**TEENADULTS: THE LIVED EXPERIENCES OF YOUNG ADULTS FROM BROKEN FAMILY**

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**ABSTRACT**

This study aimed to explore the perceptions of young adults regarding broken families, the challenges they encounter, and their coping mechanisms. The data was collected through face-to-face interviews conducted with eleven (11) young adults residing in San Fernando City, La Union. The findings revealed that young adults defined a broken family as one characterized by separation, divorce of parents, or a dysfunctional household. Additionally, the participants reported experiencing psychological, academic, and financial difficulties due to their family situation. To navigate these challenges, the young adults employed various coping strategies, including accepting their circumstances, seeking support from friends, other family members, or even strangers, redirecting their focus, and relying on religious guidance.

**Keywords:** *broken family, young adults coping mechanism, challenges*