

Chronicles of Grandparenthood Journey: A Narrative Inquiry

Lovelyn G. Tipon

College of Nursing and Allied Health Sciences/ Cebu Normal University, Philippines,6000

DOI: <https://doi.org/10.51244/IJRSI.2024.1108040>

Received: 17 July 2024; Accepted: 30 July 2024; Published: 05 September 2024

ABSTRACT

This qualitative research study delves into the transformative journey of becoming a grandparent, tracing the journey from the announcement of a first grandchild's pregnancy, through the birth, and into the ongoing roles and responsibilities of grandparents. Employing a narrative technique, central to qualitative research design, the study centers on the stories shared by participants. A diverse group of ten participants was included, with data collection continuing until saturation was achieved. The process of re-storying was utilized to merge participants' narratives with emergent themes, yielding a comprehensive analysis of the data. Three (3) key themes emerged: Chronicle 1: The Grand Nurturing of Connections Over Time. This theme chronicles the evolving and enduring nature of grandparent-grandchild relationships, highlighting the depth and significance of these familial bonds as they develop over time. Chronicle 2: The Grand Sustaining of Roles Over Time. This theme explores how grandparents navigate and adapt to their changing roles and responsibilities as they embrace their grand parenting journey. Chronicle 3: The Grand Establishing of Relationships Over Time. This theme examines the ways in which grandparents establish and maintain meaningful relationships with their grandchildren, even across geographical and cultural barriers. By employing a narrative approach, this study provides rich, contextual insights into the transformative and enduring nature of grandparent-grandchild relationships, offering valuable perspectives on the significance of these familial bonds.

Keywords: Aged, Family, Grandparenthood, Journey, Narrative Inquiry

INTRODUCTION

The grandparent position that the older adult assumes comprises a variety of variables; some of these variables may be damaging, while others may be positive and enriching, which may perhaps result in a fulfilling older adult experience. Grandparents must be able to express their feelings, whether they are favorable or unpleasant. According to Condon et al. (2018), some older persons find becoming grandparents rewarding to the point where others learn that increasing the amount of time spent watching their grandchildren is linked to better mental health. However, according to Ochiltree's (2006) study, taking care of a grandchild is taxing. This includes the financial hardships they encounter, which prevent them from pursuing their retirement-stage plans. Despite all the difficulties, Hayslip & Kaminski (2005) and Hayslip et al. (2009) explored how some people may find that being a grandmother is inherently pleasant or rewarding Cox (2000).

Additionally, according to Ochiltree (2006), in the United States, roughly 38% of grandparents provide childcare, compared to up to 50% of the working parent population in the UK. In the United States, grandmothers make up about 54% of grandparents. On the other side, Xu (2019) noted that grandparents who looked after their grandkids had better mental and physical health than grandparents who did not. The parent acts as a major mediator in the relationship between grandparents and their grandchildren, and as

time goes on, their relationships and bonds become more direct (Sprey & Matthews, 1982). Bullock (2004) found in his study that “parenting grandkids can result in financial stress, role restriction, and some social isolation. Goodman & Silverstein (2001) also stated that those grandparents playing the linking role in the family develop greater life satisfaction among others and that there may be an advantage for caregiving grandmothers to have closer relationships with both the younger generations even when their parent-child relationship is weak. The benefits it causes provide grandparents with role satisfaction and positive influences. They may find that their love and care for one another serves as the glue that holds everything together. On the other side, according to Waldrop & Weber’s (2001) study, grandparents who take care of their grandkids often find themselves in a terrible situation. The majority of grandparents are middle-aged people. Caregiving for children without their birth parents is referred to as grandparenting. The experience has been satisfying and fulfilling in some way, and the grandchildren have inspired an elderly person. Grandparents, especially grandmothers, gave up their jobs to help their grandkids, according to Hayslip et al.’s (2009) book. Some of these kids grow close relationships with their grandparents and are appreciative of their support and love. Many kids claim that “the love and stability of their grandparents helped them succeed in school, stay out of trouble, and develop strong morals and religious values” (Dolbin-MacNab & Keiley, 2009). Being close to grandkids or great-grandchildren is one of the greatest sources of joy and fulfillment for elderly people. Ochiltree (2006) stated that “grandparents achieve satisfaction with their roles through a selective investment in a particular grandchild”.

In the study on the impact of child care on grandparents’ physical health outcomes, Zhou et al. (2017) also made the suggestion that any prior or ongoing experience with child care helps grandparents’ health. Leszko (2016), citing research by Chen et al. (2015) and Meyer & Kandic (2017), asserts that grandparenting itself and providing the appropriate level and kind of care for the grandkids may make grandparents happy. Even though there have been numerous studies about grandparents’ role satisfaction, some experts contest grandparents’ ability to feel content in their position.

Therefore, Reitzes & Mutran (2004) state that the more successful a grandparent is, the more they interact with their grandkids. In a research by Peterson (1999), Australian grandparents evaluated their overall pleasure with being grandparents, ranking the satisfaction they derive from this role in comparison to other key adult roles including parenthood, marriage, and profession. Furthermore, a Robertson study from 1977 indicated that 37 percent of grandmothers regard their position to be considerably more joyful than parenting since it offers simple joy and pleasure without the socializing duties connected to the function of parenthood.

On the other hand, Somary & Strieker (1998), cited that the grandparents’ experience differs among male and female older adults. In particular, female grandparents reported greater satisfaction and life meaning than grandfathers. Moreover, Silverstein & Marenco (2001) stated that the grandparent-grandchild relationship is linked to feelings of accomplishment, significance, and worth. Additionally, Thiele & Whelan (2006) discovered that a good impression of the role of a grandmother is associated with greater self-esteem, fewer depressive symptoms, and a desire to live a longer life. On the other side, Kaufman & Elder (2003) revealed that several grandparents also asserted that no other adult role had provided them with as much fulfillment as being a grandparent. According to Peterson (1999) and Somary & Strieker (1998), grandparents are enjoying their roles as great-grandparents even more than they had anticipated before the birth of their grandchild.

Grandmothers are content to play the part and see it as a “second career” that gives them a lot of fulfillment and contentment, according to Giarrusso (2000) and Bundy-Fazioli et al. (2013). More specifically, some academics think that a person’s individual perspective on how the world functions and what can be anticipated constitutes an assumption about the world. According to research, caring for grandchildren can provide grandparents a greater sense of meaning and purpose in life (Baird, 2000; Hayslip et al., 2009;

Essex, 2004; Cox, 2007). According to Baird (2000), some people may be motivated by a desire to contribute to the survival of their family identity, while others may be expressing their love for their adult children by taking care of their grandkids. In addition, custodial grandparents may display higher degrees of love and companionship, hope for the future, and satisfaction from their experiences aiding others (Kolomer, 2005; Crose, 2009). Additionally, according to Margolis & Wright (2017), Chan & Boliver (2013), and Silverstein & Ruiz (2006), being a grandparent might be the most rewarding experience when you actively support your grandchildren's growth.

Purpose of the Study

The purpose of this narrative inquiry is to support the notion that being a grandparent begins with the first child's pregnancy announcement and continues through birth and beyond, with a focus on recognizing their grandchildren's responsibilities. It also attempts to explore the importance of the affectional process and the value assigned to the various roles between them. The goal of this narrative inquiry is to support the claim that being a grandparent is a process that starts with the first child's pregnancy announcement and continues through birth and beyond, with an emphasis on recognizing the responsibilities of their grandchildren. It also tries to investigate the significance of the affectional process and the value placed on the various roles between them.

METHODOLOGY

The researcher explored this phenomena from the perspective of a participant. The researcher agrees with Saldaña's (2018) notion that qualitative research enriches life and answers complicated problems beyond hows and whys. This employs qualitative research, with participant-in-depth interviews serving as the primary means of data collection. In specifically, it employs a narrative inquiry design, which Wang and Geale (2015) defined as an inquiry technique that employs storytelling to uncover subtlety and argued that narrative inquiry is more than simply storytelling.

Cebu City, Philippines, is the study's primary location. Older male and female grandparents over the age of 50 were chosen at random to participate in the study, regardless of citizenship status, level of education, employment, or place of residence, as long as they met the eligibility requirements. The study's data saturation point was reached thanks to the efforts of ten participants. The most likely responses were gathered using the Selective Purposive Sampling Method. Purposeful sampling was used to get the data needed for the investigation (Polit & Beck, 2021). This type of sampling, which began with a purpose in mind and was chosen to include people of interest while excluding those who did not meet the aim, is used to reach a subset of people when necessary. The respondent's refusal to engage in the study is one of the exclusion criteria. Participants gave their informed consent before to the interview.

According to Polit and Beck (2021), the researchers are the major tool in this study. This focused emphasis on the researcher's function throughout the observations and interviews. The researchers also make use of a Reflective Journal Guide. The researcher used interview scripts and reflective questions to construct the "Reflective Journal Guide."

The researcher certifies that the study followed the key ethical norms. Protecting the participant's identity is critical since the study includes human resources, thus various ethical considerations were addressed. They were advised that their participation was entirely voluntary and that they might opt out of the interview without consequence. They were also informed of their anonymity and the confidentiality of the information they had provided. The study's goal, purpose, and other necessary information were carefully communicated to them to ensure involvement.

RESULTS AND DISCUSSION

The Storytellers

Stories of the (10) ten Grandparents from Cebu City, Philippines, are presented here. By changing their names, their identities are concealed, but the information provided, the conditions, and the specifics of the events that they described remained authentic and accurate. Granny Emerald is the oldest of the group, and although she is 96 years old, she can still remember some details of her life and her experiences as a grandmother. Secondly, Grandpa Garnet (76) recalls prioritizing his position as a provider of financial security over that of a grandfather to his grandchildren. Granny Jade, 75, and Grandpa Stone, 76, express the same emotions. However, Granny Amethyst who was 67 described her difficulties caring for her grandchildren because her daughter is constantly gone for work. Granny Topaz, 81, spoke with much enthusiasm about her experience raising her grandchildren. Grandpa Onyx (55), who was sharing his first-time grandfatherhood experience, expressed disappointment. Granny Gem (66), although having a demanding job, still enjoys the thought of raising her grandkids. Grandpa Mooti (80) and Granny Ruby (78) are willing to travel great distances to be with their grandchildren and give them hugs. Despite being elderly, these people vividly convey how much they treasured being grandparents in their various stories.

Their Stories

Chronicle No. 1: The Grand-Nourishing of Relationships through the Years Re-Storying and Carving Valuable Memories of the Greatest Precious Stones

A stone of memories is chiseled along each grandparent's path to becoming a grandparent. Writing a life story depends on how one lived it and valued it, just like precious gems that are untarnished by the passage of time. When a person goes through the stages of life, much like grandparents, they prove that one becomes more precious and treasured if being genuinely loved by their family. This anecdote demonstrated the great transition from parenting to grandparenting; the more care grandparents give to their younger grandchildren, the more they value their elder years. The more time passes, just like with priceless jewels, the more valuable something becomes.

Re-storying Grey Hearts' Stories of Their Grand Parenting Role Experiences

Here are the stories of the ten grandparents who cheerfully recounted their journey toward grandparenthood and how they transcend from the familial role of parenting to grandparenting.

(Granny Emerald)

Granny Emerald, a 96 years old widower, has one child and two grandchildren. Despite her age, Granny Emerald vividly recalled her experience as a grandmother toward her grandchildren. Emerald happily shared that her grandparent's journey was so beautiful. Although she has been alone in rearing her child since her husband died early, she made sure to provide a better future for her child until they marry and was blessed with a beautiful baby. Emerald shared that she was able to take care of her grandchild "OH, my grandchildren, I am the one who took care of that eldest kid." *Emerald is the one taking care of her eldest grandchildren every time her parents went to work. "I look after him because my daughter and my son-in-law are working."* Emerald loves to cuddle the baby every time because it is so adorable. During that time, Granny Emerald mentioned that she was also a full-time nursing aid in a homecare facility thus, her time for taking care of the grandchild was also limited, but during her days off, she made sure to provide all the best care that she can give to her grandchild.

While Granny Emerald was talking, her emotions were vibrant, you can feel it, then suddenly she became quiet then said, *“I am the one who took care of my grandson until such time that they had migrated abroad, all of them are in Florida now.”* Granny Emerald began to tear up *“Actually I have another grandchild already, which I often see. I can tell that I did all my best to take care of my grandson, it just stopped when they had to leave.”* You will hear an old parent’s pain from her. She then reasoned that *“I was left behind because I have a lot of work to do. I still have my work and I don’t want to be a burden to them because they are just starting a family.”* Granny Emerald selflessly let go of her child and her grandchild for she wanted them to build their own family. No matter how much she wanted to spend much more time with her grandchild, she cannot do it anymore, what mattered to her is the fact that she was able to perform her familial role of being a parent and that she felt so happy during such little time *“For me, even with the little time I spent with him and took care of him, I am still very happy.”*

(Grandpa Garnet)

Unlike Granny Emerald, **Grandpa Garnet** shared a different perspective on grandparenthood. Grandpa Garnet openly shared that his relationship with his grandchildren was not so tight, unlike his wife. At 76 years of age, having six grandchildren all in all, Although Grandpa Garnet shared the same feeling of happiness when he was with his grandchildren, his caregiving role towards his grandchildren was bound by his duty as the breadwinner of his family.

“If you will ask me if I was able to take care of my grandchildren, Yes, of course, I did. But not to the extent of really taking care of them just like what my wife had been doing. Because every time I arrive home, I’m already tired, and what I will do is just to bond a little with them then I’ll take a quick nap or rest immediately because my body is so tired already from farming.” For Grandpa Garnet, there is always a little time that he can have towards his grandchildren because he needs to work hard just so he can put grace on their table. *“I get to see my grandchildren; it is just that I can’t find time to take care of them since I am busy farming. I have to do it for us to have something to put on our table.”* Although his daughter and her family live with them, Grandpa Garnet does not want to burden his child with their daily consumption. *“I need to work hard because we are not entrusting our daily necessities to my daughter since she is also a married woman. That is why despite being old, I have to do this hard work.”*

On the other hand, like Granny Emerald, Granny Jade, and Grandpa Stone told almost the same stories, both of them love to spoil their grandchildren. Granny Jade and Grandpa Stone both felt a whirlwind of emotions upon seeing their grandchildren.

(Granny Jade)

Granny Jade said *“At first, when my first grandchild was born, it felt ecstatic. Actually, all of them. I consider all of them as my “precious jewels”. They are my comfort.”* She also added that she had been her grandchildren’s spoiler *“I love all of them and of course, I knew that all of them loved me too. That is why every time they want or demand something, I will not resist, instead I will easily give in to their requests.”* Granny Jade gleefully shared her stories with a hint of laughter. She mentioned that she had been reprimanded by her child so many times about her act of spoiling the grandchildren but she was just ignoring it for that is what makes her happy too. She always thought that ‘it’s okay, it is only in that way that I can spoil them, since I am not that hands-on with them, I did not give my hundred percent time to them only during the time which they will visit me.’ Granny Jade even stated that *“Honestly, if my kids will tell me to take care of my grandchildren, I will be very willing to do so. It is very much fine to me, and I am very eager to do it.”*

(Grandpa Stone)

The same holds true with Grandpa Stone, becoming a grandfather is a dream come true for him. Despite the

new responsibility along with the new familial role, he felt ecstatic and felt the unexplainable feeling of having grandchildren. *“It’s an unexplainable feeling for me. All I knew was that I’m really happy, I felt so much joy. It was a dream come true for me to become a grandfather. Although, it’s not so easy for you to become a grandfather since you will have a different responsibility for your grandchildren, but for me, it is very much okay.”* Grandpa Stone proudly mentioned that he loves spoiling his grandchildren too just like Granny Jade. *“You know what, I spoil my grandchildren more than my wife, actually even now that they are grown up, I still spoil them because I am really happy with them.”* For Grandpa Stone, having 4 grandchildren give him so much joy. He recalled that during the time when his daughter gave birth, he actually cried and was able to experience that so-called *“leap of blood”*. Grandpa Stone joyfully announced that now that he is already a retired man, he already has all the time for his grandchildren, the only problem was that the kids were also growing so fast. Even so, he is still happy because he can still enjoy his grandchildren’s company.

(Granny Amethyst)

On the other side of the story was Granny Amethyst, a 67-year-old who somewhat shared a different story. She is a housewife with various sideline jobs. Her experience of the grandparenthood journey differs from among them due to her weary feeling about caregiving for her grandchildren. Though she felt happy having her grandchildren around she complained that she felt exhausted already *“To tell you honestly, having grandchildren was really fun and enjoyable, but in my case, I was dead tired already. They make me angry every time. I’m always angry with these naughty kids, they just don’t stop fighting. Sometimes, I feel ashamed of my customers here because these two are always arguing. They will not even budge if I scold them as if they are not listening to me.”* Granny Amethyst’s voice while talking wavers as if she is about to cry, her tired feeling was evident in the way she narrates her role in her grandchildren’s life. Her role towards her grandchildren was vital for these kids who do not have complete families, the father’s been away from work for so long while their mother married another man leaving them in the custody of their grandparents. Despite being hesitant about custodial grandparenting, Granny Amethyst cannot afford to abandon her grandchildren nor let their mother take them to their new family, *“I didn’t agree that time that their mother will take them, I was afraid, my grandchildren are all girls, what if something will happen to them there?”* Being the custodial grandmother is not so easy for Granny Amethyst for she financed everything for the kids considering that she and her husband was only doing sideline work. Despite this, she made sure that her grandchildren can be provided with their basic needs *“As a grandmother to these kids, I am trying my very best that I can provide for them no matter what, that is why I am trying all my best to do traditional massage however tired I am since no one is here to help us, my other child already has their own family too and my husband only does sideline carpentry.”*

(Granny Topaz)

Then there is Granny Topaz whose story is somewhat closer to that of Granny Emerald, Granny Jade, and Grandpa Stone. Just like Granny Emerald, Granny Topaz raised her seven children all alone. She moved from Bantayan Island to Cebu City with all of her children when her husband died. Over the years, her children got married and eventually, she had her grandchildren. Most of her grandchildren are already grown up having some of them already migrated abroad. Among her grandchildren, the kids of her younger daughter were the ones whom she had taken care of *“Those kids of my youngest daughter, I am the one who took care of them when they were just so little I am the one who wash their clothes, I prepare meals for them and even feed them since my youngest daughter was also my helper in Pasil, that’s why when she is in always in the market, and her husband goes to work at UC, thus, their children were left at home. Sometimes, when I came home the kids hadn’t eaten yet. That is why I always take care of them. They always come with me every time I go to church too, that’s why those children are the closest to me.”*

She also regretfully recalled that she was not able to take care of her other grandchildren because they grew

up away from her. For Granny Topaz, the chance to be able to take care of her grandchildren is a memory she will forever treasure. Taking care of them was not a burden at all for she was happy, she was even willing to do sacrifices for them given the chance. Now that they are already far away from her, she misses them. Her melancholic heart misses her grandchildren badly. She is a selfless granny who's just happy and is content with their seldom calls. *"What matters for me is that I feel the happiness in my heart." I feel okay now really, especially since I was able to experience becoming a grandparent. I can't say that I am fulfilled, just that I am very happy.*"

(Grandpa Onyx)

Meanwhile, Grandpa Onyx experienced almost the same disappointments as Granny Amethyst. Although Grandpa Onyx was very supportive of her grandson, he somehow felt disappointed before the child was born. He even shared, *"I am very supportive of my grandson. He was just one. He is my eldest son's son. Before we had him, I had a big wish for my son because he was going to board the ship, he was supposed to be an apprentice. That's why I felt really upset at that time when she got his girlfriend pregnant since he didn't want to board the ship anymore."* To provide a solution to the problem, he offered his son to still live with them with her pregnant partner instead of renting a place. *"It would be much better if you stay here than go somewhere else, in that way, we can monitor the pregnancy of your girlfriend. We also wanted to make sure that our first grandchild will be comfortable by the time he comes out."* At first, Grandpa Onyx felt ambivalent about his upcoming and new familial role, it seems to him that he was given another responsibility by his son. He thought 'I am not even done yet with my responsibility to them, yet here's another one coming.' That was how he felt at that time. During the delivery and upon having the site of his grandson, things had changed for him. He was already in love with the baby. The baby was adorable. He cannot explain his feeling then, *"my wife even recalled that I carried the baby at all times not letting them touch him. I was so thrilled and overjoyed. It seems that I received a new gift, a precious gift."* Months and years passed, and the couple stayed with them until his son and his partner separated. The mother of his grandchild finds another place to stay living with her son since the child does not even want to go with her mother. Grandpa Onyx and his wife became the child's custodial parents. Unlike Granny Amethyst, Grandpa Onyx was more fortunate because they could provide everything for their grandson since they own a business.

They became the child's primary caregiver and provider. Grandpa Onyx even exclaimed his disappointment to both parents of his grandson, *"I was very disappointed because the parents are so irresponsible, they cannot even afford to buy even a diaper for the baby, the father can't even find the time to take care of his son."* Despite his anguish, he beamingly shared that he and his wife were very hands-on with the child, *"We treated this kid as our 4th child. This kid won't even go with them; he always prefers to be with me or my wife. He even sleeps next to us, we always fetch him and bring him to school because he can't afford to be out of our sight. This child calls me Papalo and her grandmother Mamala."* Grandpa Onyx wonderfully showed us that although the grandparenting role entails not only happiness but as well as sacrifices, this sacrifice can be paid off if it is willingly done for your loved one.

(Granny Gem)

Like all the rest of the grandparents, Granny Gem also shared her magnificent story on grandparenting. For her, this is a role she cannot trade for any other. *"Becoming a grandmother for me is magnificent. It is a great feeling. I felt the excitement of having a grandchild every time my children announced that they are pregnant."* She claimed that her experience of taking care of her grandchild just recently started after she retired from her profession. Although she had many grandchildren, the very recent one is where she experienced a hands-on caregiving role. *"That child of mine who is now living in Singapore, I have been the "caretaker" of her kid. Because you know, when you are living abroad, it is so expensive to hire a nanny. That is why my child requested me to be there and then become the temporary nanny of the kid. Of course, I was so excited since aside from the fact that I will be able to travel, I also got to see and take care of my-*

cute granddaughter. Eventually, I went there and I took care of the kid. Goodness, I can't explain my happiness seeing my granddaughter though it wasn't my first grandchild, yet I was excited then because It will be my first time to care for a grandchild as in hands-on care." She even claimed that her experience of taking care of a child is not that good since during her time as a parent she hired a nanny to take care of her children due to the demand of her work then. Though Grandpa Mooti and Granny Ruby shared almost the same experience with Granny Gem, the difference is their status quo. Granny Gem was clearly from the upper class of society while both Grandpa Mooti and Granny Ruby came from the middle class, their grandparenthood journey where almost the same due to the distance they have to go through just so they can provide care for their beloved grandchildren.

(Grandpa Mooti)

For Grandpa Mooti, he felt so happy to have grandchildren, he even hopes for another one hoping it will be a granddaughter next time for all his grandchildren were boys. Despite the distance, Grandpa Mooti is always willing to travel to visit his grandchildren. *"I was just having my vacation here because I miss my grandchildren. We find the means to always come here, even when we are old because by merely looking for our grandchildren I felt happy every time I got to see them."* Even though he wasn't able to provide care to his grandchildren, he still has the feeling of happiness, and as much as possible he wants to enjoy that great feeling for he is already fragile and old at 80 years old.

(Granny Ruby)

"This is my first grandchild. The parents are working, so I am the one who cares about him from the moment he was born until this time that he is a big boy." In terms of financial support, she exclaimed that she was not providing it since the parents can provide it. She did not see that experience as a burden since she was happy to be of help, aside from the fact that this is her grandchild. For her, the feeling is so beautiful because she was able to develop a close relationship with her grandchild. *"The feeling is beautiful since I was able to witness him growing, and I was able to develop a bond with him, there are even times when he is much closer to me than to his parents."*

Chronicle No. 2: The Grand-Supporting of Roles beyond the Years Re-storying their Valuable Journey of Transition

Whatever feelings you may have when you hear the word "grandparenting," the reality remains that it marks the beginning of a new chapter in your life. It simply depends on how one transitions into that new role. Let's attempt to learn the histories behind our jewels.

Grannie Emerald, though happy, shared that upon her transition to the new role of grandparenthood, feel the same way as the time she gave birth to her first child. Her role was not a burden for her. She does not see it as a pressure to care for her grandchild. The instance was just so rare that she even wanted it relentlessly. To her, the new role of being a grandparent brought her a sense of happiness. On the other hand, Grandpa Garnet claimed that his wife felt more joy than him since he is so focused on earning and has no time to take care of his grandchildren, for him, the transition phase was just an ordinary stage of his life. Though he knew that the birth of his grandchild is another responsibility to be taken by the family, he did not mind because they are another blessing and they give so much joy to his wife and him. He even thought 'I was happy having my grandchildren but it's not special at all.' On the other side of the picture, there was Granny Jade, with her willingness to have more grandchildren, she cannot do anything about it because it is up to her kids too. Granny Jade excitingly shared her experience during the time of her transition from parenthood to grandparenthood. The grandparenthood journey made her a selfless person. The thought of spoiling her grandchild makes her so happy even if her child reprimands her, *"Ma, please don't spoil the kids."* This is what she usually hears from her child but for her, she did not mind giving everything for her grandchildren

since she only got to spoil them when they visit. *“It’s okay, it is only in this way that I can spoil them, you know so well that hands-on to them, I cannot give my hundred percent of the time and care to them only during that time you’ll bring these kids with me, so just let me be.”* her constant responds to her child. Aside from spoiling her grandchildren, Granny Jade always loves the feeling of instilling good virtues in her grandchildren so they grow as beautiful persons. Sharing the same feeling with Granny Jade, Grandpa Stone felt very happy during his transition from parenting to grandparenting. For him, laying his first sight with her grandchild was memorable, *“I can’t explain the feeling, I cried, perhaps I was overjoyed.”* He even thought that ‘Once you become a grandparent, your perspective on life will also change.’ He mentioned that *“What a wonderful feeling it is to have when you’re already a grandparent having them is so beautiful, I enjoy it.”*

Grandpa Onyx and Granny Amethyst on the other hand, almost have the same emotions felt during their transition journey. Granny Amethyst, despite her disappointments now in caring for her grandchildren, smilingly, recalled that when she had Chloe (not the real name) as her first-ever grandchild, the emotion she felt was nice. She was overjoyed to have seen her, her giggling makes her want to pinch the baby’s cheeks. Though she was so happy, there is a thought that lingers in her mind about her new responsibility. Somewhat she felt nervous because she feared that the parents would become irresponsible in rearing their child. True to her thoughts, she became the custodial parent of the baby and its sibling. Granny Amethyst even stated, *“This responsibility is really difficult for me. I already thought that I am done with my own kid’s responsibility but then here’s my grandchildren.”* Even so, she still made sure to fulfill her role as their grandparent, *“No matter what, they are my bloodline, they are my grandchildren, I cannot afford to disregard them especially that they don’t have parents to take care of them too. I am also afraid of what they call “karma” and whatever happens, I also love them with all my heart because of course they are my grandchildren.”*

Same with Granny Amethyst, Grandpa Onyx was also disappointed the first he learned about the pregnancy of her son’s partner *“At first, I didn’t understand what I felt, it seemed to me that I was given another responsibility by my son making me angry with him. I was thinking that I am not even done yet with my responsibility to them, yet here was another one coming. That was actually what I felt at that time.”* but as soon as he got the sight of his grandson, just like Grandpa Stone he thought that things suddenly changed for him.

Having a lot of grandchildren, Granny Topaz felt so happy to have been blessed with all of them. Her regret was the chance of taking care of all of them for she was only able to care for only two of her grandchildren. Sharing about her transition from parenting to grandparenting, *“I did not feel anything in terms of my transitioning of roles into becoming a grandparent. It is just the same feeling when I became a parent. All that matters to me is that I am so happy that I was blessed with grandchildren. Because it feels good.”* Despite having to take care of only two grandchildren, she realized that *“it is not easy to become grandparents to some, especially if you have to take care of them and you don’t have any to support them. It is so hard really. That is probably the reason why my grandchildren are so close to me because they have seen my sacrifices. And they know that I love them with all my heart.”*

Then there is Granny Gem because her “transition” role of becoming a grandparent from parenthood is not really that impactful but rather is very meaningful every time. *“For me, there is always a sense of excitement every time I become a Grandparent. I don’t feel that I am so obligated with my grandkids since they have their parents with them but if ever they need support, I can always give it to them.”* she even added; *“If you are going to ask me about my role to my grandkid while caring for her, well honestly it is sometimes draining because of course I am not used to that chores since I had nanny myself that took care of my kids then, so yeah it’s kind of draining and tiring but that was just a physical feeling. That feeling will not equate to my feeling of happiness.”* Granny Gem happily shared that she is accepting the role of

grandparenting wholeheartedly.

Amidst distance, Grandpa Mooti's role towards his first grandchild was still realized. Despite being financially incapable, this did not stop him from witnessing his first grandchild's birth. *"I felt so much happiness, especially having my 1st grandchild. That is why when I found out that my daughter-in-law was pregnant, I immediately find ways to be here in Cebu just to see our grandchild."* He even wished to have more grandchildren since he is in his sunset years. Grandpa Mooti even teared up when he shared that he cannot provide everything for his grandchild due to life's difficulties, and mentioned that *"I'm not even rich, I even have a hard time eating three meals a day, that's why I don't want to include my grandchildren in my difficulties in life."* To him, the transition of a new role from parenting to grandparenting felt just the same as when he had his children. A mother always be a child's number one support; this is how Granny Ruby initially portrays his role as a grandparent to her first grandchild. When asked by his son to be the caretaker of her grandchild, she immediately agreed without reservations. For her, the chance to take care of her grandchild was a privilege, not anyone can have. Having this new familial role gave her so much joy. Though she shared the same feeling as Grandpa Mooti who cannot afford to financially support her grandchild, this situation did not give her much of an obligation for she trusted that her son and her daughter-in-law can perform this role as a parent.

Chronicle No. 3: The Grand-Establishing of Happiness in the Golden Years Re-storying their stories on Valuing the Role of being a Grandparent

Regardless of the circumstances they had encountered on their path to becoming grandparents, every one of the older persons interviewed expressed that they respected their role as grandparents towards their grandkids. The majority of them view being grandparents as a magnificent beginning role that is full of so much enjoyment rather than as a duty. For Granny Emerald, she valued her role as a grandparent since she knew that her role will not last that long given the awaiting migration of her child and its family. She thought that even though she was not able to monitor the growth of her grandchild, still she is confident because she believed that it was raised by the parents well just like how she raised her too. Grandpa Garnet also vocally announced that *"Of course, I will give it some value but as what I have said, it is just a normal feeling for me."* he added that his role as a grandfather was just merely shallow for he didn't think that he was able to develop an impact to his grandchildren's life. His greatest restriction was his time, the quality time which supposedly he could have given to his grandkids was already consumed by his eagerness to put food on their table. Meanwhile, Granny Jade as a grandparent thought that she valued her role more by making sure that her grandchildren will constantly feel her love and support towards them. She continuously ensures that her grandchildren's comfort is her priority. Similarly, Grandpa Stone also gave so much importance to his role as grandfather towards his grandchildren, the role means a lot to him for according to him, *"not all grandfathers got to experience the same experience as with me. Not all grandfathers are like me, not all grandchildren are like my grandchildren as well."* For him, having grandchildren is a great experience, hearing someone calling you "lolo" is music to the ears.

On the other hand, Granny Amethysts has seriously spoken that her role towards her grandchildren has given her that sense of importance, hearing her say this makes you think of her sacrifices for her grandchildren. *"I value my role as a grandparent to them because if not, where do you think these children will go? Even though there are times that I get mad at them because they are so hard-headed, I am still trying my best to guide them to the right path. I always remind them of the good values that they must possess in life. No one will do it for them but only me because again they don't have parents to guide them."* Undeniably, she sacrificed even her happiness and her time just so he can provide everything for her grandchildren. The spiritual aspect of a man's life is what Granny Topaz inculcated in her grandchildren, constantly bringing the kids to church and participating in religious activities was her legacy towards them. In this way, she can tell that she has given her role as a grandparent a lot of importance by supporting her

grandchildren whether they are near or far. Providing them with spiritual guidance is the number one mission in the lives of her grandchildren.

Becoming grandfather changed Grandpa Onyx's life, for he became a better man for his grandson. He said that *"I greatly value my role as a grandparent. Perhaps, If I did not become a grandfather, I would not become responsible too. I even somehow see myself in my grandson. I always wish that he will grow up as a man with principles. That he may grow up to be a family man someday that knows how to stand for his family."* As a grandfather to his grandson, he made sure to guide him always for the kid to avoid the wrong path of life along the way. Instilling good values has been Grandpa Onyx's priority in caring for his grandson.

Like all of the grandparents, Granny Gem shared the same concerning her value to the lives of her grandchildren. Granny Gem emphasized to them the value of family aside from nurturing within themselves the value of discipline and good decision-making. Even Grandpa Mooti and Granny Ruby, they all believed that they significantly influenced their grandchildren's lives. Regardless of the roles they play and assume, these 10 grandparents all have one thing in common: they are teachers to their grandkids, giving them love, support, and making sure that they are happy in addition to themselves.

Thematic Analysis

With the above stories, the **GRAND** theme were coined. These five major themes capture the multifaceted and dynamic nature of grandparenting, it also encapsulates the journey of grandparents from pregnancy announcement to birth and beyond, with an emphasis on recognizing the responsibilities, affectional processes, and valued roles between grandparents and their grandchildren.

Theme 1: G- Generational Transition and Role Adaptation

This theme highlights the enormous change that occurs when people transition from being parents to grandparents. It begins with the announcement of the first grandchild's pregnancy and extends until birth and beyond. The focus is on how these grandparents adjust to their new roles, duties, and expectations, emphasizing the changing nature of their involvement in their grandchildren's lives. This theme delves at the psychological, emotional, and social changes that accompany this shift.

Theme 2: R- Relationship Dynamics and Affectional Bonds

This theme explored the complexity of family interactions and the affectionate bonds that form between grandparents and grandchildren. It looks at how grandparents handle their relationships with their children and in-laws, how these dynamics affect their position as grandparents, and how emotional attachments are formed and maintained. The importance of love, caring, and emotional support in developing successful grandparent-grandchild connections is highlighted.

Theme 3: A- Ancestral Legacy and Developmental Support

This theme emphasizes on these grandparents' dual roles in handing down family history, customs, and values, as well as contributing to their grandchildren's development. It emphasizes how grandparents conserve cultural history, promote a sense of identity, and assist their grandchildren's emotional, social, and educational growth. The subject emphasizes the significance of guidance, teaching life skills, and developing resilience in grandchildren.

Theme 4: N- Navigating Presence and Participation

This theme underlines the value of grandparents' active presence and involvement in their grandchildren's

lives. It explored the many forms of engagement, ranging from daily interactions to special occasions, as well as the impact on the grandchildren's sense of security and belonging. The theme also delves into how grandparents foster caring situations in which their grandkids feel loved, secure, and cherished.

Theme 5: Deep Bonds, Timeless Connections and Emotional Support

This theme conveys the enduring and profound character of the grandparent-grandchild bond. It investigates how the relationship between grandparents and grandchildren transcends time and generations, leaving an indelible mark on both parties. The theme also dives into the emotional support that grandparents provide, acting as confidants, sources of comfort, and pillars of emotional strength, especially during difficult times.

In essence, grandparents' experiences and stories become "grand" in the eyes of their grandchildren and society because they embody a distinct blend of wisdom, love, and support that improves family life and strengthens the community's fabric. Grandparents are regarded as vital resources who help to future generations' well-being and development by preserving and perpetuating family traditions, values, and ties.

SUMMARY OF FINDINGS

The accounts of the ten grandparents who took part in this study offer a broad and diverse range of experiences and opinions on the grandparenting position. These grandparents, aged 67 to 96, relate their transitions from parenting to grandparenting, emphasizing the emotional value, diverse caring tasks, and occasional sacrifices and obstacles they encountered.

Granny Jade and Grandpa Stone both recounted stories about spoiling their grandchildren. Granny Jade was overjoyed at the birth of her first grandchild and regarded all her grandkids as priceless gems. She enjoyed spoiling children, frequently giving in to their demands, which occasionally resulted in reprimands from her child. Granny Jade was willing to take on additional caregiving chores if her children asked. Grandpa Stone, too, was happy and joyful about being a grandfather. He enjoyed spoiling his grandchildren, even as they grew older, and appreciated the time he had with them.

Granny Amethyst, a 67-year-old housewife, had a unique encounter. She was fatigued and annoyed by the duties of caring for her grandkids. Despite her joy at having children around, she was often irritated and fatigued. Her role as a custodial grandmother was critical, as her grandkids lacked a whole family. She paid for everything for the kids and worked many jobs to support them. Despite her tiredness, Granny Amethyst was committed to safeguard the well-being of her grandkids.

Granny Topaz, who raised her seven children alone after her husband died, told a similar story to Granny Emerald's. She cared for her grandchildren, especially those of her youngest daughter, when they were small. She did their laundry, prepared meals, and even fed them. Granny Topaz lamented not being able to care for her other grandkids, who had grown up apart from her. She was satisfied with the satisfaction she felt in her heart, even though her grandkids were far away.

Grandpa Onyx faced some of the same disappointments as Granny Amethyst. He was apprehensive about being a grandfather because it brought another duty to his life. However, after the birth of his grandson, he fell in love with him. He and his wife became the child's primary caregivers, providing all he need. Despite his initial disappointment with his son and daughter-in-law's recklessness, Grandpa Onyx was eager to assume the role of custodial grandfather.

Granny Gem, like the others, valued her job as a grandma. She was overjoyed and pleased when her grandkids were born, especially the most recent one she cared for in Singapore. She took on a hands-on caregiving role, traveling to look after her grandchild. Granny Gem's experience was unique in that she was

able to mix travel and caregiving, which made her very happy.

Grandpa Mooti, who was 80 years old, was pleased to have grandchildren despite his inability to offer direct care. He traveled to see his grandchildren, intending to enjoy their company. Despite his advanced age and frailty, he was eager to see them.

Granny Ruby, who cared for her first grandchild, had a special attachment with him. She did not provide financial assistance, but she was eager to help and developed a close relationship with her grandchild.

In conclusion, these grandparents' experiences emphasize the emotional significance, diverse caring obligations, and sometimes sacrifices and hardships they faced during their grandparenting journeys. Each narrative is distinct, reflecting the grandparents' different experiences and perspectives as they made the journey from parenthood to grandparenthood.

IMPLICATION OF THE STUDY

This qualitative narrative inquiry study on the experiences of ten grandparents has important implications and benefits for nursing and gerontology, as well as society and older persons. The study emphasizes the emotional impact of grandparenting, which ranges from delight and excitement to sadness and frustration. This emotional depth emphasizes the importance for nurses and gerontologists to take a comprehensive, customized approach while working with older persons in the grandparenting role. The grandparents' diverse caregiving duties, ranging from primary caregivers to those with minimal engagement, highlight the need for targeted interventions and resources to meet the specific requirements of different grandparenting scenarios.

RECOMMENDATIONS

Based on the rich narratives of the ten (10) grandparents in the qualitative study, many significant conclusions may be made that underline the value of this research for older persons as well as potential policy implications:

1. Develop comprehensive support programs and resources to meet the different needs of grandparents in caregiving roles. This could include respite care, support groups, financial assistance, and therapy to help with the emotional and physical responsibilities of grandparenting.
2. Implement training and educational activities to provide grandparents with the knowledge and skills they need to properly navigate their caregiving duties, particularly those who serve as primary caregivers.
3. Encourage flexible work arrangements and caregiver-friendly rules to help grandparents, particularly those still in the workforce, balance their work and grandparenting responsibilities.
4. Encourage intergenerational programs that foster meaningful ties between grandparents and grandchildren, which can help older persons overcome social isolation and preserve a sense of purpose.

POTENTIAL POLICY IMPLICATIONS

1. Enact legislation that gives tax credits, subsidies, or other financial incentives to grandparents who assume major caring obligations for their grandchildren, particularly in circumstances of parental absence or inability.
2. Mandatory inclusion of grandparenting-specific topics in the curriculum for healthcare professionals, such as nurses and social workers, will improve their understanding and ability to meet the unique

needs of older adult grandparents.

3. Allocate funds for the development and growth of community-based programs and services that meet grandparents' unique requirements, such as respite care and social engagement activities.
4. Create a national register or database to better track and monitor the prevalence and experiences of grandparents in caregiving responsibilities, thereby driving the creation of tailored policies and initiatives.

The findings of this qualitative study on grandparenting experiences, when implemented as recommendations and legislative reforms, have the potential to significantly improve the well-being and support systems for older adult grandparents. This, in turn, can improve intergenerational links, promote child development, and help families and communities to be more resilient and cohesive.

REFERENCES

1. Athens, L. (2015). Naturalistic Inquiry. In G. Ritzer (Ed.), *The Blackwell Encyclopedia of Sociology* (p. wbeosn006.pub2). John Wiley & Sons, Ltd. <https://doi.org/10.1002/9781405165518.wbeosn006.pub2>
2. Baird, A. J. (2000). Custodial grandparenting among African Americans: A focus group perspective. . In B. Hayslip, & P. Kaminski, *Parenting the Custodial Grandchild: Implications for Clinical Practice* (pp. 187-191). New York: Springer Publishing Company.
3. Bullock, K. (2004). The Changing Role of Grandparents in Rural Families: The Results of an Exploratory Study in Southeastern North Carolina. *Families in Society: The Journal of Contemporary Social Services*, 85(1), 45–54. <https://doi.org/10.1606/1044-3894.258>
4. Bundy-Fazioli, K., Fruhauf, C. A., & Miller, J. L. (2013). Grandparents Caregivers' Perceptions of Emotional Distress and Well-Being. *Journal of Family Social Work*, 16(5), 447–462. <https://doi.org/10.1080/10522158.2013.832461>
5. Chan, T. W., & Boliver, V. (2013). The Grandparents Effect in Social Mobility: Evidence from British Birth Cohort Studies. *American Sociological Review*, 78(4), 662–678. <https://doi.org/10.1177/0003122413489130>
6. Chen, F., Mair, C. A., Bao, L., & Yang, Y. C. (2015). Race/Ethnic Differentials in the Health Consequences of Caring for Grandchildren for Grandparents. *The Journals of Gerontology Series B: Psychological Sciences and Social Sciences*, 70(5), 793–803. <https://doi.org/10.1093/geronb/gbu160>
7. Condon, J., Luszcz, M., & McKee, I. (2018). The transition to grandparenthood: A prospective study of mental health implications. *Aging & Mental Health*, 22(3), 336–343. <https://doi.org/10.1080/13607863.2016.1248897>
8. Cox, C. B. (2007). Grandparent-Headed Families: Needs and Implications for Social Work Interventions and Advocacy. *Families in Society: The Journal of Contemporary Social Services*, 88(4), 561–566. <https://doi.org/10.1606/1044-3894.3678>
9. Cox, C. B. (2000). *To grandmother's house we go and stay perspectives on custodial grandparents*. Springer Publishing Co.
10. Crose, R. (2009). *Parenting the Custodial Grandchild: Implications for Clinical Practice* edited by Bert Hayslip Jr. and Patricia Kaminski: (2008). New York: Springer Publishing Company, 304 pages. *Journal of Women & Aging*, 21(3), 246–247. <https://doi.org/10.1080/08952840903044675>
11. Dolbin-MacNab, M. L., & Keiley, M. K. (2009). Navigating Interdependence: How Adolescents Raised Solely by Grandparents Experience Their Family Relationships. *Family Relations*, 58(2), 162–175. <https://doi.org/10.1111/j.1741-3729.2008.00544.x>
12. Essex, E. N. (2004). caring for grand-parent headed families: Challenges and Opportunities for school social workers. In B. K. Hayslip, *Parenting the Custodial Grandchild: Implications for Clinical Practice* (pp. 187-191). New York : Springer publishing Company.
13. Giarrusso, R. S. (2000). Psychological costs and benefits of raising grandchildren: Evidence from a national survey of grandparents. *To grandmother's house we go and stay: Perspectives on custodial*

- grandparents. Springer, 71-90.
14. Goodman, C. C., & Silverstein, M. (2001). Grandmothers Who Parent Their Grandchildren: An Exploratory Study of Close Relations Across Three Generations. *Journal of Family Issues*, 22(5), 557–578. <https://doi.org/10.1177/019251301022005002>
 15. Guba, E. G., & Lincoln, Y. S. (1982). Epistemological and methodological bases of naturalistic inquiry. *ECTJ*, 30(4), 233–252. <https://doi.org/10.1007/BF02765185>
 16. Hayslip, B., Glover, R. J., Harris, B. E., Miltenberger, P. B., Baird, A., & Kaminski, P. L. (2009). Perceptions of Custodial Grandparents Among Young Adults. *Journal of Intergenerational Relationships*, 7(2–3), 209–224. <https://doi.org/10.1080/15350770902851163>
 17. Hayslip, B., & Kaminski, P. L. (2005). Grandparents Raising Their Grandchildren: A Review of the Literature and Suggestions for Practice. *The Gerontologist*, 45(2), 262–269. <https://doi.org/10.1093/geront/45.2.262>
 18. Hayslip, B., Shore, R. J., Henderson, C. E., & Lambert, P. L. (1998). Custodial Grandparenting and the Impact of Grandchildren with Problems on Role Satisfaction and Role Meaning. *The Journals of Gerontology Series B: Psychological Sciences and Social Sciences*, 53B(3), S164–S173. <https://doi.org/10.1093/geronb/53B.3.S164>
 19. Husserl, E. (1989). *Ideas Pertaining to a Pure Phenomenology and to a Phenomenological Philosophy*. Springer Netherlands. <https://doi.org/10.1007/978-94-009-2233-4>
 20. Kaufman, G., & Elder, G. H. (2003). Grandparenting and age identity. *Journal of Aging Studies*, 17(3), 269–282. [https://doi.org/10.1016/S0890-4065\(03\)00030-6](https://doi.org/10.1016/S0890-4065(03)00030-6)
 21. Kolomer, S. R. (2005). Parenting the Custodial Grandchild: Implications for Clinical Practice. In B. K. Hayslip, *Parenting the Custodial Grandchild: Implications for Clinical Practice* (pp. 187-191). New York: Springer.
 22. Kvale, S. (1996). *Interview Views: An Introduction to Qualitative Research Interviewing*. Thousand Oaks, CA: Sage Publications.
 23. Leszko, M. (2016). *Grandmothers at work: Juggling families and jobs*, by Madonna Harrington Meyer: New York, NY, New York University Press, 2014, 293 pp., \$24.00 (paperback), ISBN–13: 978-0-81472-947-2. *Journal of Women & Aging*, 28(5), 463–464. <https://doi.org/10.1080/08952841.2016.1152863>
 24. Lincoln, Y. & Guba, E. (1985). *Naturalistic Inquiry*. Newbury Park, Ca: Sage Publications.
 25. Lindsay, G. M., & Schwind, J. K. (2016). Narrative Inquiry: Experience matters. *Canadian Journal of Nursing Research*, 48(1), 14–20. <https://doi.org/10.1177/0844562116652230>
 25. Margolis, R., & Wright, L. (2017). Healthy Grandparenthood: How Long Is It, and How Has It Changed? *Demography*, 54(6), 2073–2099. <https://doi.org/10.1007/s13524-017-0620-0>
 26. Meyer, M. H., & Kandic, A. (2017). Grandparenting in the United States. *Innovation in Aging*, 1(2), igx023. <https://doi.org/10.1093/geroni/igx023>
 27. Miles, M. B., & Huberman, A. M. (1994). *Qualitative Data Analysis: An Expanded Sourcebook*. Thousand Oaks, CA: Sage Publications.
 28. Ochiltree, G. (2006, November). The Challenging Role of grandparents. Australian Institute of Family studies , pp. 9. Retrieved August 6, 2019, from The Challenging role of grandparents: <https://aifs.gov.au>
 29. Peterson, C. C. (1999). Grandfathers' and Grandmothers' Satisfaction with the Grandparenting Role: Seeking New Answers to Old Questions. *The International Journal of Aging and Human Development*, 49(1), 61–78. <https://doi.org/10.2190/GUDM-6CE3-17WF-7N96>
 30. Polit, D. F., & Beck, C. T. (2021). *Nursing research: Generating and assessing evidence for nursing practice* (Eleventh edition). Wolters Kluwer.
 31. Reitzes, D. C., & Mutran, E. J. (2004). Grandparenthood: Factors Influencing Frequency of Grandparent-Grandchildren Contact and Grandparent Role Satisfaction. *The Journals of Gerontology Series B: Psychological Sciences and Social Sciences*, 59(1), S9–S16. <https://doi.org/10.1093/geronb/59.1.S9>
 32. Robertson, J. F. (1977). Grandmotherhood: A Study of Role Conceptions. *Journal of Marriage and the*

- Family, 39(1), 165. <https://doi.org/10.2307/351072>
33. Saldaña, J. (2018). Researcher, Analyze Thyself. *International Journal of Qualitative Methods*, 17(1), 160940691880171. <https://doi.org/10.1177/1609406918801717>
34. Sands, R. G., Goldberg-Glen, R., & Thornton, P. L. (2005). Factors Associated with the Positive Well-Being of Grandparents Caring for Their Grandchildren. *Journal of Gerontological Social Work*, 45(4), 65–82. https://doi.org/10.1300/J083v45n04_05
35. Sharts-Hopko, N. C. (2002). Assessing Rigor in Qualitative Research. *Journal of the Association of Nurses in AIDS Care*, 13(4), 84–86. [https://doi.org/10.1016/S1055-3290\(06\)60374-9](https://doi.org/10.1016/S1055-3290(06)60374-9)
36. Silverstein, M., & Marengo, A. (2001). How Americans Enact the Grandparent Role Across the Family Life Course. *Journal of Family Issues*, 22(4), 493–522. <https://doi.org/10.1177/019251301022004006>
37. Silverstein, M., & Ruiz, S. (2006). Breaking the Chain: How Grandparents Moderate the Transmission of Maternal Depression to Their Grandchildren. *Family Relations*, 55(5), 601–612. <https://doi.org/10.1111/j.1741-3729.2006.00429.x>
38. Smith, D. W. (1994). Husserl's phenomenology and the foundations of natural science. *History of European Ideas*, 18(3), 422–425. [https://doi.org/10.1016/0191-6599\(94\)90510-X](https://doi.org/10.1016/0191-6599(94)90510-X)
39. Somary, K., & Strieker, G. (1998). Becoming a Grandparent: A Longitudinal Study of Expectations and Early Experiences as a Function of Sex and Lineage. *The Gerontologist*, 38(1), 53–61. <https://doi.org/10.1093/geront/38.1.53>
40. Speziale, H. &. (2007). *Qualitative research in nursing: Advancing the humanistic imperatives*. Philadelphia PA: Lippincott Williams and Wilkins.
41. Sprey, J., & Matthews, S. H. (1982). Contemporary Grandparenthood: A Systemic Transition. *The ANNALS of the American Academy of Political and Social Science*, 464(1), 91–103. <https://doi.org/10.1177/0002716282464001009>
42. Thiele, D. M., & Whelan, T. A. (2006). The Nature and Dimensions of the Grandparent Role. *Marriage & Family Review*, 40(1), 93–108. https://doi.org/10.1300/J002v40n01_06
43. Waldrop, D. P., & Weber, J. A. (2001). From Grandparent to Caregiver: The Stress and Satisfaction of Raising Grandchildren. *Families in Society: The Journal of Contemporary Social Services*, 82(5), 461–472. <https://doi.org/10.1606/1044-3894.177>
44. Wang, C. C., & Geale, S. K. (2015). The power of story: Narrative inquiry as a methodology in nursing research. *International Journal of Nursing Sciences*, 2 (2), 195–198. <https://doi.org/10.1016/j.ijnss.2015.04.014>
45. Xu, H. (2019). Physical and mental health of Chinese grandparents caring for grandchildren and great-grandparents. *Social Science & Medicine*, 229, 106–116. <https://doi.org/10.1016/j.socscimed.2018.05.047>
46. Yonge, O., & Stewin, L. (1988). Reliability and validity: Misnomers for qualitative research. *The Canadian Journal of Nursing Research = Revue Canadienne De Recherche En Sciences Infirmieres*, 20(2), 61–67.
47. Zhou, J., Mao, W., Lee, Y., & Chi, I. (2017). The Impact of Caring for Grandchildren on Grandparents' Physical Health Outcomes: The Role of Intergenerational Support. *Research on Aging*, 39(5), 612–634. <https://doi.org/10.1177/0164027515623332>