

# An In-Depth Analysis of the Reasons Behind the Women of 4th Year Gen Z Tourism Students at Far Eastern University's Reluctance to Have Children

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**Abstract**— The purpose of this study is to identify the reasons behind Far Eastern University's fourth-year female Gen Z tourism students' reluctance to parenthood. Through this study, the researcher aims to address the following questions about the views of the respondents toward parenthood, the factors that affect their viewpoints, and how these factors would evolve over time. It utilizes a triangulation method alongside a thematic case analysis methodology to obtain more comprehensive answers from the fourth-year students interviewed. Four themes under categories of difficulties, complexities, and career are created. The data analysis using Braun & Clarke's (2006) Six-Phase Guide for Thematic Analysis showed that since the respondents are currently in their last year of college, they are more focused on their careers and having a child is not on their priority list. Moreover, the respondents overall believe that the study gives a safe environment in which they may openly discuss their choice to be childfree without feeling forced to hide. This paper displays an interesting topic that is timely for graduating tourism students like them.

**Keywords**— Career priorities, childfree, gen z, parenthood, social norm.

## I. INTRODUCTION

### Background of the Study

As we live in the Philippines, an assumption of having children fills the hole in someone's life. Particularly in women, as they are constantly pressured by society to embrace motherhood and some Filipinos still believe that not having a child is pitiful and unfortunate (Tudy, R. & Tudy I., 2020). The old traditional suggestion implies that it is necessary to have children to have a sense of fulfillment in life. Cultural norms in the Philippines such as when a particular age is reached, women must marry, and bear children regardless of if they desire to or not. This social norm in society can make women feel less, non-nurturing, and selfish for choosing not to embrace motherhood which may affect their mental health (Batara, 2023). Society has set a standard which puts the Filipino women in a situation wherein they are submissive to their partner. The stigma of a Filipino woman choosing to be childfree or having a sole child is not favored by many (Pizarro & Gaspay-Fernandez, 2015). Historically, older generations like the Baby Boomers, who were born between 1946 to 1964, have had a significant increase in population

due to the end of World War II. Historians assume that the reason why the "baby boom" occurrence emerged was because the Builders, those who were born in 1925 to 1945, and the parents of most Baby Boomers, believed that the new era would bring them prosperity, order, and healthy economy and they wanted to repopulate or start a new family that they lost due to the World War II and the Great Depression, which was the longest economic decline in world history in 1929 to 1941 (Investopedia, 2024). Hence, with the newly abundant economy and resources, Baby Boomers have produced multiple offsprings. According to Cruz (2019), older Filipinos aged 60 and up had six children as an average number of offspring which exhibits the generations' increased fertility experience. However, as contemporary times approach, living expenses are rapidly increasing and the economic status is declining which greatly affects the newer generations. As per the Philippine News Agency (2022), the younger generations of Filipinos aged 15 and under has plummeted from having a 37% portion in 2000 to 30.7% in 2020. The Commission on Population and Development (POPCOM) has stated that the recent figures exhibit the efficiency of the Philippines' family planning program.

There are several explanations as to why the newer Filipino generation is hesitant about parenthood, as stated by Bautista (2022), that one factor can be due to the economy, the fact that the Philippines is a developing country and raising a child in the global industrialization era can be costly, and some simply does not desire to have children. Some opt not to have children for numerous unspoken reasons. According to Ningsih (2022), there are financial effects when a family has kids. Throughout birth until adulthood, kids require a range of expenses for necessities in health and schooling. Investment by parents must increase if they aspire to have kids who are healthy not just physically but also mentally and emotionally.

Generation Z are the ones who were born between the years of 1997 and 2012 (Debczak, 2024). According to Mitchell (2023), besides being the most varied generation in terms of race and ethnicity, Gen Z is expected to be the most educated generation in history. Generation Z views parenting through how they experience upbringing from their parents. Although some of them don't want to mirror the way their parents were raised because not all had good experiences

growing up. Some women that are part of Generation Z reject the idea of parenthood because for them in the modern time, career is the primary focus of life and children are seen as a hindrance to achieving what they wish to do. They are prioritizing their career instead of building a family. A large and intimate circle of friends would be enough to make up for the absence of family. Parenthood has a lot of things to do like setting reasonable goals and preparing your finances. This entails setting up a budget and setting aside funds for unexpected expenses. As a result, because of these factors, for Gen Z's they chose to spend money on themselves instead of raising someone to add to their expenses. According to Vice Media Group (2021), an online media website, children who have absorbed the lessons of the past are possibly the most wise, truthful, hardworking, open, self-aware, and group-minded generation in history. They adopt new methods of thinking and doing, they stand up for innovative goals and beliefs, and they use creative methods to achieve them. Generation Z is very different from other generations because these new methods of thinking are helping them to achieve their goals with a healthy and peaceful mind.

As you can see, having a child is a long-term responsibility. Given the increasing cost of lifestyle, it is understandable why Gen Z believes that putting their pleasure and well-being first is important. Perhaps some of them decided not to have children because they understand what it's like to be in unstable financial situations and chaotic economy. Moreover, one of those interviewed by AP News, an American news agency, about the reluctance of Gen Z and Millennials to become parents said that having a child is like a trap for them because they cannot even sustain their self with the money they earn, and it is enough reason to terrify them to have the idea wanting a child. Being childless by choice is one of the rising preferences of Gen Zs. According to Parker (2023), the youth are redefining the traditional meaning of family and marriage by delaying parenthood or choosing to be child-free. Gen Zs have different reasons and factors that affect their choice of not wanting a child. The previous generations have inflicted the norm of having a child before late adulthood. However, some Gen Zs are choosing to prioritize their career and well-being before settling down. The modern culture in our materialistic and individual-centered age encourages Gen Zs to break traditional bonds by prioritizing personal desires and growth before bearing the responsibility of having a child (India, 2021).

#### *Statement of the Problem*

In modern times, a growing number of Gen Z individuals reject the notion that having children is necessary for a fulfilling life. Consequently, this comprehensive research paper seeks to delve into the root causes of why Women in Generation Z are hesitant to start families and uncover the critical factors that influence their choices. Our paper specifically focuses on the Women in their fourth year of the Tourism program at Far Eastern University. Through this study, we aim to provide answers to the following questions:

1) What are the respondents view in parenthood?

- 2) What are the factors that affects the viewpoint of respondents on having children?
- 3) How would these factors evolve over time?

#### *Significance of the Study*

As students approach adulthood, they face the daunting task of deciding which career path to follow or whether to start a family. Many of the graduating seniors in our batch are at a crossroads, as they have the freedom to choose between these two life courses. However, while some students may be excited about the prospect of building a family, others may be hesitant to do so. To better understand the factors that drive this hesitancy, researchers plan to conduct a comprehensive study. The study aims to identify the underlying reasons for students' reluctance to start a family and provide insights into how educational institutions and policymakers can better support students' decisions.

For graduating students, this study will provide valuable insights that can inform other students about perceptions of why some people do not want to bear a child.

Esteemed University Faculty, this research serves as a foundation for understanding the viewpoints of students who prioritize their professional development over starting a family.

Local Community, this study will contribute to a better understanding of how younger generations are primarily focused on their careers. It also stands as a reminder for others that Filipino beliefs and traditions change over time and the misconception of experiencing parenthood equates to a more fulfilling life.

Lastly, the Future Researchers, this study can serve as a valuable source of information for individuals interested in understanding the reasons why 4th year tourism students may be hesitant to have children. In addition, the findings presented in this paper may be used as a reference for future data gathering efforts.

#### *Scope and Limitations*

The study is conducted to examine the perspectives of female students in their fourth year of the Bachelor of Science in Tourism Management program at Far Eastern University, regarding their aspirations of starting a family in the future. The researchers utilized interviews and questionnaires as data collection tools to obtain relevant information from the participants. The participants in this study are five (5) 4th year women from the Tourism Management program at FEU. The qualified participants in this study should be a female tourism student, part of the age range of 22 to 25 years old, desires to be childless, and is currently 4th year student at FEU. Other issues that do not take into account about the reasons for these women's reluctance to have children will not be covered in this study. The results of this research will only be relevant to the participants and will not be used for assessing why people who don't belong in the population are reluctant to start a family.

## II. METHOD

### *Research Design*

This is qualitative research that allows for a more in-depth understanding of information, events, and experiences. The researchers used the qualitative method as it can better comprehend human experience by posing questions that are difficult to answer with statistics. It is used to gather insights and analyze people's perspectives and experiences to provide different viewpoints about the reasons behind 4th year Gen Z women tourism students of Far Eastern University's reluctance about having children. The qualitative design used is a case study to collect the data from the respondents. The case study method enables extensive and thorough examinations of complex issues that arise in real-life settings (Crowe, 2011). The chosen design is advantageous to our research to describe the way individuals encounter a particular phenomenon, particularly for studies aiming to provide different viewpoints about the reasons behind 4th year Gen Z tourism students of Far Eastern University reluctance about having children. The case study data was collected via interviews. According to Creswell (2016), an appropriate sample size for a qualitative study could be between 3-25 participants. In this study, the researchers interviewed five respondents to gain in-depth information on their perspectives regarding the topic.

#### *Research Participants*

A purposive sampling technique, a non-probability sample, is utilized in academic research by carefully selecting individuals who embodies the traits and characteristics that the researchers are intrigued by (Dovetail, 2023). This method is also known as the "Judgmental Sampling" or the "Expert Sampling". This sampling technique is frequently used in qualitative studies such as this paper to effectively scrutinize the reasons on Gen Z's reluctance to parenthood, a purposive sampling method was applied to select individuals who had similar traits with each other. Based on Creswell (2015), there are recommended sample sizes depending on the type of qualitative research the study is. For a narrative study, one or two participants may be used, for phenomenology, it is suggested for researchers to gather 3 to 10 participants, while 20 to 30 participants may be used in grounded theory, for ethnographic research, a single culture sharing group can be used, and four to five cases for a case study. According to Faulkner (2003), when you analyze multiple individuals more than five, fewer new findings are discovered, and it is likely to receive the same concerns with no new information. Therefore, having only five people participating in case studies provides an appropriate balance between identifying significant problems and while maintaining the costs down. Hence, the sample size for this study is limited to five respondents only. The researchers have also set specific criteria which must be met to have consistent and reliable results. To be eligible to participate, the criteria are the following:

- (i) a woman,
- (ii) belongs to the age bracket ranging from 22 to 25 years old,
- (iii) is reluctant to parenthood,
- (iv) and is currently a 4th Year Tourism student in FEU.

#### *Research Instrument*

The researchers use three different types of research

instruments after conducting a phenomenological approach: 1.) semi-structured interview guide 2.) focus-group discussion 3.) preliminary survey. Analysis of the respondent's distinct perspectives, behaviors, and experiences was made possible by these research tools. Also, according to Clements (2021), an interview is a research method that requires asking questions to gather data from people who have experience, opinions, and knowledge about a certain topic.

Three instruments used for the study are explained below.

*Preliminary Survey.* This instrument is used to assess whether the requirements for this study were fulfilled in relation to the specified qualifications. Therefore, determining their age and marital status remains the necessary details.

*Semi-structured Interview.* This instrument was used by carefully selecting and interviewing the chosen female participants from the fourth-year tourism program. The factors, experiences, and influences that significantly impact these tourism students' decision-making process regarding their reluctance to have children are addressed in eleven (11) guide questions. The questionnaire was categorized based on the research questions provided by the researchers. Additionally, open-ended questions are asked to concentrate on how they are perceived to be childless. This allows the researchers to gain insight into the participant's ideas, opinions, and experiences related to a particular subject (DeJonckheere & Vaughn, 2019).

*Focus-Group Discussion.* This instrument is used to collect additional data that reveals the driving forces behind each person's unique viewpoints and experiences. The five female study respondents participated in this discussion, which was shared because it provides a more thorough understanding and justification for the study's future findings. Hence, by using this tool, it was possible to unearth concepts and provide more context for the responses provided by the participants. Furthermore, with this instrument, not only did the participants share their opinions, but the researchers were also able to exchange opinions in order to gain a broader perspective and knowledge about a specific topic.

The researchers have scrutinized and curated a set of questions to be used in interviews. With the help of three subject matter experts, eleven questions were produced by the researchers and validated over two weeks. This process ensured the questions' reliability and validity, enabling the researchers to obtain comprehensive and accurate data.

#### *Data Collection Procedure*

To gather data for the study, the researchers decided to use a qualitative method. This method's main objective is to investigate the subjective experiences and opinions of the respondents. The researchers already know a person who has connections to gather qualified participants, additionally, the researchers are also Tourism students in FEU, hence, a referral system was developed to make collection of participants easier. Moving on, after gathering the desired number of participants, the researchers essentially explained the overview and main intent of the study. Prior to the interview, a letter of request was sent via email to clarify the participants' availability and keenness to take part in the study. The

participants were given the right to withhold information if they felt hesitant to answer the questions provided. Once the researchers and participants had come to a consensus, the participants were asked to sign an Informed Consent Form to enable the researchers to make legal use of the acquired data. After the briefing, the researchers met with the participants based on their preferred time and day which they confirmed in the email. To make the interview comfortable and for both parties to understand each other, the researchers have chosen a place that is neither crowded nor clamorous. Moreover, to ensure that the data from the interviews would be exact and no information would be left behind, the interviews were audio recorded. These recordings were used to transcribe the results word for word, without having to modify the terms, phrases, and concepts to guarantee the validity and integrity of the information gathered. After the transcribing process, the data was shown to the participants, to ensure that the information appropriately represented their viewpoints and difficulties towards being reluctant to parenthood. Despite having the same sentiments, the researchers anticipate that each respondent will have a unique set of experiences, beliefs, and values that may impact their decision-making process.

#### *Data Analysis and Treatment*

To effectively organize, compare, and make sense of the results from the interview, the researchers decided to analyze the data based on Braun & Clarke's (2006) Six-Phase Guide for Thematic Analysis. The first phase into the guide is to familiarize yourself with the gathered data by transcribing, going over and re-reading the results, and jotting down premature comments and thoughts. Being the one who acquired the information, it is likely that one already has prior understanding regarding the data and early interpretations. Nevertheless, one must fully absorb the information until all aspects of the data are grasped. The second phase of the guide is to generate initial codes – this is where the analyst makes up codes from the data that seems intriguing. With this, the data will be organized which may make it easier to set themes and find patterns within the results. Searching for themes is the third phase, this is where the data related to each other is combined. The codes set up in phase two would be utilized by characterizing them depending on the theme. Themes can also have subthemes which may be a relatively smaller topic than the main theme. The fourth phase is reviewing the themes – given the name, this is where the analyst evaluates if the themes make sense and if there are other themes in the data. There are two levels in theme reviewing, level one is reviewing the coded data for each theme while level two is reviewing the whole data set. The fifth phase is defining and naming the themes where the analyst will further develop them and assess the data within each theme. This is also where the essence of the themes is uncovered. And the last phase of the Six-Phase Guide is producing the write-up of the analysis which covers the logical and concise concluding comments regarding the analysis. Furthermore, data triangulation was also utilized – since the study focuses on the different perspectives of individuals, the researchers decided to choose an approach that includes combining data from several

individuals to obtain an exhaustive understanding of the study. Moreover, this approach is also a common a popular qualitative research technique (Indeed, 2022). In this study, the researchers applied data triangulation by gathering data through five different individuals who agreed to discuss their reluctance to parenthood.

### III. RESULTS AND DISCUSSION

#### *Thematic Analysis*

The thematic analysis provided the following points regarding the reasons for the fourth-year Gen Z tourism students' reluctance to have children. These topics are formed from the qualitative narratives of the participants and are arranged according to their viewpoints and experiences.

#### *Difficulties of Parenthood*

This theme reveals the participants' perspectives on parenthood. As stated by Participants 1, 3, and 4, it is difficult and challenging to raise your own children, particularly if you are not yet financially stable. Apart from this, P2 and P5 talked about how scary it is for them to be parents and have a huge responsibility at a young age.

*“Okay, so yung perception ko is to have- having my own child is very difficult siya, kumbaga sa murang edad kapag hindi ka pa financially stable, uhh very difficult choice siya or event na mangyayari sa buhay mo since you are too young for it and also lalo na kapag hindi ka prepared or accidentally na mangyari na magkakaroon ka ng uhm, anak. It is very hard, sa point of view ko lang.”* [In my perspective, having my own child is difficult. As a young adult who is not yet financially stable, it is a very difficult choice or life-changing event to have your own child since you are too young and if you are not yet prepared to become a parent.] (Participant 1, online interview, 28 March 2024)

*“Sorry uhm, ito what is my perception of having my own children uhm honestly speaking, I wanted to have my own children before. However, uhm as time goes by kasi I realized that it is very difficult and challenging to have children especially in these times so ayun.”* [What is my perception of having my own children uhm honestly speaking, I wanted to have my own children before. However, uhm as time goes by, I realized that it is very difficult and challenging to have children especially in these times, so that's it.] (Participant 4, online interview, 2 April 2024)

#### *Viewpoint Shifting Due to Societal Observation*

This theme exhibits the factors that contribute to the changing of the participants' perspectives regarding the topic. Participants 1, 2, and 3 have shared the same sentiments on how the people around them such as their mother, sister, and friends became a factor which affected how they perceive parenthood. While Participants 1 and 4 expressed their opinions on how being financially stable may also be considered a factor to their decision. To dive deeper, P1 and P2 stated that seeing other women close to them getting pregnant at an early age have made them reluctant to being a mother themselves.

*“Madami na akong batchmate or ka-edad ko na*

*nagkakaanak sila at a very young age and nakikita ko yung struggles nila since uhm they are not financially stable pa and nag-aaral pa sila and so on and so forth. So ako, na-isip isip ko na it is very hard to have a children kapag ganun nga hindi ka ready.”* [I have batchmates or people my age who are having children at a very young age and I see their struggles since uhm they are not financially stable yet and they are still studying and so on and so forth. So, I think that it is very hard to have children when you are not ready yet.] (Participant 1, online interview, 28 March 2024)

*“Growing up with my sister who's actually, who actually got pregnant in an early age. Uhm nagkaroon ako ng parang takot in my end kasi some says na i might also have a child at the young age. So having children in the future as well parang nag- yun yung iisa sa mga factor na nag- naging reluctant ako to have one. Kaya parang medyo malabo siya for me.”* [Growing up with my sister who got pregnant at an early age. I got scared because some say that I might also have a child at a young age. So having children in the future as well seems to be one of the factors that makes me reluctant to have one. So, the idea of parenthood seems a bit vague for me.] (Participant 2, online interview, 30 March 2024)

*“Kase uhm ngayon kasi sa ating generation uh sobrang laki ng expenses kasi habang tumatagal kase nag mamahal ang bilingin diba? Tapos yung ating uhm yung wages is hindi rin naman umaangat so I think yun talaga yung naging effect non kaya naisip ko na maging childfree.”* [Right now, in our generation, the rising expenses and stagnant wages are one of the effects of why I think I want to be childfree.] (Participant 4, online interview, 2 April 2024)

Moreover, Participant 3 freely expressed her thoughts on how her mother greatly contributed to her decision by encouraging her to have children. As her mother have been continuously asking her for grandchildren, however, P3 shared that being the eldest among five siblings, she does not want to add more to the responsibilities anchored on her, she added that having children is not on her list of priorities at the moment.

*“I'm the eldest among five siblings and my family is broken kase so my mom isn't able to provide for all of us. Parang ayaw ko na muna dagdagan yung responsibilities ko as the eldest among samin.”* [I'm the eldest among five siblings and my family is broken so my mom can't provide for all of us. I don't want to add have more responsibilities as the eldest among us.] (Participant 3, online interview, 02 April 2024)

*“Kahit yung mom ko, gusto nya rin ng apo sakin since ako yung unang pwede mag anak saming magkakapatid. Tsaka yung lola ko kase, she's very fond of children and ayun nga she's not getting any younger and gusto nya rin magka-apo bago man lang sya kunin ni Lord. So, medyo mahirap rin. Sila talaga yung nag-qquestion sakin kung bakit nag bago yung isip ko, kung bakit ayaw ko magka-anak muna. Pero lagi ko lang sila kinakausap nang mabuti na hindi pa ganon yung desiyon ko. Hindi pa ako ready magkakaanak.”* [“Even my mom, she also wants a grandchild from me since now, I'm her only child who can have children. As well as my grandmother, she's very fond of children and she's not getting any younger and she also wants to have grandchildren before the Lord

takes her. So, it's also quite difficult. They were the ones who questioned me about why I changed my mind, why I don't want to have children yet. But I always tell them calmly, that I'm not ready to have children yet.”] (Participant 3, online interview, 02 April 2024)

#### *Prioritizing Career Over Settling Down*

This theme explores the decision that FEU's fourth-year tourism students made regarding starting a family. As they prepare to enter a new stage of their lives—building their careers after college is their top priority above all. Furthermore, participant 1 stated that after having her own child, it would be much harder for her to pursue her career goals.

*“Uh, what worries you about having a children is that at my very young age, ako kasi... I have – I am a student athlete sa FEU, so I have a career to maintain and to protect since madaming tao na nakakakilala sakin so uhm, nawoworry ako na baka pagnagkaroon ako ng anak, is I can't continue my career na and yung mga plan ko sa life since I am dreaming of being a flight attendant din in the future so baka mahirapan ako to reach that goal in the future if ever naman na magkaroon ako ng anak.”* [“Uh, what worries you about having a child is that at my very young age, because me... I have - I am a student athlete in FEU, so I have a career to maintain and protect since there's many people who knows and recognizes me so uhm, I worried about having my child, is I can't continue my career anymore and my plans in life since I am also dreaming of being a flight attendant in the future so maybe I would have a hard time to reach that goal in the future if ever I would be having a child.”] (Participant 1, online interview, 28 March 2024)

Moreover, given the fact that being a parent is a lifetime responsibility or commitment that requires sacrifices, dedication, and patience, Participant 1 expressed that what influenced her to be childfree was the responsibility that being a parent has and the struggles of the people she meets.

*“Ah yung mga factors na nakakainfluence sa'kin is yung nakikita ko yung struggles ng mga kakilala ko na nagkakaroon sila ng anak. So, parang ako, since, ayaw ko pa magkaroon ng responsibilidad, ayoko pa na mabigatan sa buhay, isa din siya sa mga factors kung bakit gusto ko maging childfree.”* [“Ah the factors that influence me is that I see the struggles of the people that I know when they have children. So, for me, since I don't want to have responsibility, I do not want to be burdened in life, it is also one of the factors why I want to be childfree.”] (Participant 1, online interview, 28 March 2024)

#### *Providing Motherly Care to Others*

This theme shows the decision of the participants to provide motherly care to others rather than to their own children. Participant 1 mentioned that she would rather be a fur parent than have her own children. While participant 3 stated that because of her siblings, it is okay for her to not have children since she is also attached to them, and they consider her their second mother. Being a mother means so much beyond simply raising a child for nine months; it's about providing someone's shoulder to cry on, unconditional affection, and comfort (Murphy, 2018). Thus, such traits are not limited to having

their own children.

*“Uhm, siguro yung mga golden years and thought ko of leaving legacy without children is magiging ano na lang ako... Fur parent or ano ‘di ko na lang talaga... I will be living my life happily, sa kung ano man yung decision or path na tinake ko sa choice ko na not having a children.”* [Maybe the golden years and my thought of leaving a legacy without children is what I will be... Fur parent or what I really don't care anymore... I will be living my life happily, whatever the decision or path I took my choice of not having a child.] (Participant 1, online interview, 28 March 2024)

*“Tsaka yung nga, since madami rin naman akong mga kapatid, parang ako rin yung tinuturing nilang second mom, so ayun okay lang sakin kahit hindi muna magkaanak or in the future kung hindi man talaga”* [Besides, since I also have many siblings, it seems like they consider me their second mom, so it's okay with me even if I don't have children first or in the future if not at all.] (Participant 3, online interview, 2 April 2024)

### *Triangulation*

In order to obtain more comprehensive results, the researchers scrutinized the information provided by the participants through preliminary surveys, semi-structured interviews, and focus group discussions to fully get a grasp on how different factors stand as reasons why they are reluctant to parenthood and how does it affect their daily lives. Utilizing data triangulation allowed the researchers to determine the motives behind the participants' reluctance to become parents and their perceptions of parenthood at a young age.

The respondents went through a screening process to determine if they are qualified to participate in the study. The participants were briefed on what the study is all about, their year level and program, and questions about their demographics such as their age and current relationship status. Moreover, after determining the participant's qualification, the researchers and receiving end have arranged an online interview to go through the second stage of the interview.

During the in-depth interviews, the researchers have gathered thorough data from various perspectives of the participants regarding their decision not to have children, their opinions about parenthood and their own experiences regarding the topic using a set of questions crafted by the researchers. These open-ended questions enabled the participants to freely express their thoughts, which greatly helped the study. In the interview, the collective answer of the participants on which factor contributed the most to their decision not to have children is their career aspirations. This was emphasized throughout the study as the respondents are currently in their last year of college – making them more focused on their careers rather than having children and settling down. Some of the respondents clearly stated that they have a career to protect, and they did not want to waste the opportunities lined up for them. This was followed by the financial burden associated with having children, and simply not having a child filed on their priority list.

In the focus group discussion, it was further discussed that the responsibilities that come with having a child are what

worries the group the most, considering that it is a long-term commitment. Additionally, some of them question themselves regarding their capabilities of being a mother – whether they are mentally, physically, emotionally, and financially ready to have children and face its corresponding consequences. Moreover, they collectively claimed that having multiple siblings may also be a factor in not wanting to have children as they stated that taking care of their younger siblings already felt like having children and wanted to focus on them instead. The way they described their decision-making process suggests that as they grow up and learn about how being a parent is a challenging responsibility they slowly desire to enjoy their own lives at the moment and focus on other things such as their families, career, and self. There is a division of opinions about romantic relationships being a factor in how they see parenthood. On the one hand, some say their partner's presence matters when deciding only if they see that their partner can be a good parent in the future. On the other hand, some say that being in a relationship does not affect how they perceive parenthood at all. Even if they have different sentiments about the matter, they do not let it affect their own opinions and relationship. Both suggest that it is important to talk about the topic to avoid misunderstanding and to make a mutual decision.

The participants see the study as an interesting suitable topic given that it is timely for graduating tourism students like them. It also helped them to look at the perspectives of other people who experience the same thing. Moreover, it is a collective opinion among the participants that they see the study as a safe space to express their decision of being childless without having to mask themselves.

### IV. CONCLUSION

This study explored the reasons behind Far Eastern University's fourth-year female Gen Z tourism students' reluctance to parenthood. Researchers aim to address the following questions about the views of the respondents toward parenthood, the factors that affect their viewpoints, and how these factors would evolve over time. Accordingly, the responses provided by the respondents who collaborated with the researchers during the online interview process served as the exclusive basis for the results. Thus, this study's analysis shouldn't vary from its intended objectives, and it cannot be applied to situations outside of the instances that it analyzed. To get accurate and reliable results, the researchers have also established a few criteria for their respondents. The researchers utilized surveys, interviews, and focus group discussion which allowed the researchers to collect precise and thorough data.

Reluctance to have a child is a complex and personal decision influenced by a wide range of factors. For this reason, to determine whether they're eligible respondents in the study, participants answered a preliminary survey that included questions about their age, relationship status, and year level before proceeding to the second stage of the interview.

Through in-depth interviews and thematic analysis, four themes were created highlighting most reasons for the respondent's reluctance to parenthood. This study focuses on

graduating students, therefore, the results gathered are limited to their viewpoints and experiences. Based on the results, the respondents are reluctant to have children due to the difficulties of parenthood, changing perspective due to complexities in the environment, prioritizing career, and the choice of providing motherly care to others. These findings emphasized the correlation between personal goals, social norms, and environmental factors that influenced the 4th-year tourism students' view on having children. Understanding these underlying reasons allows graduating students, university faculty, and the local community to create support mechanisms that address the needs of and concerns of 4th-year students regarding parenthood.

Through the focus group discussion process, the worries and responsibilities of parenthood are articulated in the group that provide an opportunity for obtaining in-depth information about participants' views, opinions, decisions, and ideas regarding a particular topic. However, the respondents found discussing this topic helpful, particularly for individuals experiencing similar situations. Overall, the researchers made the respondents feel and believe that the study provides a safe space where they can speak openly about their decision to not have children without feeling pressured to keep it a secret.

#### V. RECOMMENDATIONS

This study has imparted significant information that helped to have a better understanding regarding the reasons why Generation Zs these days are reluctant to have children. As the study advanced, several points surfaced as areas that can be improved on for future research. The recommendations are offered:

- a. The duration of the study only ran for two months. Hence, having limited time to study the topic to its extent. Future researchers should allot more time in conducting the study to observe the changes that may happen regarding the perception of having children.
- b. Online meeting is the only medium of communication used for this study. It is suggested that future studies should be held face-to-face to have deeper observations from the participants.
- c. This study's scope is limited to FEU's fourth-year female tourism students. Therefore, to have a more comprehensive viewpoint that could be added to the study, it is advised that future researchers should also consider men's perspectives about the topic.
- d. This study is exclusively about the opinions of Generation Z. Thus, it is advisable to also gather perspectives from members of other generations to gain a more comprehensive understanding of the topic at hand.
- e. This study specifically examines individuals who are hesitant to start a family. However, it is recommended that future researchers also collect data from those who prioritize starting a family over pursuing their career. This will help gather data for differentiation of the two topics.

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