangible assistance provided by others or perceived social support that assesses individuals' confidence in the availability of adequate support when needed. The involvement of other people, including other family members, friends, and others, was vital in carrying out daily activities, especially during moments of crisis (Petalla, 2022). These people will offer a shoulder to cry on or offer a helping hand when in need. Lotito-Meier (2016) claimed that having a trusted adult outside the family could be a positive protective factor for children of alcoholics. This finding is remarkable because it

somewhat negates the claims that their relationship with the people in their community is strained. This implies that people around them could worsen their situation or help them navigate it better.

Figure 1
Living with an alcoholic parent from the lens of ACoAs

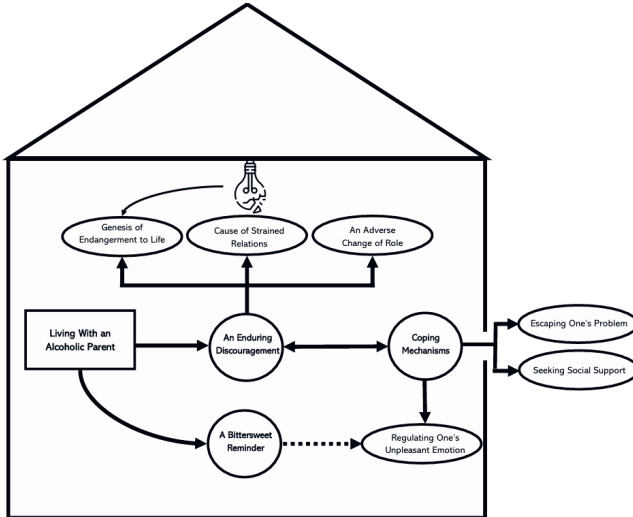


Figure 1 illustrates the views of ACoAs regarding their experiences. Based on the narratives, it was found that such a phenomenon entails ambivalent moments.

A broken bulb pointing to the subtheme “Genesis of endangerment to life” was added to represent the unique finding about the experience of one participant who lives with her alcoholic mother. In the Philippine context, mothers are considered the *“ilaw ng tahanan”* as they are believed to be the source of light to every Filipino household. In this study, the bulb was broken as the mother of one of the participants was not able to portray her role, such that her child experienced sexual mistreatment due to her alcoholic behavior.

Despite these unhappy experiences, it is striking to note that adult children also find sources of strength from the small moments of joy they experience and receive. These positive experiences could serve as a protective factor against the adverse effects of living with their alcoholic parents.

Triggered by their unpleasant experiences, adult children of alcoholics also employ coping mechanisms. As such, when they encounter negative experiences, they engage in different activities to lessen their effects. In like manner, these mechanisms also serve to solve their problems. Hence, coping

mechanisms were found to work in two ways— their discouraging experiences instigate them, and at the same time, they respond to their life predicaments. The two (2) subthemes, escaping one’s problem and seeking social support, were placed outside the home because adult children employ these coping mechanisms by going out and leaving their homes to find refuge from their experiences.

The life experiences of adult children, whether positive or negative, affect their child-parent relationship and future lives. As adult children continue to live in an alcoholic household, their experiences might result in a cycle of both encouraging and discouraging experiences that will make them resort to coping mechanisms.

5.0. Conclusion

This study explored the experiences of adult children living with an alcoholic parent. The study’s findings provided the complexity of their

situation as it uncovered narratives of positive and negative experiences. This study found that parents’ alcoholism led their children to discover negative experiences that left them with unpleasant memories as emerging adults and affected their views of life. When encountering these challenges, ACoAs often seek social support, escape their problems, and learn to regulate their emotions. Nevertheless, it is also important to see that parents’ alcoholism does not solely end in failing their children. Participants could see the good side of their situation, which they considered worthwhile experiences. The researchers do not undermine the predicament of the participants; however, these results provide a counterargument to the previous studies that emphasize solely the unfavorable experiences of ACoAs. This research shows that people who live in dysfunctional households—where alcoholism is present—can nevertheless find some positive aspects of their circumstances. It is remarkable how ACoAs maintain an optimistic outlook, claiming that the image that their parents created does not reflect who they would become.

5.0. Limitations of the findings

Most of the participants in this study are adult children with an alcoholic father; hence, little is known about the experiences of adult children with

an alcoholic mother. Thus, further examination of alcoholic mothers is needed to understand and better represent the targeted group. Moreover, this study unfolds a unique perspective from one participant whose mother is alcoholic, as the partaker revealed receiving sexual abuse caused by her mother's alcoholic friends. This does not warrant that all adult children of alcoholics have the same experiences as this participant. Lastly, the study only focused on emerging adults and did not explore the experiences of other age groups.

6.0. Practical Value

The result of the study would be of great importance as this could help in combating the stigma and discrimination against the children of alcoholic parents. It would also provide a fundamental contribution to studying resilience in times of experiencing the downfalls and challenges of life. The result could also be used by mental health professionals, social workers, and other allied professionals in giving treatment, prevention, and mental health services. Most importantly, this research could also be an eye-opener to the parents. This may give them an insightful lens about the impact of their behaviors on their children. More than these, this would encourage parents and the people close to these ACoAs to have more empathy and compassion toward them.

7.0. Directions for Future Research

Future researchers are encouraged to understand the experiences of ACoAs with different family setups, such as those whose parents are dead or those who are not living with their parents under the same roof. These instances might provide other perspectives regarding this niche of study. Findings in this study also revealed that most of the adult children performed well both in curricular and extracurricular activities; future research could, for instance, investigate how their present situation as the fact that they were the adult children of alcoholics inspired them to excel in their work and handle challenges in life. Lastly, future studies might want to unveil how this phenomenon is viewed and experienced by other age groups, such as minor children.

8.0. Declaration of Conflict of Interest

The authors reported no potential conflict of interest.

9.0. Declaration of Conflict of Interest

The authors declare no conflict of interest.

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