



LUGUD MATWA (FILIAL LOVE): EXPLORING RESILIENCE IN CAREGIVER ROLES AMONG KAPAMPANGAN FAMILIES

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BACKGROUND OF THE STUDY

The world's aging population is increasing rapidly, with the elderly population in the Philippines expected to reach 11.9 million by 2025 (Felipe-Dimog et al., 2023). In many Filipino families, caregiving for the elderly—often by adult children—remains an unspoken cultural norm deeply rooted in *lugud*, the Kapampangan term for unconditional familial love. However, caregiving presents significant emotional, physical, and social challenges. While global health discussions often emphasize structural elder care systems, many developing countries continue to rely heavily on informal, culturally driven caregiving. Understanding these culturally embedded practices is crucial in shaping inclusive, community-based health interventions.

OBJECTIVE

This study investigates how '*lugud*' (love) impacts resilience in caregiving among Kapampangan families caring for elderly parents. By examining this cultural value, it aims to understand how familial bonds and cultural norms support caregivers' resilience, helping them navigate caregiving challenges effectively.



DESIGN

Interpretative Phenomenological



LOCALE

Pampanga, Philippines



PARTICIPANTS

- ✓ Nine (9) Kapampangan caregivers aged 40+
- ✓ Caring for elderly parents (65+ with chronic illness)
- ✓ Selected via purposive sampling



DATA COLLECTION

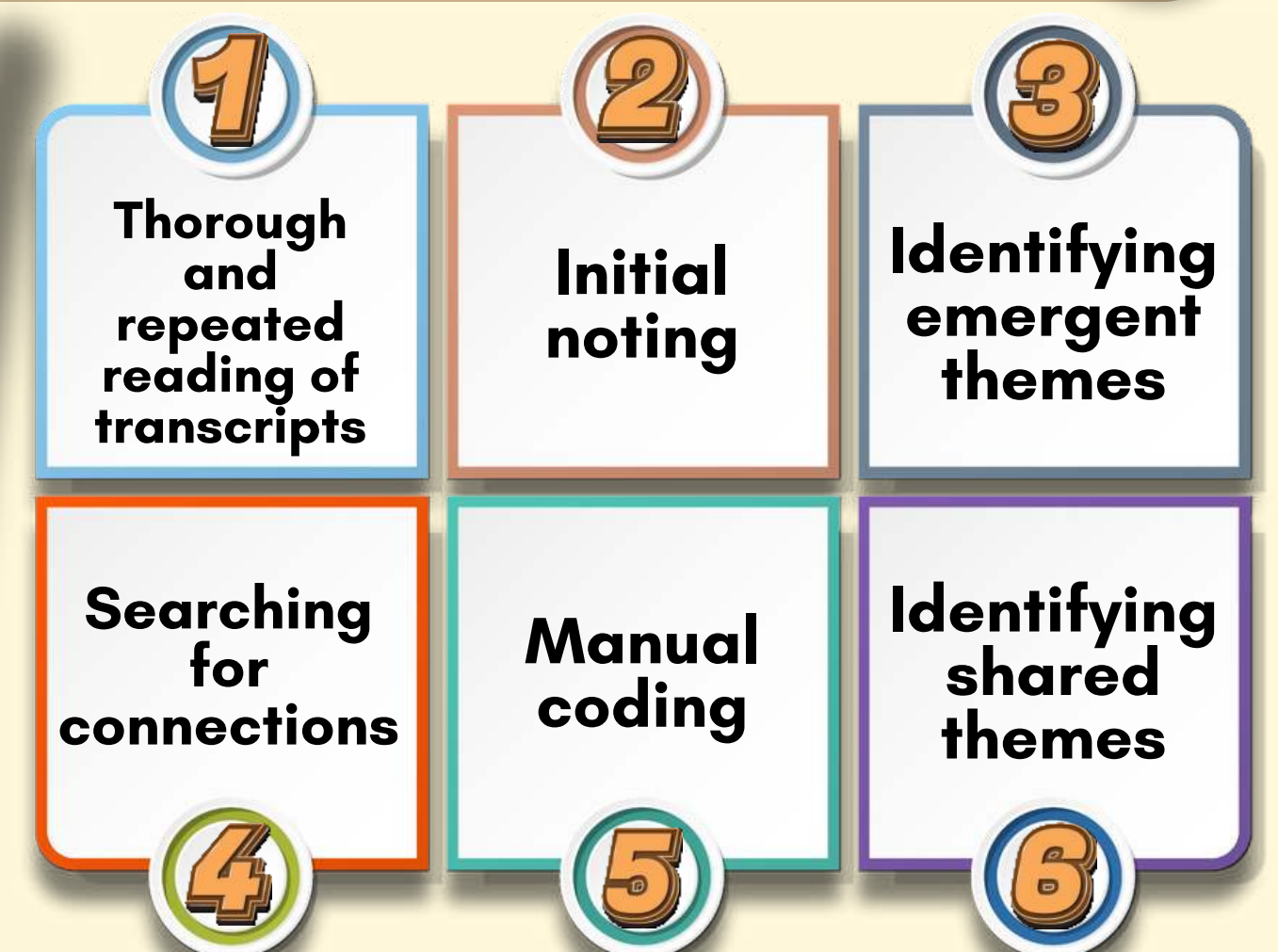
Unstructured interviews guided by the grand tour question:
"How does *lugud* (love) impact your role as a caregiver in your Kapampangan family?"

METHODS



DATA ANALYSIS

Smith et al.'s six-step IPA framework



The researchers utilized the six-step framework of IPA, as outlined by Smith et al, for the data analysis (2009, as cited in Bartoli, 2019)

RESULTS: THEMES AND SUBTHEMES

SUBTHEMES	QUOTE
1.1 Where Resilience Takes Root 1.2 Resilience in Motion 1.3 The Weight Beneath	Subtheme 1.3 - Participant 03: <i>Sometimes, it's exhausting. I have a lot to do, and I can't leave her... it's challenging, but you have to stay strong.</i>
2.1 The Heart and Hands of Care 2.2 The Weight of Expectations 2.3 Evolving Roles, Shifting Realities	Subtheme 2.2 - Participant 04: <i>Because for me... I don't think about anything else—what I know is that... whatever she did for me, I'll repay it to her. That's it.</i>
3.1 Acts of Honor 3.2 One Heart, Many Hands 3.3 Anchored in Faith	Subtheme 3.3 - Participant 08: <i>Back then, I couldn't accept it, and I even thought of ending my life. But I realized, maybe God is telling me to accept my reality.</i>



CONCLUSION

Kapampangan caregivers derive emotional strength and resilience from *lugud*, which acts as a cultural compass guiding caregiving roles. Far from being a burden, caregiving is viewed as a sacred act of love, shaped by family values, faith, and moral responsibility. This study contributes a localized yet globally relevant perspective on family caregiving and suggests the importance of culturally grounded caregiving interventions in community health and global aging care strategies. Findings highlight the need to integrate cultural identity into healthcare planning, ensuring that interventions are not only effective but also respectful of local traditions and values. This perspective enriches the global health dialogue on caregiving and elder care in culturally diverse settings.

REFERENCES

Felipe-Dimog, E. B., Tumalak, M.-A. J. R., Garcia, A. P., Liang, F.-W., Silao, C. L. T., & Hsu, M.-T. (2023). Caring behavior of Filipinos toward their elderly family members. *Acta Medica Philippina*. <https://actamedicaphilippina.upm.edu.ph/index.php/acta/article/view/6880/517>

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