THE ROLE OF FACEBOOK IN SUSTAINING RELATIONSHIP AMONG FAMILIES OF OFW

*Reginal Jesus Ariate, Rose Janine Cruz, Jemmica Dimaculangan
and Celia A. Tibayan
AB in Communication*

Abstract

Nowadays, many Filipino families depend on technology in communicating. Through the use of the Internet, nothing seems to be impossible. The emergence of the Social Networking Sites (SNS) made communication more accessible for everybody. Through Facebook, individuals may communicate with others despite physical distance. This study aimed to determine the role of Facebook in sustaining relationship among OFW families. The researchers used purposive sampling to obtain the required information. The researchers surveyed Lyceum of the Philippines University-Laguna (LPU-L) students who have parents working abroad, either their mother or father or both parents. Before the actual survey, the researchers pre- tested the questionnaire for 30 students who also have parents working abroad. Then, the researchers conducted a survey among of 44 respondents in LPU-L. Based on the findings, the researchers concluded that most of the respondents connect with their parents abroad every other day from 1-2 hours. Their main purpose of using Facebook is for family events or activities. Chat is the most used feature of Facebook. The main role of Facebook in sustaining relationship among families of OFW is bridging gap between families. The respondents are always keeping in touch to their parents abroad through Facebook. By using Facebook, they maintain their relationship with their parents even if they are far from each other.

***Keywords:** social networking sites, facebook, frequency, purposes, features, family relationship.*

INTRODUCTION

Overseas Filipino Workers (OFWs) contribute a lot to the betterment of the Philippine economy; oftentimes the families whom they have left

behind in the country are adversely affected. The impact of this might not be evident now but eventually, this might also change the future Filipino families or even the future Filipino identity.

Nowadays, many Filipino families depend on technology in communicating. Through the use of the Internet, nothing seems to be impossible. The emergence of the Social Networking Sites (SNS) made communication more accessible for everybody. Through Facebook, individuals may experience communication with others despite physical distance. It is a medium that can be easily accessed by most people. Some research focused on how Facebook as a tool of communication maintain the relationship among others and what are the other social networking sites that can maintain the relationship.

This study is focused on the role of Facebook in sustaining relationship among OFW families. It also aimed to determine how the respondents use Facebook in communicating with their parents abroad.

Review of Literature and Studies

An Overseas Filipino Worker (OFW) is a Philippine citizen who is employed in work outside the country. Because they value their families, they choose to leave the country to find work that exceeds the salaries of some jobs that are available in the Philippines. Most of these OFWs are known as doctors, nurses, accountants, IT professionals, engineers, architects, entertainers, technicians, teachers, military service crew and domestic helpers (Ochoa, 2011).

It is estimated that out of the 85 million Filipinos, 10% or eight million are working or living abroad. According to the Central Bank of the Philippines, it was estimated that OFWs were expected to send back $14.7

billion in remittances to their homeland in 2007 from the $13 billion that they have given in 2006 (Pinoy Overseas, 2008).

Asia dominates the world's biggest social networking markets and Philippines tops the rank with 93.9%. The top 3 SNS are Facebook, (93.9%) Twitter (16.1%) and Linkedin (1.9%) (Russell, 2011).

SNS such as Facebook establishes or maintains connection with others. It also enables its users to present themselves in an online profile and to interact with people they already know offline or to meet new people (Ellison and Steinfield, 2007).

According to a research, Americans aged 18- 64 who used social networks say they spend an average of 3.2 hours per day doing so. Specifically, 18-34 year olds report spending 3.8 hours per day while those who aged 35-49 spend 3 hours per day and 50-64 year olds report spending 2.4 hours per day (Marketing charts staff, 2013).

Several past research studies focused on the frequency of students in using social media. As cited in the study of Reich et al. (2008), 10.67% of the 225 respondents spend 30 minutes or less per visit on their SNS accounts while 22.22% spend more than 30 minutes to one hour per visit. 39% spend more than 2 hours while 10.22% spend more than 3 to 4 hours.

An average of about 6 to 9 hours every day surfing these networking sites was spent by the majority of the students. More than 1 hour every day, ranging between 10 to over 15 hours being spent every week was spent by 28% of them (Raizada and Rajat 2009).

According to Ochoa (2011), families from ages 20-65 spent approximately 2 hours in communicating with their OFW family members via Facebook. More than 40 percent of the respondents used Facebook to

communicate with their family members once to thrice a week. It can be noted that majority of the respondents used Facebook quite often. The length of time spent in communicating with a family member could indicate the levels of closeness/distance of the respondent from him/her. Based on the average length of time that the respondents talked with their OFW family members, it could be assumed that they have a relatively close relationship with them.

Facebook has been the most popular SNS ever since. According to Lunden (2014), the total number of monthly active Facebook users is 128 billion. In Facebook, it allows users to create a profile, containing basic information about them and add friends or follow celebrities. One can also update his/her status and send message to different people, upload photos or videos and share links. Also, one can comment or like statuses or pictures.

Facebook has three major purposes: first is to keep in touch with far away family and friends, second is to share photos and information and lastly is to get one's news. Facebook users like to share photos and write short updates about their life, people interact with Facebook on a daily basis. Every time one logs to in Facebook, he/she will see updates and photos about his/her friends. People also send their friends a private message using Facebook. It is a great way to see the everyday lives of friends and family that one sees every day (Andrus, 2012).

The study of Ochoa (2011), which examined Facebook as a tool in relationship maintenance between OFW families shows different features of Facebook that helped the respondents in communicating with their loved ones abroad like sharing/ tagging of pictures and videos, chat, posting on wall and making groups. The respondents frequently share pictures and videos. Through it, they were able to update the OFW on family affairs and

gatherings and felt the presence of their family because they were able to see each other. These features also helped by being convenient tools in communicating or relaying the message that they wanted to convey, being accessible, achieving practical use of time, and making them feel each other's presence despite physical distance.

Communication is simply transferring an individual's idea to other individuals (Stewart, 2005). It is how individuals connect with each other and through this; they can give or exchange information that they want the other individuals to know.

Communication technologies make it increasingly easy to maintain relationships at a distance through a variety of channels. Friends are able to keep in touch through emails, text messages, and Facebook posts. Dunbar (2011) even said that "I suspect that Facebook's one great contribution has been to slow down that rate of relationship decay by allowing us to keep in touch with friends over long distances".

According to Stewart (2012), Caribbean nation of Jamaican parents communicate with their adolescents overseas using Information and Communication Technologies (ICTs). The parents were able to maintain strong emotional bonds with their adolescents overseas despite the barriers of distance. They used mobile phones, and voice over Internet protocols to enact a virtual co-presence with their children, as well as to maintain existing, and create new family rituals. He also cited some implications for privacy and boundary management between parents and adolescents, and for the sharing of social and emotional capital across national boundaries.

Computer Mediated Communication (CMC) with the help of the Internet is popular among the people in this generation. In fact Hernandez (2010, p. 19) said, "it has many features for audio, video, textual mechanisms

that allow interactive participation among user, thus, the so called 'virtual closeness' is created". It offers a lot of applications like chat rooms, gaming, email exchange and others through these applications, people can enjoy surfing the internet plus they can able be able to communicate with other people at the same time. Constant communication leads to a more secure relationship. Internet provides its users with a number of opportunities and challenges how people communicate, entertain their selves and perform work. One of the most popular among these applications is the SNS work (Erlbaum and Gattiker, 2001).

Social networking started as a place to connect with one's friends in an easy and convenient way. These sites allow the individuals in the family to share their daily lives in the virtual community. Members of the family are given the chance to organize events while their loved ones abroad can communicate and share things every time despite the fact that they are far from each other (Vitak et al., 2013).

According to Park (2009), participating in groups within Facebook is aimed to socialize, to be entertained, to seek self status and information.

Facebook provides an invaluable resource for fulfilling basic human need for social connection rather than enhancing well-being. Some researchers said that Facebook had positive effects on its users. They find people spent more time on Facebook when they were feeling lonely (Facebook use 'makes…, 2013).

SNS have become the major media by which people develop their personal network online in recent years. The affecting factors why people continue to join SNS is enjoyment which is the most influential factor in people's continued use of SNS, followed by number of peers and usefulness (Peng Lu and Yu Lin, 2010).

SNS' use for social and informational functions (SIF) increased individuals' levels of perceived bridging social capital and perceived life satisfaction, while SNS' use for entertaining recreational functions was unable to predict perceived social capital but increased individuals' levels of loneliness. Chinese international students' levels of perceived acculturative stress were decreased by their perceived bonding social capital and increased by their perceived loneliness but had no relationship with their SNS use (Yu Guo et al., 2014).

The study of Coyne et al. (2014) examined the relationship between parent–child social networking, connection, and outcomes for adolescents. Social networking with parents was associated with increased connection between parents and adolescents. Feelings of connection then mediated the relationship between social networking with parents and behavioral outcomes, including higher pro social behavior and lower relational aggression and internalizing behavior. Adolescent social networking use without parents was associated with negative outcomes, such as increased relational aggression, internalizing behaviors, delinquency, and decreased feelings of connection. High levels of social networking use may be problematic for some individuals. Social networking with parents may potentially strengthen parent–child relationships and then lead to positive outcomes for adolescents.

SNS like Facebook represents a potentially valuable means for individuals with low self-esteem or interpersonal difficulties to connect with others. Individuals who are most in need of social benefits from Facebook may be ineffective in their communication strategies, and thereby sabotage their potential to benefit interpersonally (Clerkin and Smith, 2013).

An article by Schouten and Steijn (2013) investigates the relationship between sharing personal information and relationship development in the

context of SNS. Information disclosed on these sites could affect relationships in a different manner compared to more traditional interactions, such as instant messaging or face-to-face interaction. Relationship development mainly occurs among acquaintances and friends, and public posts are most strongly related to relationship development.

According to Farber and Nitzburg (2013), SNS like Facebook increases interpersonal connections but also intensifies jealousy, envy and surveillance behaviors. It can also provide hope for a more engaged, connected world. For those patients with attachment difficulties, the ease of Facebook connection may allow them to stop short of the critical challenge of developing true intimacy. A tendency towards disorganized or anxious attachment may result in holding relationship at arm's length.

The public nature of SNS makes it easier for individuals to share information about their romantic relationship to a wider network of people and to do so much more quickly than via traditional face-to-face communication. SNS are key determinants in romantic relationship. Communication technologies are not merely devices that facilitate people interactions. Rather, they are tools that are establishing, shaping, and even defining people relationship (Fox and Warber, 2013).

Instant Messaging (IM) plays a major role in online communication. It is also a free alternative vehicle for communicating with peers to ventilate negative emotions and to receive social support and advice (Cohen et al., 2013).

According to Lowry (2012), some parents can spend more time with their children as they can work from home or work unusual hours and schedules. He also said that as children get older, Facebook and text messaging offer additional ways to stay connected with children. The Internet

provides families with a wealth of information about parenting and child development.

Vitak et al. (2013) emphasize that relationship maintenance activities include the processes through which individuals keep a relationship in existence, in a specified state or in a satisfactory condition. His research highlights the important role of positivity, self disclosure, openness, and social support in maintaining existing relationships in Facebook.

Facebook features may be helpful for individuals looking for some forms of support, such as advice about big decision and for engaging in generalized reciprocity by responding to others' request (Ellison and Steinfield, 2007).

Raizada and Rajat (2009) even pointed out that the more frequent people do activities on Facebook to communicate with the other person, the closer they become, thus, the better the relationship maintenance.

According to the study of Ochoa (2011), almost all of the respondents (96. 15%) shared information on family events/activities with their OFW family members using Facebook. The purpose of which was to update the OFW family member/s with the happenings in the family from them to catch up and not to be left behind with these. By doing so, they may still feel that despite physical distance, they are part of their family. The respondents shared to their loved ones abroad were issues concerning the children in the household including education, health and others. Sharing personal experiences of feelings and household management issues also got high frequencies with 81 and 73% respectively. Moreover, results show that the respondents could express what they wanted to say to their parents like their problems. Respondents are always connected to their family abroad despite physical distance.

Objectives of the Study

This research aimed to determine the role of Facebook in sustaining interpersonal relationship among OFW families.

Specifically, this study aimed to:

1. determine how the respondents use Facebook in terms of:

    a. Frequency;
    b. Purposes; and,
    c. Features that are mostly use.

2. determine the role of Facebook in sustaining relationship as perceived by the respondents.

3. determine if there is significant relationship between how the respondents use Facebook and its perceived role in sustaining their relationship with their families.

The researchers look on how a college student in LPU-L uses Facebook in their everyday life to connect with their parents abroad and their purpose of using it. The scope of relationship is between the families only, from the relationship of parents to their child. The researchers used Uses and Gratification Theory to discover why people use mass media and on what is their purpose of using it. Also, the researchers attempted to know how Facebook can sustain relationship between families abroad and that is why the researchers could make a good use of this theory.

Conceptual Framework

Independent Variable   Dependent Variable

Profile of the respondents
• Frequency in using Facebook • Purposes of using Facebook • Features of Facebook that the respondents mostly use

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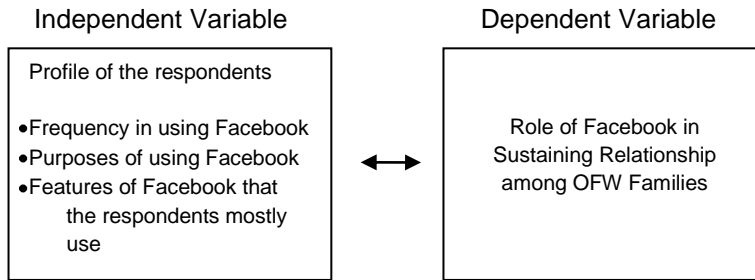| Role of Facebook in Sustaining Relationship among OFW Families |
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Figure 1. Conceptual framework of the study

Figure 1 shows the conceptual framework of the study. The researchers used the dependent and independent framework for the study. The independent variable is represented by the profile of the respondents such as frequency in using Facebook, purposes and features of Facebook that the respondents mostly use. The dependent variable is represented by the role of Facebook in sustaining relationship among OFW families.

METHOD

The researchers used descriptive design of research. It is used to obtain information concerning the current status of the phenomena to describe what exists with respect to variables or conditions in a situation. It is a quantitative kind of research to understand a certain research problem from the perspective of the subjects (Burns and Grove, 2005). This type of method is used to survey and pretest to know the role of Facebook in sustaining relationship among families of OFW.

The researchers conducted the study in Makiling, Calamba City, specifically in LPU-L. Forty-four students who have parents working abroad are part of this study. They were chosen on the following criteria: (1) they are

bonafide students of LPU-L whose parents are working abroad for more than a year. (2) their parents could be mother, father or both; (3) the student must be still connected to his/her parents.

To interpret the gathered data, the researchers used different statistical methods including frequency and percent distribution. Additionally, Pearson's correlation analysis was used to determine the significant relationship between how the respondents use Facebook and its perceived role in sustaining their relationship with their families.

RESULTS AND DISCUSSION

Below are the results of the gathered data:

Profile of the respondents

The profile of the respondents consisted of their frequency of usage, hours spent, purpose of using Facebook and features of Facebook that are mostly use.

Frequency of Facebook usage

Table 1 presents how the respondents use Facebook. It shows that every other day got the highest percentage which shows that the respondents connect with their parents abroad quite often, while some of the respondents connect with their parents once or twice a week only.

According to the study of Ochoa (2011), more than 40 percent of the respondents used Facebook to communicate with their family member once to thrice a week, it can be said that majority of the respondents used Facebook quite often. This means that there was constant communication between the respondents and their OFW parents.

Table 1. Frequency of Facebook usage

Frequency Usage	Frequency	Percentage
Every other Day	12	27
Everyday	11	25
During weekends	11	25
Once a week	5	11
Twice a week	5	11
Total	**44**	**100.00**

Hours spent in using Facebook

Table 2 shows the average use of Facebook per connection. It can be noted that most of the respondents spent an average of 1-2 hours in using Facebook, while some of the respondents spent an average of 30 minutes in visiting their accounts to communicate with their parents. Only one respondent answered that he/she spent an average of 10 minutes. It means that most of the respondents spent only a few hours in communicating with their parents abroad.

This result can be supported by the results of the study of Reich et al. (2008) wherein they found out that respondents spend more than 2 hours visiting their SNS accounts. Moreover, Ochoa (2011) even added that the respondents spent approximately two hours in communicating with their OFW family members via Facebook. The more frequent people do activities on Facebook to communicate with the other person, the better the relationship maintenance.

Table 2. Hours spent in using Facebook

Hours	Frequency	Percentage
1-2 hours	20	45
30 minutes	12	27
3-5 hours	8	18
5 hours and above	3	6
Others: 10 minutes	1	2
Total	**44**	**100.00**

Purpose of using Facebook

Table 3 presents the purpose of using Facebook. It shows that out of 44 respondents, 22 answered that their main purpose of using Facebook is family events/activities; nine respondents answered urgent concern; followed by seven respondents main purpose of using Facebook is household needs while, six respondents answered other main purpose of using Facebook.

Results show that the most of the respondents use Facebook to update themselves in their family events/ activities to know what their parents are doing even though they are far. The purpose of most of the respondents is for them to catch up and not to be left behind with some activities of their family. Six respondents identified other purposes of using Facebook in communicating with their parents abroad. These are for family bonding, sharing thoughts to their parents and usual communication.

This result can be supported by the study of Andrus (2012) wherein he found out that one of the purposes of Facebook is to update one in some activities or events that he/she involved in. Moreover, according to the study of Ochoa (2011) almost all of the respondents (96%) shared information on family events/ activities with their OFW family members using Facebook. By doing so, they may still feel that despite physical distance, they are part of their family. Vitak et al. (2013) even pointed out that members of the family

are given the chance to organize events while their loved ones abroad can communicate and share things every time despite the fact that they are far from each other

Table 3. Purpose of using Facebook

Purpose of using Facebook	Frequency	Percentage
Family events/Activities	22	50
Urgent concern / children issues	9	20
Household needs / personal experiences	7	15
Sharing thoughts, usual communication, family bonding	6	13
Total	**44**	**100.00**

Features of Facebook that are mostly use

Table 4 shows the feature of Facebook that the respondents mostly use. It shows that three respondents answered that their mostly use features of Facebook is posting on wall; followed by 28 respondents uses chat; 11 respondents uses sharing/ tagging pictures and videos; while only one respondent answered other features of Facebook.

It shows that respondents usually chat with their parents abroad. Through it, they were able to update their parents abroad on family events or in some gatherings and felt the presence of their parents because they were able to talk with them, and access to it was convenient.

It contradicts the results of the study of Ochoa (2011) wherein he found out that the most frequent application/ feature of Facebook that helped the respondents in communicating with their loved ones abroad was the sharing/tagging of pictures and videos. Moreover, in his study, he even added that the applications/ features helped in their communicating with their loves ones abroad, by updating the OFWs on what was happening in their

family. They also helped by being convenient tools in communicating or relaying the message that they wanted to convey, being accessible, achieving practical use of time, and making them feel each other's presence despite physical distance.

Table 4. Features of Facebook

Features of Facebook	Frequency	Percentage
Chat	28	63
Messaging	11	25
Posting Wall	3	6
Sharing/ tagging Pictures	1	2
Others: Video Call	1	2
Total	44	100.00

Role of Facebook

Table 5 shows the total weighted mean of every role of Facebook. Out of the four categories, bridging gap between families got the highest mean of 3.23. It shows that Facebook as SNS plays a big role in bridging gap between families.

This result can be supported by the study of Dunbar (2011) wherein bridging gap between families involves a communication technology that makes it increasingly easy to maintain relationship at a distance through a variety of channels. Families are able to keep in touch through emails, messages and Facebook posts. Facebook is a one great contribution that has been to slow down that rate of relationship decay by allowing one to keep in touch with family and friends over long distances. More so, Vitak et al. (2013) even mentioned that relationship maintenance activities include the processes through which individuals keep a relationship in existence, in a specified state or in a satisfactory condition. He also highlights the important role of positivity, self disclosure, openness and social support in maintaining

existing relationship in Facebook. These factors help in bridging the OFW families.

Table 5. Role of Facebook

Role of Facebook	Mean
Bridging GapBetween Families	3.23
Support	3.08
Sustaining Relationship	2.99
Guidance	2.99

Relationship between profiles of the respondents and role of Facebook in bridging gap between families

Resulta show that hours spent in using Facebook and features of Facebook have no significant relationship in the role of Facebook in bridging gap between families. In terms of, frequency of usage and purpose of the respondents using Facebook has significant relationship in bridging gap between families.

It means that the respondents and their parents abroad used Facebook to bridge the gap between them. It can be noted that the purpose of the respondents has significant relationship in bridging gap between families, which means that they use Facebook to update on some events of their parents or for some urgent concern. The respondents are always connected with their parents abroad to communicate for some purposes like they want to talk with their parents because they miss them or to show some feelings of affection and care to their parents. It is needed how frequent the respondents use Facebook to bridge the gap between them.

This result can be supported by the study of Ochoa (2011) wherein he mentioned that the respondents shared to their loved ones abroad were issues concerning the children in the household including education, health, and others. He also added that the respondents are always connected with

their parents abroad to update their parents despite physical distance and it has something to do in bridging gap between families.

Relationship between profiles of the respondents and role of Facebook in sustaining relationship

Results show that frequency usage, purpose of the respondents and features of Facebook have no significant relationship in the role of Facebook in sustaining relationship. In terms of hours spent in using Facebok, there is significant relationship in sustaining relationship.

It means that the length of time is needed in using Facebook to sustain the relationship of the family member. The relationship of hours spent in sustaining the relationship is when the family spends a quality of time together are more they sustain their relationship. Most of the respondents explained that through Facebook, they were able to feel that their OFW parents were willing to allot, extend and spend more time to communicate with them.

This result can be supported by the results of the study of Hernandez (2010) wherein he said that based on the average length of time that the respondents talked with their OFW parents; there is a constant communication that leads to a more secure relationship. While other researchers also said that Facebook had a positive effect on its users, they find people spent more time on Facebook when they were feeling lonely.

Relationship between profiles of the respondents and role of Facebook in providing guidance

Results show that frequency usage, hours spent in using Facebook and features of Facebook have no significant relationship in the role of Facebook in providing guidance. In terms of purpose of the respondents

using Facebook, it has significant relationship in terms of the guidance of parents with their children.

It means that the relationship of purpose of the respondents why they communicate to their parents has something to do in the guidance of parents to their children. The respondents purpose why they communicate to their parents is to share their problem or get some advice from their parents and it is a one way that parents guide their children.

This result can be supported by the study of Ochoa (2011) wherein he mentioned that the respondents could express what they wanted to say to their parents like their problems.

Relationship between profiles of the respondents and role of Facebook in providing support

Results show that frequency of usage, hours spent in using Facebook and features of Facebook have no significant relationship in the role of Facebook in providing support. In terms of purpose of the respondents using Facebook, it has significant relationship in providing support of the parents to their children.

It means that the respondents and their parents use Facebook to support each other. It can be also noted that purpose of the respondents has significant relationship in the role of Facebook in providing support, which means that they use Facebook in communicating with their parents to support their needs. Most of the respondents' purpose of using Facebook is to communicate their health conditions or financial needs. In short, they used Facebook to get some financial or health support from their parents.

This result contradicts the study of Cohen et al. (2013) wherein they found out that there is significant relationship between features of Facebook

and support. He said that instant messaging is also alternative vehicle of communicating with peers to received support and advice. Ellison and Steinfield (2007) even pointed out that Facebook features may be helpful for individuals looking for some forms of support, such as advice about big decision and for engaging in generalized reciprocity by responding to other's request.

CONCLUSION AND RECOMMENDATION

Conclusions

Profile of the respondents shows that in terms of frequency of usage of using Facebook, most of the respondents use Facebook every other day. In terms of hours spent in using Facebook per connection, most of the respondents use Facebook 1-2 hours in communicating with their parents abroad. The respondents are always connected to their parents abroad but quite often.

In terms of the purpose of using Facebook, family events/activities got the highest percentage. Most of the respondents use Facebook to update themselves on what their parents are doing. Even if most of the respondents answered that their purpose of using Facebook is for family events/ activities, some of the respondents use Facebook for some urgent concern about their family because Facebook is a medium that can be easily accessed by most people. Uses and Gratification Theory states that the respondents use media to satisfy their needs. Respondents have enough self awareness in media especially in Facebook which can help them in providing their need satisfaction.

In terms of features of Facebook that the respondents mostly use, chat got the highest percentage. They use chat to discuss their family events/

activities or if the child wants to ask something or has an urgent concern to his/her parents.

The researchers also concluded that out of four categories of the role of Facebook, bridging gap between families turned out to be the number one role in using Facebook to connect with their parents abroad. Even though all of the categories of role of Facebook have a little difference in their total weighted mean, bridging gap between families emerged the most. The respondents always keep in touch or connected and freely express what they want to say and make them feel closer with their parents but some of them are not easily confessing their feelings to their parents using Facebook. Most of them used Facebook for some reasons like financial needs or only if they miss their parents.

The researchers also concluded that there is a significant relationship between frequency usage and purpose of using Facebook in bridging gap between families. However, there is no significant relationship between hours spent in using Facebook and features in bridging gap between families.

Further, the researchers concluded that there is no significant relationship between frequency of usage, purpose of the using Facebook and features in the role of Facebook in sustaining relationship, while there is significant relationship between hours spent in using Facebook in sustaining relationship.

Three out of four profiles of the respondents has no significant relationship between frequency of usage, hours spent in using Facebook and features in the role of Facebook both in guidance and support, while there is a significant relationship between purposes of using Facebook both in providing guidance and support.

Recommendations

Based on the results of the study, the researchers recommend the following:

1. To the relatives/family of OFWs and students who have parents working abroad, it is recommended that they continue using Facebook since it can be a tool of communication not only in connecting with their families but also in seeking guidance and support from their parents because based on the results of this study, it helps bridge the gap.

2. For future researchers, they may also conduct further study about the use of Facebook. Further studies focused on other SNS can also be considered. They may also conduct comparative analysis between Facebook and other SNS. They may also use this as a reference for them to have a broader knowledge about this kind of study. The researchers may also recommend that they expand the framework of this study so they might be able to understand and discover more of this.

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