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in a Global Perspective"*

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VISION

We envision LORMA COLLEGES as an educational institution with a global perspective emphasizing quality, Christian values, and leadership skills relevant to national development.

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Our mission is to empower students for service anywhere in the world through Christian-inspired, quality-driven, and service-oriented education and training.

CORE VALUES

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Academic and Work Excellence

Teamwork, Solidarity and Unity

Social Concern for employees and others

Integrity

FOREWORD

LORMA Colleges Basic Education Schools (BES) offers Research as one of its signature areas of study that provides a unique opportunity for the students to pursue academic excellence and to develop the necessary life and career skills.

The research preparatory program of the school has been so beneficial to the students in expanding their career choices and in developing their verbal and written communication, problem solving, analytical skills, ability to work in teams, among others. In this age where misinformation and "fake news" spreads like virus, it is crucial that our students learn to think critically and to distinguish between credible and not-so-trustworthy information.

This BES Research Journal provides a platform for sharing the research and creative endeavors of our students. This issue records the 31 scholarly contributions of our 188 High School Students during the 2019-2020 academic year. Some of the researches have been accepted for presentation and publication in the local and international spheres. Our student research published in this issue, all share their sense of creativity, independence, curiosity and drive and has drawn their research inspiration

from their own experiences and observations that mirror the world around them.

These studies were considered by their teacher-reviewers to be of considerable interest. It is also the commitment of the teacher advisers in shepherding the students through this challenging research process that makes their experiences very rewarding.

Congratulations to the LORMA Colleges Research Team who created the opportunity for this Volume 3 to be published. Without the support of all concerned, we would not dare to start and continue. I pray for your continuous commitment!

MRS. ELIZABETH R. CAMARA
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Harana and the Art of Traditional Filipino Courting : A Diminishing Custom

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Abstract: The way of courting in the Philippines has evolved and changed through time. Some teenagers start getting into relationships way too early and fail to build a proper foundation. To expand our knowledge of courting, the researchers created a research paper entitled: "Harana and the Art of Traditional Filipino Courting: A Diminishing Custom" which used a qualitative research method and a descriptive research design. They interviewed 30 Filipino men in San Juan La Union, divided into two age groups with a use of semi-structured interview and questionnaire. The two groups included 15-25-year-old men and the other, 35-50-year-old men that were chosen through convenience sampling. The data was then thematized to find the similarities and differences between the answers of the respondents. Through the final answers of the respondents, the researchers were able to curate answers to answer the ways traditional Filipino men court, the changes in courting, and the ways we can revive traditional Filipino courting. Further into this research, it shows that traditional Filipino courting is all about proving oneself's love, loyalty, and abilities to their lover and even their parents. The changes from traditional courting shown in this research are that things are more modernized with the use of technology and that courting the parents as well is not too important anymore. Lastly, the ways to revive traditional courting seen in this research are to use technology as an advantage and not as a downgrade, and even that the traditional way may never be revived, and that progress will do us some good.

Keywords: *Courting; Filipino; Harana; Traditional*

CHAPTER I
INTRODUCTION

Background of the Study

In this era, the number of romantic relationships among teenagers is rising. A romantic relationship developed without getting to know each other also known as "panliligaw",prior to officially dating. This is the age wherein commitment is hard to find. This is not only evident in teenagers but also in adults. Gone were the days where being in a relationship takes months or years. The days when romantic songs were sang under the moonlit sky and men yelling "dumungaw ka" under the window of the girl he likes, the days when men used to make love letters and confess their love. "Panliligaw" is a form of courtship in the Philippines that started when the Spaniards first arrived and colonized the Philippines. The Philippines is composed of 7641 islands, and 17 regions, there are different styles of panliligaw in almost every region and place.

In the Ilocos, they used to practice "tapat", wherein the suitor would express his feelings to the woman he is courting with the aid of romantic songs under the night sky and an accompaniment of guitar. It is the responsive song of lovers that the boy starts first then the girl answers in a song too until they arrive at an understanding. Cebuanos on the other hand, recites "balak" or love verses. These verses are comprised of lyrics that show a man's appreciation to nature and words of admiration. People from Leyte, strictly follow the courting style called "paninilbihan", wherein a man who wishes to court someone's daughter performs tasks such as , chopping wood, helping in the farm and other household chores. (Gats,2009).

Another form of traditional Filipino Courting is "Panghaharana". It   is slightly similar to the "tapat" of Ilokanos. According to Russell (2011), harana is singing to woo women underneath her window at night. On a special evening, a suitor gathers a few of his friends and perhaps the haranista, the barrio's experienced man in this courtship ritual, and troop to the house where the suitor's lady lives. He offers a song and his love to the lady. A lady shows her

appreciation when the lights and windows open, and she show herself. But sometimes, its not the girl that shows up but the "arinola" also known as portable urinal and its contents.

Another form of courting is the giving of love letters. Filipinos were so good at writing letters before, not to mention they have superb penmanship. Most of the time, suitors write a letter to the girl they like and wait for her response (Thomas,2019). This form of courting is slowly vanishing due to different technological advances. From love letters, it transformed into SMS. The modernized society, messaging is evident to people, in a such way that they use this as a tool for courting.

According to Michell (2017), the courtship in the Philippines follows a predetermined series of steps and stages. In Western cultures, dating is much more direct and to the point, whereas in the Philippines the process is much more indirect and circumspect. These steps are as follows: Initial Interest, Tuksuhan Lang, Friendly Dates/Informal Meetups, I'd Like to Court You, Meet the Parents!, Show Me Don't Tell Me, Climbing the stairs and if the relationship works out, there would be marriage.

Initial Interest stage is the stage wherein the man makes subtle signs to indicate that he has feelings for the girl. The next stage would be the "Tuksuhan" Stage, "tuksuhan lang" is a Tagalog term meaning "just teasing" that is a central tenant in the early stages of the courtship process. At this point, the suitor starts gently probing to get a woman's response about a potential admirer or suitor. If the 'teasing' is met with stiff and serious resistance this lets him know that his advances are not welcome. If, however, the girl subtly encourages him by either not getting angry or simply being nice to him, this indicates to the man that the woman is interested, the initial 'teasing' stage ends and the serious work of an actual romantic courtship can begin. "Tuksuhan lang" is an interesting example of indirect social interactions employed in many Asian   cultures. It basically provides a 'safe space' for all involved, protecting the prospective male suitor from excessive embarrassment and giving the woman a simple way to not bring shame to the interested male. The next stage would be the Informal meetup Stage wherein it happens if the

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woman expresses a modicum of interest, the future lovebirds will usually have a series of normal meetups, usually with a group of friends in order to cut down on stress. They will chat and simply try to determine if they want to continue the process.

Sometimes the next stage of courting is postponed or simply wouldn't happen because the man would be what we call "torpe". Torpe means being shy to tell someone that you like them even though it is obvious. The next stage of courting is the I'd like to court you Stage. In this stage the man would gather up all his courage to confess to the girl he likes and if the girl says yes, he will go on the next stage for confirmation. The next stage is meeting the parents. When meeting the parents of the girl that you are courting you are now obligated to also court them. The parents of the girl would also approve if the boy could court their daughter. This manner would be seen by the man bringing her family "pasalubong" when he comes over. The next stage is the actual courting process. The man could sing songs or write love letters whatever he wants as long as he could properly portray his feelings. In order to woo the girl, a lot of words are spoken and written.. At some point, the suitor has to present a steady and consistent series of actions in order to prove that his words are credible. When the panliligaw stage was successful, the couple might decide that they want to get married, so the next stage would be the "Pamamanhikan" stage. "Pamamanhikan" came from the word "panhik" which means: go up the stairs of a house. At this stage, the man and his family would usually mingle wih the girl's family and get to know each other a little better that is usually done by eating together or what filipnos call as "salo-salo". The suitor would basically ask the parents of the girl he is courting their blessing on marrying their daughter.   If the couple's relationship really worked out and they got the blessing of the girl's family, they would be married and would have a family.

Teenagers are humans who are in the stage of adolescence, whose brains haven't developed fully yet, so making decisions are sometimes rational and/or irrational. According to Stacey Bedwell (2017) , the prefrontal cortex takes a long time to reach full maturity, so we are not fully able to carry out the high-order functions associated with the prefrontal cortex until we are around 25 years old which sums

up why teenagers often make irrational decisions. Some teenagers enter a romantic relationships without further getting to know each other. This leads to breakups, which leads to various problems like suicide, depression and possibly murder. According to Fiel Estrella(2018), studies have shown heartbreak to be a leading cause of distress among young adults, sometimes leading to self-harm, substance abuse, or suicide, with as many as 40 % reporting to have experienced clinical depression and 12 percent suffering from moderate to severe depression after a breakup.

Adults are mature human beings who know how to make decisions and know what they are doing. Some of which makes bad choices too, and sometimes it happens when they are choosing their partner. Here in the Philippines, divorce is illegal and annulment is a very long and expensive process. Getting to know each other is really an important recipe to marriage that's why "panliligaw" must continue. According to the Sarah Gat blog (2009), Because of the advancement offered by the technology there are cases in which due to the less knowledge one has to his partner, compatibility is now at stake and with this thing involve the relationship of the couple would be affected that often times will lead to divorce."Because divorce is illegal in the Philippines this situation would be a great problem.

Online dating and texting has also been taking over the "panliligaw" scene. Online dating means a way of starting a romantic relationship on the internet, by giving information about yourself or replying to someone else's information.. From love letters, the traditional way of courting transformed into SMS. The modernized society, messaging is evident to people, in a such way that they use this as a tool for courting. What happens is confession of feelings just happens over the phone and a relationship without proper structure is built. This type of relationship is easy to crumble. According to a research done by Amanda Lenhart, Monica Anderson and Aaron Smith (2015), in the United States of America, a majority of teens with dating experience (76%) say they have only dated people they met via offline methods. One-quarter (24%) of teen "daters" or roughly 8% of all teens have dated or hooked up with someone they first met online. This doesn't necessarily apply to Filipinos but teens these days are easily influenced by the western culture. According to a research

conducted by YouGov(2017), 71% of Filipinos know at least one couple who met online. 56% among millennials have used online dating apps.

Yet four in ten (41%) millennials also say they would be embarrassed to admit that they had met their partner through online dating/apps. A quarter (24%) of baby boomers say the same. However, two-thirds (66%) of all respondents say they would not think of a couple that met online any differently. Making online courting a thing and the dangers of online dating higher.

The researchers observed that "Panghaharana" isn't relevant anymore. Traditional courting is being labelled as "baduy" or boring. They realized the world is changing and so the people. The traditional and respectful way of dating is fading and turns to be so toxic to the youth. It can cause harm and depressive things to the youth. The importance of respect and maturity is slowly fading. Youth nowadays are prone to temptation and it makes them define love in an immature way. They do not understand the importance of our traditional way of courting. They need to be aware so that they can be safe and secured to the person they want to be with in the future.

The researchers also observed that teenagers often jump into relationships and rush into things forgetting the concept called commitment. Bringing back the liveliness and the beauty of traditional courting is one of the main purpose of this study. Another purpose is to bring back the romantic relationships built in trust and commitment, relationships that has a great foundation and isn't rushed. This research was conducted to show how courting is a crucial part in dating, and to educate the next generation the importance of getting to know each other prior to getting romantically inclined.

This generation can be considered relationship oriented and this research can help any complications in a relationship or convince some to create a solid foundation before being romantically infatuated with someone. Another is that is a significant part of Filipino culture that is worth upholding. We need to expand our understanding and knowledge about the Philippine culture and   potentially learn

the stories behind every tradition.

The results of the study will affect the quality of the relationships of future readers. This research will redefine their views on what romantic relationships really are and bring back the commitment that once existed in courting someone you are interested in.

Theoretical Framework

These are the theories which supported the study and led the researchers to finding solutions for their problems.

Sternberg's Triangular Theory of Love

Psychologist Robert Sternberg in the 1980's describes love based on combinations of three components: passion, intimacy, and commitment. When two people share all three, they are said to be in a state of consummate love. This combination is considered to be an ideal type of love, but is also relatively difficult to maintain for a long period of time. People without commitment just tend to enter relationships and be impatient. These is why Filipinos need to bring back traditional "panliligaw" because it determines one's commitment and passion.

There are many people nowadays who are thirst for a relationship. But, do they even know what is the meaning of love?

Game Theory

The game theory was developed by Jonh von Neumann and Oskar Morgenstern in 1944. Researchers from UCL (University College London), University of Warwick and LSE (London School of Economics and Political Science), used this theory to help explain why courtship is often protracted. The study shows that extended courtship enables a male to signal his suitability

to a female and enables the female to screen out the male if he is unsuitable as a mate. This study doesn't only apply to humans but also to animals.

The IKEA Effect

The IKEA effect is an effect wherein somebody builds something themselves and value it more than they should. It is named after the Swedish furniture retailer IKEA. People value products that they successfully build or prepare themselves more than identical products that are ready-made   or   prepared   by   others. In relation to the topic which is courtship, people who court others tend to feel very proud of themselves when the people like display mutual feelings for them as well. When they put efforts into courtship, such as, for example, composing love songs for serenading, they tend to appreciate their own works. When they develop a romantic relationship between each other they value it more, especially the man because he exerted effort in courting the girl.

Statement of the Problem

This research generally aimed to revive the dying culture of traditional panliligaw. Specifically, it sought to answer the following questions:

1.   How do traditional Filipino men court?

2.   What are the changes of the traditional Filipino courting?

3.   How can Filipinos revive the dying culture of traditional courting?

CHAPTER II
METHODOLOGY

This research used a qualitative research method. According to Ashley Crossman(2019), this research method uses non-numerical data to help understand the social life of the targeted population. It allowed the researchers to investigate the meanings people attribute to their behavior, actions, and interactions with others. With the help of this research method, the researchers knew how the respondents answered the stated questions in the background of the study and their lived experiences.

Research Design

A descriptive research design was used in conducting this study. According to Shona McCombes (2019), using this type of research design will be appropriate in studying a certain population and its different characteristics, frequencies, trends, correlations, and categories. The researchers' aim for this study was to know how Filipino men traditionally courted and how this method changed therefore studying data and stories will be suitable in achieving this goal.

Population and Locale of the Study

The participants for this research were ones who had or has a relationship disregarding the time they have been together. The 30 male participants would be split into two age groups the younger ones, 15-25, and the older ones, 35-50. The participants selected would be from San Juan La Union and selected with the use of Convenience Sampling. Convenience sampling was used in this study so that the researchers could recruit members easily and the members are conveniently available.

Data Gathering Tool

During the gathering of data, the researchers used a semi-structured interview and questionnaire. It allowed the researchers to ask additional question/s when the

respondent's answer was unclear and have a structured interview questions for some of the respondents. . The researchers will eventually have a one-on-one interview with the selected respondents with the aid of pre-made questions connected to courting.

Data Gathering Procedures and Ethical Consideration

The first move that was done by the researchers is to pick the respondents they need to interview in advanced. After that the researchers presented a letter to the principal of the school to get her permission in conducting the interview outside the school. When the researchers were finally allowed to do the interview, they asked the parents of the respondents to have an agreement upon giving the data needed by the researchers and their permission to get a video, picture, or voice record of their child or ward for documentation purposes. After this, the researchers got the consent of the respondent of surrendering the information needed by the researchers and a permission for them to take videos, pictures and voice recordings for documentation purposes.

Analysis/Treatment of Data

When the data is already acquired, the researchers will study and treat it with the help of descriptive analysis and thematization that will show how different and similar are the answers of the respondents including their shared experiences . The researchers would separate the data into themes and would eventually reveal the answers for the questions presented in the background of the study. Descriptive Analysis on the other hand will help the researchers find the associations between the variables, or in this case, the respondent's answers.

CHAPTER III
RESULTS AND DISCUSSIONS

When the data was already gathered and thematized, the researchers organized it and made diagrams that represents it. The diagrams below represent the answers of the respondents from San Juan La Union on the January to February of 2020.

Traditional Filipino Men's Ways of Courting

Harana. The act of serenading the girl is a classic. According to 19 out of 30 respondents, traditional Filipino men courted by serenading the girl. According to respondent 12 of the adults, if you don't know how to play the guitar, you will usually find someone who is good at it and start serenading. 1 out of the 15 adults actually call this "ligaw sa buwan".

Seeking the approval of Parents. According to the data, traditional Filipino men courted by asking the parents of the girl they are courting if they could court her. According to Respondent #2 in the adult respondents category, you need the approval of the girl's parents before you can court the girl. 7 out of 15 young respondents replied with this as their answer, while 8 out of 15 adult respondents replied with the same thing. One of the respondents also said that you have to court the parents of the girl first. 1 out of the 15 adults actually courted the woman's parents first.

Writing Letters. Giving handwritten and love letters were one of the ways where men can express the love they feel for a woman. 9 out of 30 respondents, 2 in the younger ones and 7 in older ones said that traditional Filipino men courted this way, even some of them courted using this way.

Giving their service. "Pagsisibak","Pag-iigib" and other household chores were done before by men to earn the trust of the woman and her family. In the older days, many men would serve the family of the girl they want to court as a way of getting their approval, or, according to

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Respondent #15 in the younger respondents category, a way to show the girl's family that they can support their daughter. 2 out of 15 young respondents have responded with this answer and 3 out of 15 older respondents responded with this answer as well. 1 out of the 15 men interviewed said that they helped in doing the household chores.

Going to the woman's house. The respondents have also said that men who want to court a girl will visit her house. Adult Respondents #2 and #3 have said this. 3 out of 15 young answer, and 9 out of 15 adult respondents have said the same thing. 8 out of the 15 adults have done this.

Giving gifts. Based on the data gathered, men who wanted to get the attention and admiration from the girl that they wanted to court would send them gifts. Respondent #10 from the young category and Respondent #9 from the adults category have used this answer. Overall, 2 young respondents and 6 older respondents replied with "giving gifts" as a way of how traditional men courted. 3 out of the 15 adults interviewed said that they have done this. Flowers are also considered as gifts, as giving them to women symbolizes what kind of love men feel for them. 1 out of 15 respondents from the younger category and 6 out of 15 respondents from the older category mentioned this. 3 older respondents have used this method of courting.

"Suyuan". This method usually starts with them being sweet and progressively having a deeper connection to each other. Overall, 3 out of all the respondents answered this.

Changes in the Traditional Filipino Courting.

Sweet messages through tech. Sweet messages didn't really disappear, the way of saying it just changed. 7 out of 15 adults said that teens use texting; 6 out of 15 said that teens use social media; 3 out of 15 said chatting; 1 out of 15 said use calling to court. 5 out of the 15 adults said that teens use technology as a whole to court. 2 out of

15 teens actually courted their girl through chatting.

Dates. the younger respondents actually enjoy treating their girl by going to other places. According to respondent number 12 from the younger respondents, if he has the opportunity to bond with the girl he is courting, they would usually go outside or the seaside. 6 out 15 respondents actually used this method to court their girl.

Being direct. Teens- nowadays don't usually go to the parents first but instead go and ask the girl directly and court the parents. 3 out of 15 older respondents said that the teens nowadays just directly court the girl and don't go to the girls parents first. Respondent 2 of the younger category actually said that he prefers the modern way of courting because it will be a big disadvantage if you need to court the woman's parents first.

Change in Duration. Traditional way of courting took a long time, you have to earn the trust the woman's parents first before actually courting the girl. 8 out of 15 older respondents said that traditional way of courting took way longer that the modern way. One out of the 15 younger respondents actually said that he just chatted the girl and then he won her heart but according to respondent 14 he actually acted nice and treated her nicely until she got comfortable with him.

Change in "Formality". The place where you court a girl usually is essential because it use to be just at the girls house at night. The 3 out of 15 adult respondents of this research told us that going to the house of the girl is not that apparent anymore and you can do it anytime anywhere. But one of the younger respondents said that he courted the parents of the girl by cooking them food.

Simpler efforts. If the traditional Filipino men did "pagsisibak" and "pag-iigib" now modern Filipino o men just do their girl simpler efforts such as giving them their time, buying them lunch and gifts. 4 out of the 15 adults said that the courting style they use today is much more easier and requires lesser effort. According to the younger respondents, 5 out of 15 of them, still put effort in courting

their girl.

Harana. Harana is the act or serenading the girl but according to the data we've gathered this already downgraded into a lesser formal form, just casually singing songs to the girl or singing with her.

Acts of Sweetness. Even if the times has changed the act of giving flowers still hasn't. 7 out of 15 adults think that the teens still do this and 2 out of 15 younger respondents actually has given flowers when they were courting the girl. Men these days also give sweets and food. Just like what Respondent number 11 of the older respondents said "flowers and sweets never get old", 5 out of 15 adults said that the younger respondents still did this while 2 out of 15 younger respondents said that they courted the girl by buying her food.

Ways to Revive the Dying Culture of Traditional Courting.

Minimize the use of technology. the use of technology is perceived to having lesser show of affection. By minimizing the use of messenger and other social media apps according to 6 teens and an adult could possibly bring back the traditional way of courting mixed with a guy finding confidence and having the courage to face the girls parents.

It all depends on the girl.   In a relationship, the decision of a girl is also integral. 3 out of the 15 younger respondents and 1 out of the 15 older respondents said that the way of courting or the revival of the traditional way of courting depends on a girl. If they become more strict, set up more screening processes just like what respondent number 11 from the adults said.

Good Parenting. The way on how you raise a child will have an impact in the decisions he makes in the future. 6 out of 15 older respondents said that we could revive the dying culture of traditional courting by starting with good parenting.

Traditional courting cannot be revived. Sometimes progress is just fine. According to the data, if we were actually put effort on doing the traditional way of courting, its not going to be revived entirely sue to the fact that girls have courting preferences and the way our community develop technologically. According to respondent number 3 of the younger one said " the traditional way can only be applied in the past unlike today we can use the social media and other styles to court women. 5 out 15 younger respondents said this, like wise with the 3 of the older respondents.

Use technology. We can make use of technology while reviving the traditional way or courting. 4 out of the 15 teens said that we can take advantage of the internet and other technological advances. According to respondent number 11, we can post tips on the internet to help younger people to court the traditional way.

Its fine to stick with the modern way. The modern way of courting is usually by going to dates and messaging almost non stop. Because of the changing culture that is brought by different kinds of growth, it is natural for humans to adapt. Since the modern way has the ability to have messages be delivered in a fast manner, courting the girl would be easier and convenient.

CHAPTER IV
CONCLUSION AND RECOMMENDATIONS

Conclusion

In conclusion, traditional Filipino men court highly considers and gives importance to the parents' approval. The traditional Filipino man shall prove himself as a responsible, able and worthy to court their daughter. For the girls, the man has to show his love to her through gifts, Harana and getting to know each other better and all that takes a lengthy amount of time. These ways of courting today have not truly disappeared although they have changed drastically through the presence of technology. Using technology and social media is a much more practical way of communicating rather than writing love

letters and waiting for a response. There is also a change in who the man come to first, the woman they wish to court, or the parents of the woman they wish to court. It is more direct and courting the parents is not really relevant these days. There is no verifiable way to revive the traditional way of courting but there are ways to revive its essence. An example of this would be to minimize the use of using social media as your main source of contact, and mustering up courage to face the woman's parents. This really shows how you value the relationship you are about to build and it proves the man more worthy of the woman's hand.

Recommendation

If Filipinos wanted to bring back the old kind of courting, use this paper to do so. This paper will also serve as a reminder that some things in the childhood of a human being can shape the future decisions of that individual. Parents could start teaching their children how to court traditionally or girls could start telling boys if they wanted to be courted this way or that way.

To the future researchers, it would be adequate if you continue to research on this topic. Maybe determine the pros and cons in terms of using the modern and traditional way of courting, or determine how many young Filipinos these day still use the traditional way of courting. By doing this, they could bring light to cultural topic and possibly learn more about our heritage.

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Abstract: The Philippines has been showing cultural inferiority then up until now, wherein people dismiss own culture as inferior to the other countries. People have their own preferences in choosing a product whether it is local or imported. This problem became the bottom line to conduct this study entitled: IMPORTED: The Blue Seal Mentality. "In patronizing products you are creating jobs". With this study, the researchers aimed to give spotlight to local products and to allow local to rise and be appreciated by the people. The researchers made use of questionnaires to gather data through students who have mothers living in San Fernando, La Union. Therefore, this research is qualitative in nature and used a narrative research design. The researchers also used semi-structured interview as a data gathering tool. Majority of the reason why mothers choose local is because of its availability and cheap pricing and that these products have been a part of their life ever since. While for imported, mothers are satisfied by their different variety of flavors. The most common comparison of mothers is the pricing wherein imported tend to be more expensive than local ones. The researchers concluded that mothers have their own preferences or characteristics to find in buying a certain product. Also, the researchers concluded that there are different ways to promote local products, one of which is sharing your own experiences or testimony about the product. To improve the study, the commended action is to make a blog and share local products to people through social media that can show off what local products offer and the benefits or results in patronizing local products. The researchers would also like to

recommend to the future researchers to have a more deep study on this topic to give local products the attention that they deserve and be able to be seen by the people.

Key Words: *Colonial Mentality; Consumers preference; Local ; Imported ; Mothers*

CHAPTER I
INTRODUCTION

Background of the Study

Colonialism is what we term the process of creating territorial control over a colony by an outside political power marked by exploitation, expansion, and maintenance of that territory. It is described as control over a dependent region or people by one power. It is when one nation violently invades another country and takes control of it, claims the land as its own, and sends people to it (Osman, 2017).

Colonial Mentality, also known as the Blue Seal Mentality, is one of the problems being faced here in the Philippines. Colonial Mentality is the effect of colonialism, it is when people believe that their cultural beliefs and products are inherently inferior, and imported products that are from other countries are much more superior than theirs. Colonial Mentality is the main reason why Filipinos prefer imported products. People often consider Western culture more idealistic than Filipino Culture. It is stuck in the minds of Filipinos that foreign products are always superior than local ones (ChubbyPlatypus, 2017).

The attitude of colonial mentality can largely be connected to the Philippines' long history of colonialism. The Philippines was not always an independent country and existed under rulers like the United States of America, and Spain. Filipinas at that time believed that having their

race mix will help them succeed in life (ChubbyPlatypus, 2017).

Colonial Mentality isn't only seen in how what kind of products Filipinos prefer, but also in the beauty standards. Filipinos usually see lighter skin as prettier and they usually discriminate against the ones who have darker skin. Filipinos sometimes even praise men or women that have lighter skin. This is also seen when people use whitening products as a result of hating their own skin color, even go as far as avoiding sunlight in fear of turning darker. Another example is for those with a colonial mentality, using English rather than Tagalog would make a speaker seem educated and respected (ChubbyPlatypus, 2017).

In other countries that have also been colonized in the past, countries like Indonesia and Vietnam have also been experiencing Colonial Mentality. In a survey report, a total of 548 Indonesian respondents say that only 1 in 5 people are likely to purchase a product those which are made in Indonesia. People have their own preferences on whether they prefer it produced in Indonesia or abroad.

Every product that is purchased indicates where it is made from. From the same survey report, about 52% of the people say that they sometimes take a look at the label to see where a product is made and about 32% say that they definitely look. A study also shows that 77% of Vietnamese consumers prefer foreign products over domestic equivalents (Nguyen, 2012).

Local brands are being slept on. Another study shows that Filipinos still prefer Global brands over local wherein Local brands in the top 50 comprised only 28% in spend share, as compared to global brands which got 72%. It's in the mindset of the Filipinos that foreign products only have the quality they are looking for (Rivas, 2018)

People are not that fond in trying new products and rarely change their favorites. According to a Nielsen online survey, 77% of the Filipino respondents said that they usually have preferred brands and types before buying. They found out that Filipino consumers seldom switch to another brand and remain devoted to their favorite brands.

These aforementioned instances became the bottom line of this research which aimed to study the colonial mindset of the Filipinos and how they view local and foreign products. The researchers observed that people have their own preferences in buying a product. With these instances, local products are being left. Due to the surveys stated, there is an absolute need to promote local over imported goods.

The Philippines has been showing cultural inferiority then up until now, wherein people dismiss one's culture as inferior to the other countries. The researchers thought of rising the Filipinos' creativity and uniqueness. Thus, this study aimed to give the spotlight to local products and be appreciated by the people. The purpose of this study is to give a chance to local products to be seen and tested out by people. Choosing local products is also a way for people to show their love for their country. Basically, this study aimed to prove that local products can compete with imported products too. The researchers wanted to conduct this study for they thought that uniting as one and being proud of our unique own can make a great impact to the country.

The results of this study will greatly benefit The Philippines and the Filipinos. The result will provide people with ways to love local products. Patronizing local over imported products will promote one's culture and people from all over the world will know how beautiful and creative Filipinos are. With this, other countries will know how rich Philippine culture is. With promoting local

products the people are helping one's economy. The people aren't just helping but they are also showing how proud they are to be a Filipino. According to Ramos of Buy Pinoy Movement Foundation Inc. (2013), she said that "in patronizing our own products, you are creating jobs". With buying local products it helps in improving the country's economy and lessens poverty. With this study, it will give a chance to local products to rise and be appreciated by the people.

Conceptual/Theoretical Framework

These are the theories that deal with the colonial mentality of the people.

In a study, the decision to buy local or imported products can be explained from supply and demand perspectives. Some studies defined how the comparative advantages of developed nations are different than those of developing countries. Developed countries refer to the states whose economy has highly progressed and possesses great technological infrastructure while in contrast are developing countries which has low industrialization and low human development index. Developed countries are associated with advanced and high-quality goods produced using the advantage of cutting-edge technologies. Several factors give firms in developed countries a greater ability to offer products with distinctive and unique features. Basically, it is reasonable to believe that products from developed countries provide unique characteristics and high value for customers, while products from developing countries are typically lower in quality and cheaper in price. Prior seen evidence suggests a general agreement that customers associate products from developed countries with a strong brand image and quality that will raise the status of buyers, in comparison with products from developing countries. Consumers give a positive

evaluation to products from developed countries based on brand image. In other words, consumers would have a poor evaluation of products that come from countries which they perceive to be low status, usually in economic terms (Koubaa, 2008).

From the discussion, this study holds a strong assumption that buyers in developing countries will buy locally made products when they look for non-exclusive cheap goods and will buy imported products from developed countries when they seek quality goods regardless of price. For consumers in developing countries, the COO or Country-Of-Origin Effect makes them believe that foreign products are superior in quality to local products. As a result, products from developed countries give great success in capturing the demand of quality-conscious consumers in developing countries (Li et al., 2009).

Consumers in developing countries who are very conscious of brand image are most likely to buy imported goods from advanced nations. Afterwards, because foreign products are considered superior in reputation, purchasing them will ease the social status concerns of consumers.

Internalized Racial Oppression

This is when a certain group of people, with the methods of their oppressors, comes against themselves. This happens when a group of people notices the distinct inequality or difference of value and/or beliefs to another group of people, thus, desires/wanting to be just like the highly valued group.

Sometimes, members of a group hold an oppressive view toward their own group. This may result in making and believing negative stereotypes of themselves. This also includes conscious and unconscious acceptance that people of color are ranked below white

people, thus acceptance of white standards.

This may also exist in immigrants and the descendants of said immigrants. If the community that the immigrants are living in devalues their native cultural beliefs, language, culture or ethnic origin, the immigrants may feel a sense of inferiority, which may lead to self-hatred (David, 2019).

Export Base Theory

Export- base theory states that export activity is the engine for regional economic growth through export sales. The export-base theory of growth is grounded in the idea that a local economy must increase its monetary inflow if it is to grow and the only effective way to increase monetary inflow is to increase exports (Blair & Blair, 1995). Basic sector is a sector made up of local businesses that are entirely dependent upon external factors.

The export or the basic sector is portion of the local economy that trades with firms outside the local region (Williamson, 1975). The export trade brings in income to the area, which according to the export base theory generates future development in the local economy.

In contrast, Non-basic is composed of those businesses that depend largely upon local business conditions. Its clients are locally based and therefore products are consumed locally. . The non-export or non- basic sector sell their products within the local economy and exist to support export or the basic sector. For example restaurants sell their goods to local households, businesses, and individuals. Therefore, expansion in the basic economic sector will likewise increase economic in the non-basic economic sector.

Statement of the Problems

This study was conducted to know the people's thoughts about both local and imported products. Specifically, it aimed to answer the following questions:

1. How do people view local products and imported products?

2. What are the comparison of local products and imported products?

3. How can people promote local products over imported products?

CHAPTER II
METHODOLOY

This study is Qualitative in nature. Qualitative research focuses on words rather than numbers. According to Defranzo (2011), a qualitative method is used to gain an understanding of underlying reasons, opinions, and motivations. This method seeks to discover the thoughts and feelings of respondents. People and groups are studied in their natural setting. Since this study focuses on the perspective of the people on local and imported products thus qualitative method is used. It is most commonly used to help inform new concepts, theories, and products (Tiley, 2017).

Research Design

Specifically, this study utilized narrative research design. Narrative research design is all about collecting and telling stories in detail. This is where researchers write narratives about experiences of individuals, describe a life experience, and discuss the meaning of the experience

with the individual. According to Margolis (2011), narrative thinking provides the storytelling vocabulary which allows us to make sense and meaning of the world around us. Narrative Research is the most suitable for this study because the researchers studied the shared life experiences of mothers in dealing with imported and local products.

Population and Locale of the Study

The participants of this research were Mothers ages 25 or older and are still able to participate in communication properly. Since this study focuses on people's outlook about local and imported products, the respondent must be both a customer and a consumer of local grocery stores. The researchers picked 20 or more participants that must be a resident of San Fernando La Union. In choosing the participants to be interviewed, convenience sampling was used. According to Explorable (2009), Convenience sampling is a non-probability sampling technique where subjects are selected because of their convenient accessibility and proximity to the researcher. In here researchers get to find participants wherever they can find them. The researchers chose to use convenience sampling in order to easily target respondents and proceed to the data gathering process quickly.

Data Gathering Tool

In gathering data, semi-structured interview was used in which questions can be prepared ahead of time. This allowed the researchers to be prepared and appear competent during the interview. According to Doyle (2019), a semi-structured interview is a meeting in which the interviewer does not strictly follow a formalized list of questions. Open-ended questions are asked more allowing for a discussion with the interviewee rather than a straightforward question and answer format. The semi-structured interview is the best type of gathering tool

to conduct this study in order to have a heart to heart discussion to the participants for them to be comfortable in sharing their thoughts. Aside from semi-structured interview, Questionnaire was also used wherein According to McLeod; a questionnaire is an instrument consisting of a series of questions for the purpose of gathering information from respondents. Questionnaires can be thought of as a kind of written interview. Questionnaire was used due to lack of time and with that the researchers gave out questionnaires to students who have mothers living in San Fernando, La Union.

Data Gathering Procedures and Ethical Consideration

The researchers found answers to the questions presented by following a systematic procedure. First, the researchers made a letter for Mrs. Elizabeth Camara, the principal of Lorma Basic Education Schools stating that the researchers can go around the City of San Fernando to do an interview. Afterwards, the researchers identified individuals who are qualified to be a participant in this study. Once participants were identified, the researchers picked 20 or more mothers to be interviewed. Furthermore, the researchers asked the participants permission to be interviewed before going on. Aside from interview, the researchers also give out questionnaires to students residing in San Fernando, La Union for their mothers to be able to answer it. The researchers informed the participants about how the questions and their answers are to be used for the research. The researchers also asked the participants to obtain their full cooperation and honesty in answering. The researcher asked permission from the participants for voice recordings and photographic evidence. Upon the approval of getting interviewed, the researchers used semi-structured interview wherein questions are prepared ahead of time.

Analysis/Treatment of Data

Thematization was used in the analysis of the data

gathered from the interviews. According to Statistics Solutions, thematizing refers to the analysis of interview responses for the presence of themes. Interview responses can be examined multiple times on an overall basis or on responses per interview question to identify the themes. The researchers examined the data to identify common themes – topics, ideas and patterns of meaning that come up repeatedly on the response of the participants (Caulfield, 2019).The researchers chose this method because the researchers can organize the data gathered by examining and analyzing the data for common themes, like whether the participants chose local or imported products, or if the participants have a common theme or answer on why the participants chose that specific kind of product.

CHAPTER 3
RESULTS AND DISCUSSIONS

IMPORTED VS LOCAL

Instant Noodles. 78.57%of the respondents chose local instant noodles over imported noodles. Most of the respondents buy local products because it is what they got used to buying and eating, it is the brand they have grown on. They also reason out that these are something that they have already proven and tested making them buying it up until now. Some buy local products because of its taste but at the same time saying imported do taste good but it's not something that they want to eat everyday especially the spicy noodles. Respondents not only consider its taste but also its availability in the market, if it's commercially available in the market. The biggest factor of choosing local products is the price, local has cheaper price than the imported ones.

21.43%respondents chose imported noodles. They usually buy local but some chose otherwise. Even though

these are imported products they are commercially available in groceries. They buy these imported products because it is cheaper than any other imported products and because that its taste is better or equal to the local products. According to some mothers, Nissin also offer many variety of flavors which are rich in flavor and not that salty like other brands.

Canned Goods . 82.61% of the respondents chose local canned goods. Most of the respondents chose local canned goods rather than imported ones because these respondents grew up eating it so they got used to it. Another reason is Local canned goods are very well known in the market. The local products are tastier than the imported ones; the taste is irreplaceable according to the mothers. Some also based on the price; according to them the price of the local canned goods is less pricey and very affordable too. A respondent have tried them and has proven that it can satisfy their basic needs as well.

17.39% of the mothers chose imported canned goods. The most common reason stated by the respondents on buying is because they offer a variety of flavours that the members of the family, especially the children, love. One mother also stated that they buy these when they've gotten used to buying local products and to have something different to taste, and one stated that they buy these only when they have money.

Chocolates. 26.09% of the respondents chose local chocolates. Mothers buy them because locally made chocolates are affordable and kids like them. One said it's because of the nuts in the chocolate, while some buy it because dark chocolates are good for the heart and is made of cacao in which can be bought in the local markets. They also don't want to try another chocolate because they were used to buying them.

73.91% of the respondents chose imported

chocolates. They buy it because it is affordable and delicious. Most of their kids love these imported chocolates more than the local ones. It is also a need when buying for a "pasalubong" for the family. It is also widely available in every market making them accessible to try.

Detergent. 100% of the mothers select local detergents. Local brands caught their attention which are having the following qualities. First, these products are cheap and it is what they can afford to buy. These detergents also satisfy their sense of smell making these detergents fragrant. They also considered these good in quality wherein these detergents can easily and gently wash their precious clothes.

Here in the Philippines, imported detergents are rare to find, thus no one was able to mention any imported brands. Although some came from international, it's still considered as local for they have their own operations here in the Philippines, they are still manufactured here in the Philippines.

Sanitary Napkin. 81.58% of the mothers that interviewed preferred local napkins rather than imported napkins, which they say that it is cheaper and much more comfortable to wear. The local napkins can also be compared to the imported napkins for they also have good quality. They are hypoallergenic and a mother mentioned that there is no problem when moving because it stays in place because of the nice fitting. It also does not flow and it is comfortable and light to wear.

18.42% of the mothers chose imported sanitary napkin. According to some mothers, they prefer imported napkins over imported once because according to the mothers these brands are hypo-allergenic and are not irritating, they are soft and have longer pad than other brands, plus they are also affordable. A brand was mentioned called Jeunnesse, According to the mother,

she said that it has anion that prevents infections.

People's View about Imported and Local Products

Local Products. One of the main reasons that mothers choose local products is its availability that it's always available in grocery stores or even in the nearest sari-sari stores in your place. It is cheap and budget-friendly pricing also hits mothers to buy local products. Mothers also mentioned that these local products are something they have grown and live with making these proven and tested by them. With this, local products are something that shouldn't be missing in their grocery list. The taste of Filipino food is something that can't be replace making them choosing local thus making local something that mothers will look for always. Mothers also consider what the kids or their families like when buying.

Imported Products. Even though these are internationally made products, most of them are available in the nearest grocery stores making them accessible to try by the people. Many of the mothers also reasoned out that they buy these imported products because their family or kids seem to like them. Although these are internationally made, some mothers are okay with its pricing and find them budget-friendly. The mothers are also satisfied with the good quality these products offer. Another thing that is favored by the mothers us that these products offer a variety of rich flavors that are different and interesting.

Comparison of Local and Imported

Price. The majority of the mothers said that local and imported mainly differ in price. 12 of the respondents interviewed said that local is much cheaper than imported. They said that local is much more affordable than imported because imported products get more

expensive due to taxations. The respondents said that local fits within their budget more than imported. One said that local and imported products are just the same, it's just the pricing that differs. 2 mothers also mentioned that buying imported is a little expensive but it's worth the price.

Quality. According to the data gathered, 2 mothers think that imported products are better in quality, 8 think that local products are more superior, and 7 think that it depends on the products and that both can have relatively good quality. One mother stated that before there is a difference in quality, but over time, local products also improved. Some stated that there is no difference aside from the price, or that it's only in the mindset of people that there is a real difference. Some mothers think that local products are better in quality and safer due to the materials and ingredients being locally sourced and that in imported products, people may not know where those came from. Others think that imported products are healthier, and to some, they think that imported products are much more superior in quality that in local products due to them usually being tested.

According to some, they usually only get imported products when relatives ship packages over to them. They usually don't buy imported products themselves. Most respondents chose local over imported products because they got used to buying and using them. According to some, they usually buy local products because it is always available, unlike imported ones.

Safeness. 3 mothers mentioned that local and imported can also differ in safety features. In buying products, we may never know where a product came from or how it is made or how it is imported to local stores. But according to a mother, in terms of fruits and vegetables, the local ones are better for you know it is freshly picked and for it is much nearer and can be transported in just a

few days while the imported products are transported in weeks to months so it is not fresh anymore and it might be rotten already.

Aesthetic View. Some mothers mentioned that buying imported products can make you feel superior among others. It's in the mind-set that when buying imported, it makes you feel "sosyal" since imported are internationally made meaning they are expensive. One mother also mentioned that imported products are much more presentable than local products 'presentation.

Ways to Promote Local Products over Imported

Buy. According to 7 mothers, another easy way to promote local products is through word of mouth and it will be passed on. You can share your testimony or experiences with others. With this others can assure that the product is already proven and tested. Aside from informing your personal experience, you could also share the products to others through gifts and with that they can able to try and taste it on their own.

Share Experience. The majority of the respondents said that in promoting our own products, we must start with ourselves or with our home. That simply buying, using and eating local products can make a huge difference. Patronizing or appreciating our local products can simply be equal to buying it and adding it to your daily life.

Sell. Some of the mothers do own sari-sari stores and with that, it results in selling, another way to promote local products. Here people can effortlessly try and taste local products since even in the nearest stores in their place it's always available.

According to the aforementioned data, Filipino should not promote local products because most use

them. Instead of tackling the ways to promote, we should focus on improving local products to be able to keep up with imported products.

CHAPTER 4

CONCLUSION AND RECOMMENDATION

Conclusion

The researchers concluded that mothers have their own reasons or characteristics to find in buying a certain product. This means that local products have the qualities in which the mothers like while imported also has the qualities that they are favor of. According to the summary, 73.77% of the mothers prefer buying local products which result in 26.23% who prefer buying imported products. Majority of the reason why mothers choose local is because of its availability and cheap pricing and that these products have been a part of their life ever since. While for imported, mothers are satisfied by their different varieties of flavors and some also consider them affordable. Mothers also do have their own comparison, one of the common comparisons is the pricing wherein imported tend to be more expensive than local ones. Lastly, the researchers concluded that there are different ways to promote local products, one of which is sharing your own experiences or testimony about the product.

Recommendations

The researchers will help recommend local products to people by making a blog and sharing it through social media. Here, the researchers would like to show off what local products offer and the benefits or results in patronizing local products. The researchers would also like to recommend to the future researchers to have a more deep understanding or study on this topic in order to give local products the attention they deserve. The researchers would also like to recommend to future

researchers to study ways to improve local products and be able to be seen by the people.

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Facebook Popularity: Fever in the Philippines

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Abstract: Humans want to be popular, and social media has provided them a way to achieve this. However, that desire sometimes become so strong that it causes them to harm themselves and others all in order to achieve it. Those instances are the reason in conducting the study entitled: Facebook Popularity: Fever in the Philippines. This study aimed to know the experiences of people who want or wanted to be popular that led them to have that desire and what they did or would do for it. The researchers gathered data with the use of a structured nterview to a minimum of twenty-five and a maximum of fifty participants. The participants were chosen with the use of purposive sampling. The finished data were analysed with the use of thematization and categorization. The change in perspective of people when it comes to popularity was due to the positive and negative effects of Facebook popularity. People wanted and tried to become popular due to the positive effects of Facebook popularity. This led the researchers to conclude that one must also try to perceive the negative effects of Facebook popularity before trying to attain the popularity that you want to have.

Keywords: *Effects; Facebook; Fever; Popularity*

CHAPTER I
INTRODUCTION

Background of the Study

Social Networking sites gives people the opportunity to create their own personal account, letting them choose the people they can connect with which enables them to share photos with them, video call with them and converse with them. Even if from a different country, people could always interact with each other with the use of these Social Networking sites. One of those sites is called Facebook, created by Mark Zuckerberg along with his Harvard college students and roommate. This was created in the year of 2004 while he was still enrolled in Harvard University (Brown, 2017).

Facebook allows individuals to share their thoughts, photos/videos and helps people to connect with each other. An individual can do so much with a simple click of the button Post. The post could gain attention, but it could also be ignored. A single post can garner all unwanted attention. And that's where popularity comes in.

One analysis said by Mitch Prinstein (2017) who is a psychologist suggested that the risks of unpopularity on our mortality are as strong as the risks that come from smoking! Also, research findings indicate that having high status leads to later aggression, addiction, hatred and despair.

What may be most surprising, however, is that our popularity plays a role that cannot be accounted for by our socioeconomic status, Intelligence Quotient, family background, prior mental health difficulties or appearance. There's something about the way we are regarded by others that changes our life trajectories quite meaningfully and substantially (Kris, 2017).

All over the world, social media is prevalent, and it is a part of almost all of our cultures. Due to this, more and more people are becoming famous, making other people want to be famous as well. Everyone thinks fame is amazing and do dumb things just to get it. However, they do not think of the challenges of gaining fame and the consequences of the things they do to gain fame. People need to be aware of the bad side of fame so they can make a decision they will not regret. To do that, they must know of some of the cases where people could not handle the challenges of fame or suffered the consequences for doing reckless things.

First, a Youtuber named Etika (2019) committed suicide on June 19 because his mental health had deteriorated. Many social media celebrities like Matt Lees, Elle Mills, Ninja, and even Rubén "El Rubius" Gundersen, one of the most popular people on YouTube, have admitted that balancing an intense upload schedule and coping with the pressure of being a public persona can worsen anxiety and depression. This was what happened to Etika, he also discussed on his final video the negative effects of social media on his health. Many of his fans were concerned of his health for months but it also drew people who mocked him because they thought he was faking it for attention. Other creators have also said that when people spammed clown emojis to him, it made him feel as if he had no one else. His mental health was pushed to its limits and he couldn't take it anymore, so he committed suicide (Alexander, 2019).

The second case is with Madison Holleran, the picture of a healthy successful student. The photos posted on her Facebook and Instagram showed her to be happy active and popular. None of those photos ever showed the struggle she was going through in her first year of university. In January 2014, she jumped from the 9th-storey of parking garage in Philadelphia.

Shalini Lal, a professor and research scientist specializing in adolescent mental health, said that privacy and the stigma that persists about mental health are what prevent adolescents from disclosing mental health problems on social media. He said "networks like twitter… Facebook, they have a public appearance. To express that one is going through difficult times on their lives is still restrained by the issues of stigma". Everyone tends to express the happiest version of themselves on Facebook or Instagram simply because some friends are closer than others, said Lal. This is what happened to Madison, she could not share about her depression because she did not want to be criticized because of the stigma. These two cases are 2 sides of the same coin. One disclosed the information about his mental health and was criticized, so he committed suicide. The other did not tell anyone and became unable to cope with it, so she committed suicide (Bowman, 2015).

The third case, a man was climbing a tower to gain fame and because he was bet $15,000 to do it. He did it but once he was at the top, he lost his grip and fell to his death. His step-uncle stated that he was doing it to pay for his wedding and his mother's hospital bills. He made a reckless decision to gain fame, and sadly, died because of it (Woods, 2017).

In the Philippines, an 11- year old boy, took his own life in his school in Quezon City. Chlyv Jasper "CJ" Santos was buried on February 28. CJ's mother stated that her child was influenced by an online challenge. Paula CJ's mother discovered that CJ has a classmate that hurts himself in school and found out that CJ and that classmate exchange messages about suicidal games. The mother also searched her son's recent activities online and found dark themed challenges like the "Momo challenge". This challenge is a huge talk and is popular on Facebook. An account named Momo would converse with

you on Facebook and would ask you to do things. Most victims of this challenge are kids.

The Momo challenge consists of tasks, like waking up at odd time to conquering your fear alone. The challenges escalated to a death like challenge, such as jumping at the roof of your house and take a footage of it. Before CJ's death, his parents often caught him watching horror movies late at night, which they just dismiss as a form of entertainment for CJ. However, they did not expect CJ to die early on, because of too much intake of 20 pills of medicine all at once, which was stated as one of the challenges in the Momo challenge. Overdose was CJ's cause of death (Ryan, 2019).

Local problems such as the sharing of scandal videos or posting of revealing photos are ways to get attention on Facebook. Filipinos do that all because of popularity. Also, there are instances and cases such as with Jenina's friend, who will remain anonymous, who would lie to gain attention. Saying things that they are not, just to gain popularity.

Basing on what the researchers had also found, a friend of one the researchers had a scandal video which was shared among many people. This is because she shared to a man whom she trusted, but the man shared it to his friends and a lot of people to gain popularity and for revenge. The girl was said to suffer from deep sadness after the incident and was even kicked out of her school which the researchers will not mention the school's name. This has been validated by the said person. These are only some of the ways of people to attain the popularity they want to have.

The researchers conducted this research because they want the new generation to see how popularity can affect our relationship with other people and return the bond and perspective of older generations. The

researchers wanted to tell everyone, that popularity, and position in the social class does not change the value of a person. Popularity is not a requirement and an obligation and some of its effects are pretty foul. That's why people must know how to properly use their popularity, use this to impact on people and not to talk down on others. With this, people won't feel obliged to become popular just to fit in with others.

Theoretical Framework

These are the theories that show how personalities are developed, and how it can still be developed which helped the researchers in finding a solution to their study.

Sigmund Freud's Psychoanalytic Theory

According to Sigmund Freud, human personality is complex and has more than a single component. In his famous psychoanalytic theory of personality, personality is composed of three elements. These three elements of personality—known as the id, the ego, and the superego—work together to create complex human behaviours.

The Id is the only component of personality that is present from birth. This aspect of personality is entirely unconscious and includes the instinctive and primitive behaviours. According to Freud, the id is the source of all psychic energy, making it the primary component of personality.

The ego is the component of personality that is responsible for dealing with reality. According to Freud, the ego develops from the id and ensures that the impulses of the id can be expressed in a manner acceptable in the real world. The ego functions in both the conscious, preconscious, and unconscious mind.

The superego is the aspect of personality that holds all of our internalized moral standards and ideals that we acquire from both parents and society—our sense of right and wrong. The superego provides guidelines for making judgments. According to Freud, the superego begins to emerge at around age five.

There are two parts of the superego:

The ego ideal includes the rules and standards for good behaviours. These behaviours include those which are approved of by parental and other authority figures. Obeying these rules leads to feelings of pride, value, and accomplishment while the conscience includes information about things that are viewed as bad by parents and society. These behaviours are often forbidden and lead to bad consequences, punishments, or feelings of guilt and remorse.

Developing Moral Reasoning: Kohlberg's Theory

The independence that comes with adolescence requires independent thinking as well as the development of morality — standards of behaviour that are generally agreed on within a culture to be right or proper. Just as Piaget believed that children's cognitive development follows specific patterns, Lawrence Kohlberg (1984) argued that children learn their moral values through active thinking and reasoning, and that moral development follows a series of stages. To study moral development

Perhaps the most important critique of Kohlberg's theory is that it may describe the moral development of boys better than it describes that of girls. Carol Gilligan (1982) has argued that, because of differences in their socialization, males tend to value principles of justice and

rights, whereas females value caring for and helping others.

The Dunning-Kruger Effect Theory

This theory was made by 2 psychologists, David Dunning and Justin Kruger. This is a cognitive bias where we lack humility and overestimate ourselves. We mistakenly assess our understanding of things as greater than it really is. It is an illusory or fake superiority that stems from our lack of ability to recognize our own lack of ability.

Trait Theory of Personality

Gordon Allport is perhaps best known for his trait theory of personality. After compiling a list of 4,500 different traits, he organized them into three different trait categories,

Cardinal Traits: These are traits that dominate an individual's entire personality. Cardinal traits are thought to be quite rare.

Central Traits: Common traits that make up our personalities. Traits such as kindness, honesty, and friendliness are all examples of central traits.

Secondary Traits: These are traits that are only present under certain conditions and circumstances. An example of a secondary trait would be getting nervous before delivering a speech to a large group of people.

Statement of the Problems

The researchers aimed to study and find out more about Facebook Popularity. Specifically, it sought to answer these following questions.

1.   What do people do to gain Facebook popularity?

2.   What are the negative and positive impacts of Facebook popularity?

3.   How can people change the perspective of many about Facebook Popularity?

CHAPTER 2
METHODOLOGY

This study is qualitative in nature. According to McLeod (2017), the aim of this type of research was to understand the social reality of individuals, groups, and cultures as nearly as possible as its participants feel it or live it. Through the usage of this research, the problems stated above were determined.

Research Design

This study utilized descriptive research design, in which according to McCombes (2019), it means observing and measuring without manipulating variables. It can identify characteristics, trends and correlations. It helped the researchers get the background of the person's life, but it also helped the researchers do or add on the research activity to make the work more identical or clearly to others. Without knowing the background of the person's life, the study would not have had enough information about the person, thus disabling the researchers to further understand the popular or unpopular life.

Population and Locale of the Study

The participants of this research are either popular, one thousand followers or more, or unpopular, below one thousand followers, on Facebook and ages 18 and above. The participants can also have had a lot of followers, more than one thousand, or have a small number of followers, below one thousand. The researchers has picked a minimum of twenty-five participants, and a maximum of fifty participants from the different municipalities of La union, and half of them would be popular and the other half would be unpopular. The researchers used purposive sampling as it is where research participants recruit other participants for the test study. This gave the researchers access to other participants that supports the study.

Data Gathering Tool

In gathering data, structured interview was used. A set of pre-made questions regarding about popularity and other similar questions were used to interview the participants one-on-one. The interview was conducted in the ICT laboratory of Lorma Special Science Highschool at Urbiztondo, San Juan Campus to meet, where the participants are comfortable for the interview. The participants who were unable to go for the interview due to some complications, the interview was conducted through online chat or video chat.

Data Gathering Procedures and Ethical Consideration

Before finding possible participants for the study, the researchers made a letter ofconsent to get permission from the principal, Mrs. Elizabeth R. Camara, the academic head of Lorma Special Science Highschool, Mr. Marianito R. Dacanay and the research teacher for Grade 9-Dalton, Ms. Priscaly Ann Obaldo Castillo, to conduct the interviews. Once the researchers obtained the permission to conduct the interviews, the researchers asked individuals who may qualify as participants in the study.

Once participants were identified, the researchers picked a minimum of twenty-five people and a maximum of fifty people to be interviewed. Furthermore, the researchers informed the participants about all the questions that will be taken in this study and that their confidentiality is assured. Also, the researchers asked the participants for their full cooperation and honesty in answering the interview questions. The researchers then made a letter to obtain the consent from the participants, and parents of participants who are under 18 years old, for photo documentation, as well as audio recordings.

Analysis/Treatment of Data

After gathering the data, thematization and categorization was applied in order to study the interviews to obtain the similarities and contrasts of their perspective and opinions. The data gathered from the interviews was organized by the researchers by categorizing the data into the answers of the popular participants and unpopular participants. They then separated the answers of the two categories into repeating themes to see the similarities and differences of the answers between popular and unpopular people

CHAPTER 3
RESULTS AND DISCUSSION

The following diagrams were drawn based from the interview about "Facebook Popularity: Fever in the Philippines" that was conducted by the researchers with the selected participants from the different municipalities of La Union.

Ways to Become Popular on Facebook

Friendliness. According to the respondents of this research, they became popular on Facebook because of their friendliness. This is due to the fact that they are

approachable and that they had many friends due to them transferring from a school to another.

Good Content. In relation to the respondent's statements, posting good contents such as humorous videos, pictures, memes and achievements would make you gain popularity.

To Publicize Business. Just as the respondents said, they wanted to become popular so that more people would see their businesses which are posted on Facebook.

Creating an Impact. Base on the answers of the respondents of this research, they wanted to become popular so that they can use this popularity to influence and create a positive impact on someone's life.

Attention. Conforming to what the respondents stated, the reason why they wanted to become popular is because they want the attention they get from other people. This is due to past experiences or because they wanted to get noticed by someone they like.

Quality. The respondents that the researchers interviewed said that a person of quality is someone who can become popular. This means that the person has good characteristics, good morals and values, someone who carries his/herself well and someone who can reach the beauty standards of many.

The Positive Effects of Facebook Popularity

Stepping stone for Business. Base on the answers of the respondents of this research, the positive effects of popularity is that it would help a lot in someone's business as Facebook is a huge platform to promote it.

New Friends. Just as the respondents said, the positive effect of popularity is that you would gain more friends and you would be able to interact and meet with more people.

Creating an Impact. As said by the respondents of this research, the positive effect of being popular is that you can influence a lot of people. A person can create an impact in our society and make a difference.

Increase of Self-confidence. As stated by the respondents of this research, the positive effect of being popular is that popularity would boost your self-esteem and confidence.

The Negative effects of Popularity

No Privacy. In proportion to the respondents statements, audiences that visit their platform are too quick to judge, because they assume to know the lives of the popular people.

Cyber bullying. In relation to the respondent's statements, they tend to have "bashers" that would give negative comments on their posts as bashers tend to have insecurities.

Addiction to Fame. As stated by the respondents, when they get popular, they tend to have the yearning of attention and adoration.

Changing the Perspective of People on Facebook Popularity

Business. According to the respondents of this research, popularity is something that can help with business because you can have a lot of people to ask for help or to buy your product or avail tour services.

Necessity. As stated by the respondents of this research, popularity is a necessity because we belong to the millennial stage.

Supporters. Conforming to what the respondents stated, popularity is gaining supporters who look up to you, idolize, and admire you.

Influence. In proportion to the respondents statements, Popularity is being able to impact, influence, and inspire others, may it be in a good or bad way. Hence why being popular comes with negative and positive thought.

Attention seeking. In relation to the respondent's statements, Popularity is just seeking for attention. Based on observations, people want to be popular to go viral on social medias, to increase their number of followers and reactions.

No effect. Conforming to what the respondents stated, Popularity had no effect on them because people still viewed them as an average person, or some respondents found it useless, as well as they can't seem to know how others view them.

CHAPTER 4
CONCLUSION AND RECOMMENDATION

Conclusion

The researchers concluded that people gain popularity by simply posting good contents on their Facebook such as humorous videos, memes and their achievements. People can also gain popularity due to their physical appearance but the respondents also stated that it is not really a necessity to become popular as you can still gain popularity just by having a good character and

interacting with other people. The researchers had also concluded that if you're popular, you won't have a peaceful life and chances are, there would be an invasion of privacy as more people would have their eyes on you but there's also the positive side of being popular which is you can create a big impact on society, you will gain more friends and this can help people in promoting their business. Lastly, the researchers had concluded that people perceive the good sides of popularity more than the negative effects. Popularity has become a title used to judge one person.

Recommendation

The researchers recommend popular people to use their popularity in a way that can impact on other people in a good way rather than using their popularity in a bad way to talk down on others which may trigger others mental health. Popularity should be used wisely, not just for your own benefit but to make an impact in society as well. With this, people won't have bad views regarding popularity. Then, the researchers will also recommend unpopular people to be patient. Popularity does not come overnight, therefore one must be patient and should just continue posting good content rather than posting bad things such as scandals, which may make them gain fame but at the same time, this may make you regret in the end. Lastly, the researchers recommend people not to aim for popularity if they have not yet seen the negative effects of popularity. One must also perceive the negative effects of popularity like bashers, and being bullied. Those negative effects could cause your mental health to deteriorate and eventually commit suicide, like Etika, who was mentioned in this research. With these recommendations, people would have a change in perspective regarding popularity.

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LINKED IN A SOCIOCULTURAL MILIEU: A CHILD'S PERCEPTION OF MORTALITY AND THE WEB

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Abstract: The mind of a child holds a vast array of hidden knowledge that develops itself by details of personal encounters while their age increases. Their traditional and cultural beliefs contribute a huge impact on introducing aspects of life such as mortality. Its clear understanding develops one's cognitive thinking and helps children understand the significance of death, yet it is sensitively avoided in discussions. In this generation, technologies already have the capacity to incorporate the concepts of mortality through media, making it ubiquitous and mundane to the youth. It enables them to engulf themselves under the impact of media whilst learning. However, death can be misunderstood by the youth as to how it is presented by any means of social contexts. By conducting semi-structured interviews on late elementary school students and using thematization as an analytical method, the scholars were able to acquire suitable data for this descriptive qualitative study. This paper aims to delve upon the idea of mortality among the youth and how they perceive it. Results show that most of the children marked death as the beginning of the afterlife, while others focused on the universality context and how they viewed it as the end of life's misery. As a conclusion, it indicates that the personal experiences and the socio-cultural environment of the participants and their exposure to media greatly affects their perspective towards death.

Keywords: Mortality, Media, Technology, Culture, Religion

CHAPTER 1
INTRODUCTION

BACKGROUND OF THE STUDY

Amidst digitalization wherein an individual's capability is made more accessible through the prevalence of technologies, it may also function as a rostrum for education and entertainment purposes. However, as this automation and humankind interact, it may traverse one's behavior, for it can transform one's thoughts and perspective about a particular matter. Living creatures experience death wherein their life is ending. The presence of death causes a distinct set of emotions as it plays a substantial role in society, especially the youth that resides in it. The exposure of children to such reality can affect their development and may transpose the way of how the child sees things, and it can be because of films, video games, and other media tools.

Evolution

When children are experiencing loss, adults assume that their children are like adults, which is not a wise way to talk to children experiencing loss. When adults experience loss, they mostly reveal their perception of death to children in their own way which can result to some misunderstanding. This kind of projection process affects the children's development because it would make them miss the opportunity for them to know how to face loss and adults will miss the attempt to comprehend the beautiful and interesting way of thinking of these children. As time goes on and children mature and get older, children are turning out to be more informed on what death is all about. Youngsters that are not educated about the occurrence of death and embrace the thought that death is not the end are youngsters that are 5 years old or more youthful. The scariest idea for children at this age is the thought of their mother dying. Children fear being

abandoned. Most children do not know the concept of death because their parents do not want those negative feelings to be sensed by their child. The parents look at it as a protection so that the children will not be terrified or scared and have nightmares or thoughts about death. The concept of death is often deliberately avoided because of how it is usually a topic labeled to be distraught as it is usually associated with terror and agony. Because of this, the idea now is for children to prevent this topic, protecting them from disturbing thoughts at an early age to keep their innocent minds and happy, carefree childhoods. Although, according to childhood educators in the west, due to the advanced development of technology and media, children at the age of three have encountered the word "death," thus making it harder to prevent young children from stumbling upon. It feeds their curiosity as they ponder with questions such as what why and how. According to Nguyen and Slaughter in 2003, preschoolers generally have an idea about death, and this is helpful to the insights of a child's cognitive development and life education. In the culture of the Chinese, death is believed to be an unmentionable topic for children. Parents and adults find it challenging to discuss the topic among children, especially with the media misinterpreting and misleading their idea on death as that information disseminates and adds to the understanding of children as it fills their emotions with curiosity and terror.

Yan Ji, Yanhua Cao, and Min Han in 2017 determined that the perception of Chinese children towards death develops as they grow older gaining a further proper understanding on the death of all things and no prominent differences are present between the reaction of both genders but boys are seeming to use words that are violent while girls use a more delicate approach incorporating sensitive vocabulary.

The children's perception of death leads to recommendations for both educators and parents in the

education on the concept of death and life to children such as incorporating it in the children's education all the while offering proper educational material and proper teaching procedures as the results display that most children fail to recognize threat awareness. According to Yan Ji, Yanhua Cao, and Min Han in 2017, to help and guide children to be informed and aware and develop their understanding, it is encouraged for kids to be exposed to such diverse and different lives and its processes through raising pets for them to cultivate awareness and responsibility for life. The initial levels of life are major parts of one's life as it sets as a foundation of a life of knowledge and education of life. Death and life education are possible at these early ages to help children understand life at the starting of theirs for them to grow appreciation and love for themselves and presence on earth which would benefit the entirety of the young person's life.

VERBAL AND NON-VERBAL EXPRESSIONS

A survey was conducted to College students by Behrens, Troy T. to help Alderian to emphasize the knowledge of one's private logic. They were interviewed to impart their thoughts and feelings towards the definition of death. The students were segregated into two groups. The students are grouped according to their expressions, those that express their selves non-verbally and verbally. Non-verbal participants inconsistently conveyed their innermost thoughts and their fear of death rather than participants that are more comfortable to express their feelings and beliefs towards the topic of death. Death is still a topic people talk about and think about. Few people only remember this kind of thing. It is not an uncommon occurrence since history; individuals were horrified of death before. Psychologists and philosophers have associated a person's concern of death with religious, psychosis, gender difference, age, and low self-esteem. Regardless of the reason(s) for fearing death, one fact

remains consistent, it is the common negation of dread of death at the verbal level. Not all individuals fear to die. They see death as peace or solution to stopping painful suffering or misery of other people or yourself.

Death Education in College and High School

Death is being widely spread as a portion of the sequence of life because it is being discussed wherever you go: school, house, church, and other public places. Death education can assist in informing the public especially students about death, and for the people to have the ability to enrich their lives starting from their perspectives and lifestyle. Death education in college and high school is similar but college is more comprehensive when it comes to the lessons about death. The scope of death education in college is centered on the concept of suicide and dealing with death. Ideally, death education should be taught to children in their childhood because the meaning of death goes through many revisions and modifications over a lifetime. Death education will help the children clearly understand the significance of death in the cycle of life. Religious institutions played and are playing a very significant role in death education because they are the one who fixes funeral arrangements and they are the one performing spiritual context to the deceased. With the increasing demand of death education, religious institutions will be having greater responsibility by sponsoring study sessions, counseling and offering more religious rituals to the deceased.

Filipino Suicide

Filipino adolescences had the sense to ponder about their lives before attempting suicide and one out of twenty wishes through suicide, most of their suicides are due to problems in the family and result to utilize a violent method of suicide like slashing the wrist or even digesting poison or overdose. Our bond with our family must remain strong not only the children but also between the parents,

it explains that it reduces the chance of suicide among the family, and it also highlights that the connection between the degree of parental strictness, those whose parents are not open-minded report higher risks of suicide and that those who are in the stage of adolescence are prone to the thought of suicide due to how it is the sensitive time in the life of a person, this study explains that the parenting style of the parents should exercise a certain degree of permissiveness towards the youth but should still exercise authority over the youth unless they want the youth to think they have little concern for them, and the research also implies the most optical way of parenting when it comes to suicide is a democratic form of parenting also known as "Authoritative Parenting" by Baumrind as opposed to the highly strict permissive style of parenting.

Technological Development

At the beginning of a new era wherein automation is creating a huge impact in our daily lives, the introduction of computerized activities to the society engraves a new viewpoint of knowledge that changes their view on death. The word, "death" is already becoming mundane as it is associated with various elements such as conventional wedding vows, "till death do us part" and as a centerpiece of public processions. It also applies as entertainment, for the presence of films, comics, and television programs portray death as a crucial role. We glance at computer games as a playmate, educators, and social platforms in which we already consider it as a medium for adoration and as a form of meditation. These computer games can develop a new perception of what death is by providing a playground for gamers to entertain themselves at the edge of mortality. Although games do quite serve as a digital valve for thoughts, the players reach out for the game to live and may cause misunderstandings about the real concept of death by playing to death.

Positive Exposure

Children, specifically in the Philippines, are mostly exposed to positive images; images that are filled with smiles, laughter, and other positive actions for the reason that their parents or the adults are trying to take away the negatives thoughts from children because they don't choose to create connections between negative things and children. Conversely, when people hear the word death, the first idea that comes to their mind is destruction, crying, grieving, sad, sorrow, pain, and other negative emotions. Children that are not associated with death have no idea about death. When children encounter death, adults mostly share the wrong explanations or notions about the matter.

Death is frequently avoided to be talked about because it portrays or represents negative emotions for the purpose that it might disturb the child's thinking but since the development of technology is already present, young children already got the idea about death because of movies, games, shows, and other entertainment tools that focus on death. This causes children to ask questions because of curiosity and terror. Death education will help children understand death and know how to handle it and to avoid other dangerous concepts of death like suicide. This also teaches children to appreciate their selves that can be good for their development.

Statement of the Problem

1. How is death defined by late elementary school students?

2. What is the transition/evolution of the late elementary school students' perception on death?

3. What are the effects of media to the children's perspective of death? 1.3 Significance of the Study

Conceptual Framework

Death and Media

In the era of digitalization, the topic of death cannot be avoided as it is already shown frequently in media like in movies, news, etc. (Kitch & Hume, 2008). Fulton and Geis (1962, p.14), who said that America is a community that avoids death, studied movies made in 1950. It characteristically prohibited the audience to feel feelings or have disturbing thoughts about the character in the movie, but it didn't last long because of the lead movies in the box office. The things that these movies have in common is that they show suspense and thrills the audience with its final scenes, scenes that are associated with the concept of death. The research was done in the mid-1990s and it made us realize that half of the newspapers in Britain that have been published included pictures or stories, on the front page, that is associated with death. While medicine is used to prevent death and lengthen life, and psychology as a very effective tool in helping others handle the adverse effects of grief, media have replaced religious attempts to know death.

Numerous pieces of research, specifically by English sociologist Clive Seale, has studied the scripts used by the media to show death. But media doesn't portray or represent everyday deaths, research by Sarah Coombs shown how teenagers in Britain read scripts of media about death to examine the kinds of death their relatives may encounter.

Relating it to our research, media can be one of the factors that affect a child's perception of death. Media is already one of the main sources of knowledge for children. It means it can effectively influence children's minds positively and negatively, but media can also be the source of misinformation of children. Relating to our research, death can be misinterpreted in movies and media, which means while a child is growing up, the child

may grow up carrying wrong knowledge on death, if not taught.

Social Death

Death is unavoidable, in other words, it is inevitable, but there are many perceptions about death and as well as the responses and reactions of people on how people die. As stated by Mulkay and Ernst (1991), Thus the end of a person's social life and social identity may precede the end of their physical life: sociologists' term this 'social death'. Death is perceived to be the withdrawal of the soul from its physical state but there are also perceptions about the afterlife. Death may be acceptable when both body and soul surrender to the creator, however, in the afterlife, the spirit can never attain peace when death is not accepted because of accomplished missions and unexpected situations. In the west, 'bad death' comprises of early social death, with a tragic death or dying during minority like in their middle age, while 'good death' is when the physical and social death of a person coincide with each other. Death and dying are not just a process undergone physically, but both are inherited socially.

It introduces us to another perspective of death. We thought that death only happens physically, but it does not. Social death can also happen.

Textbooks

Thanatology textbooks coming from different parts of the world do not clarify whether which of its content administers to the country of its origin or all or other modern societies. This then perplexes teachers and students and can misinform them as well as missing the chance of conducting comparative analysis and essentially sociology which following the words of Bryan turner, has been caught in the middle of a specific nation-state's science and the universal science processes.

Such instance would occur when students from a certain country are unaware of which death practices are original or exclusively from their country and which have been adapted or are global. Some textbooks derived from countries with a narrow population are where authors pursue to discern their country. This is shown in the Flemish text of Bleyen (2005) that concentrates on the globalization of death practices as opposed to the author's country or the modernity.

Textbooks can misinform students about their death practices; therefore, it can also affect the child's perception of death because death practices can also affect the perspective of a child towards death. The authors must clarify the content's origin to prevent misinformation. Besides media, textbooks are one of the sources of knowledge of children on death. It is one of the factors that influence a child's knowledge.

Denial, Sequestration, or Exposure?

As promoted and introduced by Küber-Ross (1970) and Becker (1973), the presence of death denial is associated with psychoanalytical observations. Wherein these concepts have been inspected by sociologists to develop their knowledge of various societies ' outlook of death. According to Parsons and Lidz (1963), in other countries like America, their briefing on death is categorized by practical and typical involvement, rather than the mass' response through denial. However, others precisely point out the suggested medicinal approach to death that is claimed to supplement the religious border due to the annotations that the process of dying becomes indistinguishable even the involvement of the relative's signs of mourning. Waller (1994) although had stated that medicinal inventions cannot easily eradicate the personal grief of an individual, although the effects may soon vary as time passes by.

It is relatively related to our topic by spreading awareness to children that medicines are not always the answer in curing their mental illness because most children believe in their doctor's prescription. It is something that they should learn to know the proper way of dealing with mental problems like depression, anxiety, grief, etc.

CHAPTER 2
METHODOLOGY

Research Design

The scholars have chosen descriptive qualitative design which aims to encapsulate the events that are faced by individuals in ordinary terms. In accordance to the words of Vickie A. Lambert, this specific design does not focus on theoretical concepts unlike the others. It concentrates in further examining somewhat in its inherent origin and realizing the root of occurrences linked in our investigation. It is vastly beneficial for our fellow researchers who prefers to recognize the people who are included, what was covered, and where did the study take place. A child's comprehension on mortality can influence their cognitive development. Therefore, it is crucial to provide proper knowledge about the handled matter. This sort of strategy can assist the study through describing the information garnered and further fathom the theme's true source.

Participants

This investigation deliberates on the youth's picture on mortality. It aims to decipher how their insight evolves through eras and how should the matter be conducted around children as it holds a great influence on their growth. The members of this study are the pupils in their late elementary years; specifically, the 5th and 6th graders in Lorma Basic Education Schools in Urbiztondo, San Juan, La Union. The educators of the learners were well-versed on the aim of the research as the scholars

formally inquired for their proper consent.

Data-Gathering Instrument

A semi-structured interview will be helpful in our research. It is frequently applied to acquire further info about the participant. It provides researchers with more data that help them further grasp the subject from the opinion of the participant. Researchers use this when the researcher only has one opportunity to interview the participant. The questioner has a guide at hand that is comprised of questions that are associated with the subject so that the participant can still cover parts or topics that must be covered in the research topic. It is informal when compared to the other instruments. It is because the interviewer aims to get the trust of the participant to get more information and so that the participant will be more comfortable in giving such information because a chance will be given for them to express their thoughts and their perspectives.

Our research topic is about death, and death isn't a subject people can just bring up. We must let our participants understand that they can be able to tell us everything and, at the same time, know that they can trust us with that type of knowledge, so a semi-structured will help us in gathering information.

Data Gathering Procedure

In order to get information that can support our research, we need to follow the following procedures:

1. Lorma is very strict when it comes to the safety of students and the gathering of data. It would be wise to first obtain the consent of the principal of the school so that we will be allowed to interview out target participants and gather data.

2. After getting the permission of the principal, the researchers must come up of questions that will be asked to the participants. It is very crucial to have questions that will answer the questions that need to be answered in the research.

3. It is now time to interview the target participants. The researchers are needed to look at the schedule of both teachers and students and see what time they are not occupied and ask their consent for the interview.

4. The researchers already gathered the needed data for the research. the researchers will now analyze the data gathered and answer the research problems.

Analysis of Data

Thematization

In the words of Halliday 1994, the presence of a theme has a significance in organizing messages that enables the receiver to clearly understand it. Therefore, as stated by Mardani, thematization is defined and considered as a mental act or process of selecting specific topics as themes in discourse or words as a theme in sentences. Since the incorporation of thematization to the scholars' study is possible, it can benefit them as they compare and contrast while selecting and classifying the data they accumulated centred on its specifications. By this process, with the usage of selection, seeking appropriate inputs such as various explanations and justifications from the participants would benefit the researchers with their study as they look for the data relatively in alignment to the context of their study.

Triangulation

Biases can make the research not viable or credible. To prevent biases and to further assist your research, a researcher must use triangulation as a way of analyzing the data better. Triangulation is applied to

prevent biases as it uses different methods to the subject of the investigation. Triangulation is a method of checking that the research is valid by using different methods to accumulate data. The method of triangulation makes the researcher assured about the data examined because different dimensions or perspectives of the topic was covered. This method can be functional in confirming data or theories to assure that it is correct and credible. It can reveal other perspectives that can help the research and give us more understanding. For an instance, the researchers would like to spread awareness on death because it is good for a child to know the notion of death as it affects their cognitive development but basing on our research, parents avoid the topic of death to children as it is reflected to be a 'taboo' topic to children. Arguments will surely arise if not all sides are acknowledged.

The researchers will also be using triangulation to analyze the accumulated data to prevent biases in the future and to further support our research.

CHAPTER 3
RESULTS AND DISCUSSION
Results

I. Late elementary school students defining death

a) Death as an Inevitable Event

Within the ages ranging from 10 to 12 years old, only ten interviewees could distinguish the realistic concept of death. Most of the participants have acknowledged the truth as they mentioned: "it's something that is impossible to run from" and "death is an inevitable event.". Following the words of Schonfeld, 1991, the ability to understand death is a developmental process. Wherein it is likely similar to the process by which children come to interpret physical illnesses. A lot of factors provided children informative concepts that initialize and widen their scope of understanding towards

mortality. Experiences like grieving or even near-death situations could make them comprehend that death is only not a simple word. Therefore, studies proposed that there are four consistent principles of death which have appeared numerously on the transcripts regarding a child's processing steps into interpreting the true meaning of death: wherein it tackles about irreversibility, causality, inevitability (universality), and finality (nonfunctionality) based on the words of Hostler, 1978; Kastenbaum, 1967; Snfilansky, 1987; Speece & Brent, 1984 and Wass, 1984.

b) Death As the "Gateway" to the Afterlife

"Death is all about leaving your family and friends along with your achievements. But your memories will remain in your heart" an emotional statement mentioned by a 10-year aged student which portrays his belief in life after death. Only 16 participants defined mortality as the beginning of another existence or going yonder the veil. Few have focused specifically on the concept of

Students Parents*reincarnation; which is a prevailing concept about afterlife, and it has affected their definition of mortality as one of the students stated-- "Death… because of death we die, but our souls don't. The souls will either wander in heaven or hell. Reincarnation can even be possible but we won't remember anything from our past life." Furthermore, there were also similar statements-- "to me, it means going to heaven or hell to meet Satan or God. You can reach heaven or hell" which implies that the religious concept of divine elements and the idea of the spirit departing from our physical bodies when we perish are still known among late elementary school pupils as the idea is being acknowledged by most educators. In accordance to the words of Bering in 2011, numerous adults around the world, despite their religion, think and believe in life after death as the mind continues to process subsequently. In the phrase "I knew about death when I was around 4 to 5 years of age because I usually ask about

my Dad's parents but my mother told me that they were already in heaven", it is portrayed that personal encounters serve as a main factor affecting a child's outlook on mortality. In the words of a conducted study by Astuti & Harris, 2008 and Harris & Gimenez in 2005 the beliefs regarding the spiritual realm of children are built on the nature they are in as children 7-11 years of age focus on the religious aspect of death wherein the notion of afterlife is applied.

c) Death as the End of all the functions in the body

The participants have flashed a spotlight on the physical well-being of an individual dying. We asked the students how they would define death and 11 students had similar answers revolving around the thought that death is when our body stops functioning and eventually decompose. "It is when your heart stopped beating" participant. "Death is all about not being able to live more on earth. It is where your heart is not pumping anymore, sooner or later your body will be decomposing (worms eat your body)." - another participant. Additionally, the respondents cited potential reasons for death that are related to our physical body. A student stated, "Death is "pagkamatay" In tagalog well example: you are shot by a gun and you die thats death to me LoLs!" Diseases, like cancer or heart diseases, with a high mortality rate or fatal injuries caused by car accidents or murder, were mentioned by the respondents as probable reasons for death that will result in getting hurt in our physical body.

In the study made by Bjorklund and Bering in 2004, the results have indicated that late elementary school students (children that are 10-11 years old) stated that bodily functions will end at death, while, pre-elementary students and kindergarteners say otherwise and believe that a dead person can still be hungry and the dead person's physical brain will never cease to function at death. It was shown that as a child gets older, they grasp the concept regarding the discontinuity of the purpose of

the body, after death, better. This was implied from the data that states that the late elementary school students gave discontinuity responses to the questionnaire the researchers prepared.

d) Death as End of Life's Misery

"Death is the end of the lives of people. Usually caused by sadness, loneliness, and hatred for many people. Death can also be the end of sorrow and sadness of many. "; a participant mentioned. Out of all the interviewees interviewed, three talked about ending lives through suicidal actions due to depression, four have implied that it is the end point of physical anguish and misery, and two commented about how death gives the ability to feel nothingness.

In a research journal written by Moore, 1986, it is obvious that most individuals   who commit suicide are desperately unhappy as they feel poised between life and death. Numerous studies have also acclaimed that children, ages ranging from 5-14 years old experience deliberately suicidal actions like cutting, stabbing, and jumping from high places wherein it comprises an alarming increase of 12,000 reports a year. Children exposed to such violence and mental stress could lead to more frightening choices such as taking their own lives to escape suffering. However, various religions strongly oppose the idea of suicide as they believe that a substance of suicidal action is going against the rules of divinity. Therefore, religious personalities further state that there are more methods to cope up with the factors of sadness and life stresses. Referring to a Hebrew scripture, suicide is indirectly condemned--"one shall not commit murder" (Exodus 20:13) wherein it includes the misuse of life.

Through these concepts, when explained clearly, it could clear the child's difficulty of grasping their ability to mourn a loss.

II. The Transition/Evolution of the Late Elementary School Student's Knowledge about Death

a) Through Media

"I heard death in every TV shows when I was 3-5, but I learn about death when I was 6 or below and in my age now, it is very clear what is really "Death". --one of our anonymous respondents from the 6th grader category. This statement provides a concrete evidence on how the respondent encountered the thought of mortality through media; specifically, on television.

Throughout the century of mid-1990s, a newspapers publication published a concept that includes visual photographs and stories of death on the frontal page of the tabloid. Whilst in the present era of digitalization, media became a rostrum that simply incorporates mortality in entertainment which supplements thrill to the audiences; hence, making it more likeable. In a study made Baxter in 2015, it is demonstrated that approximately children aged 8 years-old and below spend 3 hours a day in the web. In a famous episode of a children's television show, "Mister Rogers' Neighborhood" focused on the loss of a goldfish which provided realistic concepts of mortality such as inevitability, cessation, and irreversibility. However, on the other party, an investigation opposes the positive reflection. Sedney, 1999, imposes that media seldom portray death properly. In Disney films, the death of characters was described as "unrealistic" and "misleading" which can confuse the youth.

When contrasting different timelines; the previous and current centuries, it has a diverse modification from when advancement began to reign. In preceding centuries, photographs and simple news reports were the only medium applied for dispersion of information. The apparent transition which influenced not only the children; but the mass as well, can be perceived as an

outcome of the imminent globalization and modernization.

b) Through Past Experiences

"I knew about death since I was 4 to 5 yrs. old because I usually ask about my dad's parents but my mother told me that they were already in heaven" this is one of the statements given by one of the interviewees whose age is 12, according to the results the most common way they learn about death is due to a death of a family member mainly their grandparents and due to the death of their pets as well, and the statement "my lolo and pets died from heart attack, natural causes and alcohol problems. i think it will happen to me also when I drink alcohol soon" suggest that the youths start to have a better understanding on and may have various emotions on the topic such as fear but based on the statement, the interviewer has an emotional dislike for alcohol and the most common emotion present is fear because of the reason how his grandfather died and thought to himself he may pass away due to alcoholic reasons as well. "at 5 because I used to spend time with my great great grandma until I figured how did she had passaway and my mom explained"-- a student. From this statement, it is observed that parents serve as a big factor in helping a child learn the concept of death. Parents tend to guide their children when a relative or a person close to them experiences death.

Based on the research conducted in China by Yan Ji, Yanhua Cao, and Min han, children between the ages of 3 to 6 years of age begin to grasp death more accurately when they witness loss of their pets and that it also informs us that they get a better comprehension out of it. It also has been mentioned that children at the age of four lack danger awareness, while those at the age of five began to realize the concept of mortality and those at the age of six already have certain

understanding. In a study constructed by David J. Schonfeld and Marcia Quackenbush, the reaction of children about mortality may communicate through their thoughts, feelings, and fear. Which concludes that children may become upset about these discussions, we should keep in mind that it isn't the conversation causing distress, but the very painful loss felt from the death of a loved one. It was also revealed by Astuti 2011 that exposure is one of the most powerful way of learning its concept as there are further investigations made and concluded that first-hand experience increases a child's understanding of death like the study of Speece and Brent in 1984

III. The Effect of Media on the Late Elementary School Students' perspective towards Death

a) Emotional Connection

When late elementary students were questioned about the morals they fathomed in the film viewing portion, the most common responses were "I learned that losing a loved one can be heart breaking" and "I would be in pain or I'm always sad because imagine losing the person you love and they are very important to you that will be so depressing". Which indicated an effect of media which involves the emotional bond one would garner with an on-screen personality who is undergoing grief. Despite at an early age, it can be seen how most of the respondents had the ability to feel a poignant attachment and emulated the same sentiments portrayed in the big screen. Through this, they developed a sense of sensitivity which imparts a basic idea on what they would initially feel like once they encounter loss first hand.

This prevalent influence of the social platform can be interrelated to the conceptual framework of "Death and Media" by Tony Walter due to the fact that mortality is becoming more apparent in today's media such as films (Kitch and Humes, 2008). The study of Fulton and Geis in

1962, it states how American movies do not allow the viewers to have any form of emotional attachment with characters in films. In comparison to the present age, it is very much diverse as most films are now producing the more appealing or relatable for the audience causing some type of connection between them; although they would consequently die in the end. This attachment with characters in motion pictures will assist the audience express a more emotional reaction to the death of these people which will provides a gist on how they would react towards loss of an individual much closer to them and in the end, will help shape their perspective on how death is handled and how it feels.

b) The Trends

"I learned about it when i was 5. I was watching a film during that time"; " I don't remember but I know I was fairly young. I learned about death when I would hear scary stories surrounding it and when my grandmother passed away". These are the responses that we have gathered from our respondents regarding their age when they first had personal encounters with mourning. In the 11th chapter of the "Prose of Dying" written by Robert A. Neimeyer, Hannelore Wass, Taylor & Francis in 1995, it is evidently portrayed how elders transmit the idea of death, being an element of taboo. They would likely refuse conversations and refrain the youth from having a glimpse regarding the matter without acknowledging the wide spread of information from trending social platforms. As the youth are exposed unto digitalization, they begin to embrace the entertainment and the consequences it brings; which pushes them to adopt certain values and news from their preferred cartoons, heroes or icons. Trendsetters are also considered as one of the root contributors for they pass messages without proper discernment. An application software such as "TikTok" manages to imply the trend "mugshot challenge" by using cosmetics to portray violence. The trend

"#TwoSentenceHorrorStory" also instantly became one of the youngster's favorite dark humor due to the thrill it provides; not recognizing the normality of murder and homicide.

3.2 Discussion

The researchers asked the late elementary school students on how they define death. The results have shown that the participants were able to define death as an inevitable event and the discontinuity of the functions in the body. The results of the current study are similar to the investigation conducted by Mahon and her colleagues in 1999 where children, aged 5 to 12 years, have the sense of inevitability and the dysfunctionality in death. The results of the current study support the research conducted by Bering and Gimenez in 2005 where most of the children that were interviewed have focused on the religious aspect of death rather than its biological aspect. The data that we have gathered shows that most of the participants believed in the idea that there is life after death and defined death as the beginning of the afterlife. Additionally, one of the findings in the data gathered by the researchers of the current study is that a child's sociocultural environment affects the child's definition of death like the children's sociocultural environment. Comparable to the study conducted by Astuti & Harris in 2008 and Harris & Gimenez in 2005, the current study has demonstrated the effect of the testimonies or beliefs of adults, regarding the concept of death, to a children's definition of death. It was revealed that a parent's testimony about death affects a child's knowledge on the topic of death. In contrary to a study conducted by Bjorklund and Bering in 2004, the current study doesn't confirm their results where it is demonstrated that as a child gets older, the better they grasp the concept of discontinuity in death.

Furthermore, death was also defined by the participants as a means to end life's misery.

Unfortunately, limited studies were conducted by researchers regarding this concept of death, so we, the researchers, are filled with optimism that our study connected to this kind of definition of death will serve as a background for future studies.

The participants' knowledge on death transitions or evolves as time goes by. The current study is in favor of the study made by Sedney in 1999 where it indicates that media is an indirect form of death education because of its great influence on children. However, only a few of the participants of the current study learned through media. The congregated data indicates that most of the students grasped the concepts of death by the means of witnessing death in their environments. Wass' (1995) study about media being the most effective form in teaching children about death because of its visibility in the world of technology does not epitomize the current study. The current study exemplifies the study made by Ji, Cao, and Han in 2017 where a child's sense of death is advancing due to their environment where death is visible. It was demonstrated that witnessing the death of a person is a great way for fostering the children's cognitive reasoning.

The current study disagrees and argues with Kane's implication (1979) where children below the age of 7 years are incapable of understanding death and only when they reach the age of 10 years will they develop a clear understanding on death. Basing from the data gathered by the researchers, children heard the word "death" in the age of three to nine years. This is similar to the study of Rosengren, Gutierrez, and Schein in 2014 and the study of Slaughter and Lyons in 2003 where their research indicated that most children in the age of 5 to 7 years can understand death and children with the age as early as 3 years are capable of acquiring knowledge on death and understand it.

To assemble data and monitor the effect of media on the participants, the researchers presented the

participants two emotional videos that portrays the concept of death. The results of the research conducted by Graham, Yuhas, and Roman in 2018 is congruent to our study where Graham and his group conducted a study focusing on animated Disney movies and have discovered that the most common emotion that they showed when movies that portrayed death were being played was negative emotions. This suggests that the viewers show a unique emotional connection with the characters, shown also in the results of the current study.

CHAPTER 4
RECOMMENDATION AND CONCLUSION

Conclusion

The presence of media has become a vital instrument for conveying one's position and beliefs since the beginning of advancement. It also became a platform where mortality was incorporated to be an element in the industry of entertainment. As it acquired popularity amongst the people, the publicity of these recreational tools reached up to viewers as young as kindergartens; which exposed them to various viewpoints in the life cycle. However, it has consecutively dealt influences, the positive prevailing over the negative, to the culture and to the youth.

Through data-gathering, the scholars found out that children, ages ranging from 10 to 12 years old can already distinguish the realistic aspect of life rather than the virtual context that social sites provide. They have acknowledged the notion of inevitability and its boundless universality. (Barrett, 1999) In addition, when contrasting the divergence of present and past timeframes among cultures, conversations about death possesses a hinting impression of taboo. They have also shed light on the thought of the afterlife and the physical status of a dead

person. The researchers also discovered how the existence of media paved a way for normalizing discussions in the society regarding mortality which allows individuals to converse and exchange opinions. Not only media, but also the children's sociocultural environment.

Media is vastly influential when it comes to its impact in the society. By setting trends and crazes, it could reach a huge number of audiences in a short span of time. Films associated with ghostly and spirits grabs attention of adolescents which causes them to dart in movie theatres. (Greeley and Hout, 1999) Which causes them to develop fear of spiders and snakes rather that strangers. (Gullone, King, Tonge, Heyne, & Ollendick, 2000) Therefore, it has a higher chance of preceding children with misleading outlooks. The youth discerned a glimpse of mortality through personal experiences of loss which resulted to mourning or grief is still the main cause of a children's comprehension. Nevertheless, these entertainment tools such as films has the capacity to sharpen their perception which can assist them in developing stronger emotional ties between families and bonds. (Speece & Brent, 1984) The study illustrated that most children's behavior towards loss may convey the fact that they are more prone to thoughts of suicidal reactions as a coping mechanism. They develop a sense of thought that eagers them to join their deceased loved one as they believe death is a mundane option they can choose whenever they desire.

Recommendation

a.) The Title

Dying Wish: The Siblings' Venture

Tagline: "Life is beautiful without a doubt"

b.) Big question

How is mortality integrated in one's personal existence?

c.) Objectives

The conundrums to be undergone by interested players are engraved with several life lessons that will assist them in plunging into the deeper meaning of life. The 3D characters have a diverse set of stories linked with loss that captures the essence of emotion. However, as the game aims to portray the beauty of living despite the struggles and loss undergone by an individual, there are twists of revelations after the crisis of grief which informs the player how loss can bring immense blessings unexpectedly. It also passes the moral of how life begins during the current moment and how they should embrace it immensely. Elements such as parents and friends are added for interaction and for the audience to acknowledge their worth and their ticking soul. With regards to the well-being of the app, it is recommended that the app will be accessible to any device. Generally, the app's objective is to teach children the beauty of life and that we can find it by acting upon the thought that death is inevitable. This game shows how death was integrated in one's personal existence. It was shown in the game that

d.) Blueprint

It is placed in the PowerPoint sent with this paper.

SOCIOLOGICAL ANALYSIS OF EMOJIS AMONG TEENAGERS

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Abstract: This research paper entitled "Sociological Analysis of Emojis among Teenagers" aims to identify the shifts on our current language with the rising trend of incorporating emojis in messages on different social media platforms. Deeper aspects of emojis were also discussed, namely: expression, communication, secret code, emotion icon, pop-culture, sexual subtext, and influence in social life. The goal of this dissertation is to determine how emojis and related factors affect our daily language and influence a student's way of communicating and socializing with their peers. The researchers were able to thematize and categorize the data with the use of Qualitative Descriptive for the research design and structured interview for data gathering. Emojis affect today's mode of communication by being a measure of intimacy, a form of secret code, and possibly cause misinterpretation. It also shifts the spoken and written language in terms of its convenience, the means of interaction, and how it affects social class. The lived experiences of the respondents with regards to emojis, and how it has affected them in terms of socialization, comprised of how emoji-senders appear more friendly but emojis can also be used maliciously on the downside. In addition, emojis also serve as entertainment for some, and can be put to use as a tool in education. Emojis have brought notable changes in how we use our language and communicate with others by providing fun and more friendly interactions, deeper understanding and conveyance of emotions, and easier and more effective conversations through different social media platforms.

Keywords: Emojis; Language; Communication; Social Media; Teenagers

CHAPTER I
INTRODUCTION

Background of the Study

With the abundant rise of social media, it gave birth to a mode of communication which we now recognize as emojis. Emojis are rising in trend and they are everywhere. The time of English language might come to end, and with the development of technology, it might be replaced with icons of emotion, animals, and hearts. With the said changes that may occur, it will surely affect our daily conversations. People in a society tend to cope and blend in with what's trending, an example of this is the use of emojis to insert intensified emotions in text messages.

Expression/Communication

From a sentence, to a phrase, to a word then now, an emoji. In casual conversation with someone, there's no need to say what you're feeling because it shows in one's expression. But in terms of text messaging, the using emojis has become a way to express the tone and the 'non-verbal context' behind the messages. It is also favoured when texting because we have a single icon to replace a number of words.

As mentioned in 'The Emoji Code', these symbols are used to replicate the human communication in the real world to the digital environment. These symbols function the same way with facial expressions and intonation, they pass the messages of an individual's mood and emotion as a mode of expression between two people conversing through text messaging who cannot see or hear the gestures and intonations of the person. Vyvyan Evans, the author of the book said: "Emojis add personality to the text and generate empathy among users, an essential thing for effective communication".

With the incorporation of emojis through text messaging, is it making us better communicators or does it lead to more misunderstanding? People have innate capability of perceiving emotions, we can sense other's emotions because we're unconsciously reading their facial expressions. Humans can differentiate a smile from a frown and react accordingly, same as through with emojis, which can further improve our communicating skills. On the other hand, pasting emojis beside your messages can also lead to misunderstanding about its real context because of the absence of the person's voice tone intonation and body language.

Secret Code

In this technological world, Emojis are now a part of communicating and we use this to express words we would want to say. By looking at these tiny pictures or figures, we can easily see the idea of it and tell a story. The utilization of emojis in your text, captions, or comments will make people understand easier. There are lots of emojis we can use that can express the way we feel and the things we want to say. We all know that every emoji has a meaning and as we delve deeper into emojis, we see that some emojis have meanings that aren't easy for other people to understand. Emojis are similar to slangs in a way that they both serve as shortcuts.

Nowadays, they're mostly being used by teenagers wherein they express a different language or meaning that others may not understand. We find it easier using emojis rather than typing words especially when we're rushing. We could express deep meanings, thoughts and ideas by using emojis that can't be expressed in some words. People nowadays, give new and different meanings to emojis that may become personal. We need to be careful in using emojis for us to not be a victim of misunderstood statements or situations. Emojis can be useful but some people do not tell the truth when using emojis.

For instance, when you are not really feeling 100% and you don't want to pass your feeling onto the person, you reply and give them a smiley face but deep down you feel sad. Not everyone feels 100% every time and you don't want to spoil the person's day by letting them know you don't feel right because it will pass and you'll be ok. When looking at the emojis, they seem harmless but even when the emoji doesn't seem bad, it tends to have a way more different meaning. Different threats are mostly being experienced by teenagers on social media when you're messaging not only with words but also with emojis and creates a bad effect. Using emojis can bring us to a whole new world that drives effective communication where we become better in conveying our ideas and emotions.

"Emotion Icon"

The rapid growth and increasing use of emojis has highly affected people especially teenagers. The usage of emojis is very simple because it can represent what you feel or a word that you want to describe. It is possible that emojis can be used as a visual language to communicate because of its face structure that represents our feelings.

People these days especially Filipinos tend to use emojis to express their emotion. One of the examples is the heart eyes for 'Kilig', which means if someone's having a romantic experience. It is also one of the most popular expressions used by the Filipinos. The worried face for anxiety, disappointment or being concerned. And lastly is the pouting emoji. It is utilized with the feeling of being taken for granted or if someone's teasing you and you get easily annoyed. These are just the examples of emojis that people used in their daily lives.

Since the usage of emojis have increased, people have also created 'emoticons', a new animated way to describe feelings. Emojis are only based in one circular face but Emotions has lots of types to use like the classic 'Meep' series, Tuzki, Pusheen or Emoticons that are based

on movies like Frozen, Minions, Zootopia and more. These emoticons can be used in different kinds of social media platforms specifically social networking sites like Facebook, Twitter, Line and more.

Pop-Culture

Emojis are small images that represent a facial expression, it also represents a lot of things like fruits, body parts or even a moon. Think of it as the modern language of the internet, without emojis our social life in the internet would be boring. Just imagine a person trying to post something with boring captions, of course it wouldn't get as much likes or views because it has boring title. Emojis are quickly becoming a part of our daily language in social media.

Emojis first became popular on japan in the mid 2000's through mobile devices. In 2010, Unicode made emojis accessible everywhere and by everyone. As more people join social media the more of the platform users use emojis. According to study, Instagram users have the most usage of emojis followed by Twitter and Facebook. Most of these platform users are millennials and generation Z.

They are not only being used in a way of expressing one's self through text messaging, but some make use of the different emotions of emojis as a t-shirt design with a designated caption, or even emoji erasers and emoji pins. A must-have item that probably became a craze is the emoji pillows, it became sold-out and some people are even collecting all the possible emojis on the pillows.

Sexual Subtext

Emojis are so versatile that they can be used for various types of scenarios and can be used in most daily conversations. As stated by Miller and Thebault-Spieker on 2016 "Words have a dictionary definition, but emoji are nuanced, visually-detailed graphics that may be more

open to interpretation." Now people find that using emojis for sex-texting or 'sexting' isn't as unusual as they thought. Some haven't cracked the code to the secret subtext of emojis yet, so emojis can be a way to be discreet. There are diverse interpretations to each emoji and the striking contrast of each perception can be interesting, for example, the peach emoji can either be seen as a fruit or a euphemism for the backside. Emojis are an evolution of emoticons, generations before 1990's only had access to emoticons which is a form of typed emotion besides words. One could only imagine if emojis were never invented and emoticons were used as innuendos.

The 3 most common object emojis that are sexually suggestive are the tongue emoji, eggplant emoji, and the sweat droplets. In fact, the repute of the eggplant emoji is so widespread that even "The Package" a 2018 Netflix movie, was literally titled with the eggplant emoji when it was first released. With how it is so commonly used, people have developed a code on what the emojis could actually mean in certain situations. Sending a quick eggplant emoji can make the receiver think of it as a 'booty call' otherwise known as a sexual invitation. Meanwhile, the most common face emoji is the smirking face. The smirking face emoji is also used as gesture of superiority and is often used when hitting on someone, a popular phrase with the use of this emoji is "Do you wanna go out tonight?" with a smirking emoji. This gives that specific emoji a reputation for being an icon for sexual innuendos and not the intended use of it, which can be a vegetable or a smug face. Emojis were originally made to communicate emotions online and not hint at underlying intentions, but with how humans are adept to creativity of usage, the use and meaning of emojis is now up to the sender.

In the world of flirtation, let your imagination go wild. Emojis can be open to interpretation and yet some people still look for specifics. There are 2,823 emojis that

are readily available for everyone to use but petition for a certain emoji is still ongoing. Last 2015, Durex launched a #CondomEmoji campaign for World AIDS Day. Volker Sydow, global director at Durex said: "Looking at how influential messaging is in the development of relationships today, an official safe-sex emoji is a simple and empowering step towards better protection and sexual wellbeing." Since certain emojis were publicly used as sex objects, why not develop an emoji for safe-sex? For a famous brand, Durex plays a significant role in educating young people in particular about safe sex. It is clear that our ways of communication have changed, so it is important to reach out to the public in a way that are most natural to them, which is the use of emojis.

Influence on Social Life

In a society where the opinions and preferences are important in analysing emotions, the use of facial expressions play an essential role in properly conveying the emotions one is trying to portray, wherein you don't have that kind of option in texting. This dissertation tries to see the effects of emojis in messages that show a lot of sentiment. Results show that texting in emojis are more efficient when expressing a positive opinion. The use of emojis has become popular where it has gotten to a place where companies use it in a way to know the satisfactory of their customers. Sentiment Analysis (SA) uses Natural Language Processing (NLP) wherein they group the posts in social media or microblogging services like twitter and classify them as negative, natural and positive, this process would help business or companies in knowing what they could improve in their product.

The use of emojis in posting in social media platforms has become substantially helpful in expressing the emotions since emojis are pictures that portray facial expressions. Not only that but the use of emojis can sometimes help the people in expressing what they are feeling when it is difficult to express only with words. A

study shows that the human brain actually sees emojis as real faces and the reason why emojis have risen to popularity is because humans react to it the same way we react to human faces.

We have suffered many years in learning different languages just to communicate with other nationalities, but what if Emojis are the solution to one of the biggest problems in communicating? Almost all Filipinos use emojis in their daily lives. They are very easy to use if you can't say or describe what you feel in the moment. Using emojis has been part of the social media culture. People of the Philippines are going crazy in getting a first-hand experience on using the recent update of the app 'Facebook'. The new feature utilized emojis as a way to react to a friend's post without posting the said reaction. It is composed of the 'love', 'haha', 'wow', 'sad', 'angry', and 'like' reacts. These 'reactions', as we call it now, are used as an alternative to expressing one's thoughts through commenting on the said post.

Statement of the Problem

1. How can emojis affect today's mode of communication?

2. What are the shifts on the spoken and written language do emojis have?

3. How do emojis interplay with the lived experiences of students in terms of Socialization?

Theoretical and Conceptual Framework

Community of Practice (Etienne Wenger 2000-2014)

Communities of Practice pertains to groups of people who share the same practices and learn from it as they interact with each other more. The theory states that there are many types of learning, one of those types is learning through technology. Nearly half of the latest

generations is almost always online, so it would be more convenient to learn through our mobile devices. With Emojis, people will be more engaged in using their gadgets as a way of learning. Community of Practice can also be associated to the influence on our social life, emojis are taking over social media and it affects our ways of learning from other people with the same interests.

Politeness Theory

The Politeness Theory achieves to have a successful communication by reflecting two opposite needs of a human. This helps us know whether the emoji is negative or positive in meaning. People are able to use emojis as an icon to express specific sentiments and some people might understand, but some will not. This brings up the thought that people should leave contextual hints whether the emoji is used is a positive or negative light.

Social Presence Theory

Social Presence Theory is defined by the connection with another person and how people can perceive others as being 'present' or 'real' in terms of communication. Some people have a hard time analyzing intimacy when texting, but with the use of emojis, people can express themselves more and can even seem more empathetic. Emojis can make you feel more connected to the one you're talking to in ways that you can come off as more 'relatable' or 'upto-date'.

Social Information Processing Theory

Relationships formed through online interaction can be as fulfilling as making friends in person. Emotions are conveyed as messages through the use of "emojis", and media is main platform of its existence. With the existence of emojis as a type of communication, it is now much easier to talk to anyone who's on the other side of the world because of technology. Whenever people text, they can now use emojis to emphasize the friendliness of

messages, and form friendships. Through this, our online connections can progress beyond typed words.

Uncertainty Reduction Theory Prior information gathering happens before interaction between strangers to reduce uncertainty in predicting the behaviour and actions of people. People find receiving messages and comments more likable because of the addition of these symbols or figures. For example, using a smiley face emoji can give the receiver ease and produce a positive feeling. We can determine the behaviour of that person by getting information about them and this can reduce uncertainty since we now know what to expect from them. This theory also states that two strangers can form a bond or relationship between them by interacting better with the use of emojis to feel more comfortable.

Relevance Theory

The Relevance Theory is attempt to further explain or further understand statements with an unambiguous meaning of the sentence. The theory was based on assumption that people can

comprehend basic sentences with little effort. In relation to this theory, since emojis are still a modernized concept and older generations might need to catch up, some people would still have a hard time understanding basic meanings of emojis. Emojis, being ambiguous in nature, can be interpreted differently according to the usage or the perception.

CHAPTER II
METHODOLOGY

Research Design

The research design chosen for this paper is qualitative descriptive. According to Pacific Rim International Journal of Nursing Research in 2012, "Qualitative descriptive studies is a comprehensive summarization, in everyday terms, of specific events experienced by individuals or groups of individuals". The reason for this specific qualitative design to be used is so that the researchers are able to study the similarities and differences between the participants' experiences with regards to emojis.

Participants

The research participant of this study is comprised of STEM Senior High School students. Out of 54 students, only 52 were present. But among those numbers only 49 students gave their consent to do the survey and be interviewed. They are more associated with what's new in the social media platforms and are the most frequent to use the said platforms. The researchers aim to know how they utilize and perceive emojis when it comes to text messages.

Data Gathering Instrument

The researchers chose to utilize Structured interview as the data gathering instrument, wherein the researchers formulated fixed questions that are appropriate and essential for the study to obtain the information needed.

Data Gathering Procedure

The researchers shall have their permission form the principal to be approved to be able to interview a

participant that the group chose. Aside from that, the researchers carefully constructed interview questions that would be in-line with their study and to ensure that no privacy will be invaded.

Analysis of the Data

As stated by Halliday in 1985, "analysing the thematic structure of a text gives us an insight into its texture". With this, the researchers analyzed the different responses from the interview regarding emojis by categorizing the said responses into themes to see if they are similarities.

To prevent biased information in gathering data, the researchers used the Triangulation method. As stated by Patton in 1999, "Triangulation refers to the use of multiple methods or data sources in qualitative research to develop a comprehensive understanding of phenomena". This is a research strategy to test the authenticity of the data by the similarities and convergence of responses from different participants.

CHAPTER III
RESULTS AND DISCUSSIONS

3.1 Results

I. Communication

a. Feelmoji . Based on the responses on the question "Can emojis make someone appear attractive?" 59.18% of respondents agreed that the usage of emojis can benefit someone while 40.82% disagreed that it doesn't make someone attractive. The effects of emoji really helps people to connect to each other especially when it comes to expressing feelings because it is really hard to understand their emotions. When it comes to emojis that represents emotions, 36 out of 49 respondents think that emojis can be of sentimental value to someone

but most respondents still choose casual text as the best way to express emotion when chatting online.

b. Mystery moji. Out of 49 students, 45 has responded to have used emojis to hint at shared knowledge only between the sender and the receiver. One of the responses that hints at this is, "Yes because there are times that I don't need to say a word to the person that I am communicating with to know my emotion."

c. False moji. The respondents were asked if they have misunderstood an emoji sent to them or someone misunderstood them while using emojis. Out of 39 respondents, 90% of them said that they did misunderstand emojis at some point and the other 10% said that they do not misunderstand emojis because they are already aware of their hidden meanings. Respondents said that they sometimes misunderstand emojis because they have different interpretation on what the emojis mean which leads them to misunderstanding.

II. Language

a. Easymoji. The survey question "Do you find emojis easy to use?" had 94% of the respondents say that they find emojis easy to use. These are simple pictures and can be used just by tapping whatever symbol you like that epxresses what you feel. And on the question "What's the most convenient form of communication?" 61% of the participants answered "online chat." With pictures, chatting would be easier since the figures would replicate real life.

b. Emoji link. Based on the reponses from the survey, in the question "Which of your friends appear more friendly?" 59% of the participants answered that emoji senders appear friendlier. Another question that supports the data is the question "Have emojis helped you find new friends?" And 92% answered that emojis have helped them find new friends. Emojis are a great way to

interact because it tends to make you appear more social and friendly to others.

c. Mojiclass. 27 out of 49 respondents think that emojis are unprofessional to use and one of the respondents agreed stating: "I prefer someone who's a bit more casual, but not that informal." and 18 out of 49 respondents think it's fine to use emojis in professional situations and one of the respondents stated: "So that we can understand well."

III. Socialization

a. Socialmoji. A Kahoot questionnaire that composes of questions regarding their opinions toward emojis shows that 60% of students see emoji-senders as a friendlier person and 93% of them prefer those people who sends emojis and 45% of students answered most of the time when they were asked if emojis have helped them to keep the conversations going. A respondent stated: "Yes, because emojis make the conversation more light and easy going". Another respondent answered: "Yes, because it helps our conversation look lively and fun"

b. E-moji. The survey conducted resulted in both positive and negative responses. When asked if emojis ever helped keep their conversation going, One of the responses was "Yes, I prefer someone who sends emojis to me. The conversation would not be boring." Meanwhile, another person responded with "I prefer not using emojis all the time, is it because I would always find it cringey." Each respondent might have different opinions with regards to whether they consider emojis entertaining.

c. Anti moji. Results from a Kahoot questionnaire shows that 59% of students says that the devil emoji is a form of insult through chat since it is used negatively. When students were asked about how emojis help them in communicating and socializing, a respondent answered: "Yes, because it enables me to set the right tone of the

message". Another respondent also answered: "It helps me in expressing more accurately how I feel, especially when it comes to things that can't be expressed through chat like sarcasm"

d. Mojiteach. A total of 49 students have answered a question that pertains to whether they prefer people to send emojis or not based on their perspective of emojis. One responded with "I prefer someone who sends emojis, because it is easier to interact and if someone doesn't send emojis, they look intimidating." The usage of emojis can lighten the atmosphere in classrooms, they're such a big part of our digital world today that it wouldn't look as intimidating to students.

3.2 Discussion

I. Communication

a. Feelmoji. In a study conducted by Amanda Gesselman et al. entitled "Worth a thousand interpersonal words: Emoji as affective signals for relationship-oriented digital communication", they investigated the attitudes of senders, how frequent people use emojis and if conveying emotions through emojis can help sexual experiences and be more romantic. It is said that emojis in text messages give more personality, easier to convey feelings and using it is faster than typing a whole message which is true basing it in the results that we gathered. There is also a test conducted by Riordan M. in 2017 called "Emojis as Tools for Emotion Work: Communicating Affect in Text Messages" that also suggested that object emojis result to a positive effect, most specifically joy. Emojis became a norm that we use every day, it provided a drastic effect on how people feel when they communicate. Using emojis to convey emotions especially as a sign of intimacy can result to a great communication towards other people. It can also influence them on how to use them wisely and help develop their relationships with others.

b. Mystery moji. According to Hamza Alshenqeeti in "Emojis are the modern substitute to unarticulated cues in digital communication (2016)". She agrees that Emojis are utilized as a secret code because it isn't as easily recognized or as obvious as key words. As observed from their paralinguistic and linguistic effects, emoji and its derivatives afford a significant level of communicative fluidity by allowing users to express themselves in a variety of ways. One of these ways is to employ emojis in place of taboo words or people and objects you can't name. These icons serve as a more subtle yet flexible form of secret code and because of this, there's no denying that emojis have changed the way we text, chat and post. Given how much office contact is now happening via email and texting, it may even be necessary. Emojis may substitute any of the voice, body language, or facial expression that is lacking to ensure context is not lost or misunderstood. A simple smiley face will help the reader realize the optimistic and constructive spirit of sharing the negative facts.

c. False moji. At GroupLens Research at the University of Minnesota, the study, "Blissfully happy" or "ready to fight": Varying Interpretations of Emoji was conducted by six researchers. The researchers saw how emoji lacks context to the point that they misunderstood it. Miller et al. stated that one reason of misunderstanding an emoji is the different unicode interpretation. Since IOS and Android devices differs, an emoji changes its form depending on the device that a person is using. The usage of emojis can really affect people basing it on the results that we gathered especially to misinterpretation. People who are not used to emojis don't have any idea about what emojis truly mean so they rely on what they look like. According to the results that we have gathered, 10% of them does not misunderstand since they are already aware of what they could mean.

II. Language

a. Easymoji. According to an article made by Danielle Landero on a website called Straightarrow, she stated that "emojis are a convenient and popular way of expressing or relaying our own emotions for they are easy to use". Emojis are convenient because it serves as a shortcut and saves the time it takes to type a sentence when we can use emojis instead. These figures help us reveal what we want to say without needing to articulate what we mean, and therefore saves energy spent on typing.

b. E-moji link Emoji. Inventor, Shigetaka Kurita once said "I knew that symbols absolutely had to be part of any texting service." Emojis have been engaging better audience when interacting and shows that they aren't just symbols which are light-hearted and used for fun. Ben Waugh cited in his blog that emojis make conversations feel more real. People who send emojis do become friendlier because they are able to express their feelings freely instead of hiding it. It shows a big ability on how digital communication is becoming even popular as emojis give them a wider scope.

c. Mojiclass. As stated by Alison Green (2017) in "Is It Unprofessional to Use Emoticons in Work Emails?". Emojis are too childish and unprofessional. People still prefer writing formal letters with only words. Emojis can feel very out of place in formal letters and it's not really important to include emojis since you can express still convey your thoughts without using emojis. However according again to Alison Green "I feel like it would be easier sometimes to just add an emoticon versus spending time trying to word something perfectly". This means that emojis can still be used in formal situations like typing a letter and because of the flexible nature of emoji it can be easier for the readers to understand the messages. Emojis can also make letters feel more genuine and unique to the reader's perspective. It just depends on the situation on

where you are using it.

III. Socialization

a. Socialmoji. Emojis affect students in socializing since they perceive emoji senders as a friendlier person and that it helps them communicate since sending an emoji makes their conversation appear unique and easy going. Different judgments of a person is crucial when socializing, Emojis seem friendlier as most people uses emojis to communicate online wherein they use it as a tool to make their conversations longer and livelier. A study entitled "Sender-intended functions of emojis in US messaging" by Henriette Cramer, Paloma de Juan, Joel Tetreault agrees that emojis help in socializing online and makes the sender appear more friendly when chatting or texting. An article entitled "Study suggests using emojis makes you look more friendly — even at work" by Hillary K. Grigonis also agrees on how most people prefer emoji-senders and how people perceive emoji-senders as a more approachable person.

b. E-moji. In the study entitled "Sociology of Entertainment" conducted by Robert A. Stebbins, entertainment "provides the public with something enjoyable or pleasurable that holds their attention for the period of time" Emojis are meant to be fun, light-hearted, and convey a broad range of emotions efficiently in a way that words sometimes cannot. It helps you keep your conversation going and not only entertains the receiver by seeing the different icons of emotion but also serves as entertainment to you when you play with your own usage.

c. Anti moji. Emojis can also achieve levels of bullying or abuse online therefore this can affect students in socializing since this affects how people will perceive you as a person. A study conducted by Elizabeth A. Kirley and Marilyn M. McMahon Emojis entitled: "When Cute Becomes Criminal: Emoji, Threats and Online Grooming" says that emojis can achieve bullying, harassment since

other people view some emojis as an insult. With the decline of the proper usage of our language emojis help people convey a message through text, and this can affect students socialize since emojis can help them conceal their insecurities about their use of proper grammar. Although an article entitled "Emoji 'ruining people's grasp of English' because young rely on them to communicate" mentioned a statement by Chris McGovern, a former Government adviser and chairman of the Campaign for Real Education, that he disagrees with having to rely on emojis as this spawns laziness towards the people who are using emojis since they rely on it more often rather than having to use our language and relying on emojis may hinder us from using or even forget the proper language or grammar.

d. Mojiteach. As stated by JA Gilles Doiron, "To emulate the successful implementation of emojis in commerce, their use in higher education needs to be as targeted in purpose and meaning, and instructional designers need to define and develop a set of emojis specifically intended to support contemporary social-constructionist,"Emoji are a pictorial language that provides some helpful opportunities for building vocabulary and close reading skills. There are many ways emojis can be incorporated in classrooms to help students learn more effectively in a more joyful environment.

CHAPTER IV
CONCLUSION AND RECOMMENDATION

Conclusion

The rise of technology and widespread of social media platforms, communicating is much more easier, with just one click you can send what you want to say to others via chats and texts but the incorporation of emojis in text messages has yet to create a big shift not only in our spoken language but also with how people communicate and socialize with their peers online. The

usual simple way of messaging turned into a more interactive platform for teenagers to convey and express how they feel. Results show that emojis are indeed the best way to show emotion and even intimacy, but aside from those, these icons are being viewed differently depending on how they see it with the context of the message and even secrecy or hidden content of the icons which causes misinterpretation and misunderstandings between senders and receivers.

Language doesn't always mean the words we speak or write, there's also the 'non-verbal language' that is essential when it comes to interacting with others and it has been recognized that emojis are able to function the same way through texts and chats. Simple things such as displaying happiness, sadness, anger and many more emotions can be achieved by a single emoji. With this, emojis are being preferred by the social media masses because of it's easy to access, its convenience and effective way of interaction between the users. However this doesn't suggest that emojis can be utilized in any kinds of conversations, there are still occasions where formality must be set and the icons might be out of place.

Emojis have made communication easier and effective and it can be so much more. The symbols are viewed as fun and lively and can help conveying a positive mood or prevent conversations from ending. Perceived as something friendly, emojis has aided students in socializing with their peers and serve as entertainment while sending text messages. While these icons are being utilized variously by different people, it's bound to have some drawbacks. Some emojis are used to bash, harm and insult a person in social media platforms and can affect a student's initiative to socialize especially if they've been at the center of hate. Aside from this, the usage of emojis is seen as a way of hiding one's insecurities when it comes to their own grammar which leads us to the possibility of integrating these emojis in the education of children for

their vocabulary such as connecting a certain word to an emoji to create more impact for them to remember it by.

Recommendation

When people think of a book intended for policies and code of conduct, they often think of it more as a requirement rather than something to abide by. To further determine how emojis and related factors influence a student's way of communicating and socializing, the researchers have customized a student handbook incorporated with emojis with the given title "Student Handbook: Emoji Guide". With the attention-span of a student in mind, the researchers have designed it to be as simple as it sounds and have made it user-friendly by using distinguishable icons.

It is undeniable that not all students know the contents of the school's handbook, so why not give it something that makes it worth reading. Emojis are lively and entertaining to humans and the possibility of emojis within student handbooks will make it more appealing and interesting. The incorporation of emojis in handbooks can also give emphasis on the context of the information by shedding light to the emotions conveyed by the data. Aside from that, it will make the students understand the gravity of the violation regarding school offenses. Not only is this handbook practical for both students and the school, it also gives a dash of modernity to a very traditional document which takes it out of the norm and implies room for expression and creativity for the students. The finished output is expected to provide better connectivity, understanding and communication between the school and its students through the issued handbook.

The school-issued "Student Handbook: Emoji Guide" handbook will be viewed as something less demanding for the students to actually be encouraged to read and abide by the school rules and regulations. The perception of emojis as fun and harmless might help with

the issue in which students find their usual handbooks discouraging and intimidating. The incorporation of emojis within student handbooks doesn't mean that it's modified only for students' comfort, it will continue its formality regarding the information stored inside and the teachers might have an easier time explaining the handbook's contents. The only difference would be the slight change in the visual display of the handbook, the shift on its vibe felt by the reader, and a step towards advancement.

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Guns in Online Games: Pacifying Violence

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Abstract: Video games are often designed with anything that would satisfy an individual's satisfaction in which, some of it would require the presence of guns. Guns in online games is seemingly one of the factors why teenagers nowadays are showing violent behaviors that's why the researchers conducted the research entitled "Guns in Online Games: Pacifying Violence" which aims to find the reasons why Junior High Students patronize online games with guns, its impact, and the ways to prevent teenagers in playing such games. This study used qualitative method and descriptive design because the researchers wanted to know and describe the behavior of the Junior High Students regarding online video games with guns. Purposive sampling was used in choosing the respondents. Semi-structured interview was also used to gather needed data for the study which were analyzed and presented using categorization, thematization, and descriptive analysis. After undergoing careful analysis, the following themes were drawn: students use these games as a source of stress reliever and entertainment, it also enhances their strategic, logical, and social skills as well as a way to earn money with influences online. There are also negative effects like cursing, shouting, and hitting things out of anger; poor health habits; procrastinating; and poor time management. In the gathered data, the researchers found ways to prevent teenagers from playing online games such as; socializing, engaging in sports, doing recreational activities, playing alternative games and focusing on academics. Results shows that video games can imply violence to the Junior High Students of Lorma.

CHAPTER I
INTRODUCTION

Background of the Study

The society has been dramatically changed with the evolution of technology. Before the advent of modern-day technology, life was burdensome because of pressure, stress, problems in different areas in work, school, society and even in the family. That's why video games were invented to help people to relax and have time for themselves. In today's view of video games, many have tried to support the idea that video games are beneficial, nourishing and even up to the idea of nurturing. However, some people already accept the proposed "good" effects of video games, while not checking that there are more disadvantages than advantages that video games can give.

Many people especially teenagers are interested in playing online games that they don't even realize what are the impacts of online video games to them and their actions. According to Collins English Dictionary (2019), a teenager is someone who is between thirteen to nineteen years old. Nowadays, teenagers usually spend most of their time playing online video games. The usage of video games at home has negative effects, not only does it lead to negative social effects but it also can cause psychological problems. Studies show that it can affect brain development; it can elicit violent behavior and can lead to gaming addiction. Video gaming as studies have shown, promotes localized brain function and that this localized brain function affects brain function and development (Santiago et. al., 2014).

One of the main concerns in violent video games is rated PG/R games that contain highly gore actions which

lead to a detrimental effect on teenagers. Playing online games with guns can affect a teenager's mind since people

around this age are easily influenced by what they see and what is popular nowadays. Teenagers playing online games can get aggressive after playing or watching online games with guns.

There are about 2.3 billion gamers in the world (Deyan, 2019). People who play video games spend an average of nearly 5.96 percent hours each week playing and 20.1 percent play for an hour or less each week and 26.8 percent play seven or more hours (Limelight Network, 2018).

The latest in the long-standing debate over violent video games, they do cause players to become more physically aggressive. An international study looking at more than 17,000 adolescents from 9 years to 19 years, from 2010 to 2017, found out that playing violent video games leads to higher physical aggression over time. Studies also show from different countries like the U.S, Canada, Germany, and Japan that people who play games like "Call of Duty", "GTA or Grand Theft Auto", and "Manhunt" are more likely to show aggressive behavior (Snider, 2018).

An 8-year old Louisiana boy shot his grandmother, Marie Smothers, in the back of her head as she sat in her living room watching television, after playing a violent video game, Grand Theft Auto (Russell, 2013). Also, Nathan Brooks, a 14-year-old boy from Washington, took a .22 Smith and Wesson revolver and fired 6 shots at his parents, Jon and Beth while sleeping. He was furious about being grounded and having his computer game consoles taken away as a punishment (Summers, 2017). Playing or watching video games may be a small thing but as people look at the bigger picture people might see that

danger may occur. As people can see in the society that even a young adult will commit a crime such as killing innocent people and even their loved ones because of too much exposure or addiction in playing video games that may lead to this kind of behavior.

A Philippine show called "Kuha Mo" hosted by Anthony Taberna, said that online games may cause violence, there are many reasons why such as losing in the game, using obscene language, gambling and many more. One example was John Carlo Dela Cruz who fought with another man because of online games (ABS-CBN News, 2019). Video games and violent behavior have a high connection to each other. Too much exposure to violent video games is a causal risk factor for increased aggressive behavior, aggressive cognition, and aggressive affect and decreased empathy and prosocial behavior (Anderson et. al., 2010).

According to the write up written by Senator Miriam Defensor Santiago (2013), research shows that more and more children are playing violent or gore video games that are popular nowadays. Playing such games can result in children being less caring and helpful. Since children are investing more time in playing these violent video games, they are adapting to what they are playing. Instead of learning how to resolve arguments peacefully, the results of their actions would be violent because of the games they play.

The aforementioned are the main reasons why the researchers want to conduct a research entitled Guns in Online Games: Pacifying Violence, which aims to find the reasons Junior High Students patronize online games, its impact, and to find an alternative game which does not require violence, for them to play, to decrease the aggressive behavior of the students. This study aims to find whether Junior High Students adapt the behavior of

violent   video   games   that   they   play.

With the help of this study, the students of Lorma can learn new things regarding violent video games. The researchers can consider the impact of violent video games with guns. Through this research, students can gain new behavior and attitudes regarding violent video games. This study is also beneficial to students who are addicted to playing violent video games, through the help of this research the students might change their perspective regarding violent video games and can make their lives better. The students can also gain knowledge towards this issue and they will be more aware of the effects. The researchers formulated this research to also help the parents spread perception of the said situation in playing online games. This could in turn make a ways to maintain discipline to their children. Parents will be aware of what games should their children play to avoid misbehavior and will know how to discipline and educate their children about violent video games.

Theoretical Framework

A Theoretical Model of the Effects and Consequences of Playing Video Games

This theory by Buckley, Katherine, and Anderson, Craig (2006) states that a child's online gaming habits are one of the concerns in parents across the globe. According to Conrad (2011), they spend the majority of their time in gaming rather than to engage in the real world. Thus it is similar to taking in drugs since playing online games is addictive and uncontrollable. Fraser (2012) mentions that children are among the most susceptible to online games. Experts said that they may become aggressive when their "drug" is taken away.

Choice Theory

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Glasser, William's (1998) Choice Theory is based on the simple premise that every individual only has the power to control themselves and has

Statement of the Problem

This study aimed to find if Junior High Students are interested in playing online games with guns, specifically it seeks to answer the following:
1. Why do Junior High Students patronize online games with guns?
2. What are the impacts of Online Games with guns to Junior High Students?
3. How can we prevent Junior High Students from playing Online Games with guns?

CHAPTER II
METHODOLOGY

This research utilized qualitative method. Qualitative research seeks to interpret meaning from data to help understand social life through the study of targeted population or places (Crossman, 2019).

Research Design

This study used descriptive research design because the researchers wanted to know and describe the behavior of the Junior High Students regarding online video games with guns. Descriptive design involves observing and describing the behavior of a subject without influencing it in any way (Shuttleworth, 2008). Descriptive design is the most suitable for this study because the researchers studied the reasons why Junior High School respondents play online video games and the impacts to them.

Population and Locale of the Study

The researchers picked respondents which is a Junior High Student of Lorma Special Science High School with an age bracket of 13-17 years old and must be playing the analysis of interview responses, data is analyzed for the presence of themes (Statistics Solutions, 2013). Descriptive analysis gives an idea of the distribution of the data (Dhand, 2015). After having the data collected from the semi-structured interview, the researchers transcribed and organized the data and the answers of the participants based from the advantage and disadvantages of their experience with online video games with guns.

CHAPTER III
RESULTS AND DISCUSSION

Twenty Junior High School Students from Lorma Basic Education Schools were interviewed, and the following results were brought after critically analyzing the data.

Reasons Why Junior High Students Play Online Games with Guns

Stress Reliever. As students, they also need time for themselves to do something they like and makes them relaxed especially after school. When coping with stress, playing video games has become a strategy as it helps them to unwind and relieve stress. They see gaming as a way to escape to help them deal with daily school activities and other problems that makes them feel stressed. Through playing video games, they found a way to release their anger through it, rather than throwing their anger to other people.

Entertainment. Playing games is now a source of happiness to many. This serves as pleasure and relaxation to them. Whenever they have free time or even when they

have things to do, they usually play games as a form of leisure and usually distracts them from the things they should be focusing on. Playing games can also be a source of spending time with friends and families.

Social Influence. Being inspired by famous gamers or streamers such as PewDiePie, Ninja and Shroud had a big impact on them and made them interested in playing such games. Also, being influenced by their group of friends by finding out new games to play together and have common interest. Being influenced by family members can be one of the causes, since it can be a time for them to bond with their family and friends through gaming. The choice theory by Glasser, WIlliam (1998) states that every individual has their own decisions to make. A person is responsible for their own actions since they chose to play games, they must not blame others for the consequences.

Positive Impact of Online Games with Guns

Enhances Strategic and Logical Skills. Playing online games can boost the mind and improve logical and strategical skills. These skills stimulates and trains their brains to become more agile and naturally work.

Improve Social Skills. It can also be a way to learn things that aren't learned in school such as being respectful to opponents by greeting "Good Game" and appreciation to every member after the game. It can also be a time for them to bond with their friends and families through their interest in gaming and can also be a platform to find new friends whether it is online or real life.

Source of Income. Playing video games can be a source of income by posting videos on youtube or streaming platforms like Twitch, Mixer and DLive. If a player is good enough, they can make it as a profession like playing for teams like Sk Telecom, Cloud9 and

Dignitas, and winning as much as a million dollar per tournament win.

Negative Impact of Online Games with Guns

Develop Unpleasing Behavior. Bad mood and even violent behavior can be developed because of too much addiction of Online Games with Guns and personality in a negative way like frequently cursing, shouting, hitting and showing bad temper.

Academic Procrastination. This can have a great effect on Academic activities, it gets neglected by many and gaming comes first before studying. When focused too much, they cannot concentrate on their school works and wake up late for school due to sleeping late at night and can result to low grades.

Poor Time Management. A large portion of students' time is used for gaming, thus lessen family time and social involvement. Time with family gets lessened since more attention in seeking friends and playing. As stated by Buckley, Katherine and Anderson Craig (2006), children prefer spending more time playing online games rather than engaging in the real world and communicate and play with others personally. People would rather play Online Games than doing the things they need to prioritize such as work and studies.

Poor Health Habits. Poor health habits such as lack of sleep, sickness like headaches, anxiety and nausea, bad eyesight, laziness and skipping meals are evident to people with gaming addiction. They are neglecting their health because they are too busy playing online games.

Ways in Preventing Students from Playing Online Games with Guns

Socializing. Socializing with friends and families can be a way to spend time to prevent people from gaming at the same time connecting with people without the use of gadgets.

Engaging in Sports. By doing sports as an alternative to online games, people can be physically fit, exercising which is good for the body and playing team sports and even individual games like basketball and tennis can lessen gaming addiction.

Doing Recreational Activities. Doing recreational activities to lessen time for gaming like biking, drawing, reading books and spending time on something they want to do can improve their physical health and mental health, and lessen gaming addiction as well.

Playing Alternative Online Games. Games such as Mindustry, Minecraft, Candy Crush, are very recommended games which doesn't show violence. This can be a way for them to lessen their aggressive behavior as these games present a calming and relaxing vibe.

Focusing in Academics. As students, they also need to prioritize their studies. This is a way for them to avoid playing and focus on their academics as well. Prioritizing school activities can serve as a way to rest the eyes or to avoid playing games.

Behavior which Implies that Online Games can Pacify Violence

Cursing. 18 out of 20 said that online video games results to extreme emotions like cursing and saying racial slurs   because   of   teammates'   poor   skills,   bad

sportsmanship and lag/bad internet connection. Also, getting "triggered" when losing the long and frustrating game.

Shouting. It also becomes a habit for them to shout whenever playing online games because of the thrill and the adrenaline that makes the players shout in excitement or anger.

Hitting. Behaviors such as hitting the tables, walls and other things can be a sign of anger because of gaming. This shows that games can cause irritation and anger and can show aggressive behavior.

The behaviors shown by these teenagers are related to the Behavioral Psychology Theory of Cherry, Kendra (2019) which says an individual's responses or actions are based on environmental stimuli. They are easily influenced by what their teammates or other people do. Teenagers imitate what they see from others which they adapt.

CHAPTER 4
CONCLUSIONS AND RECOMMENDATIONS

Conclusions

After the data have been gathered and analyzed, the following conclusions were validated:

Playing Online Games with Guns can help a person in many ways, it can serve as an entertainment and stress reliever to people. Gaming can also be a way for family and friends to spend time together and this can help meet new people through the use of online games whether it is online or personally.

Playing online games with guns , though viewed negatively, has also its positive impact like boosting their minds to think logically and strategically and can also be a way for them to learn lessons which aren't learned in school. Gaming can also be a time where families and friends can bond through their interest in playing. This can also help financially as it can be a way for people to earn money by streaming and tournaments.

Like other things, playing online games with guns has banes which can affect a person seriously regarding their health, and especially how it affects their behavior and academics. Poor health habits such as lack of sleep, sickness like headaches, anxiety and nausea, bad eyesight, being lazy and skipping meals which can lead to bad mood and increase violent behavior because of too much addiction, it can also affect a person's thinking and personality in a negative way like developed trash talking or cursing and showing bad temper. This can also have a great effect on Academic activities, it gets neglected by students and it becomes a habit to prioritize gaming first rather than doing academic activities.

Playing Online Games with Guns can easily influence a person. Since many people are engaging in gaming, people are influenced by other people's behavior when playing like cursing, shouting and hitting things. These behaviors gets worse as they play and it increases aggressive behavior and bad habits to people.

Recommendations

Through the formulated conclusions, the following recommendations were drawn

Putting parameters when it comes to playing Online Games, not only in school but in their own homes, setting a time limit for them when playing these games can decrease the behaviors they show when they play.

Also, to engage in alternative activities whether it is sports or just recreational activities that make them engage with their schoolmates personally and encourage them to socialize without the use of gadgets.

Instead of implementing platforms for Online Gaming like E-Sports, activities that doesn't require gadgets should be more promoted like during the time of Intramural Sports and playing Physical Activities during the Physical Education subject by playing sports, these can serve as alternative ways to have fun and engage with real people.

Also, to bring more attention to the age restriction of certain games, it is important to know what these games can bring to an individual and if it is appropriate for them.

The researchers also encourages other researchers to study more about this topic to give more understanding and solution to online gaming addiction.

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Barbie Dolls: People's Body Standards

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Abstract: Barbie dolls nowadays are the basis of people's body standard. A lot of people are spending their money on surgeries and buy things just to look like barbie. These instances became the bottom line in conducting a study entitled Barbie Dolls: People's Body Standard. This study aimed to know the impacts of those people who interact with barbie. The researchers gathered the data using semi-structured individual interview to 25 participants from La Finns Scholastica, Don Mariano Marcos Memorial State University Mid La Union Campus, and Lorma Colleges. They were picked using the non probability sampling then organized the data using Thematization. The spending of huge amount of money for surgeries proved that Barbie Dolls affect the standards of people about body shape. Some people outgrew the obsession with barbie due to insecurities, the impact and influence of Barbie dolls is to such an extent that young girls suddenly want to look big, hot and sexy. Others know how to cope up with the insecurities and the influence it gives them that is why the result of this study became the researchers reason to conclude that most of the teenagers have different perspective of body standards with or without barbies involved.

Keywords: *Barbie Dolls; Body Standards; Thematization; Obsessions*

CHAPTER I
INTRODUCTION

Background of the Study

When a typical woman thinks back on her childhood, two things quickly come to mind: crayons and a Barbie Doll. To an innocent child, the Barbie is more than just a doll; it often becomes part of a girl's life. Barbie is a friend, a stylist, a mentor, and even can become a role model for young children. Many Americans can easily reminisce and think of a humorous story about growing up with Barbie dolls. Barbie dolls have become a way of life for many people, and they have shaped the lives of many. Although some may have sweet memories of the doll, majority of people who played with the doll may have also experienced undesirable side effects. Although the doll is technically just a plastic toy, young girls take much more from the Barbie experience than someone could even fathom, and have led millions of girls onto a path of low self-image and poor mental health. The doll has led many girls toward eating disorders, body image issues, physical transformation, and lowered confidence this is according to PennState (2012).

Thirty-Four-year old Kerry Miles has now spent a total of 130,000 pounds to transform herself into Barbie. And, after a decade of surgery, she's finally happy thanks to her new nose. Kerry underwent the surgery for her dream nose on 31 January 2016, after her parents gave her £10,000 at Christmas. The operation itself cost £5,000 and Kerry has spent the rest of her cash on new eyebrows, cheeks, face fillers and lips – not forgetting her endless supply of makeup and vampire facials. "I've copied Barbie's style for over a decade and now I've spent £10k on my nose and face, I finally have the face to match. I used to say that I'd divorce Darren if he made me choose between him and my looks as I'd never give up my dream

of turning myself into a plastic doll" said Kerry Miles (2019).

According to ABS-CBN (2017), even Angeline Quinto, though many admire her for her good singing voice and bubbly personality, the Birit Queen didn't actually feel good about herself. Thus, she underwent several cosmetic procedures on her face and parts of her upper body in 2013. She had a nose job, double eyelids, liposuction on her back and arms, fillers in her cheeks, and botox. A filipino dance idol Marlou Arizala took his big time platic surgery, he is now known as Xander Ford.

For millions of little girls, the Barbie doll has been the pinnacle of plastic perfection for more than 40 years. "I think a lot of little 6-year-old girls or younger even now are looking at that doll and thinking, 'I want to be her.' And it's something they grow out of," says Cindy Jackson, 48, who admits that she never outgrew her obsession with becoming Barbie. Barbie is helping teach young girls that they can be whatever they want to be. It gives girls a role model in less traditional careers for women that they may not see in their day-to-day lives depending on what their relatives do for a living. This role modeling in all different careers is extremely important to impress upon young girls that there are many career options available to them, and the sky is the limit according to CBS News (2010)

The gathered information become the reason why the researchers wants to conduct the study entitled Barbie Dolls: Peoples Body Standard that will benefit those who are discriminated because of the body size. It will lessen the high perspective of people when it comes to body standards. It will also boost the confidence of those people who are ashamed of their body. This will greatly affect our economy because as people know, many people are spending a lot of money just to look like a Barbie. So, the researchers will promote a upsized Barbie dolls because everybody deserves to see themselves

represented in popular culture. Fat people, people with disabilities, people of different colors, everyone. Everyone should all be able to turn on the television, or go to the movies, or open a magazine and see someone who looks like them. Everyone deserves the chance to have and be a role model. Every kid deserves the chance to have a doll that looks like them, so that they can put themselves into their play and dreams.

Theoretical Framework

Cognitive Appraisal Theory

According to Ruth Handler (1959) people said that Barbie had an unnatural figure that caused problems with girls and their body image. Psychologists and others have been studying what has been alternately called the Barbie Effect or Barbie Syndrome for more than 50 years. Barbie's had this type of body, little girls grew up believing that they needed to match that ideal body. In some cases, this has reached the level of a disorder with some young women surgically molding their bodies to look like Barbie. It has also, in a few cases, caused depression and anxiety when an individual was unable to look like Barbie. Barbie dolls causes low self-esteem, including fears, and insecurities.

Research has shown that girls playing with Barbie's are prone to eating disorders and low self-esteem, that can sustain into adulthood. Add the doll's unrealistic physical proportions to the pre-existing societal beauty standards, and you end up with several women in real life spending thousands of dollars on plastic surgery to get the "Barbie look" this is according to Vitamin Stree (2018).

Social Baseline Theory

The ubiquitous Barbie doll was examined in the present study as a possible cause for young girls' body dissatisfaction. A total of 162 girls, from age 5 to age 8,

were exposed to images of either Barbie dolls, Emme dolls, or some other dolls and then completed assessments of body image. Girls exposed to Barbie reported lower body esteem and greater desire for a thinner body shape than girls in the other exposure conditions. However, this immediate negative impact of Barbie doll was no longer evident in the oldest girls. These findings imply that, even if dolls cease to function as aspirational role models for older girls, early exposure to dolls epitomizing an unrealistically thin body ideal may damage girls' body image, which would contribute to an increased risk of disordered eating and weight cycling from the studies of Dittmar, Halliwell, Ive on 2006.

Sahar Bandial (2016) also said that feminists press beyond 'It's just a toy; what's the big deal' argument. The Barbie doll, to them, typifies an unattainable prototype of beauty, with proportions that the average, healthy woman may never realistically achieve. The chubby, freckled, five-year-old redhead may see herself as an anomaly in comparison to the 'perfect' Barbie doll she is given to play with. A study conducted in England revealed a correlation between exposure of young girls to Barbie dolls and lower body esteem. Children are affected by the images around them. The construction of standards of beauty, typified in a toy, and reinforced through media, social interaction and cultural norms can have a lasting impact on a young girl, which may manifest itself as body image dissatisfaction.

Statement of the Problem

This study was conducted to lessen the number of people who suffer from different emotional issues due to the low self-esteem caused by barbie dolls and to change their perspective about a human body. Specifically, it aimed to answer the following questions.

1. What are the perspective of those students who used to interact with barbie dolls towards body shape?

2. What are the impacts of Barbie dolls to their perspective?

3. How can the interaction with Barbie dolls affect the perspective of people towards a shame free future?

CHAPTER II
METHODOLOGY

Research Design

This study used qualitative research method. The aim of this type of research is to understand the social reality of individuals, groups, and cultures as nearly as possible as its participants feel it or live it. Through the usage of this research, the problems stated above were determined.

Population and Locale of the Study

The participants of this research were one who have experienced playing with barbie dolls on their childhood and must be 18 above. The researchers picked 25 participants from each La Finns Scholastica, Don Mariano Marcos Memorial State University and Lorma Colleges. In choosing the participants to be

interviewed, the researchers used non-probability sampling in which researcher selects samples based on the subjective judgment of the researcher rather than random selection.

Data Gathering Tools

In gathering data, semi – structured individual interview is used. The researchers had one-on-one interview to the participants with the guidance of prepared set of questions.

Data Gathering Procedures and Ethical Considerations

First, the researchers asked the school director to allow qualified individuals to participate in the study. Once participants were identified and approved, the researchers then choose 25 individuals to be interviewed. Furthermore, the researchers informed the qualified individuals about the said questions and confidentiality was assured. The researchers then asked participants for their full cooperation and their full honesty in answering the interview questions. The researchers then attainted consent from both participants and the principal, as well as audio and video documentations. The researchers used semi-structured type of individual interview where they prepared written and follow up questions.

Analysis/ Treatment of Data

After having the data, thematization was used to study the effects of Barbie dolls to those teenagers who played with them on their childhood. The researchers closely examined the data to identify common themes – topics, ideas and patterns of meaning that came up repeatedly. This type of data analysis would enable the researchers to analyze their topic well and give insight to the information given by the respondents. The data collected from the conducted interview were

organized by the researchers by separating the data into different themes.

CHAPTER III
RESULT AND DISCUSSION

The following results were drawn based from the interview about "Barbie Dolls: People's Body Standards" that was conducted by the researchers with the qualified participants from DMMMSU MLUC, La Finns Scholastica and Lorma Colleges.

People's Perpective towards Barbie Doll

A Catalyst of Insecurity. Insecurity is a feeling of general unease or nervousness that may be triggered by perceiving of oneself to be vulnerable or inferior in some way, or a sense of vulnerability or instability which threatens one's self-image or ego. More than half of the 30 respondents said that they are insecure with the body of barbie dolls. Some of the respondents said that they are not confident and they are insecure with barbie dolls for having a perfect body shape which also makes them think that they are not enough. People in general feel uncertain when they see somebody with an extraordinary body shape. Despite the fact that it's only a fiction, people can't resist the urge to ponder, and they'll feel shaky in light of the fact that it has a superior body than them, what's more, their trust in their self will go down.

Impacts of Barbie Dolls

The impact and influence of Barbie dolls is to such an extent that young girls suddenly want to look big, hot, and sexy. There have been instances where young girls have gone to the extent of having breast implant just to have their figure similar to that of Barbie. Girls have started living in a false world. They undergo expensive and dangerous surgeries just to have a Barbie like figure in

order to attract the opposite sex, but if they don't undergo these surgeries and they start feeling uncomfortable and insure about their bodies and feel unwanted about themselves and unloved to the people they like and that leads them too loose confidence and depression. According to the article which mainly focuses on how Barbie affects plastic surgery numbers, there is a correlation between our culture's distorted view of beauty and the ideal body and plastic surgery rates. With 5% of plastic surgeries being done under the age of 20 and over 13 million body parts being altered last year it seems that something or someone is having a major effect on women's lives. Barbie has been around since 1959. That's over 50 years of girls and boys who grew up with Barbie. If you look at all the different Barbie, they all are thin and perfect. This can set a very unrealistic ideal for what a woman should look like. And it doesn't just affect girls. Young boys who see their sisters or playmates playing with the doll may grow up to think that is what a woman should look like.

Utilizing Barbie Dolls to Promote Body Shape Acceptance

This is why the researchers came up with the idea of making an upsized barbie dolls. Some toy manufacturers really do produce different dolls with different color and sizes, but these dolls are far more different from barbie dolls. Since barbie is the main reason why the researchers conducted this study, the researchers will strive to produce a doll that looks exactly like a barbie but more upsized to simply promote anti- discrimination and help boost up the confidence of the other people who was affected by barbies.

Killing Insecurities Internally

The following are qouted texts from the the repondents which shows encouragement in accepting flaws and imperfections.

"When you accept what you have, other people's judgement won't matter. And barbie dolls are just product of imagination"

"We need to make them understand that they are unique and beautiful on their own ways and that they are incomparable"

"Educating people that a body is just a physical aspect of life, there are lot of aspect of life like mental, spiritual, etc. They should not focus only on the physical aspect, because beauty isn't all about the body"

"In the first place, people should never judge someone based on their appearance. People should stop body shaming and not compare their selves to barbie dolls"

CHAPTER IV
CONCLUCION AND RECOMMENDATIONS

Conclusion

We have concluded that barbie has been a great influence in our community of little kids and plays a great role in their childhood and we would like to share that barbie is just a doll made of perfection but its also made by a us humans so they are perfect because of us that makes us perfect as well so you don't have to feel uncomfortable or insure about your body you just have to keep in mind that you're the owner of that thing,you control how you want it to be not the other way around everything will be okay to you if you have a good mindset because "The mind has a powerful way of attracting things that are in harmony with it, good and bad." "Mind is a

flexible mirror, adjust it, to see a better world." "Once your mindset changes, everything on the outside will change along with it." I just want to tell you that your perfect and nobody can change you expect yourself you were given a certain body for a certain reason learn to embrace it. You can play and buy barbie dolls if you want to but let's train ourselves to become more confident about our body. Always remember that we must live in our own way without fantasizing barbie dolls and you must remember that body shape and the judgment of others won't define who you are. Nowadays Body standards matters but let me tell you that you are beautiful in your own way.

Recommendation

The researchers recommend an output that will lessen body shaming by producing an upsized barbie dolls for those people who is uncomfortable with their body. The purpose of producing an upsized barbie dolls is to boost the confidence of those people who are ashamed of their body and this will show them that barbie dolls is not always being perfect . Upsized Barbie dolls will make you realize that you could be fat or thin and still you are sexy and beautiful in your own way. The researchers would recommend to the future researchers of this topic to consider those people who aged 18 and above who used to play barbie dolls during their childhood. The researchers also recommend to the future researchers to improve the study by gathering more information about body shaming towards barbie dolls in order to provide more information on how to utilize barbie dolls to lessen body shaming.

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FACEBOOK: A New World of Marketing

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Abstract: People nowadays are expanding the utilization of different social media platforms like facebook. Facebook is not just a place for sharing daily experiences but also a good place to start in growing a business .Facebook is the most popular social media to this date and is also a great marketing tool for up and coming entrepreneurs since it is accessible to everyone. Because of this trend this research was conducted to show how facebook marketing and its marketers work. This study aims to promote facebook as a new world of marketing. This study employed qualitative method because it requires the understanding of human and social sciences and to find the way people think and feel.This study also employed descriptive type of research since it focuses in maximizing the strategies of using facebook as a marketing tool. The researchers identified how the entrepreneurs used facebook as a marketing tool and the boon and bane of using facebook as a marketing tool. After the careful analysis of the gathered data among facebook entreprenuers the researchers concluded that using facebook as a marketing tool is easier and less hassle than having a physical store. It is alsocheaper, can be used in convenient time, and effective. One struggle in utilizing Facebook are bogus buyers which are not easily identified since conversations are only online.

Keywords: *Bugos Buyers; Entrepenuers; Facebook; Marketing*

CHAPTER I
INTRODUCTION

Background of the Study

Facebook is the most popular social media to this date and is still having good revenue each year and now it's used for mostly everything talking to friends and promoting a business. Facebook is great marketing tool for up and coming entrepreneurs and is accessible for everyone. Before businesses have never been able to reach their customer base so easily, and on so intimate level. Of course, that in and of itself mean people cannot go in without a clear marketing plan, one needs to be flexible enough to evolve with their changing business needs.

Facebook Marketing is also helpful internationally like Procter & Gamble P and G is a global consumer goods company that offers a wide range of household and lifestyle products to millions worldwide. It believes in finding small but meaningful ways to improve lives now and for generations to come. P&G Hong Kong saw an opportunity to grow online sales in Hong Kong without having to set up its own ecommerce website for the region. Then consumer goods giant saw an ecommerce opportunity in Hong Kong and partnered with HKTV mall by using Facebook Collaborative Ads, increasing online sales by 3.7X without a regional ecommerce website of its own (Kiko Wong, 2017).

According to a report by an advertising agency We Are Social (2018), there are 67 million social media users in the Philippines, 62 million of them use mobile devices and Facebook is the number one go-to social networking site. These reports show how ingrained and how impactful Facebook is to Filipinos. It is more than a social media spectacle; it is now part of the culture that Filipinos

recommendation, and word of mouth. Their impact on firm performance was analyzed in terms of brand equity, customer equity, purchase intention, value equity, and equity linkages.

Finally, Kim and Kom (2012) concluded that this model provides a solid view on the workings of social media marketing. The five marketing techniques are at the pillars of the strategy. Frequent customer interaction offers the firm and the management running the business a good opportunity and avenue to showcase the benefits of its products directly or indirectly, and address any complaints raised by the customers. The significance of this theory to the study is that it looks at the association between marketing activities, and business performance. It directly correlates social media marketing strategies to improved marketing features. It therefore forms a good basis in the research working to evaluate the impact of Social media marketing. However, the theory overly assumes that the same dimensions of social media marketing would be applicable across contexts, yet the reality is that various? Practitioners explore different dimensions of social media marketing.

Chaffey's Theory Originated by Chaffey (2012)

The theory looks at social media marketing like Facebook as an informal marketing approach. According to the theory, communication and human networking are at the core of human behavior, and ultimately customer behavior. Facebook marketing therefore utilizes these platforms to influence opinions on different products and services, and ultimately lead them into making purchases, and even maintain loyalty to one brand. This theory focuses on social media like Facebook as a relationship-building tool. Through such interactions, a meaningful relationship is fostered between the business and its clients. The significance of this theory to the study

is that it brings in a new angle of viewing the impact of Facebook marketing (Heinz et al., 2016). By establishing a long-term relationship with clients, not only does it cause an immediate impact, but also secures the performance of the business in the long term. It therefore calls for an evaluation of the short term and critically overseeing the long-term benefits of Facebook marketing. The theory however does not specify the conditions under which its postulations would be valid. Previous studies such as Kimaru (2011) have for example determined that haphazardly implemented communication and networks can be counterproductive.

Because now in our generation social media is popular. Many people have been using social media. Facebook is no longer about building relationships with friends and family. Facebook has morphed into a space where users can even purchase products through online. But how does an entrepreneur use Facebook as marketing tool? What are the boon and bane in using Facebook as a marketing tool and what are the strategies in maximizing the use of Facebook as a marketing tool? These questions will be answered through this research.

Statement of the Problem

This study aimed to promote Facebook as a new world of marketing specifically it sought to answer the following questions.

1. How does an entrepreneur use Facebook as a marketing tool?
2. What are the boon and bane in using Facebook as a marketing tool?
3. What are the strategies in maximizing the use of Facebook as a marketing tool?

CHAPTER II
METHODOLOGY

The researchers used qualitative method of research because it requires the understanding of human and social sciences and to find the way people think and feel.

Research Design

This study employed descriptive type of research since it focuses in maximizing the strategies of using Facebook as a Marketing Tool. The researchers identified how the entrepreneurs use Facebook as a marketing tool and its boon and bane

Population and Locale

The researchers chose Snowball Sampling since it is suitable for the research topic and it can help them to find more respondent who suitable for their research. The respondents were the one who have an experience of 3 months and above on using Facebook as a marketing tool. The researchers interview 20 participants who lives in San Juan, La Union and age 18 above

Data Gathering Tool

The researchers used semi-structured interview wherein additional question is allowed in case the researchers are not satisfied in the answer of the respondent. A semi-structured interview is a meeting in which the interviewer does not strictly follow a formalized list of questions. They asked more open-ended questions, allowing for a discussion with the interviewee rather than a straightforward question and answer format.

Data Gathering Procedures and Ethical Considerations.

Approval to administer the study and interview, was permitted by the school principal. The researchers conducted an interview in San Juan, La Union. The researchers chose 10 suitable respondent and after the researchers asked the respondent if she/he have someone to recommend for us to interview until the researchers reached their target number of their respondents.

Data Analysis / Analysis of Data

The researchers used categorization to draw out advantages and disadvantages of using Facebook as a marketing tool. The researchers will also use Thematization for unrelated answers and they will summarize it into single theme.

CHAPTER III
RESULTS AND DISCUSSION

These are the results of our research topic derived by analyzing the gathered data.

Facebook as a Marketing Tool

Posting is the most common way to use Facebook as a Marketing Tool. They simply make their post attractive and not overpriced. They are using catchy captions to gain their buyers attention to buy their products and to increase their selling stocks. They always update their buyers and their other strategies is by joining group pages so they can gain more buyers and having a sale once a month and customized their post for public viewers.

The Boon of using Facebook as a Marketing Tool

Efficient. Facebook is easier to use because you can talk to your buyers anytime, you just have to post and make it attractive so you can gain more buyers to have more profit.

Cheaper. Facebook is cheaper because you don't have to rent a place to sell, in Facebook you just have to post an attractive product and you can easily gain buyers.

Convenient. It is convenient because you have your time and no hassle in selling. Buyers will find it convenient because IT saves them the cost of driving to store, as well as parking fees.

Effective. It is effective because you can engage resellers, and you can have more profit if your buyers have trusted your product.

The Bane of using Facebook as a Marketing Tool

Bogus Buyers. Entrepreneurs can't easily tell if the person is a scammer or not. They are also using Facebook as a scamming scheme. They will not also gain profit.

Strong Competitions. Negative comments from competitors or unsatisfied costumers can affect the business. Competitors sometimes are recruiting to tell negative comments to the other competitor.

Subjective. Most of the new buyers rely on the testimonies of people before buying the products. Product reviews is also important because no product reviews, no buyers.

Strategies in using Facebook as a Marketing Tool

Update. Entrepreneurs always update buyers on your products. They should be kept up with products to stock up. They should be up to date with the current trends of products. This is a necessity of Marketing that should be implement in every way

Create a Group. Creating a group is another strategy to maximize the use of Facebook as a marketing tool. When you create a group it makes it easier for an audience to know what they're buying. It helps them be more in line and well informed. It gives them a feeling of importance that they're important to the seller. It'll build trust in the other costumers it gives off a feeling of familiarity with the seller.

Interact. It is a good thing to interact with costumers. Entrepreneurs should know what to improve basing from the criticism. They should be accepting the criticism. It helps improve the future sales that they might have it's a good tool with your business.

Sales Talk. Sales talks is important for discussing the prices. It helps negotiations with prices. It makes sure you have a discount on anything. It helps with your talking skills in business.

Expand. When you expand your business, you should know to expand to. When you minimize your business, the product has oversaturated the business. Learn to control both. Always be vigilant on expanding and minimizing.

Publish the Most Relevant Product. When you publish the most relevant product it's good that you're updated. It helps you that you're with the trend. It gives off

a tone that you're well informed. It gives you great business as they're maybe looking for this certain product.

CHAPTER IV
CONCLUSION and RECOMMENDATION

Conclusions

Based from the above result, the following conclusions were derived:

- By using Facebook as a marketing tool is easier and less hassle than having a normal store.
- Facebook as a Marketing tool is cheaper, can be use in your convenient time and effective as a Marketing tool.
- In Facebook marketing it is not easy to identify the legit buyers or bogus buyers.

Recommendations

The further improve the study, the following are recommended

- Sellers should be extra careful on their buyers, because you can't easily tell if your buyers is a legit buyers or bogus buyers.
- Sellers should always post an attractive product and always update their customers.

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ILOKO: A Dying Filipino Language

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Abstract: Iloko is a language that's very familiar to Ilokanos. This language is the 3rd most spoken language in the Philippines. Iloko has been faded out in today's generation, even the people who are living in Ilocos Region were not able to learn how to speak Iloko that's why the researchers conducted the research entitled "Iloko: A Dying Language of the Filipino" which aims to find the explanations from the students who are not able to speak and learn the language despite the fact that their parents are Ilokanos. This study used qualitative method and descriptive design because the researchers needed to know why Iloko language has being disregarded in today's generation. The researchers used purposive sampling in choosing the respondents from grade 7 to 12 with age ranging form 12 to 16 years old. Semi-structured interview was also used for the respondents in order to gather data needed to the study which set forth using categorization, thematization, and descriptive analysis. After receiving the data analysis, the researchers compiled all the data into transcript. The following reasons were analyzed which caused the decline in using Iloko: parents temptation; private schools Tagalog and the English only policy; and some students were uncomfortable speaking Iloko. Aside from these, the following are the positive comments from the students: the desire on learning Iloko to understand and communicate in a different way, also they wanted to continue the legacy of Ilokano Culture and its heritage. In the gathered data, the researchers found ways to continue the legacy of Iloko language such as: allowing students to speak and learn Iloko and providing a heritage for them to see the beauty of Ilokano culture, in this way, students will have the desire on continuing the legacy of the fading language.

Key words: *Dying; Disregarded; Ilokanos; Iloko; Language; Students*

CHAPTER I
INTRODUCTION

Background of the Study

Iloko is a language that is very distinct from Tagalog. Variously spelled as Ilokano, Iluko, Iloco, or Iloko. It is the third most spoken language in the Philippines (Gensaya, 2019). The remarkably stable history of the Ilocano language owing to the fact that the Ilocano people have populated much of the kailokuan from a small homogeneous homeland. The original Ilocano speaking areas in the provinces of Ilocos Sur are said to speak the "purest" form of the language, called by Ilocanos 'Nauneg nga iloko' (deep Ilocano). However due to the migration of the Ilocanos southward and eastward, much of northern Luzon is heavily influenced by Ilocano language and culture (Rubino, 2009-2019).

The original Ilocano homeland is in Northwest Luzon, but Ilocanos have populated many regions of the Philippines, and in many cases they predominate over the native ethnic group of the new lands to which they migrate. Such is the case in the provinces of Nueva Ecija, Pangasinan, Tarlac, and Benguet. There are also sizable communities of Ilocanos throughout the United States, most notably in Hawaii and California where the language is taught in certain schools (Rubino, 2000-2019).

Iloko is spoken as a first language by some 7 million people, primarily in Northern Luzon, La Union and Ilocos provinces, Cagayan Valley, Babuyan, Mindoro, and Mindanao. It is also spoken as a second language by possibly another 2 million speakers in Northern areas of Luzon as a lingua franca in trade, commerce, and everyday communication. Many ethnic groups from the Northern regions of the country are more proficient in Ilocano than in Tagalog, the national language. Nevertheless, at present, Ilocano remains a regional language with no official status. It's used in education is limited to the early elementary grades (Ballesteros, etc al, 2015).

Because of the importance of Iloko in Northern Luzon, it has been called the "National Language of the

North." Many ethnic groups from the northern regions of the country are more at home in their second language, Iloko, than the national language of the country, Tagalog (Pilipino) (Rubino, 2009-2019).

La Union and Pangasinan provinces are dominated in most areas by Iloko speakers speaking the southern dialect. It has minimal lexical differences from the Northern one, but a major phonological difference, the addition of a high back unrounded vowel represented in the orthography by the letter 'e'. As this sound exists also in Pangasinan, we might be able to attribute this difference as a remnant left behind by ethnic Pangasinenses who are now mother tongue speakers of Ilocano (Ballesteros et. al 2015).

Though most people in Ilocos Region speak Iloko, there are instances where younger generation are urged to learn other languages like English, Tagalog, and even other foreign languages because of new trends and the development of technology. Some parents even introduce English or Tagalog as the mother tongue of their children which hinders the preservation of the Iloko dialect.

The DepEd is in its second implementation of the Mother Tongue-Based Multilingual Education (MTBMLE), in which the mother tongue is used as the medium of instruction from kindergarten to Grade 3 in both public and private schools. But at the SCA (Saviour's Christian Academy), speaking the vernacular at the campus is listed under "miscellaneous misconduct for reprimand," despite the SCA's being under the supervision of the Department of Education. And the rule is treated with gravity as Reverend Brian Shah, President of SCA, told three Grade 8 students to transfer to another school last July 31, after they broke the school's strict English-only policy. The experience was traumatic for the students, identified as Kleinee Bautista and Carl Abadilla, A third student was identified only as Samboy. (Lapena, 2013-2019).

The school has a policy that students, parents, and chaperons should speak in English. Those who tell on violators are rewarded. Students Kleinee Bautista, Carl Abadilla, and Samuel Respicio – all 13 years old – were in

their classroom on July 30 when they spoke in Ilocano during breaktime. One of their classmates reported them to the school authorities. The school allegedly has a reward system for students who report anyone who does not follow an English-speaking policy.

The next day, July 31, SCA president Reverend Brian Shah called the 3 to his office and asked them if they violated the policy and spoke in Ilocano. When they admitted their "disobedience," Shah told them to look for another school.

"You are not respecting my school!" Bautista quoted Shah as saying. The school then called Bautista's mother and handed her this memo that stated: "After you have been warned by Pastor Brian Shah not to speak Iloko, you still continued to defy his order. In view of this, you are advised to transfer to another school effective today July 31, 2013." (Geronimo, 2013-2019).

The current situation of Ilokano in the society specially in private schools and institutions became the main reasons why the researchers want to conduct a research entitled Iloko: A Dying Language of the Filipino which aims to know why the Ilocano language is dying and the impact of the language, Iloko to the Filipinos. Also, to find a way to revive the dying culture of the Filipinos. The purpose of this research is to further broaden the knowledge of the future generation, especially the Filipino students who brings one of their language dying and its impacts on justice and to enlighten the Filipino students about Iloko language.

Conceptual Framework

Some concepts are presented in this section which will serve as a backbone in the conduct of the study. These are the following;

The Indigenized Ilokano Teachers

Students learn more by what they are than what they say. Many students in private schools were able to speak in English because they were tempted by their

teachers. In private schools they have the "English only policy". Some private schools are named with International schools wherein there are students who came from other countries and continue their future in International Schools that's why Iloko has not been focused by some schools even the school was located in Ilocano Region.

This is undoubtedly due to the historical prestige of the language and the accessibility of its speakers. There has been a national language shift, however, in the last few years due to the extensive use of Tagalog in the media and the national program to promote the Pilipino language in elementary and secondary schools. Ilocano remains a regional language with no political power or use in education past the early.

Philippine Law Order 81 K-12 Program and the Mother Tongue-Based Multilingual Education (MTB MLE)

DepEd launched in 2011 the K-12 program, which became law only in 2013. Along with other curricular and performs introduced, the K-12 program sought to build proficiency through language via MTB MLE, introduced in 2012. The mother tongue or first language refers to languages or dialects first learned by a child and with which the child identifies with.

MTB-MLE aims to develop Filipino and English proficiency by starting basic education with the first language of learners. Starting in kindergarten up to Grade 3, the medium of instruction shall be in the mother tongue of the students. Beginning in Grade 1, Filipino and English will be taught as subject areas. Tan, N. (2014-2019)

So in this case, schools who are applying English-only-policy should not include all grade levels because according to Order 81 that starting in kindergarten up to Grade 3, the medium of instruction shall be in the mother tongue of the students. Beginning in Grade 1, mother tongue of the areas including Filipino and English will be taught as subject languages in all schools.

McEachern: Losing the Mother Tongue

There are very significant and unfortunate reasons why Filipinos devalue their mother tongue. Whether they are Iloko, Bikolano, Pangasinense, or from any of the other 120+ language groups, people are more likely to view Tagalog and English as more important, and might even fail to teach their child their own language.

Teaching Filipino (which uses Tagalog as its basis), is mandatory in all schools, but there is no formal instruction of vernaculars like Ilocano alongside it, at any level. Rumors have it that next year, DepEd will start incorporating local languages in early primary school curricula, which would be an excellent idea. Like many great ideas, however, it may fall short in implementation. So far the vernaculars have been consistently excluded from educational settings, and have even been outright banned: the antiquated penalties for speaking local languages in schools are widely practiced in private schools and unofficially practiced in some public schools, decades after European countries have removed such discriminatory policies for their minority languages.

At first he did not believe this barbaric practice could still bef ound in the Philippines. But a few days ago he was in the La Union College of Nursing, Arts, and Sciences, and got proof! He was waiting in the hall and happened to overhear a teacher leading his classroom. He was speaking in English most of the time, but would occasionally switch to Tagalog. Most of the children were chattering in Tagalog with each other, which the teacher didn't seem to mind. But one time a boy said something in Ilocano to his friend, and the teacher said, "No Ilocano here!" He was shocked. If this is a so-called English school, why would the teacher allow Tagalog and not Ilocano? If he thinks speaking Ilocano is unhelpful to learning English, then the same should apply to Tagalog. Either they should both be allowed in school, or neither. Outlawing one language and not putting restrictions on another is pure and simple discrimination, whether or not one is the national language.

In truth, banning any language in a school-especially a native one-is against international human rights standards. The Philippines is a signatory of the UN Charter on the Rights of the Child. Article 29 clearly declares: "State Parties agree that the education of a child shall be directed to among other goals...The development of respect for human rights and fundamental freedoms," the child's "cultural identity, language, and values," and "peace, tolerance, equality of sexes, and friendship among all peoples, ethnic, national and religious groups and persons of indigenous origin." How, he asked, can Filipino schools pretend to be respectful of students' "identity, language, and values," or true advocates for tolerance, if they discourage or even sometimes penalize the use of the mother tongue?

Let me proceed to the next section of the same document that the Philippines has signed: Article 30. In those States in which ethnic, religious or linguistic minorities or persons of indigenous origin exist, a child belonging to such a minority or who is indigenous shall not be denied the right, in community with other members of his or her group, to enjoy his or her own culture, to profess and practice his or her own religion, or to use his or her own language."

Every language group in the Philippines constitutes a minority, because no language is natively spoken by more than 50% of the population. Tagalog is native to around 30% of the population, Cebuano by 20%, Iloko by 10 percent, and so on. Therefore, all these languages are protected by the UN Charter on the Rights of the Child, and Filipino children should be allowed to speak whatever vernacular they desire. He urges private schools, public schools, and the educators who run them to stop the barbaric practice of suppressing children's natural inclination to use their native tongue. Teachers should feel free to use the local language in addition to English and Tagalog, as one is no more inferior to the other.

To suppress the use of local languages contravenes the promises the country has made to the international community and is in fact unnecessary from a pedagogical perspective. Many studies have shown that integrating the

mother tongue in the classroom can help a child understand better, encourage participation, enhance cultural awareness, and raise their confidence, resulting in improved learning-including the learning of English.

Statement of the Problem

This research aimed to revive the dying language, Iloko. Specifically it aims to answer the following questions:

1. Why is Iloko language dying?
2. What are the impacts of the language Iloko to us Filipinos?
3. How are we going to revive this dying language of the Filipinos?

CHAPTER II
METHODOLOGY

This research used qualitative method. Qualitative research is a type of social science research that collects and works with non-numerical data and seeks to interpret meaning from these data that help understand social life through the study of targeted populations or places. So qualitative researchers investigate meanings, interpretations, symbols, and the processes and its relations to social life (Crossman, 2019).

Research Design

This study employed descriptive research design because the researchers need to know and narrate the main languages that grade school students in Lorma are using. Descriptive research design aims to accurately and systematically describe a population, situation or phenomenon (McCombes, 2019). Descriptive design is the most capable design for this study, because this helped the researchers to discover all the questions that can answer what, when, where, and how questions related to the research study. The researchers were allowed to ask

the chosen respondents from Lorma Grade School. This helped the researchers in proving the investigation.

Population and Locale of the study

The researchers picked respondents from Junior high students of Lorma only. The respondents should be in grade 7-10 in an age bracket of 12-16 years old and must be fluently speaking in either English or Tagalog. The researchers picked up 14 students in Junior highschool. In choosing the respondents, the researchers used purposive sampling wherein the researchers are in the position to designate the respondents.

Data Gathering Tool

This research used a semi-structured interview for gathering data which are conducted with a fairly open framework which allows focused, conversational, two way communication (Keller & Conradin, 2019). Semi-structured interview is the most suitable for the researchers since probing questions are allowed.

Data Gathering Procedures and Ethical Considerations

In gathering the data needed for the research, the researchers asked for the permission of the school director of Lorma in conducting the study ; and once validated, the researchers proceeds to the other needs in gathering datas. The researchers constructed a message that was put in a consent form for the students, as well as the parents of the respondents which gives the researchers their full permission to conduct a semi-structured interview with the chosen respondents.

Analysis/Treatment of Data

This study used descriptive analysis. While having the data collected from the semi-structured interview, the researchers organized the data along with the respondent's answers based from the advantages and disadvantages of their experiences through dying Iloko language.

CHAPTER III
RESULTS AND DISCUSSION

Fourteen Junior High School students from Lorma Special Science High School were able to be interviewed,and the following results were brought after critically analyzing the data.

Reasons Why Ilokano Language Fading

Learning. Many of the students are being tempt to learn English and Filipino language because of the 'english only policy'. Students in Junior High School are also using English and Tagalog language in their own homes. According to them, when they were in todler, they were taught by their parents and also teachers on gow to speak English and Filipino language only. It's because they are in a private school and also the possibility that their parents thinks that using those languages may help them in their way to their future.

New generation. Some parents today are teaching their children how to speak in English and Tagalog language. You can see around that many parents are teaching their child to practice on how to speak in English. As people see today's generation. Many children don't practice how to say 'Tatay', 'Nanay', 'inay', 'itay' but they do say 'Papa', 'Mama', 'Daddy', 'Mommy'. A new generation has come, a language that can use in communicating others are what they use and think is more important.

The Impact of learning the Ilokano Language

Fulfilling. Students said that it would be fun learning Ilokano language because they will have the opportunity to join and understand their classmates and friends who are speaking in Iloko. Some will be proud if they were given a chance to learn Iloko language, they wanted the language to be preserved and especially they lived in Ilokano region.

Scared. Students said that they are also scared learning Iloko language. They think Ilokano language are much being used to diss and insult other people. Most youngsters nowadays utilize the Iloko llanguage to make fun of others or talk behind other who don't know the language.

Reviving the dying language of the Filipinos

Culture Appreciation. Culture is very important to the society who lived in a different kind of living. Knowing the history of Ilokano language can help the students to appreciate those cultures from the Ilokanos. Culture can be describe as heritage, habits, values, traditions, customs, and also the civilization of the society. These words should be much more appreciated especially if you are in the culture community of yours, because this can enhance our knowledge and also gives us more achievements that can helps us to get more prievileges to recontinue and be remarkable culture that our ancestor planted in this homeland.

Unique. Some students thinks that learning Iloko is not good for them. Some students also think that they can be able to communicate to others especially to the people who are speaking Ilokano fluently, these students wanted to be unique in this little way.

Private schools. Students mostly says that the school should give the students the oppurtunity to learn the language of the community where they lived in. It is hard for them to think that in this evolution, the language that grows in their homeland will be fading and almost be forgotten. Some students chose the school to be one of the factor in reviving this problem.

CHAPTER IV
CONCLUSIONS AND RECOMMENDATIONS

Conclusions
After the data have been gathered and analyzed, the following conclusions were validated :

Learning Iloko language is very hard to understand, but it can give the people the thoughts of learning it. Probably the title 'Ilokano' itself. Some would think that it doesnt make sense for a person to claim themselves as an Ilokano without being able to speak the language comfortably and fluently. This is one of the problem why the language is fading, because of them people who avoid the opportunity in learning their own mother tongue. It is acceptable that Ilokanos are able to be called Ilokanos even if they don't speak Ilokano fluently, but some may think that the language that you might use can make you a different person that's been called as the real Ilokano people.

Opportunities and achievements are the words that the person may get if they will learn on how to speak their own language. It can give us the achievement wherein people can make our community be proud and be joyful. It can give them the opportunity to communicate to our friends, family and also in our townmates that are really speaking Iloko language fluently. The achievement that we can be unique to other people not just in the Philippines but also in foreign countries, they will be much more amazed if they will see us talking in different languages that our country have planted. The opportunity to share our thoughts to the upcoming new generations and in making the history in its living.

The late hero of the Philippines Gat. Jose Rizal have told us that 'Whoever does not love his own language is lower than a beast and a foul smelling fish. Therefore we must treasure it gladly, like our mothers who blessed us'. This is very important for the Filipinos who doesn't care about their culture and their own language. Iloko can be perceive negatively and can be seen also in a positive way wherein it can help them to learn new things and the opportunity to cope with Ilokano people. If you hear Ilokano nowadays they are being saw as strong people especially if they were living in mountains.

Recommendations

Through the particularize conclusions, the following recommendations were drawn.

Adding a new system of learning in a school curriculum can help the students to know about Ilokano culture. With this it can help us to make this region to continue the thoughts that our ancestors has given to other genrerations. Also, building up heritage can motivate students to learn different things about Ilokano culture. In this situation i twill allow students or other people to be able to learn the language of it, not negatively but in positive ways. Ilokano can be seen as laughter because Ilokanos are good in making people happy.

Instead of putting some post signs that are written in tagalog, the town who are located in Iloko regions must use an Iloko language and the translated meaning in english. This can help other Filipinos to be interested in learning more about this langugae. Also, to the foreigners who are visiting in that region, they could be amazed if they saw this culture being continued.

'Iloko only policy' this can also help the students learn on how to manage their mother tongue, therefore it can help them to communicate others adn also with their families. In this case we can say that Iloko will not be forgetten in Filipino's hearts.

The researchers wants to encourage other researchers to survey more about this topic, to give more knowledge and solutions on how the language be continued.

LGBTQIA++: THE BOOMING COMMUNITY

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Abstract: Numerous people are starting to come out as a gay, lesbian, bisexual, transgender, intersex, agender, and asexual. Some of them are just hiding and waiting for them to have courage to come out as who they really are, some are brave enough to show to everyone their chosen gender identity. These occurrences set the researchers to conduct a study entitled: LGBTQIA++: The Booing Community. The researchers aimed to know the lived experiences of the LGBTQIA++ members, the reasons why LGBTQIA++ increased in population, and how the members cope up with their society. The researchers gathered data using a semi structured interview to the members of the LGBTQIA++ community who are in the age bracket of 18-30 years old from San Fernando, La union. The participants were picked through snowball sampling. The organized data were analyzed by narrative analysis and thematization. The lived experiences of the LGBTQIA++ community proved that it lacks respect from others and equality isn't applied among them. The results became the researchers' reason to conclude that the booming of the LGBTQIA++ community is caused by the courage of the LGBTIA++ folks to come out as a part of the community. Acceptance and socializing are just few of the many coping mechanisms of the LGBTQIA++ folks.

Keywords: LGBTQIA++; lived experiences; coping mechanisms; equality

CHAPTER I
INTRODUCTION

Background of the Study

Lesbian, gay, bisexual, transgender, and questioning (LGBTQ) individuals face many challenges including harassment and discrimination by the general population. Before, a lot of individuals are scared to tell their sexuality because they are afraid to be criticized, discriminated and harassed by other people who does not agree in their chosen gender identity. One of the reasons why anti-LGTBQ folks cannot accept the LGBTQ Community is their religion, some think that they should not change their sexuality or gender identity because God created them as a man and a woman and should love and be partnered with the opposite sex.

According to Julie Moreau (2017), the majority of LGBTQ Americans say they have experienced some form of harassment or discrimination due to their sexual orientation or gender identity. The survey, a nationally representative sample of 489 lesbian, gay, bisexual, transgender and queer adults, found that more than half of them experienced slurs (57 percent) or offensive comments (53 percent). Most of those surveyed also reported that they or an LGBTQ friend or family member has been threatened or harassed (57 percent), sexually harassed (51 percent) or has experienced violence (51 percent) on the basis of their sexuality or gender identity.

On Saturday, June 8 2019, MovePH, Rappler's civic engagement arm, conducted the second online conversation for Pride Month, asking the LGBTQ+ community to recount times when they were discriminated against for their gender. Abandonment and being neglected by family members are typical narratives for the LGBTQ. Getting judged for being gay is hard. But it was even harder for Jeyd, since this judgment came from

his own family. He wrote that he wanted to explore his gender fluidity, but his family shut him down.

Statements from the social media proves that there is really a discrimination within the LGBTQ community. "Matalino ka pa naman. Gusto mo nilalait-lait ka," Jeyd recalled on Twitter. (To think that you're smart, but you want to be disrespected). "Hi, I'd say that yes I have been discriminated by my family due to my SOGIE, I want to express and explore my gender fluidity through drag makeup or makeup in general and I never thought that they would be the ones to discriminate me first hand", said by Jeyd. "They said that I might as well end up in hell" said by @hannjehy on twitter. LGBT-friendly is different from LGBT-amused. "We always have to prove ourselves twice as much and shower ourselves with achievements just to shield ourselves from the cruelty of the world. Some are lucky, some are not, and some just keep on surviving" said by @NathanAust on twitter.

In spite of the discrimination that the LGBTQ had experienced they still celebrated the Pride Month with a smile on their faces. The 2019 Metro Manila Pride March at the Marikina Sports Center recorded 70,000 attendees on Saturday, June 29, the organizers said. This was almost thrice its number of participants in 2018. Last year, Metro Manila Pride broke records as the oldest and biggest Pride demonstration in Southeast Asia because of its 25,000 strong crowd. Pride parades, or "gay liberation protests," as they were first called, have been critical to bringing about LGBT rights all over the world. But they've abandoned their initial purpose as a call for equality for all LGBT people just like what Joyce said on twitter "we don't need to be accepted by strangers, we just need to be respected and be given equal rights."

The researchers noticed the sudden increase of the population of the LGBTQ community. The researchers want to know the lived experiences of the LGBTQ on how they revealed their sexuality. In this study, the researchers

hoped to develop equality, therefore allowing the LGBTQ to be free from judgments, discriminations and harassments. The researchers were be able to know the factors on how the LGBTQ community boom or increase. The researchers were also be able to find out the lived experiences of the LGBTQ and how they cope up with their society. This study helps the LGBTQ community members to attain equality.

Theoretical Framework

Homosexual Identity Model

In 1979 Vivienne Cass released her "Homosexual Identity Model" based on her empirical research of gays and lesbians in Australia. Her model has been used in higher education as the standard for discussing the identity development for gay and lesbian college students.

It is important to note that this is a stage model, meaning, according to Cass, the individual progresses along this path. An individual may take several years to get through a particular stage and may never make it to stage 6.

Stage 1: Identity Awareness
-The individual is aware of being "different."

Stage 2: Identity Comparison
-The individual compares their feelings and emotions to those they identify as heterosexual.

Stage 3: Identity Tolerance
-The individual tolerates their identity as being non -heterosexual.

Stage 4: Identity Acceptance
-The individual accepts their new identity and begins to become active in the "gay community."

Stage 5: Identity Pride
-The individual becomes proud of their identity and

becomes fully immersed in "gay culture."

Stage 6: Identity Synthesis
-The individual fully accepts their identity and synthesizes their former "heterosexual life" and their new identity.

Transgender Emergence Model

In 2004 Arlene Istar Lev released their "Transgender Emergence Model." This model is a stage model that looks at how trans people come to understand their identity. Lev is writing from a counseling/therapeutic point of view and this model talks about not only what the individual is going through, but the Awareness – In this first stage of awareness, gender-variant people are often in great distress; the therapeutic task is the normalization of the experiences involved in emerging as transgender.

Seeking Information/Reaching Out – In the second stage, gender-variant people seek to gain education and support about transgenderism; the therapeutic task is to facilitate linkages and encourage outreach.

Disclosure to Significant Others – The third stage involves the disclosure of transgenderism to significant others (spouses, partners, family members, and friends); the therapeutic task involves supporting the transgendered person's integration in the family system.

Exploration (Identity & Self-Labeling) – The fourth stage involves the exploration of various (transgender) identities; and the therapeutic task is to support the articulation and comfort with one's gendered identity.

Exploration (Transition Issues & Possible Body Modification) – The fifth stage involves exploring options for transition regarding identity, presentation, and body modification; the therapeutic task is the resolution of the decision and advocacy toward their manifestation.

Integration (Acceptance & Post-Transition Issues) – In the sixth stage the gender-variant person is able to integrate and synthesis (transgender) identity; the therapeutic task is to support adaptation to transition-related issues.

Statement of the Problem

The study aimed to determine the factors that causes the increase of LGBTQ's population and to promote and apply equality to the LGBTQ community. Specific questions that the researchers aimed to answer are the following:

1. How did the LGBTQ Community boom?

2. What are the lived experiences of a LGBTQ member?

3. How do LGBTQ member cope up with their society?

4. How can the equality be applied to the LGBTQ Community?

CHAPTER II
METHODOLOGY

This research employed qualitative method. Qualitative Research is primarily exploratory research. It is used to gain an understanding of underlying reasons, opinions, and motivations. It provides insights into the problem or helps to develop ideas or hypotheses for potential qualitative research. Qualitative research is also used to uncover trends in thought and opinions, and dive deeper into the problem. By using this type of research the researchers are able to perceive the problems and lived experiences of the LGBTQ members.

Research Design

This study employed narrative research design because the researchers need to know the reasons why LGBTQ community boom, what are the lived experiences of the LGBTQ members and how they cope up with the society.

Population and Locale of the study

The researchers would picked respondents from San Fernando City, La union who are a part of the LGBTQ Community. The respondents should be teenagers to adult in an age ranging from 18 to 30 years old and must be a part of the LGBTQ Community. The researchers picked 25 respondents in San Fernando, La union. 5 lesbian, 5 gay, 5 bisexual, 5 transgender and 5 questioning. In choosing the respondents, the researchers used non-probability sampling specifically convinience sampling wherein the researchers are going to choose their respondents basing from their availability.

Data Gathering Tool

This research used semi-structured interview for gathering data. A semi-structured interview is a meeting in which the researchers does not strictly follow a formalized list of questions. They asked more open-ended questions, allowing for a discussion with the respondent rather than a straightforward question and answer format. The interviewer may prepare a list of questions but does not necessarily ask them all, or touch on them in any particular order, using them instead to guide the conversation

Data Gathering Procedures and Ethical Considerations

In gathering the data needed for the research, the researchers asked for the permission of the school director of Lorma in conducting the interview study the school ; and once approved, the researchers conducted the

interview and the things that are needed to gather data as soon as possible. The researchers created a consent letter for the respondents as well as the parents of the underage respondents which gives the researchers their full permission to conduct the interview to the chosen respondents.

Analysis/Treatment of Data

In the process of the 'analysis/treatment of data' the researchers are bound to interview the members of the LBTQIA++ community to know their lived experiences and how did they come out of their lair so other members can be inspired with it

CHAPTER III
RESULTS AND DISCUSSION

After organizing and analyzing the gathered data, the following results were drawn.

Reasons of the Booming LGBTQIA++ Community

Acceptance. Acceptance is the act of taking or receiving something that is offered to you. Nowadays, a lot of LGBTQIA++ are coming out of their lairs as they witness the feeling of freedom, expressing their own feelings as who they really are without any judgement and hesitation. This is one of the reasons why the LGBTQIA++ is already booming, "ACCEPTANCE" is the key to all of this hurdle. This is the most tremendous group/community that we are witnessing right now because their count is still rising, some says that there are only 2 gender which is the 'male & female'. At first, they are very exhausted because of too many judgements and criticism. But as the time goes by, people had realized that they are also human that is created by our one and only God. So for them this a lot to take, but because of acceptance it made the task much easier for them to obtain. So the researchers are aiming on

how did they earn the acceptance of the other party, and also we are to promote the acceptance on LBTQIA++ folks. "We cannot change anything unless we accept it."

Courage. Courage is the quality of once mind or spirit that enables them to face difficulty, danger & pain without any kind of fear: bravery. This is the difficult part, a lot of individuals are not brave enough to express their feelings on who they really are. They think in a pessimistic way, in a way that they keep on thinking of the negative outcomes or just putting themselves in a complicated matter. So for the sake of the LGBTQIA++ members, acceptance of their parents, relatives and some friends is the key to build up confidence and courage. Positive and inspiring words can change once perspective in life, so the researchers are aiming on how they build up confidence and courage, and inspire other members of LGBTQIA++ folks through this research. "Be not afraid, only believe"

Influence. Influence is the capacity or power of each individual or things that are to be a compelling force on or produce different effects on the actions, behavior, opinion of other individuals. A lot of individuals are very curious nowadays because there are to many labels in this group, so they are to question their friends with this kind of topic leaving them to more comprehension to this such matter. Curiosity is always the bridge to experiencing a lot of adventures and knowledge, they're on their own for this matter because of influence. This is a big step to them towards the new and different frame of mind of the genders, influencing other might put them at risk or problem that's why we must guide them to this new journey. So the researchers are aiming on how they become who they are or why they become who they are now. "The biggest risk is not taking any risk... In a world that's changing really quickly, the only strategy that is guaranteed to fail is not taking risks " Mark Zuckerberg (2011)

Lived Experiences of LGBTQIA+ Members

Discrimination. Many people are guilty of discrimination against LGBTQIA+ youths, whether consciously or unconsciously. LGBTQIA+ youths are faced with daily discrimination from society, peers, family and even school teachers and administrations. Cole (2007) mentions that there is a higher rate of abuse, neglect, and discrimination against LGBTQIA+ youths than straight youths. People believe that most parents would prefer their children to be straight than to be gay, and most school officials also prefer straight students over gay students. Base on the data we gathered most LGBTQIA+ members were experiencing discrimination due to there gender identity, an estimated bullied member were 50% from our respondents. They experienced judgement to other people because they don't accept who they really are, and most LGBTQIA+ members were struggling to express their selves because they are scared to be judge, they are scared for what other words people will throw at them.

Bullying. LGBT youth face an alarming amount of bullying and harassment. Homophobic and biphobic bullying is where people are discriminated against and treated unfairly by other people because they are lesbian, gay or bisexual or perceived to be. Bullying is where people are discriminated against and treated unfairly by other people because their gender identity doesn't align with the sex they were assigned at birth or perhaps because they do not conform to stereotyped gender roles. LGBTQIA+ members, like any other people, deserve to be treated with respect, tolerance and dignity because the reality is, it should never matter what your sexual orientation or identity is. Base on the data that the researchers gathered they are really a lot of LGBTQIA+ members that are bullied, an estimated bullied member were 50% from our respondents.. They are bullied by their classmates, relatives and other people including the

people who don't know who they really are. They are bullied because of how they look and because of their attitudes.

Ashame. Most members of the LGBTQIA++ felt ashamed at some point of their lives because of their chosen gender identity. They tend to think that they don't belong here in this world since they feel and treated different from others. Being part of the LGBTQIA++ community is a secret most of the members have kept from everyone in their lives. It's more acceptable and common nowadays to come out as a gay, lesbian, bisexual, and transgender but it's not something every LGBTQIA++ have the courage to do. Some have massive problems with self confidence and anxiety. They try to act straight in front of their friends especially to their family to escape the feeling of being ashamed and feeling guilty for their gender identity.

Coping Mechanism of LGTBQIA++ Members

Acceptance. Accepting that not everyone will agree to your chosen gender identity is one of the coping mechanisms of an LGBTQIA++ member. They try to ignore the people who criticize, bully, and discriminate them as much as they can just so they can be peaceful and happy. They don't focus on what other people are saying about them because they know their selves better so they try to stay positive and spread positivity around them.

Self-esteem. Self-esteem is an individual's subjective evaluation of their own worth. Building self-esteem is hard for the LGBTQIA++ members because of the people around them but they're trying to build their confidence with the help of their friends. They always motivate and remind that that being part of this community isn't going to make you any less worth it. Having high self-esteem for them means being happy and contented to what they are and what they've become right now.

Socialize. Socialization is the key to communication, without it people will not be able to understand each other. The term socialization refers to the process of interaction through which the growing individuals learns the habits, attitudes, values and beliefs of the social group into which he has been born. It is a continuous process in the life of an individual and it continues from generation to generation. LGBTQIA++ members socialize to learn and understand why anti LGBTQIA++ community folks are acting the way that they act and doing the way that they do. As much as they can, they try to understand other people's opinions respect their beliefs to cope up with their society.

Ways in Applying Equality among LGBTQIA++ Members

Respect. It is one thing every person should have and should give to others even if they are not straight or they have different gender identity. Respect is something that you must earn from people, if you show respect to them then they'll probably reciprocate the good act that you showed them. Some LGBTQIA++ members are asking for respect but they don't act the way that they want to be treated by other people.

They should work together as a human being to show and give respect to the community, it's not just the straight people will adjust, LBTQIA++ community members should also think of their actions so that they can say that they deserve respect in any forms and in any way.

To the people who does not agree to their chosen gender identity because of religous beliefs, the LGBTQIA++ understands that and they respect your opinion so if you still can not give them your respect then just ignore them and don't run your mouth because you might hurt them through your words.

Formulation of Rights for the LGBTQIA++ members. Equality can be applied by creating and implementing a law that focuses on the rights of the LGBTQ IA++ members so that such things like discrimination and bullying isn't going to happen. Even if people change the world they are still humans and they deserve to be treated equally as how people treat straight people.

CHAPTER IV
CONCLUSION AND RECOMMENDATION

Basing from the written results, the following conclusions and recommendations were made.

Conclusion

The researchers concluded that the booming of the LGBTQIA++ community is caused by the courage of the LGBTIA++ folks to come out as a part of the community. Influence also contributed to the growth of the community. At a time where LGBTQIA++ are being discriminated, bullied, harassed, and being criticized by those people who does not agree in their chosen gender identity they manage to find a way to cope up with them. Accepting other peoples opinion and socializing to show that they are also humans and that they also deserve respect are just some of their ways to cope up with their society.

Recommendation

The researchers recommend giving respect to the members of the LGBTQIA++ community and by that peace and equality can be applied among the LGBTQIA++ community.

The researchers also recommend that you can also do your own research so you can widen your knowledge about this community. "Knowledge has a beginning but no end".

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Innovating Food Waste as a New Source of Gas

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Abstract: Food waste is one of the top concerns around the world. The projected global food waste production is 1.3 billion tons annually. Because of these issues that the society is facing on food waste, the researchers converts it into a new source of gas which is the Biogas. The researchers conduct this experimental study because they want to reduce the harm of food waste to the atmosphere, help the individuals who cannot afford LPG (Liquified Petroleum Gas). The respondents of the survey that draw comparisons between LPG and the product produced by the researchers are the mothers and some cooks that ages 25 and above. There are factors that have to be considered while executing the experiment such as the water and food waste amount. After conducting the survey, numerous respondents would want to check out biogas. Biogas would be preferable than LPG especially if the individuals have concern for the environment.

Keywords: *Biogas; Experimental; Food waste; LPG*

CHAPTER I
INTRODUCTION

Background of the Study

There are enough food in the world for everyone, according to the World Food Programme (2019). Food waste are the wasted food that cannot be eaten or leftovers. Unfortunately, food waste is now one of the top issues around the world. The estimated global food waste production is 1.3 billion tons annually. According to the Food and Agriculture Organization (FAO) of the United Nations2018, it is one third of all food production for human consumption. The food wastes costs 2.6 trillion

USD annually, and can feed all the unfortunate 815 million hungry people in the globe over four times.

According to the New York Times, 60 million metric tons of food is wasted every year in the United States alone and it is worth about $162 billion of food. There are 32 million metric tons end up in the landfills which cost local governments $1.52 billion. Food that are being wasted could have gone to the people who are in need. The problem is expected to grow worse unless effort is made for it to be solved. They say by 2030, the total cost of food waste could be as high as $600 billion wherein there are lot of money that's been wasted (Yilmaz, 2009).

Food wastes both produces an economic and environmental problem. The food wasted took resources to make. According to a recent study, written by Zachary Sobol (2018), food waste has increased by 50% since 1974. Forty percent of the food produced in the United States ends up in a landfill or is left to rot in the field. The food in landfills decomposes and emits methane, a poisonous greenhouse gas.

Chinese consumers wasted roughly 17 to 18 million tons of food served in big cities in 2015, a quantity sufficient to feed 30 to 50 million individuals annually, according to a report released at a seminar Saturday in Beijing. "That might equate to the total number of people living in South Korea in the same year," said Dr. Wang Ling'en, a leading researcher from the Institute of Geographic Sciences and Natural Resources Research at the China Academy Science.

According to the United Nations Development Programme, up to 40% of the food produced in India is wasted. About 21 million tons of wheat are wasted in India and 50% of all food across the world meets the same fate and never reaches the needy. In fact, according to the agriculture ministry Rs(rupee) 50,00 crore worth produced is wasted every year in the country.

As Philippines is in the state as a developing country, Philippines have an abundant problem on waste managing. As of 2016 the Philippines produced 40,087.45

tons of waste a day, that's 14,672,153.1 for the whole year. Back in 2013 57% of the solid waste produced by the Philippines are from residential. Mostly biodegradables and recyclables. In 2015 52% of solid waste composition are biodegradable and recyclable are only 28%. Biodegradable wastes are consumed by microorganisms that produce methane and it is 34 times greater than CO2 over a 100-year period. Based on the results of the percentage of the food waste we really need to do something to prevent furthermore pollutions.

Because of these issues that the society is facing on food waste, the researchers thought of converting the food waste into a biogas. According to an article written by Ali Kasap, Ramazan Aktas, Emre Dulger(2011), biogas can be used directly for heating and electricity production, and it can be used for a vehicle fuel or in natural gas system after CO_2 is separated and pressured. Biogas is considered as a source of renewable energy due to continuous production of waste. If biogas replaces some fossil resources, the greenhouse gas emissions will be able to reduced (Yilmaz, 2009). By converting foodwaste into a useful product, people can lessen the harm of it and make life easier at the same time.

Here in the Philippines 1 Liquified Petroleum Gas or also known as LPG costs 600 pesos per tank. A lot of Filipinos cannot afford LPG due to its high price. The researchers want to produce an alternative LPG. This research or product will help those who cannot afford LPG by providing an alternative product that is cheaper, practical, and eco-friendly at the same time.

Theoretical Framework

The following researches serves as a guide and a backbone of the study to be conducted. This might also help in achieving the to the objectives stated in the statement of objectives.

Feasibility Study of Biogas Energy Generation from Refuse Dump in a Community-based Distribution in Nigeria (2019).

Energy generation remains one of the biggest challenges of developing nations like Nigeria. The World Bank estimated that ~80 million (44.4%) out of 180 million Nigerians living in 8000 villages across the country lack access to electricity. Lack of access to electricity to stimulate small- and medium-scale enterprises in rural communities is believed to be a major factor responsible for rural—urban migration and the lingering emigration crises across the globe. In this study, three different wastes generated were combined in a locally fabricated digester and each singly loaded in respective digesters to generate energy in the form of biogas with an anticipation of redistribution for a community-based use. The biodegradability test of the substrates was studied ab initio by evaluating for ash and moisture contents, C/N ratio, biochemical oxygen demand (BOD) and chemical oxygen demand (COD) for maize chaff, watermelon, and cassava peels. The results showed 2.85, 0.66 and 2.40% for ash content, 11.18, 93.22 and 70.26% for moisture content, 12.10, 15.10 and 19.10% for C/N ratio, 155.07, 131.96 and 113.79 ppm for BOD, and 240.00, 212.00 and 264.00 ppm for the substrates, respectively.

From the results, maize chaff with the highest ash content has the least biodegradable (organic) matter, while watermelon, with the least ash content, has the highest biodegradable matter. The moisture content results for maize chaff and watermelon were below and above the optimum value of '60–80%' and this confirmed the low biogas volume produced when used alone. The ideal C/N ratio for anaerobic digestion is between '20:1 and 30:1'. A comparison of these sets of values from the study showed that the C/N ratios obtained from the research work are below the optimum values of the C/N ratios and could be responsible for the poor biogas yield for the disjoined substrates.

The biogas volume of 2100 ml was produced at the end of the retention time for the combined substrates and, was higher compared with the 18, 25 and 29 ml produced for maize chaff, watermelon and cassava peels, (the disjoined) substrates, respectively. In this study, the COD value for each substrate is higher than the corresponding BOD values. Hence, co-digestion of unavoidable food

wastes is economic and, a potentially viable option to generate alternative renewable energy for rural community-based use.

A New Way To Turn Food Waste Into Energy (Marjolaine, 2017)

Researchers have been working for years to develop methods to turn food waste into a viable and economic energy source. Now, researchers at Cornell University have found a new way to capture nearly all of the energy in a food waste product, leaving little behind to fill a landfill. First, the researchers applied a method to "pressure cook" the waste, creating a crude liquid that be turned into a biofuel. Then, what remains is broken down into methane that can be burned to create electricity and heat. « The development comes as scientists continue to explore what role waste can play in a clean energy future. » "Food waste should have a high value," says study author Roy Posmanik, a Cornell postdoctoral researcher, in a statement. "We're treating it as a resource, and we're making marketable products out of it."

Statement of Objective

These are the objectives of the researchers:

1. To create biogas out of food waste
2. To compare the LPG and the biogas
3. To teach the people on making biogas

CHAPTER II
METHODOLOGY

This implored a scientific research method. This study made a new source of gas through food waste and a manure. Through the usage of this research, the objectives that are stated above can now be proved.

Research Design

This study employed an experimental research, it is a systematic investigation through experimentation in

order to prove a hypothesis, which is to create a new source of gas through food waste.

The researchers conduct this experimental study because they want to lessen the harm of food waste to the atmosphere, help the people who can't afford LPG and of course to make life easier at the same time.

Materials and Tools of the Study

The researchers used Plastic barrel to store the food waste, PVC pipe elbow for draining the excess water in the barrel, pail for collecting the excess water from the barrel, gas hose is the passage way of the gas that came from the wastes. The gas valve is used for controlling and preventing the gas from leakage, gas connector is used to connect hose while the T fitting is used to connect the gas hose from the barrel, tire interior is the storage of emitted gas from the wastes and the hose with the valve and the most important tools the researchs needed is the food waste to produce methane/biogas and cows' manure to speed up the process.

Population and Locale of the Study

The respondents of the researchers are the mothers and some cooks that ages 25 and above. They scouted around and outside Lorma Colleges San Juan Campus to ask suitables respondents for the study.

Data Gathering Tool

The researchers made a survey to draw comparisons between Liquified Petroluem Gas (LPG) and the product produced by the researchers. There were 20 respondents that were scouted around the campus

Procedures

These are the steps to follow in making a food waste digester:

1. The researchers made a hole on the lid and on the side of the barrel.
2. They put a gas fitting on the hole in the lid and puts an elbow type PVC pipe in the hole on the side of the barrel.
3. The researchers placed the gas hose in the gas fitting then connects the gas hose in the gas T-fitting.
4. After connecting the gas hose, they connected the lower part of the T-fitting and the other end to the interior of a tire.
5. Now the last part of the T-fitting, another gas hose was connected and at the end of the hose, gas valve was needed.
6. The researchers collected food wastes and a good amount of cow's manure and stored it in an airtight bucket. They let the bucket sit under the sun for thirty days
7. The researchers put the food waste and cow's manure in the plastic barrel. Wait for at least seven days before using it.

Analysis/Treatment of Data

The gathered data were systematically organized through a frequency table. It was presented through bar graphs or histograms in the Chapter 3 to visually see the comparison between LPG and the product.

CHAPTER III
RESULT AND DISCUSSIONS

Factors in Making Gas out of Food Wastes

These are the factors which affect the production of biogas:

WATER QUANTITY. The quantity of water affects the production of biogas. The ratio of water to manure should be 3 parts of water to 1 part of manure (3:1). The mixture's result is dry and didn't generate efficient biogas since the ratio was not met.

DRYNESS OF MANURE. The dryness of the manure similarly influences the production of biogas. The manure requires to be fresh instead of dry to release methane gas. The dried manure already released its methane gas content while fresh manure comprises an abundant amount of methane gas.

AIRTIGHT. The digester is not airtight sufficiently. A minor percentage of oxygen can infiltrate the generation of biogas, hhindering the process or even terminate the production. To have an effective result, the absence of oxygen enables the organic matter to biodegrade.

BIOGAS CONCENTRATION. The concentration of the biogas production must not be interrupted by keeps on opening the plastic barrel so that the biogas will not leak out on the wrong passage/hole.

EXISTENCE OF THERMOPHILIC. The existence of thermophilic is important because it could possibly lead to a lower organic matter degradation when the temperature is not right.

Comparison of LPG and Gas from Food Waste

LPG or Liquefied Petroleum Gas is made up of carbon and hydrogen atoms that forms into propane and butane while biogas is a type of biofuel that naturally produced from the decomposition of organic waste. The following discusses the comparison of the two basing from the conducted survey.

Price. The respondents' choices were different. Five of them chose LPG as a cheaper gas, 14 mothers chose Biogas to be the cheaper one and 1 answered both. This means that 70% of the respondents will choose to buy biogas than LPG.

Nature. Seventeen mothers believed that biogas is more natural than LPG while three mothers guessed that LPG is more natural than Biogas. 85% of these respondents knows what biogas is.

Environmental Effect. Four mothers answered that LPG is more eco-friendly than Biogas, but sixteen mothers answered that Biogas is more eco-friendly because it is naturally produced from the organic wastes.

Efficiency. Eighteen mothers and cooks believed that LPG is more efficient than Biogas because it does not have a lot of process to do especially because they are always on the go. The 2 respondents said that biogas is perfect in farms because it can really save expenses and they do not need to hurry in cooking foods.

Quality. Eleven mothers believed that LPG is better when it comes to quality than biogas, seven answered that Biogas has better quality than LPG and two mothers believed that both have a good quality. LPG won because it is what the respondents were accustomed to use.

Safety. Eighteen mothers believed that LPG is still safer to use than Biogas because they are in doubt with the usage of the biogas especially it is handcrafted unlike to LPG. LPG is stored in a fully sealed steel container which makes it safer than Biogas.

Chapter IV
CONCLUSIONS AND RECOMMENDATION

Conclusions

Based on the findings, the researchers concluded that to have a prosperous biogas product:

1. Cow's manure should be fresh and not dry.
2. The ratio of water to manure should be 3:1.
3. The digester should airtight to prevent oxygen from entering the container.
4. The opening of the digester should be limited to prevent oxygen on entering the digester.
5. Numerous would like to check out biogas but will still stick with LPG.
6. Biogas is what most of the closed-fisted would want to use

Recommendations

The following recommendations are derived from the conclusion:

1. Fresh manure is highly recommended to be used instead of dried manure.
2. The ratio of water to manure is 3:1. Three parts of water and one part of manure should prevent the mixture from drying.
3. The digester should be airtight sufficiently to prevent oxygen to infiltrate the mixture.

4. Avoid unlocking the digester regularly to allow the mixture to formulate biogas and prevent the product from escaping.
5. If the biogas is safe to the community the researchers will inform the local areas for them to use a cheaper and safer cooking gas.
6. Biogas is better than LPG especially if the individuals have concern for the environment

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Social Interaction Within and Outside the Gaming Premises of Lorma Colleges Senior High School Students

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Abstract: Some have been living as the characters of the virtual environment. Addictingly placing themselves into that it defies reality and our dreams creating an illusion of a world that will never exist. Becoming so vain that the world we live in has become a mirror of illusion that reflects our insolence and inability to see what really lies beyond the 4-inch screen of our gadgets. Herewith, this study delves deeper into social interactions of players within and outside of the gaming environment of senior high school students in Lorma Colleges Basic Education Schools. The research design chosen is phenomenological qualitative method. Participants were chosen as a point of analysis owing to fact that they have already tried playing mobile games and have a playing time varied from a 6 to 15 hours per week, and a senior high school student of Lorma Colleges Basic Education Schools. These respondents will encounter online structured survey questionnaire, which will be used as an interview guide for the said discussion. Thematization is an approach that obtains to interpret the gathered information. Thus, everything will be sorted according to 3 themes. Under the social interaction inside the gaming environment are games, group belongingness and gaming community. For the outside premises, we have time management, neglected obligations, connection with in-person friends and family, and violent video games. Lastly, acquired knowledge, motivation and distraction from real life issues emerged in section of the situations and factors involved in prolonged gaming. With this, the players do not move in the multi-player game's world alone anymore. Instead they interact with in a gaming world that is full of other people with different backgrounds.

Keywords: *Gaming, Multi-player games, Social Interaction*

CHAPTER I
INTRODUCTION

Background of the Study

Teenagers are very keen on the sense of entertainment balanced improperly on the scale with relationships. With the advancement of technology and the internet, surely one can be easily confined to such situations. As such, technology brings about significant negative impacts to our socials and intimate relationships toward others that we unintentionally do. Of course, we try to be better partners and a loved one but the temptation of gadget usage simply can't be ignored that easily. With the creative and interactive features the internet has, millions of people learned how to chat, post, play online games, and even dating.

According to the study, 60% of teens— those between the ages of 13 to 17—say that spending too much time online is a "major" problem facing their age group, with about nine in 10 teens dubbing it a problem. More than half of teens (54%) say they spend too much time on their cellphones, and 41% say they overdo it on social media. (Anderson, 2018) On top of that, some video games have grown out exponentially over the past decade, what has been just educational applications such as Merriam Webster and Wattpad have been easily toppled off by the emergence of new games such as Clash of Clans, PUBG, Rules of Survival and Mobile legends or what everyone calls a mobile game.

Surely, teens are easily attracted to these games, based on a survey (Lu and Wang, 2018), 60 percent of the respondents said that they play online mobile games every day and 33 percent said that they spend more than 3 hours per game session. To define mobile gaming in this paper, it is the design architecture varies from text-based, sophisticated graphics and even virtual world environments where players played in single, or multiple from different locations around the world, real-time based (Verecio, 2018).

Massively Multi-User Online Games (MMOGs) and Multiplayer Online battle arena give opportunities for users to interact through avatars. Massively Multi-User Online Games or MMORPGs are designed to provide a social environment where gamers can enter and interact with large number of people. While, Multiplayer online battle arena or better known as MOBA is a game where two teams of player compete with each other.

In these environments, there are multiple tasks or quests that need to be accomplished by different characters with various skills.In many cases, participants or gamers can have a conversation with other cogamers through text chat sessions during online gaming or, sometimes, players can actually talk to other players at any time, with the use of special audio hardware.

Based on a related study, mobile gamers interact socially in the game environment with other gamers and spend huge amounts of time while forming relationships and some of these relationships may carry on the real life terms. (Cagiltay and Uz, 2015) On the other hand, several researchers claim that gamers forming relationships within a gaming environment might have problems in forming relationships in the real environment, because they may find the relationships in online environments much safer. (Cagiltay and Uz, 2015) Some of the studies stated that players are introverted and they lack social interaction; however, some believe that forming relationships in these environments can be accepted as the same as face-to-face relationships. (Stiles, 2010) The development of virtual friendships can be very enjoyable for gamers, and they sometimes lead to serious real-life relationships.   The psychological aspect of online mobile gaming is a growing area, but more focus is needed on the views and experiences of gamers themselves. Despite touching the topic of social interaction in online mobile gaming, little is known about gamers' experiences of the social side and the reasons behind it.

Despite the fun that the game conveys, you can't deny the fact that it also has drawbacks. Getting hooked with this kind of things make the gamers forget everything around them. With this, the purpose of this research is to

dig deeper on the social interactions that occur both within and outside of games, as well as to explore factors that contribute to prolonged gaming.

Statement of the Problem

This study sheds light into the social interaction of players within and outside of the gaming environment of senior high school students in Lorma Colleges Basic Education Schools. Herewith, these research questions are raised:

1. How do social communities and friendships form around games?
2. How do these social interaction influence gamer's lives outside of games?
3. What are the situations and factors involved in prolonged gaming?

Theoretical Framework

Social Identity Model of Deindividuation effects (SIDE model)

The concept is often associated with the utilization of online networking sites and games, with the evaluation why people deeply involve themselves into these platforms. (Wainner, 2018). It gives light on how group behavior is affected by anonymity and identifiability. This model serves as an alternative with the Deindividuation Theory. It suggests that anonymity leads to a loss of self-awareness, and this loss leads to a rise in antinormative behavior. (Spears, 2017)

Spears' model proves that people around the world interact in relatively anonymous ways. They use pseudonyms or avatars (pictures) to identify themselves, and even e-mail addresses do not typically provide much information about senders.

Self Determination Theory

The Self-determination Theory understands how self-worth dominates an individual's internal state of being and objectives for determining the way in which he

or she wants to be regarded by others in society. (Patrick and Williams, 2012) Choice is a vital component of SDT, especially personal choice. An individual will eventually make a choice (i.e., to play online games or not to play online games), and depending on the choice that person makes, he or she may realize the importance of modifying his or her current behavior. (Sterling, 2017)

Also, Motivation is one the reasons why people are determined to play online games. This is where the intrinsicextrinsic concept starts to exist. Intrinsic motivation includes performing an activity for the natural satisfaction derived from it. Extrinsic motivation, on the other hand, originates from an external source that has influence over. During online gaming, compensation and rewards are given by the game. It is when extrinsic motivation comes into play. This makes them more determined to keep on playing. (Sterling, 2017)

Social Learning Theory

Albert Bandura's theory proposed that in a social setting, learning is not only a behavioral process but also a cognitive one. To distinguish learning, observing a behavior and discerning the reward and punishment of it. This is called the vicarious reinforcement. Bandura believes that direct reinforcement is not compatible for all types of learning. With that, he added a social element, arguing that people can learn new information and behaviors by watching other people. Reinforcement has a major role in learning but is not completely responsible for it. The learner does not passively receive information from the environment instead the environment, the cognition, and the behavior interact with each other.

The Social Learning Theory means that behaviors are cultivated by observing others in a social setting. Gaming addicts are influenced by external factors such as their environment and peers. (Lai, I. H., Jeong E. J., Kim, D. J., 2016)

CHAPTER II
METHODOLOGY

Research Design

The study employed a Phenomenological research method as its research design tool to understand people's perceptions and examines uniqueness of individual's lived situations regarding social interactions within and outside the gaming community.

Participants of the Study

Senior high school students who are officially enrolled in Lorma Colleges Basic Education Department are considered as respondents. They will be selected through purposive sampling which the people chosen are not representatives of the population, but rather they possess the necessary information about the issue being investigated upon. The current participants report that they have tried playing mobile games and have playing time of 6-15 hours per week, a senior high school student of Lorma Colleges Basic Education Schools.

Data Gathering Tools

A structured online survey questionnaire was devised to investigate the process of developing problematic social behavior, and the underlying game cognitions and experiences. The survey questionnaire was disseminated through online google forms because of the unexpected health crisis.

Data Gathering Procedures and Ethical Considerations

The researchers started with a consent to conduct a study from their research adviser, as well as the chosen respondents in Lorma Colleges Basic Education Department. Rest assured that the respondent's answers are treated confidentially and should be used for academic purposes only. The survey questionnaire will be constructed properly, and the researchers examined the answers thoroughly.

Analysis/Treatment of Data

Thematization was utilized to interpret the gathered information thus it sorted everything according to their categories. It is a flexible method of identifying themes across dataset (Braun and Clarke 2016). A theme represents something significant about the data in relation to the research question and a sub-theme is a theme that falls within a broader theme (Braun and Clarke 2016).

CHAPTER III
RESULTS AND DISCUSSIONS

With the gathered information through online survey, the study obtained twenty-one (21) filled in questionnaire from the respondents. Considered respondents are based on the given parameters and criteria of the researchers.

A. Formation of Social Communities and Friendships Around Games

Friendships are integral to individual well-being. Because of the increasingly digital society, games have an adverse impact on youth's social lives and network. (De Grove, 2014) The study accumulated results from Senior High Students of Lorma Colleges Basic Education Department spring up that engaging social interaction, group belongingness and the feeling towards the gaming community are the expected scenario during games. Under the theme engaging in social interaction, types of games they play, and co-gamers revolves around it.

Games. Social affordances are provided by communication in online gaming environments. Most games transitioned from traditional CD's and DVD's to online and Wi-Fi-based channels. (Pöyhtäri, 2016). Prior to study, games ultimately bond people together in any corners of the world. Gaming companies have observed that online games and same playing time potentially

made easier to keep in touch with other players because of chat sessions and online forums.

Type of Games. The current results indicated that Multiplayer Online Battle Arena games (MOBA) such as Call of Duty, mobile Legends, PUBG, attract youth because of the characteristics that they provide to the gamers. According to one of the respondents, respondent S, It is fun interacting and meeting new people online. Be it a temporary or a long-term guild mate. Also, respondent D stated that playing MOBA games helped people learn how to talk with unknown people since talking online need less more confidence than talking physically or face-to-face. MOBA games puts you in control of a hero that has to cooperate with other players you may or may not know. Using your instincts to align some form of crude teamwork, in the hopes of beating the other side. (Cybertegic, 2016)

Co-gamers. Fourteen (14) participants answered that they usually play with their inperson-friends, and family. Constant communication and seeing each other on a daily basis help them to gain trust and build easier teamwork during games. Based on the results observed, the teams that include friends and families support a wider range of play possibilities - socially and competitively -- than teams of strangers. Their responses indicate that it is salient to play with people what you know when first time of playing and during periods of engagement. Believing that digital gaming is a way to socialize increases the odds of gaming with friends and family, seeing gaming as a hobby and a way to beat boredom. More frequent family members and friends play video games together, the better family satisfaction and family closeness they have. (Taylor, 2017)

Group belongingness. Being a member of the online community was seen as an important aspect of game play for many gamers. Based from the results gathered from the survey questionnaire. Fifteen (15) participants answered that they feel the sense of belongingness with their coplayer from various parts of the world. Here, the views of gamers focused on the incredible connection that they have. Some spoke about lifting up and giving constructive criticisms after game to

know what should be changed and developed. The sense of passion, mutual interests, respect, supportiveness and team work bring people together irrespective of their geography. Multiple ways can make people perceive that they belong. Indeed, in order to be able to master many of the games' quests, players usually have to strongly collaborate. Belonging to a group is a fundamental human need whose satisfaction provides individuals with hedonic feelings and practical benefits. As a result of this, the feeling of belonging has been identified as an important factor that motivates people's behavior. (Ernst, 2017)

Gaming community. Most of the respondents described gaming community that they are in as a progressive, fun and open friendly environment. While respondent H and M stated that it   is generally kind and respectful, with just the right amount of toxicity and stupidity. According to the respondents, the virtual community is a fantastic crowd to be part of. It is very broad and unique community filled with diverse social groups. A calm atmosphere makes the community interesting and fun but, when some trash talker players intrude, it slowly become a toxic environment. With their anonymous identity, disrespectful players can easily come and go around games. Online games remove our physical identity, and all the traumas and inhibitions that come with it; everybody starts equal, everyone is judged on their contribution. (Stuart, 2013)

B. Influences of Social Interaction in Gamer's Lives Outside Games

Gaming takes you to other dimension, forgetting what the real world feels and looks like. Inside of games, it is just a series of enter, play, and win or lose. But when you truly open your eyes, there are things that are being neglected, forgotten and skipped. The accumulated results are categorized into 4 subthemes which are the time management, neglected obligations, connection with in-person friends and family, and effects violent video games in real life.

Time Management. Based on the answers of the respondents, time management and knowing your

priorities in life before playing should always be your top option.

Respondent M pointed out that playing too long can decline grades in school and it makes him lazy. Nonetheless, Gaming hurts grade but not intelligence. (Venopal, 2018)

Clearly, never let responsibilities slide in order to keep playing. Balancing time with academics, gaming and bonding with your family should be given equal time and attention. Focus on academics, do other important chores and the last option is to play games.

According to the responses, playing serves as their rest to all their full-work load and burn-out body but they never let it be their priority. Everyone needs a little time to rest and recharge. (Ernst, 2017)

Another group of respondents felt that gaming did not take away time from their family as their gaming and family time did not clash. Six (respondents) implied that they usually made prior arrangements with their family in regards to their gaming time and family time, so that they would enjoy their gaming without interruption and at the same time, enjoy time together with their family. For a small group of respondents, their family bonding involved playing games with their parents. Since they were doing the same activity together, they did not feel that playing games displaced any time with their parents.

Neglected Obligations. Fifteen (15) of the respondents agree that self-care is one of the most ignored things when playing, followed by school works and household chores. While the other six (6) respondents sleep in the wee hours of the night, forgot to take a bath, skip a few meals and doesn't pass the performance task given in school because of gaming. Taking a break from playing might help you regain yourself and refocus on the things around you. Self-care is crucial for our physical, emotional and mental well-being. Breaks are the epitome of self-care, and studies show they're great for helping you perform better. (Nazish, 2017)

Connection with in-person friends and family. Results of the survey with the respondents painted an interesting picture of the role of gaming within the family context. Overall, there is also little evidence to suggest that gaming has detrimental effects on parent-child relationships, although a number of responses stated that gaming could lead to potential conflicts for some parents and their children.

It was mentioned that respondents who did not experience problems with parents, placed higher priorities first than gaming, such as studying and limiting themselves to gaming. Some respondents have an agreement with their parents about the duty they were expected to finish, in return for an amount of time to play games. On the contrary, sometime problems take place when the respondents did not follow the rules which parents have set regarding the playing of mobile games. It seemed that these parents tend to view it in a negative manner and do not appreciate mobile games.

Violent mobile games. Sixteen (16) respondents mention that playing violent video games doesn't trigger violent tendencies in the real world.

According to them, shooting and killing games have no influence in reality. It is not really because of the violence of the game but rather than the toxicity of other people today. Also, violent mobile games can serve as an outlet of all the frustrations and anger of the player, so they can actually influence them to be calmer in real life.

Mentioned in the study of (Loria, 2018), aggressive behavior is not the same as violence. Some may have mental problems and anger management issues may help encourage to do bad intentions but not because of a violent game. But other respondents have pointed out that violent games negatively influence the mental capability of a person, especially a children. They are not mature enough to determine what is right or wrong. Their mind is mentally degraded and unprepared for that kind of games.

As claimed by (Nauert, 2019), children will copy everything that they see what an adult will demonstrate to them, even if there are clear or obvious reasons why those actions would be irrelevant.

C. Situations and Factors Involved in Prolonged Gaming

Little is known about gamer's experiences of the social side, gamers views on game design and content, and their reasons on why they are still pursuing themselves to play despite of the consequences. A number of themes emerged from the analyses of the data gathered: (1) acquired knowledge; (2) motivation; (3) distraction.

Acquired knowledge. This theme features some of the real life skills that players claimed could be learned from playing mobile games such as problem solving skills, communication skills, teamwork, map awareness, strategy tactics, reaction time, and proper use of language.

The aforementioned skills above show the types of skills that the players insisted that could be learned from gaming. Some respondents said they had learned about computers and developed their communication skills.

Though many people don't recognize the fact that gaming enable you to develop social skills (both written and verbal) as well as the ability to meet like-minded individuals. Some respondent gathered the ability to come up with innovative solutions, improved imagination, learned routines and sequences a lot faster. Also, memorizing trivial codes and information that could help in real life. A 2014 review of studies, The Benefits of Playing Video Games, gives a clear indication of the positive cognitive, motivational, emotional, and social effects of gaming. (Norton, 2015)

Motivation. Some respondents stated that gaining achievements such as having the most kills and being the MVP of the game, gives them the drive to continue playing. Also, gamers spoke about being rewarded for gaming that would keep them playing. There is also the opportunity to upgrade items like weapons, and new skins. Other

responses gathered are passion, fun, boredom, and not being contented in playing. With a huge online community, the sense of adventuring and exploring can keep gamers playing. In addition, the thought of achieving ingame goals and the game content attracted gamers to playing in online worlds.

In addition, having classmates and friends that encourage you to play with them is one of the aspects of motivation. According to the website HHS.gov, friends can influence an adolescent's attitudes and behaviors in ways that matter across multiple domains of health and well-being, well into adulthood.

Distraction from real life issues. Eighteen (18) respondents believe that playing mobile games serves as distraction and a way to escape from reality's issues and concerns.

Sometimes it can be easy for the respondents and gamers to lose themselves in the virtual worlds of gaming. They allow gamers to take their minds off life's problems and stressors. Also, it diverts your stress to something that interests you because your only focus is in the game. Addition to that, it serves as a salvation for some, which is for sure, since most people have too much problems and gaming really helps a lot to keep your mentality stable. On the other hand, only three (3) respondents mentioned that it is not a distraction for the reason that you are just prolonging the agony rather than thinking a solution for that.

CHAPTER IV
CONCLUSION AND RECOMMENDATIONS

Conclusions

Gaming culture has changed from single player to multi-player games where they interact with anyone in the world. Also, social contacts from games extend outside the gaming world. The world of online games is not just playing games. It is way to socialize to people irrespective of geography and race.

In engaging in social interaction, the MOBA games have been praised and appreciated because it is real-time based, you can select your own hero, and can communicate with others. Most of the people are into these games because they feel that they belong to these group community and appreciate the skills that they have. The group environment seems to attract players because of its light, fun and interactive characteristics thus sometimes toxicity is inevitable. The social interaction creates the sense of unity. Joining a community acts as a catalyst for bringing players together.

Gaming influences the outside premises of games in a positive way. Time management helps you to balance your time with regards to academics, playing games, and bonding time with your family. Also, neglected obligations have been observed by the players when in game. It includes school works, household chores, and even self-care. In the other hand, the connection with in-person friends and family do not decline when gaming because of knowing one's priorities and the understanding between parent-child relationships. On top of that, violent video games do not affect a person mentally and physically. Playing shooting and killing games doesn't mean that you'll apply it in real life. But make sure that children should lessen playing these kind of games because they follow what they hear and see.

Prolonged gaming were exercised by players. During gaming, a handful of skills are learned by players and apply it in life. These skills are problem solving skills, communication skills, teamwork, map awareness, strategy tactics, reaction time, and proper use of language. Also, gamers were drived to work and play harder because of ingame rewards, friends, passion, fun, boredom, and not being contented in playing. Aside from that, it is an unexpected way of distracting yourself away from personal and world issues.

Recommendations

Cited above that toxicity and trash talking were inescapable in gaming and social interaction. As a recommendation when socializing, be mindful of your words, and respect each other. Constant communication

and always keep in touch must be observed to build strong foundation with your online friends.

Infographics must be made with the content regarding the effects of video games to children, adolescents, and parents. Also, another page must be given with the statistics and facts about the boons and banes of social interaction within games.

Due to the international nature of online games the results can be generalized. The results of this research must be treated with certain caution as the area of social interaction and social structures within gaming communities are a fairly new area of research. As one potential research aspect on a recommendation, future researchers should delve deeper into social dynamics in online games. Another potential research angle could be gaming culture and how players view themselves in the social context through games. It has been established that games today are interactive in the sense that the players communicate and interact with other players as well as the game itself.

There has been research done on both proposed topics but still I think that these research aspects should be researched more as the games are evolving and are a great source for players to learn social skills and social dynamics.

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Perceptions of Active Smokers Towards the Smoking Ban Policy in the Municipality of Bauang, La Union

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Abstract: This research paper is focused on the different perceptions of active smokers in the Municipality of Bauang, La Union and the efficiency of smoking ban implementation for making a positive change to the active smokers' lifestyle and for also keeping the municipality's cleanliness and orderliness. The purpose of this research paper is to show the various perspectives of the active smokers residing in Bauang, La Union and to also present reliable information on how the smoking ban implementation affects their smoking lifestyle. To achieve this purpose, the researchers collected data from different articles, studies, and essays from the internet. With the help of the gathered data, the researchers concluded that the implementation of smoking ban may not be the best to make a drastic change on the different lifestyle of every smoker, but it succeeded in maintaining a clean and smoke-free environment for its people.

Keywords: *Smoking, Smoking Ban, Active Smokers*

CHAPTER I
INTRODUCTION

Background of the Study

In the country of the Philippines, there are a lot of active smokers around that spreads major health problems, not only to themselves but also to their own community. To let everyone know, a cigarette butt contains a lot of harmful chemicals that can intoxicate a person's body. Cigarette smoke is a complex mix of more

than 7,000 chemicals. 250 poisonous chemicals have been identified in cigarette smoke, and 70 carcinogens. On the other hand, non-smokers can also be affected since they can possibly inhale the harmful chemicals that was accumulated on the air coming from the smoke deposits of those said users. (Martin, Jelic, 2020)

According to American Lung Association, every year in America, 450,000 deaths occurred due to smoking. Smoking is the actual root of all 90% deaths of patients with cancer. Smoking is said to decrease the life span of an actual smoker for 10 years than non-smokers. There are estimated records of 16 million Americans who have at least one illness that is caused by smoking. Every year in the United states, people who inhale second-hand smoke frequently has led to 7,300 lung cancer and 34,000 heart disease deaths. (Leader, 2020)

According to Luo, Wan, Liang, Li (2015), smoking bans in public places have also been found effective in reducing tobacco consumption among smokers and reducing exposure to secondhand smoke. These bans also contributed to the prevention of smoking uptake among children and young people by reshaping the perceived social acceptability of smoking. The effectiveness of smoke-free policies was evident in numerous studies and countries. Moreover, in North America, Western Europe, and Australia, many of the TC efforts have focused on clean indoor-air laws, and the experiences of those regions are instructive to other countries which started working on TC.

Smoking cigarettes can cause different kinds of sickness not only in the lungs, but it can also affect the whole body. Smokers are at a higher risk to be affected of different sickness as well as the non-smokers because of the so-called "secondhand smoke" unless they come near the smokers. Moreover, smoking cigarettes is inevitable because of its addictive substance that is widely known as nicotine. It is also difficult for the smokers to stop this vice with their reason that they have been exposed to smoking at an early young age.

Meanwhile, smoking is one of the main causes of hypertension among adults. Hypertension of high blood

pressure leads to complications such as heart disease, stroke, and even death. Moreover, secondhand smokers can also acquire serious tobacco-related diseases. Kids or children can also be affected by smoking through secondhand and third-hand smoke which can affect the brain which leads to different diseases such as epilepsy, brain tumors, pediatric stroke, and cerebral palsy. In accordance with the World Health Organization (WHO), 7 million are estimated deaths who use tobacco worldwide annually. However, 260,000 of these cases are child deaths due to inhalation of secondhand smoke. (Montemayor, 2019)

The Executive Order No. 26 (2017), also known as the nationwide smoking ban, was implemented to provide a smoke free environment for the public and enclosed locations within the Philippines. The smoking ban was widely known as the Clean Air Act. The republic no. 8749 also known as the Clean Air Act, is said to be a program to create a clean air environment for the country of the Philippines. Due to cases of people who get diseases and deaths caused by firsthand and secondhand smoking, smoking ban can greatly decrease the deaths and diseases of cigarette users in the Philippines.

In the province of La Union, two municipalities have achieved positive results from the implementation of smoking ban in the said area. Bauang, La Union and San Gabriel, La Union are among the Red Orchid Awardees in the year 2013. The municipality of Bauang has implemented policies to continually develop a 100% tobacco-free and smoke-free municipality. While San Gabriel had an average of 98%, Highest in Region 1. It was also awarded by the Civil Service Commission and the Department of Health as the Best LGU Implementer of Smoke-Free Program in Region 1. It was one of the Ten Outstanding Public Servants (TOPS) For Health in 2011.

The study's purpose can help determine the perception of active smokers towards smoking ban. This will reveal if smoking ban is beneficial or non-beneficial for active smokers. The study is feasible because it will be conducted through accurate surveys, small materials and it does not require high cost funds to execute this study. This study will help in adding information about the

importance and influence of smoking ban and at the end of the study, the students will understand why people like or dislike the idea of smoking ban.

On the other hand, smokers will finally realize the importance of smoking ban and why smoking prevention is highly needed. This study is also permitted to be used for future researchers as a base and reference for their own researches.

Theoretical Framework

Classical Conditioning

According to Pavlov, Classical conditioning (also known as Pavlovian conditioning) is learning through association. In simple terms, two stimuli are linked together to produce a new learned response in a person or animal. In addition, classical and operant conditioning is best suitable in justifying sensorimotor smoking. Smoking just to satisfy a person to serve as comfort or Indulgent smoking may be justified by the use of neurochemical theories and also by neurobiological theories of relying on nicotine influenced mobilization of mesolimbic dopaminergic reinforcement.

In Classical Conditioning Theory, this may help to further indicate if active smokers do smoke as a hobby or to satisfy their psychological needs.

Psychoanalytic Theory

Developed by Sigmund Freud, psychoanalytic theory assumes that unconscious psychological processes and early childhood experiences determine a person's personality and behaviour. Freud contended that children progress through a sequence of developmental stages—oral, anal, Oedipal, latency, and genital—and frustration or over-gratification during one of the stages leads to fixation at that stage, and to the development of an oral, anal, or Oedipal personality style.

Freudian theorists view smoking as caused by fixation at the oral stage. The oral personality, according to the theory, regards the mouth as the greatest source of pleasure, leading to excessive consumption of food, alcohol, or drugs. A number of studies have tried to link orality and smoking, thus supporting the value of psychoanalytic theory in this context. In that case, this theory may determine the possible insights of active smokers toward smoking. Active smokers may tend to think they cannot restrain smoking but in fact they actually can. For instance, smokers tend to believe that smoking can be a coping mechanism.

Ecological Framework for Human Development

Urie Bronfenbenner Ecological Framework for Human Development is considered to be the most recognized and utilized social ecological model (as applied to human development).

The social–ecological model emphasises the reciprocal relationship between behaviours and the social environment. Creating an environment that is conducive to change is important in promoting the adoption of healthy behaviours, and interventions based on this model are therefore complex, multi-level (emphasising individual, interpersonal, organisational, community, and public policy influences), and multi-sectoral.

In the context of tobacco control, proponents of the social–ecological model have argued that traditional theories (such as the health belief model and theory of planned behaviour) place too much emphasis on individual-level, rational choice, and ignore the powerful ways in which the tobacco industry can shape the environment and influence smoking behaviours. They highlight the importance of public health experts using multi-level, multi-sectoral interventions in preventing tobacco use; interventions based on notions of individual decision-making are less effective, they argue, and may inadvertently support the tobacco industry's framing of tobacco-caused diseases as the result of "unfortunate but informed" individual choices.

This model helps to determine if the community or society does have a major influence on the behaviour or smoking habits of the active smokers.

Statement of the Problem

This study determined if there is a significant influence of smoking ban to the active smokers of Bauang, La Union. This study aimed to answer the

1. What are the perceptions of active smokers about smoking ban?

2. What are the influences of smoking ban to active smokers?

CHAPTER II
METHODOLOGY

Research Design

This research study is designed as a qualitative research design and it does not rely on numerical measures, data and records. This research study focuses on the insights and personal information of the participants with the use of the available materials of the researchers to gather data. The main purpose of this study is to know the various perceptions towards the implementation of smoking ban among the active smokers in the municipality of Bauang, La Union. It is to see whether smokers find smoking ban positive or negative. This study also aims to help future researchers who intend to do further research about what people think about smoking ban.

Participants of the Study

The respondents of the study include the active smokers within the Municipality of Bauang, La Union. The number is ranging from 10-20 respondents who smoke 1 or more packs a day.

Data Gathering Tools

The researchers used a direct interview type of survey wherein it is composed of a list of questions and some follow-up questions to be answered by the selected active smokers of the locality designed to get the facts that are needed for the study. The type of sampling that will be used is Purposive Sampling. The data that will be gathered in the study will be focused on seeking the perceptions of active smokers towards smoking ban in the municipality of Bauang, La Union.

Data Gathering Procedures and Ethical Considerations

The researchers sought permission and make a letter addressed to their adviser, school director/principal, as well as the concerned respondents for the interview in Bauang, La Union served as instruments in order to complete and execute this study.

Analysis/Treatment of Data

In this study, the data records of the participants was be kept confidentially by the researchers. The type of analysis that will be used for this research is Inferential Analysis because this study's conclusion will only base from pure evidence and reasoning.

CHAPTER III
RESULTS AND DISCUSSIONS

The researchers gathered 10 respondents from Bauang, La Union who are active smokers. The 10 respondents answered the questionnaires needed for this research with no hesitations. All the 10 responses were used for the analysis.

What the Active Smokers Know About the Smoking Ban Policy in Bauang, La Union

People have different discernments on the smoking ban policy. Their insight on the said subject may either be excessively adequate, sufficient or lacking. There are six (6) respondents who grasp smoking ban as no smoking in public places to avoid air contamination. In addition, there are two (2) respondents who believes that smoking ban forbids minors from purchasing cigarettes

and selling of cigarettes a hundred meters from learning center. There are also two (2) respondents who don't have any idea about the smoking ban policy in spite of being an active smoker.

No Smoking in Public Places. As stated under the Municipal Ordinance No. 13, s. 2004, it is prohibited to smoke within public areas and public conveyances.

Bearing this is in mind,   there are six (6) respondents who perceived the Smoking Ban as a policy that prohibit them to smoke in public places.

Smoking Ban Forbids Minors from Purchasing and Selling Cigarettes. Two (2) respondents have said that the said policy forbids minors from buying or selling cigarettes which is also proven to be legitimate since it is also stated under the Municipal Ordinance No. 12, s. 2002 that it is prohibited for minors to smoke, sell, and buy any tobacco products.

In addition to this, one (1) of them also stated that the implementation of the policy was to prevent the increase of smokers, especially young smokers, in their town. It prohibits public smoking and also selling of cigarette within 100m from learning centers. The respondent is also aware that any violators of this law will be given due sanctions.

Perceptions of Active Smokers Towards the Efficiency of Smoking Ban in Bauang, La Union.

The respondents who complied with the questionnaires towards the smoking ban usage in their environment had different views towards the efficiency of the smoking ban in their area. Three (3) respondents mentioned that the implementation may alleviate the exposure to secondhand smoke. Four (4) respondents answered that the smoking ban policy may help to reduce the number of active smokers in the area. In addition, two (2) respondents also stated that the smoking ban is a good instrument in keeping up the tidiness in public places. However, there is a respondent who stated that they are against the smoking ban policy but since it's for the good of the people, they have no choice but to obey the law.

Good Instrument in Keeping Public Places Tidy. Cigarette smoking causes environmental pollution by releasing toxic air pollutants into the atmosphere. The cigarette butts also litter the environment and the toxic chemicals in the remains seep into soils and waterways therefore causing soil and water pollution respectively. Animals and plants that come into contact or absorb the toxic substances from the cigarette residues are affected as well. (Rinkesh, 2017)

March 29, marked the 10-year anniversary of the workplace smoking ban in Ireland, extending to pubs and restaurants. Ireland was the first country worldwide to enact such a sweeping ban. The initiative made smoking in enclosed workplaces illegal, punishable by a fine of up to 3,000 euros, or about $4,200.

The workplace smoking ban in Ireland has reduced air pollution in pubs by 83% and airborne carcinogens by 80% for both patrons and staff. This only means that smoking ban is really effective in terms of keeping the environment clean by reducing air pollutants and cigarette butts littered around. (Barth, 2014)

As stated by the following researchers (Miranda, Rivera, Villar, Bacani, Lozano, Reyes, Rocas, Yarcia, Ngo, 2015), the purpose of strengthening tobacco control efforts, the broad scope of the general welfare to be promoted includes the promotion of health and safety, enhance the right of the people to a balanced ecology, Improvement of public morals, and preservation of the comfort and convenience of their inhabitants. Basically, the smoking ban nationwide is also catering the people's need of a clean ecology and a healthy environment that guarantees their safety. In conclusion, the smoking ban aims to achieve a clean and smoke-free environment for the good of the people.

Helps to Reduce the Exposure to Secondhand Smoke. Secondhand smoke, which is also known as environmental tobacco smoke and passive smoke, is classified as a human carcinogen by the U.S. Environmental Protection Agency, the U.S. Surgeon General, and the International Agency for Research on Cancer (EPA, 2011; DHHS, 2010; IARC, 2012). Inhaling

secondhand smoke causes lung cancer in nonsmoking adults (DHHS, 2006), and living with a smoker increases a nonsmoker's chances of developing lung cancer by 20% to 30% (DHHS, 2006, 2010).

Semple, Maccalman, Naji, Dempsey, Hilton, Miller, Ayres (2007) studied the effect of smoke-free legislation on occupational exposure of bar workers to secondhand smoke. A total of 371 bar workers were recruited from 72 bars in three Scottish cities (Aberdeen, Glasgow, and Edinburgh) and small towns in two rural regions (Borders and Aberdeenshire).

Across all of the municipalities, secondhand smoke exposure in public places decreased by 4.7%, and workplace exposure decreased by 2.3% following the introduction of public smoking bans. Implementation of a full smoking ban was associated with the largest decreases in secondhand smoke exposure (Naiman, Glazier, Moineddin, 2011).

Reduce the Number of Active Smokers in the Area. The primary purpose of smoke-free laws and policies is to protect nonsmokers from secondhand smoke. However, smoke-free laws can also motivate and help tobacco users quit and prevent initiation of tobacco use. Studies have shown that the implementation of smoke-free laws and policies can increase cessation and reduce smoking prevalence among workers and the general population and may also reduce smoking initiation among youth. (CDC, 2018)

According to CSC (n.d.), the Bauang La Union Smoke-Free Advocacy activities include supporting groups to promote Anti-Smoking and also Brief Tobacco Intervention: Helping smokers quit smoking. This offers a huge helping hand to those smokers who are willing to quit but having a hard time because of some factors.

Involving 12,485 people, some studies have shown that banning smoking in hospitals and universities increased the number of smoking quit attempts and reduced the number of people smoking. In prisons, there was a reduction in the number of people who died from diseases related to smoking and a reduction in exposure

to secondhand smoke after policies and bans were introduced.

Influence of the Smoking Ban to the Smokers

The influence of smoking ban can differ from one person to another. Not only because every individual has different views but because they also differ on their adaptation methods and strategies.

Effects of Smoking Ban to the Smokers' Routine. Smoking ban, not only in Bauang, La Union, but also to every municipality/country, can make an impact on individuals' smoking everyday practice. Results show that active smokers can just smoke on places where smoking ban is not limited. It is hard for smokers to find a non-restricted spot to smoke. There are minors who are active smokers but because of their age, they can't buy cigarettes and use them unreservedly in the fact that dealers keep them from utilizing it. Smoking ban is said to be an impediment to their smoking routine since they can't smoke at whenever they please. Smoking ban can help decrease the utilization of cigarettes included by a respondent. Besides, smoking ban can likewise have no impact on a functioning smoker's everyday practice. There are some responses that state smoking ban does not really influence their daily practice of smoking on certain conditions, it's a direct result of lawfulness and there are smokers who just smoke at home.

The data collected shows that 80% of the respondents are still continuously smoking despite the smoking ban policy in Bauang, La Union. According to a respondent, smoking can help conquer stress. In addition, it's difficult for them to stop because it is already a part of their life and daily routine. Response shows since sellers are still capable of selling cigarettes, people continue to smoke because of the available supplies of cigarettes. The other 20% of the respondents stopped smoking for good since "Smoking is against the law."

CHAPTER IV
CONCLUSION AND RECOMMENDATIONS

CONCLUSIONS

The smoking ban execution manages the decrease of secondhand smoke exposure in many countries. Different results have appeared about the conduct of individuals on the open air smoking ban policy in Baja California, Mexico. Despite the fact that smoking blocks the smoker's smoking habits they ended up supporting the said implementation that could help in having a better compliance with the law in Baja California, Mexico. (Basto-Abreu, Christine, Zepeda-Tello, Romero-Martínez, Aguilar Duque, Reynales-Shigematsu, Barrientos-Gutierrez, 2015)

Through the data gathering method that the researchers have administered, the smoking ban implementation in Bauang, La Union doesn't really do much in preventing individuals from smoking in public areas. Their insight on the said subject is adequate yet not too sufficient. Despite the fact that the smoking ban in Bauang, La Union positively affects some active smokers, causing them to give up smoking for the good of many and to stop the risk of exposure to secondhand smoking. However, since the smoking ban also caters to the people's need of a clean ecology, they succeeded on maintaining a tobacco smoke-free and a healthier environment for all, especially to the children.

RECOMMENDATIONS

From the conclusion stated above, the following recommendations were formulated: First, the researchers recommend strict and appropriate observation among active smokers in public areas. Second is for the smokers to have further analysis and knowledge about the smoking ban. Third, to limit the selling of cigarettes and tobaccos, and lastly, to conceptualize an arrangement that can fortify the smoking ban policy and completely conform to the said strategy.

This study adds to learning more on human practices and how they manage this particular issue. The impression of active smokers towards the smoking ban execution can enormously help in improving the smoking ban policy in Bauang, La Union. It helps in comprehending what the implementation needs and realizing what are its strong points.

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A Survey on the Learning Competency of Nursing Students in American Sign Language

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Abstract: Professional communication plays an integral part in professional healthcare work. However, there are some cases where hindrances arise and disrupts the communication flow which leads to misunderstandings for both parties. The Deaf community have always faced challenges such as discrimination and another problem for them is accessing public healthcare services. Interaction becomes an issue due to poor understanding and relaying of information since most healthcare providers fail to communicate with them through sign language. The purpose of this study is to identify the percentage of nursing students who are knowledgeable in American Sign Language as well as the communication methods they use. Moreover, it also determines the benefits of sign language. The research methods used for this paper are descriptive quantitative and descriptive qualitative. An online semi-structured questionnaire and survey checklist were used to gather the data needed. Simple percentage and thematization were applied in the analyzation of the data gathered. Results show that majority of the nursing students are not knowledgeable and skilled, but they have high interest in learning ASL. Furthermore, they have identified sign language, written communication, lip reading, and the use of interpreter as effective methods in dealing with deaf patients. Most respondents believe that sign language would benefit them in a way that they could understand, easily assess, and provide comfort to their patients. This paper focused on the nursing students of LORMA Colleges.

Keywords: *American Sign Language, Nursing, Deaf, Communication Methods*

CHAPTER I
INTRODUCTION

Background of the Study

Facing obstacles has always been present in our lifetime as humans and interacting with one another has always been practiced in order to express ideas and feelings effectively. Being able to communicate helps us to understand emotions, feelings, ideas, and thoughts of other people efficiently. However, not everyone has the luxury to be understood and to be able to understand.

For a long time, the Deaf community has faced significant hurdles when accessing public services. Communicating is harder for them due to the fact that their hearing is impaired which leads to a harder living of their everyday lives. One of the most important public services that requires effective communication with the Deaf community is the access to healthcare services. Challenges for the Deaf continuously arise as professional medical workers lacks knowledge in sign language that leads to the disruption of the effectiveness of relaying the information to the deaf patient. Due to the fact that communication gap is massive between Deaf communities with the general public, there is a need for doctors and nurses to learn sign language. Hence, reflecting "communication is the key to understand patients" (Yani,2017).

The sign language (SL) as stated by Shivashankara & Srinath (2018), is the expression of thoughts and views on speech and hearing disabled persons with the normal people through the use of specifications of hand and facial idioms. There are 3 identified types of sign language namely Pidgin Signed English or PSE, Signed Exact English or SEE, and American Sign Language or ASL.

As concluded by Rendel & Bargones et. al., in a study last 2018 American Sign Language (ASL), as defined by Grushkin (2019), is a complete language full of grammatical rules, discourse structure, community of speakers, and the entirety else that goes with being a language. Maximum essential, ASL is a language that arose

independently of English; it has no linguistic relationship to English at all.

Yani (2017) provided 3 main reasons as to why healthcare providers should master sign language: First, to provide adequate and equal treatment; Second, to ensure that information is conveyed accurately; and third, to pull hearing impaired patients out of isolation. A recent incident shows that a deaf patient was denied of an interpreter upon seeking a doctor for his mental state due to acquired abuse at home. He was sent to a mental hospital and was released six days after his sister confirmed that he does not suffer from mental illness. If the physician was able to understand him, his diagnosis would have been accurate. This illustrates the importance of learning and using sign language to communicate with hearing impaired patients in order to provide adequate and equal treatment.

Moreover, mastery of sign language can ensure the accurate conveyance of information from the medical professional to a deaf patient. This has been proven by a hospital in Miami through an incident where a deaf patient was receiving medical treatment in an emergency room. The patient was confused and became agitated as he cannot fully understand the situation he is in. Upon realization of a doctor that the patient is deaf, he was able to communicate with him through sign language and effectively explained the medical process of his treatment and reassure the patient of his well-being. Furthermore, the lack of sign language made them feel isolated. Deaf patients usually show fear, mistrust, and frustration when using healthcare services since they find it difficult to express themselves and explain their symptoms accurately (Yani, 2017).

Health needs of the Deaf communities remain unmet globally as indicated in a research conducted by Kuenberg, Fellinger, & Fellinger (2016). It is found that there are limited resources when it comes to deaf awareness. Additionally, the study shows that sign language is the deaf people's preferred communication method either with signing professionals or skilled sign language interpreters. Therefore, nursing and medical

students in training should be aware of the special needs of deaf people and be able to accommodate them.

Moreover, a study by Lieu, Sadler, Fullerton, & Stohnman (2016), found out that nurses play a pivotal role in promoting access to culturally competent health care services for those who experience linguistic and cultural barriers. As nurses, communication is one of the most essential skills for they can give an impact both the delivery of health care and the patient's perceptions. Being familiarized with various forms of communication may help nurses in properly assessing and delivering messages whenever the doctors instruct them.

Nurses must first understand the differences between deaf (lower-case d) and being a member of the Deaf community (upper-case D). People with hearing impairment generally deem themselves to be members of the Deaf community, using a unique language (ASL) and adherence to certain social and cultural behavior. Furthermore, this community defines itself as a linguistic minority because of its use of ASL. On the other hand, deaf refers to persons with an audiological inability to hear. Some deaf patients believed their physicians were culturally insensitive, explaining that doctors too often failed to maintain face-to-face contact and to enunciate clearly when communicating with people who were deaf. These situations could lead to misunderstanding of the both parties and may have caused chaos.

According to a study conducted by Pendergrass, Newman, Nemeth, & Jenkins (2017) in Mississippi , it shows the nurse practitioner's conception of barriers in administering healthcare for deaf patients who practice American Sign Language (ASL) focused on language barriers in which many of these health care practitioners discerned for they personally do not know the sign language or barely know sign language. Nurse practitioners implied their objective was to provide the appropriate care for hearing-impaired patients and preferred to have an interpreter to facilitate communication as optimal care may not be achieved when an interpreter is not present.

Furthermore, interpersonal barriers and facilitators coincided of prevalent encounters with hearing-impaired ASL patients, availability of interpreters, and further means of interaction when no interpreter is present. Nurse practitioners regarded sign language interpreters as assistant, withal, absence of interpreter was indicated by several health care practitioners as a barrier, whereas communication through the use of interpreters was conceived to be essential. Furthermore, the Massachusetts College of Pharmacy and Health Sciences University (2019) have concluded in a study that poor communication affects the nurse-patient interaction most especially when the patient has a special need. With the language barrier being said, misunderstandings in providing treatment might occur. In order to administer effective communication between a health care provider and patients, a number of instruments are accessible to aid medical professionals in establishing efficient communication techniques with their patients. Being knowledgeable with basic ASL is not enough to be a certified interpreter; however, it allows medical professionals to engage in a conversation with their patients and inaugurate a personal connection with them.

A study conducted by Machado, Shubert, de Aguiar Prado, Fernandes, Tonini, & Leoni (2015) states that most Brazilian Deaf people manifests struggles in the utilization of alphabetic writing, presumably because of the relevant distance between the sign language, over which the Deaf community systematize his reasoning as well as the alphabetic system inaugurated as a representation of oral languages. Moreover, it is concluded that investing in education and learning the use of sign language in the medium of specialized training of nurses appears to be essential in the acknowledgement of deafness for it is across language that we represent the world and ourselves, respectively.

Notwithstanding, immense struggles are observed during interactions in health services when it comes to communication between medical professionals and hearing-impaired patients. These struggles arise from disregarding basic principles taught in courses for practicing medical professionals in which communication

is regarded a significant apparatus in different medical processes. The result sustains the communication barriers between the sign and oral languages. Prominent development is noticeable after a decade since the approval of National Nursing Curriculum Guidelines in Brazil. However, several difficulties still need to conquer in order to modify the education of future health care professionals, discerning the methodology to health care for the Deaf community.

There are an estimated 121,000 deaf Filipinos in line with the 2000 Philippine census. In a study conducted by Gaverza (2014), it shows that in the Philippines, there is no universal sign language but they use American Sign Language (ASL), Sign in Exact English (SEE) or Manually Coded English (MCE), & Filipino Sign Language (FSL). In Region I, there are more than 6,000 people who are deaf according to the 2000 Philippine census. This means that there are thousands of deaf patients who face difficulties in accessing healthcare service in one region alone. LORMA Colleges which is specifically at San Fernando City, La Union is one of the best schools in nursing with a level 3 accreditation.

This study aims to gain an overview on the number of nursing students who are knowledgeable, can comprehend, and execute basic sign language in order to effectively deal the deaf patients in the future. The findings of this study will lead to the benefit of nursing students and the Deaf community. The study will serve as another source of information for medical professionals which can help them in interacting with people with special needs. Furthermore, the analysis of the study will enable the healthcare providers to break boundaries and breakthrough with the use of sign language in communicating with the Deaf.

Theoretical Framework

Augmentative and Alternative Communication (Beukelman & Light, 1998)

Augmentative and Alternative Communication is a field of many disciplinary boundaries which uses latest innovations or technologies to aid people with special

needs. In addition, it is also used by individuals to compensate for severe speech-language impairments in the expression or comprehension of spoken or written language which helps them communicate with their healthcare professionals. Therefore, AAC is useful to the impaired and is helpful to the medical field because it gives people with special needs easier communication. It will help them express themselves as well as their symptoms.

Socio-Ecological Model (Stokols, 2000)

Socio-Ecological model are used to give an explanation for the complex associations among social and structural elements, individual practices, the physical surroundings and health. Models were developed to further the understanding of the dynamic interrelations among various personal and environmental factors. It emphasizes more than one levels of impact (such as character, interpersonal, organizational, community and public policy) and the idea that behaviors both shape and are shaped by the social environment.

In relation to this, perceptions and/or selections of any health professional must be considered inside the complex healthcare system in which medical decisions are guided and carried out. Accordingly, methods in managing Deaf patients must also be taken into consideration in order to deliver healthcare provider properly.

The Social-Pragmatic Approach (Tomasello, 2000)

The Social-Pragmatic Approach focuses on the flexibility and powerful social-cognitive skills of people that allow them to understand the different situations in socialization. In these situations, people can learn new words through the following contexts: a. non-ostensive, in which it can be learned through a natural process, and b. language acquisition, wherein it is an attempt to discern adults' intentions toward their intentions toward things in the world.

In this theory, people with hearing disability can use their social-pragmatic and social-cognitive skills to

determine the intension of the communication with their healthcare professionals. **Statement of the Problem**

This study aimed to identify the competence of graduating nursing students in LORMA Colleges, Fernando City, La Union that specifically sticks to answer the following questions:

1. What is the percentage of nursing students who are knowledgeable in sign language?

2. What are the communication methods that the nursing students have used in dealing with deaf patients?

3. How can sign language benefit the nursing students?

CHAPTER II
METHODOLOGY

Research Design

The research study used mixed methods as its research design. First is descriptive quantitative wherein it involves gathering information in order to test hypotheses or answer questions about the matter of study. It focuses on accumulating numerical data and to comprehend it across the groups of people and explain a selective variable. Second, this study will also use descriptive qualitative design in which it aims to summarize information gathered directly from the participants going through the phenomenon under examination and where resources are timely and relevant. 2.2 PARTICIPANTS OF THE STUDY The population of the study includes graduating nursing students within LORMA Colleges, San Fernando City, La Union.

Data Gathering Tool

The researchers conducted an online semi-structured questionnaire, wherein the respondents would answer questions related to the study. In addition to this, the researchers will also be using a survey checklist that consists of the list of skills under sign language that are attained by the respondents.

Data Gathering Procedure and Ethical Consideration

The researchers sought permission to the School Director, Dean of College of Nursing, a sign language teacher in LORMA Colleges, and the specified respondents for the survey and questionnaire. Furthermore, the experts will be checking the instruments that the researchers will be using for validity. Upon approval by the authorities mentioned, the researchers will then proceed in gathering the data needed for the study. After which, the collection of data, its analyzation and interpretation will be accomplished by the researchers.

Analysis / Treatment of Data

The researchers studied the accumulated data and recorded it in a tally chart. Moreover, simple percentage used to compute and examine the quantity of graduating nursing students who have knowledge and can comprehend ASL. In addition, thematization will be also used to analyze and sort the collected data into different categories.

CHAPTER III
RESULTS AND DISCUSSION

Students Skill on American Sign Language

Majority of the nursing students have an overall skill below the average. 31% or 8 out of 26 respondents assessed themselves as having a skill under level 1. On the other hand, 46% or 12 respondents rated their skill under level 2. While 4% or 1 respondent rated their skill under level 3. 4 respondents equating to 15% of the population assessed their skill as level 4. Finally, 1 respondent or 4% of the population have a level 5 skill on ASL.

Nurses always make sure to provide their patients quality care and guidance in order for their patients to feel comfortable. However, dealing with people that has special needs requires them to provide special guidance as well. The aim of this study was to find out the percentage of nursing students who are knowledgeable in American Sign Language. From the results, it is reflected that only 4% out of the total population knows sign

language. 96% of the respondents are unknowledgeable because they do not have a subject relating to sign language. Some of them have a level 5 skill on a specific area, but overall, their skill is under average which makes them unqualifiable in communicating with deaf patients through sign language. However, the students were thought on how to make them comfortable when accessing healthcare in such a way that they should treat hearing-impaired patients normally just like how they interact with people without disabilities.

Assessment of the Nursing Student on their Letter Skill

Majority of the nursing students assessed themselves under level 1 which is 42% or 11 respondents out of the total population. On the other hand, 23% or 6 respondents ranked their skill under level 2. While 8% or 2 respondents rated their skill under level 3. 4 respondents equating to 15% of the population evaluated their skill as level 4. Finally, 3 respondents or 12% of the population have a level 5 letters skill.

Letters skill is one of the basics in sign language. This primarily focuses on A-Z alphabet. The letters in American Sign Language is one of the easiest to learn; however, it is not enough to be able to communicate with people who have hearing disabilities. It would be hard to spell out every letter in a sentence or phrase, thus, it would also be time consuming and confusing for them. Results show that only 12% of the respondents are skilled in this particular area.

Assessment of the Nursing Students on their Numbers Skill

Majority of the nursing students have a number skill under average. 34% or 9 out of 26 respondents assessed themselves as having a skill under level 1. On the other hand, 15% or 4 respondents rated their skill under level 2. While 35% or 9 respondents rated their skill under level 3. 2 respondents equating to 8% of the population assessed their skill as level 4. Finally, 2 respondents or 8% of the population have a level 5 numbers skill.

Numbers skill is also one of the basics of sign language. This primarily focuses on the numbers 1 and above. This is harder to learn than the letter skill because it has its own mechanics by the time it exceeds the number 9. Confusion may arise if this would not be properly learned by nursing students. Results show that only 8% of the respondents are skilled in this area.

Assessment of the Nursing Students on their Words Skill

Based on the data, majority of the nursing students assessed themselves under level 1 which is 58% or 15 respondents out of the total population. On the other hand, 27% or 7 respondents ranked their skill under level 2. While 7% or 2 respondents rated their skill under level 3. 1 respondent equating to 4% of the population evaluated their skill as level 4. Finally, 1 respondent or 4% of the population have a level 5 words skill.

Words skill pertains to the skill of a person to sign words only. It can be applicable to some phrases, but it is not enough to properly sign a whole sentence. This area may be enough for communicating with hearing-impaired patients since it covers some of the basics. Results show that only 1 respondent or 4% of the population is skilled in this area. This reflects how the remaining students are unable to attain knowledge starting in this area.

Assessment of the Nursing Students on their Sentences Skill

Majority of the nursing students have a sentences skill below average. 61% or 16 out of 26 respondents assessed themselves as having a skill under level 1. On the other hand, 31% or 8 respondents rated their skill under level 2. While 4% or 1 respondent rated their skill under level 3. No respondent or 0% of the population have answered under level 4. Finally, 1 respondent or 4% of the population have a level 5 sentences skill.

Sentences skill pertains to the skill of a person to effectively sign sentences. This area could be effective in communicating with hearing-impaired patients. But it does not necessarily obey the structure of American Sign

Language yet since there are some phrases and sentences that can be signed in a different way. Results show that only 1 respondent is skilled in this area.

Assessment of the Nursing Students on their Skill in Communicating through ASL

Based on the data , majority of the nursing assessed themselves under level 1 which is 54% or 14 respondents out of the total population. On the other hand, 34% or 9 respondents ranked their skill under level 2. While 4% or 1 respondent rated their skill under level 3. 1 respondent equating to 4% of the population evaluated their skill as level 4. Finally, 1 respondent or 4% of the population have a level 5 skill wherein they can communicate effectively though ASL. Majority of the respondents cannot communicate through sign language. From this, one can draw a conclusion that the students were not educated on how to communicate with hearing-impaired patients even though they are educated on how to deal with them.

Students' Interest in ASL

Majority if the respondents are interested in ASL. 19 of the respondents with a percentage of 79.1% are interested in ASL, 5 of the respondents with a percentage of 19.2% are not interested. While 1 respondent with a percentage of 3.8% is slightly interested. Lastly, 1 respondent with a percentage of 3.8% answered maybe interested in ASL.

According to our respondent's answers, most of them shows interest in American Sign Language (ASL). The rareness of social interaction in social communications is prominent among the Deaf community. Learning the use of sign language will have a better understanding with hearing impaired patients. The significance of realizing that understanding what the other person is gesturing is still different from having the ability to comprehend. There is also an increase of attention and demand for sign language education nowadays says (Pistav Akmese, 2016).

Students' Awareness of ASL

Majority of the respondents are aware of ASL. 84.6% or 22 out of 26 respondents are aware of the ASL or American Sign Language and 15.4% or 4 out of 26 respondents are not familiar with the ASL. This shows that the majority of the nursing students are aware and have an idea on the concept of ASL.

As concluded by Modawey (2018), when medical professionals are aware and know how to use sign language, deaf people will feel more positive toward medical consultations that could improve the medical services for them. Being aware gives everybody more than just a hope to make something lead to action and that could be a great help not just to people with hearing impairment but the whole deaf community.

Students' Basic Knowledge in ASL

Majority of the students have no knowledge on the basics of ASL. A percentage of 42.3 % or 11 out of 26 respondents are knowledgeable on the basics of ASL while 15 respondents with a percentage of 57.7 % are not knowledgeable.

For a long term, the community of deaf individuals has confronted vast hurdles when having access to health services due to a lack of expert clinical people who understand sign language. Considering that communication is the important thing to understanding patients, there's a need for doctors and nurses to study sign language. This will ensure effectiveness in communicating with hearing impaired patients to better apprehend their needs and wants (Yani, 2017). The primary purpose of this study is to determine the knowledge of Nursing students on the basics of ASL. According to the students' responses, it was found that majority of them don't have knowledge about the basics of ASL.

Students' Capability in Sign Language Communication

Majority of the students have answered they may be able to communicate through sign language. 3 out of

26 respondents or 11.5% have answered yes. While 34.6% of the population or 9 respondents have answered no. Lastly, 14 students or 53.8% have answered maybe.

As stated by Gross (2010), Learning ASL helps the people develop awareness on the cultural and linguistic differences between them and the people with hearing impairment. This could aid them understand their patients and allow them to have opportunities to tackle and identify the challenges, values, and perspectives of people with deaf that would contribute positively to society. According to the students' responses, only a few are capable, while majority of them are uncertain.

Students' Experience with Hearing-impaired Patients

Corresponding to the data gathered, majority of the students have not encountered dealing with hearingimpaired patients. 8 respondents or 30.8% have experienced dealing with hearingimpaired patients. On the other hand, 69.2% of the population or 18 respondents have answered no.

According to a study by Mattjus (2012), it is found out that upon dealing with hearingimpaired patients, nurses feel that they can improve their communication techniques in order for them to provide comfort and prevent uncertainty.

Students' Strategies in Dealing with Hearing-impaired Patients

According to the data, it was shown that 30.8% of the total population have experienced dealing with hearingimpaired patients. The researchers were able to identify the strategies that the 8 students have used in their experience with them. Their responses were categorized into two (2):

Non-verbal Communication. The students have used methods under non-verbal communication which includes written communication and sign language. With the use of pen and paper, the respondents were able to communicate with their patient. Moreover, the use of sign language was also used by some respondents who

possess a level 5 skill that makes them qualified to communicate with a hearing-impaired patient efficiently. Lip reading is simply interpreting and understanding what the speaker is saying by observing the movement of their lips. Respondents were able to relay the information to his patient repeatedly uttering their speech clearly. According to Kauenberg, Fellinger, & Fellinger (2016), Nurses and other health-care professionals use paper writing and lip reading while interacting with deaf patients. They assume that the most effective way of communication is through this.

Verbal Communication. Some respondents used verbal communication in dealing with their patients. In this case, considering a guardian is present, the students simply talked to their patients' watcher in order to understand their needs. But, according to Laur (2017) discussion on sensitive subjects can prevent family members from adequately explaining the message

Relative to the results it was found out that 69.2% of the population or 18 respondents have no prior experience in dealing with hearing-impaired patients. In accordance with this, the researchers were able to identify the communication methods that they would utilize if they have encountered patients with hearing disability. Their responses were categorized into three (3):

Written Communication. Majority of the respondents who have not experienced dealing with hearingimpaired patients have identified written communication by the means of pen and paper is their most likely method in dealing with them. According to a study by Matjus (2012) it is stated that nurses are trying to provide good care by interacting in the ways of using pen and paper

Sign Language and Lip Reading. A number of respondents have also identified sign language and lip reading as a method of communicating with hearing-impaired patients. These students believe that sign language is the most proper and effective approach in order for the patients to be comfortable when accessing healthcare services. According to Hornakova (2013), the sign language has been the preferred means of

communication for severely hearing-impaired people, because it can be used without much effort.

Use of Interpreter. The use of interpreter or translator in dealing with hearing-impaired patients is also one method that the respondents have identified. If there are interpreters within the healthcare facility, it would be highly efficient in understanding their patients. However, according to Ljubicic, Sare, & Zubcic (2017), the possibility of employing a sign language interpreter at a healthcare facility is rarely used since only 20% use the service of an interpreter upon entering a healthcare institution. This shows that there is still a problem in getting an interpreter since not all healthcare facility have them.

Students' Ways of Initiating Communication Upon Dealing with Hearing-impaired Patients

Reports show that the nursing students and professionals face troubles concerning giving data to hearing-impaired patients and in understanding the patient dependent on his/her method for conveying. The responses of the nursing students divided into three (3) categories: **Written Communication.** Through the use of writing, good communication can be applied by hearingimpaired patients especially when both the nurse and the patient can easily express each other's concerns. Most of the respondents have identified that writing it in a piece of paper could help them deliver their message easily to their patients for better understanding of the situation they're facing. As stated by Brown (1997), some hearing-impaired patients use writing especially when they use it in combination with understandable or partly understandable patient speech and patient's good speechreading or silent lipreading of the doctor's speech.

Body Language. Successful communication also requires effort from both the sender and the receiver of the information. Nursing students believed that body language such as gestures, signals, fingerspelling, and actions can be an alternative way of communicating with deaf people. Body language, as mentioned by Asit (2016), is a non-verbal factor that gives support through visual aspects to verbal communication and combine what it said when it is used in suitable and systematic manner.

Word-of-Mouth. Another method identified by the respondents that can help them communicate is through speaking with a slow or normal pace, repeating words, and speaking clearly. According to Kyle, Campbell, Mohammed, Coleman, & MacSweeny (2012), most of hearingimpaired persons believed that speechreading or silent lipreading is the main access to verbal language of the other people, and studies shows that people also have an equivalent skill regarding speechreading with the people with hearing impairment.

Basing it on the gathered data, excluding the respondents who were unable to provide an answer, 8 students or 30.8% referred to the use of writing materials. On the other hand, 38.5% or 10 students referred to the use of body language. Lastly, 5 students or 19.2% of the population referred to the use of word-mouth.

Strategies Employed by Students if Unknowledgeable in ASL

Alternative methods are needed whenever healthcare providers are not knowledgeable and skill in sign language. In order to address the needs of the patients effectively, the respondents have also identified 3 communication strategies:

Visual Communication. Some respondents answered the use of visual aid as a guide of an effective communication method with the availability and familiarity of visual prompts such as pictures, charts and written materials. It may be essential to apply written English to communicate with some patients with hearing loss. Writing in massive print with a felt-tip marker might also additionally help minimize the inconvenience and maximize the clarity of communication through writing (Barnett, 2002).

Uttered Communication with a Guardian. A number of respondents answered communication with the patient's guardian or watcher for a possibility of a better comprehension and considered to be essential in providing a medical care to a hearing-impaired patient. However, according to Barnett (2002), one should avoid having a family member as an interpreter whereas

information acquired from them may be significantly biased. Working with legitimate sign language interpreter is more practical when educing the patient's story.

Body Language. Some respondents identified body languages as a way of dealing with hearing impaired patients. The competency to apprehend affective states of a patient is essential and significant for effective communication. According to Barnett (2002), simple ways like opening the door carefully and establishing eye contact before entering can be a good adjustment for the patient's convenience. These procedures may guarantee the patient's preparedness, feeling of being secured and welcomed, as well as comfort. Hand gestures makes it more convenient for the healthcare provider to use for interpretation and it is more likely relative to gesturing American Sign Language (ASL).

Basing it on the gathered data, excluding the students who were not able to provide an answer, 15 of the respondents with a percentage of 58% answered the use of written communication as one of the strategies. On the other hand, 5 of the respondents with a percentage of 19% answered the use of interpreters. Lastly, 4 of the respondents with a percentage of 15% answered body language as a strategy in communicating with hearing-impaired patients.

Benefits of Sign Language to Nursing Students

Nursing students were also questioned on how sign language benefits them. Sign language does not only provide additional knowledge, but it can also help healthcare providers in communicating with hearing impaired patients. The researchers were able to categorize their responses into 3 categories:

Proper Communication. Sign language is commonly used and it is preferred as a basic communication without much effort. However, this system of communication is very limited only to those who know this way of communication which is the deaf community. An individual that is unable to communicate otherwise, would largely be leading to miscommunication and misinformation (Vagnerova, 2008). Proper

communication should not only be focusing on relying information but also to be able to have an interaction and mutual comprehension.

Easy Assessment. Most of the respondents believed that ASL gives them an easy way to assess and communicate with their patients who have hearing-impairment, and believe that it can contribute to the improvement of the healthcare system. Patients usually show fear, doubt, and frustration when their healthcare provider are unable understand what they're trying to express. As stated by Yani (2017), medical professionals can only achieve giving accurate diagnosis and therapy if they fully understand their patients

Comfortability. Some respondents believed that comfortability of their patients is a benefit of learning sign language. As nursing students, they have been taught that they should always deal with patients properly and with comfortable client care. According to a study conducted by Mattjus (2012), nurses wished to learn sign language in order to improve their communication technique and to be able to provide comfort.

CHAPTER IV
CONCLUSION AND RECOMMENDATIONS

Communication is an integral part of professional healthcare work. Dealing with hearing-impaired patients require special guidance and utmost consideration in order to provide them the best healthcare services. Therefore, it is necessary to communicate with them and understand them in such ways that both healthcare providers and deaf patients have no hindrance in interacting.

American Sign Language is the most commonly used sign language of the Deaf community. This helps them to understand and communicate easier. However, it is also one of the challenges that they face when accessing healthcare services. Not all healthcare providers are knowledgeable and skilled in sign language which makes it a hindrance for both healthcare professionals and

hearing-impaired patients. Due to this, some results to the use of alternative communication such as writing through pen and paper, lip reading, use of an interpreter or talking with their guardians. As much as these methods may be effective, it does not guarantee that the deaf patients really understood what their healthcare professional is trying to say. On the other hand, it does not also guarantee the healthcare providers that they certainly understood the symptoms or condition of their patient.

The results of this paper show that majority of the nursing students with a percentage of 84.6% are aware of ASL. Furthermore, 79.1% of the population are unknowledgeable on the basics of ASL. Moreover, 69.2% of the respondents have not encountered dealing with hearing impaired patients. Ultimately, even though most of the nursing students are unknowledgeable and have not dealt with deaf patients prior to this study, majority of them are interested in ASL with a percentage of 79.1%.

From this result, one can draw a conclusion that sign language is indeed an important subject and plays an essential part in communication between healthcare providers and hearing-impaired patients. This supports the study of Porto, Palluel Germain, Caldara, Aptel, Pascais (2009) which states that non-verbal communication is important when caring for hearing-impaired patients, cultivating excellence in health services. Inadequate conversation may prompt wrong diagnoses and erroneous treatment.

In relevance to this, the respondents have also identified communication methods that they believe would be an effective way of interacting with hearing impaired patients. These methods are through written communication, sign language, lip reading, use of interpreter, and talking with guardians. Moreover, sign language has many benefits for nursing students. It can aid them in understanding their patients better because of proper communication. Furthermore, it can help them to easily assess the condition of their patients which prevents misdiagnosis and misunderstandings. Lastly, sign language can make their patients comfortable since it

would not be hard for them to interact with healthcare providers.

To help increase the learning competencies of nursing students, the following recommendations are proposed:

1. Conduct a meaningful seminar. This is to assess the potential benefits of learning ASL and how it can actually help the hearing-impaired individuals and healthcare professionals to have better communication that involves medical care. The seminar can also be an opportunity to raise awareness to better improve comprehension that hearing-impaired patients are as equal as with the other patients seeking for medical consultations and treatments.

2. 2. ASL should be an additional elective subject for nursing students in LORMA Colleges. Together with the German subject, ASL should be added to the choices of preference of the students regarding their elective subjects in case they do not want to take the other elective subject. This will allow the students not just to become globally competent but also to become compassionate medical professionals towards people with different abilities.

3. The researchers recommend social media as a platform in encouraging nursing students to better understand the importance of ASL in the medical field and how big of an assistance it will become to the hearing-impaired individuals. The usage of social media in promoting such platforms will be the way in raising cognizance to the aspiring nursing students to become more flexible in any situation given to them.

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Code Blue: Coping Mechanisms Among Filipino Nurses

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Abstract: This research paper explored the code blue experiences of Filipino nurses. The purpose of this study is to identify the different coping mechanisms used by Filipino nurses to cope with a code blue experience. This is a phenomenological-qualitative type of research. The method used to gather data is through an online semi-structured interview and thematization was used to analyze the gathered data. The findings of this paper revealed that code blue experience can be both stressing and fulfilling for nurses. Moreover, seeking support, avoidance, and positive outlook were the themes listed as the respondents' coping mechanisms. Each theme has two categories; social support and spiritual support for seeking support; self-help techniques and spending time with others for avoidance; and, acceptance and reflection for positive outlook. Based from the results, code blue experience directly affects the nurses therefore showing that they also needed support from other people especially from their colleagues, as what the respondents have expressed.

CHAPTER I
INTRODUCTION

Background of the Study

Emotions are believed to be influenced by different events or circumstances that are happening around a person. Studies have shown that emotions rise especially during emergency situations like code blue scenarios. Stöppler (2019) defined code blue as an emergency situation announced in a hospital in which a patient is in cardiopulmonary arrest, requiring a team of providers to

rush to the specific location and begin immediate resuscitative efforts. During code blue, cardiopulmonary resuscitation (CPR) is being done. Resuscitation Council (UK) defined CPR as a procedure which incorporates basic life support along with advanced medical interventions that restores breathing and circulation in a person whose heart has stopped beating (RCUK, 2016). Brasel & Entwistle *et. al.,* (2016) stated that it is a common event in hospitals, mostly occurring in Emergency Departments (EDs) and Intensive Care Units (ICUs).

Seeing a patient lying in bed in ICU or in ED is emotionally difficult for everyone. Code blue situations are battles between life and death. The struggle is physically and emotionally stressful. According to Brasel & Entwistle *et. al.,* (2016) code blue scenarios always cause a great deal of stress on physicians, nurses, and others who are nearby. Code blue can be scary for everyone involved. It is hard to see someone who is suffering and unconscious.

Furthermore, Aedo & Arza *et. al.,* (2016) concluded that working in the field of health emergencies is an activity associated with a significant impact on the workers' emotion and personal life. In addition, a study conducted by Carlbom & Lessing *et. al.,* (2017) shows that healthcare workers experienced psychological distress, and the majority of situation that created psychological distress were related to end of life. Healthcare workers specifically nurses may experience long-term stress effects following a resuscitation, it cause nurses to become emotionally involved in any aspect of patient care and engagement that results to emotional instability and increased psychological risks. Moreover, several negative emotions may arise in members of a health team during the conduct of resuscitation maneuvers, such as feelings of uncertainty, doubt or stress.

Healthcare professionals then think of ways to manage the situation they are in and take some actions to cope up with the situation. Therefore leading to the emergence of different coping mechanisms. Folkman and Lazarus (1980) defined coping as "the cognitive and behavioral efforts made to master, tolerate, or reduce external and internal demands and conflicts among

them".

Based from the study of Haslinda and Tsuey Ting (2016) nurses working in ICU are more often confirmed with life sustaining treatment decisions and ethical issues concerning issues of patient care management. Death and dying are frequently encountered and this poses a high level of stress for the nurses working in ICU. A total of 27 nurses indicated they feel stressful when nursing patients who require resuscitation. The three coping mechanisms adopted by ICU nurses were identified, 74% of nurses in this study were found to have prayer and 34% taking rest between works as coping strategies while 88% share problems with others as stress can also be alleviated by the availability of coping resources such as social support. Nurses are considered professionals however, nurses should be taught the appropriate coping skills in order to bring quality care to patients of all ages and needs.

Over the years, stress, satisfaction and needs of the nurses involved in an emergency situation or a code blue have received much attention in the literature, internationally. However, little is known about the mechanisms used by the nurses to cope up with the situation and lastly, researches in the Philippines regarding this matter is limited and outdated.

This research contains information regarding the experiences of nurses. It is essential that the coping mechanisms used for challenging situations like code blue be acknowledged and examined for the betterment of the the emotional state of those who have witnessed, are witnessing and will be witnessing such situation and for the betterment of the hospital's support system as well. With that, the researchers believe that there is such a need for this matter to be studied further.

Theoretical Framework

Social Cognitive Theory (SCT)

First known as Social Learning Theory that was proposed in the 1960s and later on developed as SCT in

the year 1986. This was proposed by a Canadian-American Psychologist who is a Professor Emeritus at Stanford University and is considered as one of the greatest living psychologists.

This theory explains that person, environment, and behavior are interrelated. That a person's behavior is shaped by observing the people around them and their perceptions of the environment. In other words, the environment greatly affects the person's behaviour. This theory supports the idea that the emotions of a person can be affected as he witnesses events around his environment such as code blue.

Transactional Theory of Stress and Coping 1984

Developed by Dr. Richard Lazarus and Dr. Susan Folkman. The transactional model of stress and coping proposes that stress is experienced as an appraisal of the situation a person is in. It suggests that a person goes through two stages of appraisal before feeling and responding to stress. Which are primary appraisal and secondary appraisal. In primary appraisal, a person tends to assess whether the situation could be beneficial or harmful for him. Then the secondary appraisal follows where a person evaluates what can be done to manage and cope with the situation. At that point, a person starts to engage in different coping mechanisms. The transactional model of stress and coping argues that a person's experience of stress is a system of appraisal, response and adaptation.

This supports the idea that a stressful event such as code blue leads to the existence and usage of different coping mechanisms.

Code Lavender Program

First took place in the year 2009 at Cleveland Clinic. It aims to support nurses and physicians during emotionally troubling or exhausting times, often after experiencing the death of one or several patients or after assisting code blue events. It stated that within 30 minutes of a call, the Clinic's team of holistic nurses arrives at the unit in need

to provide healthy snacks and water, massage, and lavender arm bands to remind the nurse or physician to take it easy for the rest of the day.

This concept shows that Healthcare Professionals (HCPs) aren't just physically tired but as well as emotionally. With that, this theory shows that the emotional state of anyone who's present in a code blue situation is affected including Healthcare Professionals who are educated, trained and very much knowledgeable about the worst possible situation they could experience like code blue events. It shows that they still feel stressed or emotionally troubled therefore still needing support like how non-medical professionals do.

Statement of the Problem

This study was focused on the experiences of nurses when witnessing code blue scenarios. The aimed of this study is to know the coping mechanisms used for a code blue situation and contribute to the development of a hospital's support system. This study ought to answer the following:
1. What are the experiences of patients, nurses, and patients' relatives regarding code blue?
2. What are the coping mechanisms used for the situation?
3. What hospital system can be proposed?

CHAPTER II
METHODOLOGY

Research Design

The researchers conducted a phenomenological -qualitative type of research. As what Pathak (2017) said, phenomenology is a qualitative research design whose primary objective is to clarify the meaning and essence of the experiences of the first-hand knowledge individuals. This fits the study since it will be dealing with the experiences and coping mechanisms of the respondents regarding a certain phenomenon.

Participants and Locale of the Study

The participants of the study will be Filipino nurses who are still working in a hospital within or outside of the Philippines, and who have witnessed code blue situations. The researchers decided that they will be the respondents because the researchers believe that they are the ones who can give reliable data needed for the study.

Data Gathering Tool/Instrument

The researchers will be using online semi-structured interview to gather the participants' experiences as well as their coping mechanisms. Semi-structured interview, according to Lisa Given (2008) semi-structured interview is qualitative data collection strategy in which the researchers ask informants a series of predetermined but open-ended questions.

Data Gathering Procedure

The researchers will be asking for the permission of the School Director to conduct the study, and will be preparing the questions for the validation. After which, the researchers will be preparing letters for the respondents. The researchers will proceed with the interview but they will first inform the respondents about the topic and that they will never be forced to participate in the study. The researchers will also explain that during the presentation of data, the respondent's identity will be kept and remains confidential.

Analysis/Treatment of Data

The gathered data will be analyzed with the use of thematization which is the process of arranging themes in a text and writing it in an organized and finalized paragraph form. The unnecessary information such as assumptions, and those that has no relevance to the topic will be eliminated. The researchers will be having this in order to clarify the purpose of the gathered data and the concepts to be explored.

CHAPTER III
RESULTS AND DISCUSSION

The Experiences of Nurses Regarding Code Blue

Nurses have different capacities when it comes to emergency situations such as code blue. From the online interview session, the researchers were able to find that nurses have positive and negative experiences regarding code blue emergencies, some nurses take it as an intimidating experience while others take it as a fulfilling experience and with their developing knowledge, everyday experience, and received support, they can be more.

Occurs Mostly in Critical Care Department. Based from the data gathered, four (4) out of 10 participants experienced code blue in ICU. Just like what Brasel & Entwistle et. al., (2016) stated, code blue is a common event in hospitals, mostly occurring in Intensive Care Units (ICUs).
Because of the critical condition of patients, a code blue emergency is certain or highly possible to happen, and from that, there's always a given risk, resulting to an end of life. But there are fortunate times where the code is actually successful and the patient is revived.

Emotionally Distressing. According to the participants, experiencing a code blue situation is emotionally distressing because of the constant fear of failure that instead of reviving the patient they'd commit mistakes that can end a life, this commonly happen during their first code blue encounter since they're not prepared and still lack experience to actually handle the situation without getting flustered. Unexpected turn of events also make nurses in duty feel anxious and confused with the thought that their patient is well and stable then suddenly put in a life threatening situation. Several negative emotions may arise in members of a health team during the conduct of resuscitation maneuvers.(Carlbom & Lessing et. al., 2017)

From a previous research conducted by Carlbom & Lessing et. al., (2017) it is said that resuscitative efforts cause nurses to become emotionally involved in any aspect of patient care and engagement that results to emotional instability and increased psychological risks.

This result shows that experiencing code blue could be emotionally distressing for nurses. It implies that when working as a nurse, emotional instability can be expected. With that, nurses could be needing to practice how it is to be emotionally strong, or if not, requiring their workplace to have effective support system.

Fulfilling Experience. Regardless of the negative impact of code blue emergencies to nurses, there's also a positive side of it and that is the feeling of fulfillment or satisfaction from their performance.

Based on the answers gathered from the respondents, nurses take code blue emergencies as one of the most challenging part of their career but nonetheless this type of events are the reason why they were able to conquer their fear and to be motivated to do better next time. The thought of saving one's life boosts their self confidence and push them to always take it as a challenge.

By knowing that, the researchers can say that nurses really are brave ones for they are able to see the goodness that their "emotionally distressing" experience holds. That no matter how stressful the situation is, they still found its meaning and the joy it gives. This implies that serving other people will always be fulfilling.

Supported by the Health Care Team. Based from the gathered data, nine (9) out of 10 nurses are comforting/supporting each other to boost one's self confidence and to help absorb the situation.

Aedo & Arza et. al., (2016) concluded that working in the field of health emergencies is an activity associated with a significant impact on the workers' emotion and personal life. According to one of the respondents, respondent #9 stated that talking or opening up with her seniors helped her cope up after the code blue event and

that she was grateful for motivating her to work harder as her guilt and worries slowly disappear. She felt the support of her senior and she became more careful and compassionate since then as she personally realize the importance and value of her career. Debriefing is also a common thing to do in every code blue emergency that the health care team had, highlighting the things that they did the best, the things that they can improve next time for better outcomes and lastly to boost someone's spirit.

This implies how meaningful it is for the respondents to receive support from their colleagues. It somehow shows the need to strengthen and improve the type of support a hospital could give to its staffs.

Coping mechanisms for code blue experiences used by Filipino nurses

Nurses use different coping mechanisms based on their perception and their experiences. Based from the results, the researchers came up with a set of coping mechanisms with three (3) themes with two (2) categories each: 1. Seeking support 1.a Social Support 1.b Spiritual support, 2. Avoidance 2.a self-help techniques 2.b Spending time with others, 3. Positive outlook 3.a Acceptance 3.b Reflection.

Social Support. Based from the data gathered, all of the respondents mentioned that receiving support from co-workers could really help them cope up with a code blue experience. One said that he did share it to some of his colleagues and it somehow lessens the shock. Moreover, after a code blue experience, the nurses and the doctors gather together to talk, "usually it's between you, your fellow nurse and the doctor who would console and support each other, tapping the shoulder and saying "you did a good job"", respondent #8 said. Lastly, he also said that "I feel more comfortable talking about it with my colleagues at work, because I think they could really understand more and make you feel that you're emotions are valid".

This type of coping was also stated in previous researches. A study conducted by Akbar et al. (2015)

stated that "when facing work stressful situations, nurses, in some cases, use strategies in which they ask for help, take the supports of the coworkers or other staff or even the family members and try to cope with professional stressful situation", agreeing with what the researchers of this study have found out.

The result shows that social support is a great help for nurses. It implies that having understanding and supportive colleagues could help someone to cope up with a stressful situation.

Spiritual Support. In addition to the support they needed, some of the respondents also stated that they try to seek for spiritual support. Like respondent #3 said "[the] chaplain give us comforting words to uplift us" and for others, they find time to go the chapel to or simply utter a prayer.

This is in line with the results from the study conducted by Bakibinga et Al. (2014), it was stated there that their participants, who are nurses, also found strength or the ability to cope up through personal or group prayers between nurses.

Spiritual support as a way to cope up, implies that nurses keep their faith within and believe that there will always be someone up there to whom they can run to and someone who can give them strength and comfort. Having that belief and faith within is essential for the respondents.

Self-help techniques. The data gathered showed that most of the respondents tried avoiding their code blue experience as means of coping. They identified several activities to do like listening to music, having yoga exercise, going to the mall or eating their favorite dish. In addition, one shared that he also tried to keep himself busy and just try not to think about it. Lastly, respondent #6 shared his own way of coping, " I usually watch a tv series or movies, it helps me a lot in regaining my focus and the scenario that I witnessed will then fade".

According to the study conducted by Akbar et al. 2015, nurses, as they expressed, used recreation to cope with the stress of the job. One of their respondents shared that he loves music and instead of thinking about work problems, he tries to calm himself with music, similar with what this study have gathered.

This result implies that avoiding the experience through different activities and satisfying oneself by living a life outside work could mean a lot for the respondents and perhaps for everyone when trying to cope with a stressful situation.

Spending time with others. Some of the respondents tried avoiding their experience but have chosen to spend time with others to cope up rather than spending time alone and satisfying oneself. Respondent #8 said, "I would go out with them [colleagues] after duty, just to eat. No talking about what had happened, just silently eating and trying to absorb what had happened". Others also stated that they would also go out to eat some good food with their colleagues to lift the mood, and watch a movie with friends just to de-stress.

The study conducted by Cricco-Lizza 2016 is relevant to this study since it emphasized how nurses use their day-offs to escape and do anything to get their minds out of work. It has also shown how taking a break from work help nurses cope with the stressful situations they deal with.

This shows that nurses could cope up with a code blue event through leaving their experience at work and just spending time with others. It definitely implies that avoidance as means of coping will also be helpful for some including professionals.

Acceptance. Acceptance was identified by some of the respondents as their way of coping. Like what respondent #10 said, "At the end of the day this is your chosen profession that you are being called for. So, you have to embrace it and deal it with all positivity". Needless to say, code blue is part of a healthcare professional's life with that, nurses have really no choice but to see things in

a brighter positive side like what one of the respondents have stated. Moreover, the respondents try to accept their fate and the responsibility they took an oath for, they just tell themselves that in the end, everything will be all right and eventually they'll get used to attending codes. They believe that the good thing about it is that they were able to practice their calling as a nurse.

From the study conducted by Bakibinga et al. (2014), nurses revealed that nursing profession was an opportunity to be of service to others, which enabled them to find meaningfulness in life. Despite the uncertainty of outcomes, the nurses persisted and found meaning in their everyday work (Cricco-Lizza, 2016).

Although it wasn't directly stated, the researchers believe that it is an act of accepting one's experiences as well as their responsibility as a nurse, for it will always be part of their chosen profession.

Reflection. The respondents expressed that experiencing code blue could be an opportunity for them reflect, to assess themselves and look at what could be improved which the researchers perceive as their own way to cope up. Respondent #2 said, "I gained confidence from this experience. No more doubt that I can handle my succeeding duties with a braver heart". Moreover, the respondents shared that after experiencing code blue, that's when they realized that they can actually take such stressful situation. Lastly, they become more confident, competent, and motivated and they felt convinced that with experience they can do it properly next time and they will be a better nurse.

The study conducted by Lambert & Lambert 2008 found effective coping strategies that nurses use. It was stated there that, "when stress is occurring, take time to reflect on positive things in life, including personal abilities and talents". Moreover, it was noted that "when facing major challenges, try to see them as opportunities for personal growth". Those statements support the results this study has.

This result implies that nurses could also perceive code blue experience as an opportunity to learn and improve. By that, nurses can be more and can eventually overcome a stressful event such as code blue.

Hospital Support System. The results shows that nurses do need support from anyone but most especially from their fellows. Since most of the respondents said that they would love to receive support especially after witnessing a stressful situation like code blue. Respondent #6 stated, " that would be really great. It could lessen the emotional trauma and shock". Moreover, stress could hinder nurses from giving the type of care the patients are expecting from them, with that, if nurses receive support from their fellows it could somehow help them cope up and the same time it "can boost the quality of care your hospital provides" as respondent #10 said.

By knowing that, the researchers propose that hospitals should adapt code lavender program and have it implemented. It is a program that also caters the needs of the healthcare workers whenever they are facing a stressful situation such as code blue. The researchers believe that it could be beneficial for nurses and other healthcare workers to have this kind of program, like respondent #9 stated, "in my opinion, Code lavender is a fantastic program. Each hospital should provide this support service to the staffs. Not everyone can handle emergency calls, especially the newly qualified staffs. Healthcare professionals are tough and brave but there are times wherein we felt vulnerable when faced with challenging situations".

CHAPTER IV
CONCLUSION AND RECOMMENDATION

The findings proved that code blue does not only require nurses to be physically strong but as well as emotionally. Nurses, as they expressed, perceive code blue experience as emotionally distressing but also fulfilling. Moreover, as the results show, code blue situation directly affects nurses therefore leading to the emergence of several coping mechanisms which are:

seeking social and spiritual support, avoidance through self-help techniques and spending time with others, and lastly, positive outlook through acceptance and reflection.

In addition, based from what the respondents have said, the researchers conclude that nurses who are considered professionals also get stressed by different situations in the hospital such as code blue and with that, they also needed support to cope with the situation, but the respondents emphasized that they feel more comfortable when the support comes from their colleagues. By that, the researchers found the need to improve and strengthen the support within a hospital.

With that, the researchers recommend that hospitals should adapt and implement the code lavender program. For the researchers believe that hospitals should also give attention and care to their nurses and support them during stressful times. Lastly, the researchers believe that it would not only benefit the nurses but also the hospital and its clients, as the service the nurses give matters, and their service depends on what they feel. Therefore, having that kind of program in a hospital could be beneficial for all.

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Life Outside Bars - The Impacts of Parental Incarceration on Children's Health

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Abstract: The impacts of parental incarceration to children are often overlooked and there are only few researches and studies concerning this matter which is one of the reasons why children with incarcerated parents are not given attention and support. With the increasing rate of parental incarceration worldwide, children's well-being and behavior are at risk. Many suffer from depression, anxiety, and other related impacts. Consequently, the researchers aimed to answer the following questions: (a) What are the different impacts of parental incarceration on children's health? (b) What are the different coping strategies of the children whose parents are incarcerated? Furthermore, considering the prevalence of the Covid-19 pandemic, the researchers utilized a descriptive type of research wherein they opted to gather data from different online resources such as interviews, blogs and articles concerning the stories and experiences of the children whose parents are incarcerated. After gathering data, the researchers used thematization and categorization to analyze the data, it revealed that children whose parents are incarcerated really go through a lot of challenges in the different aspects of life; some suffer from depression, some were discriminated and some were deprived of the right to education. However, the children had imposed various coping strategies from parental incarceration that help them handle and overcome its' impacts such as self-assessment, socializing and a lot more. Lastly, for improvement, one of the researchers' recommendations is to seek in-depth information by having a wider scope of resources and respondents.

Key Words: *Parental Incarceration, Well-being, Physical Health, Coping Strategies*

CHAPTER I
INTRODUCTION

Background of the Study

Even before the early times, as part of their primary responsibilities, parents have already been the ones in charge of helping their children establish a foundation of virtues applicable in all aspects and which also constitutes and is reflected upon the characterization of their children. According to Tariq (2016), two of the central responsibilities of parents are to provide nurture and structure for their children such that they give their children's basic needs, love, support, care and give them directions by providing a framework that would shape and hone their children's attributes.

Moreover, the nurture and structure parents impart their children essentially support their actions toward their children, other people and themselves which children at young age depend on. What children see from their parents are usually the ones that affect them either positively and negatively that is why parents are expected to be by their children's side throughout time in order to guide them toward the righteous path.

However, as humans are bound to change, there are instances wherein they tend to neglect their duties and responsibilities and instead commits to inhumane activities which ultimately lead to incarceration. As defined by Merriam Webster (2020), incarceration, in other words, is the act of imprisoning someone. In the case of parental incarceration, a parent or even both parents are specifically the ones imprisoned. In 2015, there was a total of 10,357,134 prisoners worldwide which grew at the rate of 10,743,619 by 2018 with Asia being the continent accumulating the highest population with a percent tage change of 7% and a total of 4,164,323 prisoners and the United States of America as the leading country having a number of 2,121,600 (Walmsey, 2018).

As the number of inmates increase throughout the years, the number of people experiencing incarceration within the family also grow in number. In 2018, the United States of America has an estimated total of 6.5 million

people having a family member incarcerated where a ratio of one in 34 adults has an immediate relative in prison for 10 years and above (Elderbroom, Bennett, Gong, Rose & Towns, 2018). Moreover, as stated by Wiltz (2016), children in the U.S who have and have had incarcerated parents in either a federal or state prison have a rate of more than 5 million. Furthermore, the number of children under the age of 18 with a parent or parents in jail has grown five times over the years since 55% of inmates in state penitentiaries and 63% of inmates in federal penitentiaries are parents (Skyes, 2018).

Since children and even some adolescents are dependent on their parents, the increase in the population rate of incarcerated parents is one of the reasons why there are children and teenagers, especially those who are affected by this, who are in the wrong track. Globally, parental incarceration has been causing negative impacts on children's well-being particularly on their health in various aspects. With the missing presence of their parent/s, these children are also at risk of bullying which would be one of the factors that would push some of them to do harmful things toward themselves. According to the UNESCO Institute of for Statistics (2018), globally, boys are at higher risk of bullying than girls in school with a percentage of 32 and 28 respectively. Knowing that boys are more aggressive than girls, they have high chances of experiencing the impacts of parental incarceration worse. In addition, among the negative impacts of parental incarceration also include psychological problems such as depression which cause the withdrawal of some children, low educational attainment and economic detriment that affects the external needs of children for survival (Martin, 2017).

Over and above that, if a child has a tight relationship with both his parents or either just one of them, parental incarceration impacts' level of intensity also vary since paternal and maternal incarceration differ in effects as well. According to Turney & Goodsell (2018), maternal incarceration is consequential in children's well-being in terms of living arrangements since in nature, mothers are more hands on when it come to their children while on the other hand paternal incarceration is more harmful for children are likely to exhibit externalizing physically

aggressive behaviors.

Even though, U.S holds the highest number of prisoners, Children whose parent/s is or are incarcerated overseas are not just the only ones who suffer from the impacts of Parental incarceration. In the Philippines, Filipino children also experience such where some suffer much due to poverty and other factors inherent in the Philippines. The total prison population in the Philippines in 2018 was 188,278 where 75.1 percent are pre-trial detainees (Kidhir, 2019).

In order to address and lessen the impacts of parental incarceration in th Philipppines, in 2008, Senate President Manny Villar passed the Senate Bill no. 2287 which was an act aimed to establish a correctional nursery program in all correctional facilities for women since it is undisputed that the relationship between a mother and her child during the critical first months of infant development need to be given special consideration as it plays a vital role in the emotional and psychological well-being and development of the child.

Moreover, Senator Nancy Binay also introduced an act of creating programs for incarcerated parents and their children and proposed bill plans to evacuate the qualifications between the mother and the and the dad the feeling that arrangement openings will be a condition point of reference to acknowledgment of a request of blame ought to be expelled, all together not to hinder the obligation of the state to prosecute criminal activities (Binay, 2018).

But despite the proposed bills, with poverty in the background, Filipino children particularly those who suffer from poverty will struggle to face both the impacts of poverty and parental incarceration and are still at risk of lasting psychiatric problems which is one of the impacts of parental incarceration. Children who have a parent in prison, by the time they reach adolescence, are more likely to suffer from anxiety and depression, experience social isolation, use drugs and a lot more than the other kids (Reuters, 2019).

With regards to the growing rate of imprisonment

which include Parental incarceration internationally and locally, this research aims to determine more of the underlying health related impacts of parental incarceration and along with it, the different coping strategies children whose parents are in jail do in order to overcome such impacts. By doing so, this research could serve as a platform of awareness for other people to understand the situation of children with incarcerated parents and to help them deal with it.

This research will be conducted through online resources such as previous blogs, articles and interviews among children with incarcerated parents worldwide.

Theoretical Framework/Conceptual Framework

Since this research mainly focuses on the impacts of parental incarceration on children's health along with how children manage to protect their health and cope up with the struggles of having (an) imprisoned parent/s, the following theories and concepts best served as theoretical and conceptual framework:

Hirschi's Social Bond theory

The social bond theory proposed by Travis Hirschi on 1969 covers the different elements of social bonding through a person's attachment to his or her family, one's commitment to social norms and even his or her allegiance to institution. In simple words, the concepts of attachment, involvement in a deviant or conventional activities, and application of a common value system within an individual's subgroup commitment fall under this theory.

Giving emphasis on each of these concepts, the more a person is attached to someone, the more he or she would be committed and in turn would find it hard to deal with whatever happens to the other person involved, specifically their parents. In the case of parental incarceration, if a parent, who has a strong bond and connection with his or her child, is imprisoned, high chances of having negative impacts on the child's life would come to rise.

Moreover, the concept of common value system within an individual follow in order to point out how parental incarceration play a role behind the lack of a parental figure to guide their children and to teach them norms and values essential to life but because of parental incarceration, a child often gets involved either in conventional or deviant activities where the impacts of parental incarceration are reflected upon.

Behaviorist Theory

Burrhus Frederic (B.F.) Skinner (1938) inaugurated the theory of behaviorism or commonly known as the behaviorist theory which mainly highlights the significance of the environment in influencing an individual's behavior. The main concentration is on observable behavior and the conditions through which individuals learn behavior, namely classical conditioning and social learning theory.

For instance, classical conditioning suggests that parental incarceration can affect a child's behavior through associating certain stimuli in a learned response such as having a negative outlook in life which tends to strengthen maladaptive behavior such as weeping, grumbling, and even considering suicide. Behavior is learned through observation, imitation and reinforcement, as stated by social learning theory. However, parental incarceration can alienate even the closest peers of the child which leads to less reinforcement and support, increasing social isolation and sorrow.

The Health Stigma and Discrimination Framework

Stigmatization can be described as negatively categorizing or labeling the differences between individuals. This discriminatory treatment can extend in terms of economic situations, cultural, political, and social. (Philips & Gates, 2010). Stigma is a barrier or discrimination to health seeking behavior.

Given the fact that incarceration is increasing

through the years, children are the most negatively affected when their parents are imprisoned which may result to potential crimes. For instance, the social strain and financial disadvantage may encourage an individual into delinquency since individuals who lack educational support or schooling are more likely to engage in illegal crimes.

In order to conduct the research properly and efficiently, the researchers will make use of the input, process and output form of paradigm which contains the variables such as the impacts of parental incarceration on children's health and the different coping strategies children do, the different methods to be done throughout the duration of data gathering and the output which would be a blog like forum respectively.

Statement of the Problem

Given the vast population of incarceration in the Philippines, this research aims to know the impacts and effects of parental incarceration on children's health and the different coping mechanisms these children do regarding the certain health problems they encounter. Specifically, the following questions will be answered:

1. What are the different impacts of parental incarceration on children's health?
2. What are the different coping strategies of the children whose parents are incarcerated?

CHAPTER II
METHODOLOGY

Research Design

The researchers made use of the descriptive type of research design which often describes the phenomenon or the characteristics of the population of the study (Bhat, 2020). It focuses more on the qualitative aspects of the research study.

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Population and Locale of the Study

Participant or subject, is a person who participates in human subject research by being the target of observation by researchers (Coleman, 2005). In this research, the participants are the children of the inmates detained in different prisons worldwide. These children were the ones whose prior interviews, articles and blogs were posted online. The researchers chose the mode of implementation because it is the most accessible to them.

Data Gathering tools

For the research "Life outside bars- The impacts of Parental incarceration on children's health", the researchers searched and made use of online resources such as interviews which were conducted through a face to face semi-structured interview. According to Bhat (2020), a semi-structured interview is where researchers are given substantial amount of freedom to ask their respondents while keeping up with their predetermined questions. With semi-structured interview, the researchers will be able to grasp more significant answers.

Data Gathering Procedures and Ethical Considerations

In the data gathering procedure, the first step the researchers did was to consult their research teachers about gathering their data by assessing blogs, articles and interviews of children with incarcerated parents posted online.

After the researchers were given the permission to do so, they then started looking for data online and compiling them for better assessment and understanding. After the process of data gathering, the researchers paid respect and extended their gratitude to the people behind the resources where they gathered their data from by citing the links in the research paper's bibliography.

Analysis/Treatment of Data

In analysis/treatment of data, the researchers used thematization and categorization to analyze the gathered

data/s. Thematization can be described as an act which gives different meanings that entails being cognizant of recurring scenarios or patterns in an event (Statistics Solutions, 2019). While, categorization involves subdividing vast number of raw information or data, and subsequently assigning them into categories which will make the process of analyzing the data/s more organized, efficient and easier (Woods, 2020).

CHAPTER III
RESULTS AND DISCUSSION

After searching interviews, blogs and articles posted online about children with incarcerated parent/s which gave answers to the different impacts of parental incarceration on children and their coping strategies, the researchers were able to gather sufficient data.

This chapter presents the results of the data and information gathered and accumulated respectively by the researchers which they analyzed and categorized in order to answer and address the following research questions.

Impacts of Parental Incarceration on Children

Having a parent in jail makes living harder especially when children are still young. Both parents are needed by their children to provide for all their necessities be it for their financial needs or for their emotional stability.

Most of the interviewees have said that their experiences are really tough in a sense that they lack support they needed most in all aspects and that would help them go on with life which is that of the support coming from their parents since more often than not, it is from our parents where we get most of what we need and have. These children, whose parent/s is or are incarcerated, often go through physical, mental, emotional, social and educational distress.

According to Lewis (2019), overlooked, children of incarcerated parents are directly impacted by their

parents' incarceration which make them go through several difficulties throughout their lifetime.

Support insufficiency. Since parental incarceration bring forth lots of challenges and sufferings in all aspects to their family members especially to their children, it could be concluded that there is a lack of substantial support in all aspects needed by the child/ children coming from their incarcerated parent/s.

According to Cherry (2019), lack of support such as affection, emotional responsiveness and financial assistance and the lack of boundaries in home make it hard for children to learn appropriate behaviors thus performing poorly in nearly every area of life.

Emotional stability. One of the many effects brought by parental incarceration is that of the toll on children's mental and emotional health. Children with incarcerated parents mostly suffer from emotional torments such as anxiety, depression or just mere sadness which sometimes becomes severe thus affecting their emotional stability.

According to Arraiagada and Curry (2019), many negative health outcomes such as PTSD, depression, anxiety and other behavioral problems are at high chances to be apparent on children who experience parental incarceration. Most of them have felt defenseless, agitated and distressed. Some have even shut people out of their lives for a quite a long time for they have felt total sadness. Losing one of your parents, not having them around because of something unlawful that has been done, makes it harder to survive life especially in times where different emotions get the best of you.

Moreover, according to National academy of Sciences (2020), paternal incarceration is more stressful for it increases antisocial behaviors, anxiety and depression. Children need their parents' love and affection, support and words of encouragement at all cost for nothing beats that of parents. Children acquire healthy emotional, social, motivational, and cognitive development if they have secure attachment with their parents (Parenting Ni, 2020).

Social discrepancy. Parental incarceration does not only take away the chances of the children to be with their incarcerated parent/s and for the latter to give them support but it also withdraws children from the society and even from their own family mothers.

Some of the interviewees have said that parental incarceration have brought about abrupt chaos in the family, embarrassment, shame and stigma among their peers and other people. According to Cochran, Siennick and Mears (2018), parental incarceration bring forth indirect labelling on children which sometimes elicit differential treatment from other people such as their teachers and friends and which also leads children towards becoming less integrated into normative social institutions such as their peer networks.

Additionally, since parental incarceration leaves the parent behind it is presumed that the parent left is in a problematic position (Cochran et al., 2018). The labels attached to these children somehow make them feel less of a person considering that people judge way past them.

Moreover, since their caregiver, their other parent, is left with tons of responsibilities, there are undeniably high chances that misunderstanding may arise between them which might cause these to drift away from their parent and even some family members.

Physical health affliction. Parental incarceration has a major influence on parts of a child's life and has a lifelong impact and one of which is the physical health of a child. A child's physical health plays a vital role on a child's development which is being negatively affected by parental incarceration. According to Turney and Goodsell (2018), children of incarcerated parents are prone to high risk of poor health due to financial strain since they grew up with either on or both parents behind bars. Most of them have asthma, high cholesterol, migraines, illegal drug usage, HIV/AIDS and overall poor health.

Furthermore, a child's physical health is also tied with their mental health; "depression and difficulty forming attachments; difficulty sleeping and concentrating; emotional withdrawal; cognitive delays;

and difficulty developing trust" (Manning 2011).

Thus, it is highly unlikely for a child to be successful if their physical and mental health is not effectively working and being managed. Some of the children who were interviewed have claimed their physical health is also affected negatively such that they engage in drinking, smoking and a lot more.

Educational despair. When parents go to prison, their children's lives are changed. Aside from financial and health problems, parental incarceration has also been affiliated as a factor regarding numerous academic concerns amongst children. Education is the basis for the development and progress of a person. It molds a person's whole wellbeing and indeed essential to childhood development.

Furthermore, Miller and Barnes (2015), demonstrated a study that manifest grade failures, low grade point average, and overall academic underperformance as a result of parental incarceration. Indeed, incarceration of a parent or parents contributes to negative educational outcomes such as school dropout, suspension rates, and fewer years of completed education (Kate Luther, 2015).

These children with parents behind bars did not just have problems with their academic performances but also in dealing with their schoolmates wherein they have also experienced bullying and discrimination which ultimately negatively affected their academic performance. Moreover, some of them have stopped going to school in order to help provide their family's needs .

Coping Strategies

In order to survive and get through, most of these children with incarcerated parents have developed and practiced coping strategies that have been very to helpful. Specifically, these children respond and behave with the incarceration of their parents differently based on their relationship with their parents but agitation with regards to the stigma of incarceration is real for most children. Most of the children of imprisoned parents bear ignominy in connection to the circumstances of their parent's

absence.

However, as prior mentioned, these children had imposed various strategies on coping and addressing problems regarding parental incarceration.

Constructive thinking. Most of the children manage to cope from the impacts brought by parental incarceration by focusing on their mental and physical health which are often being targeted the most. The results manifested that children cope very different, in individual ways in terms of somatic prospects. Being healthy physically, mentally, socially, and emotionally is very important for children to work effectively and manage their lives. Some of the respondents stated engaging themselves in sports and other physical activities in school and in their community helped them to maintain their physical health.

Moreover, to gauge their emotional health one of the most common thing they have done is reaching out to their parents in jail. Most of the respondents had proven constant communication to be an effective remedy towards longing and loneliness. Communication is really important, we all say. It helps everyone most especially the children in socializing and catching up with those who truly matter.

Also, the children with imprisoned parents also tend to seek entertainment and leisure to keep themselves busy such as diverting their attention to other stuff like socializing with other people and sharing their thoughts; which is helpful to some of the respondents since most of them affirmed that having someone to talk to and share their insights regarding their adversities helped them a lot.

Furthermore, some respondents also shared that they would just focus more on what they're doing and put their whole mind into it. In this way, they are able to distract themselves for a while to not think about their loneliness and specially their parent/s in jail. These children are able to go on with life by setting aside their anxiety, indifferences, fears, longing and such by having a positive outlook in like, thinking rationally and by

diverting their attention on more important things that would also benefit them in all aspects.

Building rapport. Aside from having a positive outlook in life, children with incarcerated parent/s try to socialize with other people in their community with the decision of improving their social lives. Their friends, other members of the family and acquaintances acted as reinforcements that helped them cope with the absence of as well as longing for their parent/s in jail. These children shared that whenever they feel loneliness and longing towards their imprisoned mom or dad, they just find time to visit them in correctional facilities they're in. Also, they make jokes, have fun, and spend time with each other. This, according to them, is an effective way of distracting themselves and diverting their attention.

They were also able to open up and express their problems with one another, and knowing that someone is also experiencing the same problem as them and are able to relate to them is an extremely helpful way that aided them in dealing, coping and addressing their problems. According to Cohut (2018), socializing or communicating to people regulate one's response to stress and anxiety by triggering some parts of our nervous system thus producing tons of neurotransmitters that make us flexible to stress factors in the long run.

Habitual learning . Some of the children with incarcerated parent/s, luckily, are still sent to school and provided with needs unlike others who were deprived of such due to financial problems. However, despite being able to attend classes, aggressive behaviors, truancy and poor academics performances are still encountered by children with incarcerated parent/s in their schools. But looking on the brighter side of life, some of the interviewed children stated that they found ways to be positive and let themselves happy, regardless of their parents being in prison; they found strength in learning how to avoid letting dreadful experience bring her down by focusing on their studies and diverting their attention in making themselves better and achieving something in school.

The emergence of modern technology made it

easier and more convenient for them to learn and acquire knowledge thus, technology helps alleviate their longing with their imprisoned parent/s. According to psychologies (2014), education through learning can help those with mental health problems and it can also improve one's self-esteem, increase life- satisfaction, belief and optimism in own capabilities.

CHAPTER IV
CONCLUSIONS AND RECOMMENDATIONS

CONCLUSIONS

Based from the data gathered, the researchers conclude that parental incarceration leaves tormenting impacts to children's lives and well-being. With their parent/s being held in prison, these children struggle to survive in all aspects such that their mental health are put at stake for some go through depression and anxiety; their social aspect of life id affected by the discrimination, stigma and labels drawn to them; they perform poorly in academics and their physical health deteriorates for they fail to protect themselves due to severe sadness.

However , most of them overcome the impacts of parental incarceration by having a positive outlook in life, doing things which could help divert their attention, socially engaging themselves with their family and friends by having open communication and such and lastly by focusing on education through continuous learning especially now with the prevalence of technology.

RECOMMENDATIONS

Since the impacts of parental incarceration on children are overlooked, the researchers suggest for each area, focusing on their country, the Philippines, to study more on this matter and to have an action plan or a project proposal that would help assess the needs of children whose parents are incarcerated.

The researchers recommend to future researchers to improve the study by seeking in-depth information through having more and wider scope of respondents and to create more researches or studies about this subject to give importance on this matter.

Moreover, the researchers also recommend more disciplinary yet consoling household for children to feel secure.

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Perceptions of Employees on Structural Design for Productivity

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Abstract: It has been widely acknowledged for centuries that a workplace that is modified to promote productivity is one of the most vital factors that every office should have. Productivity in workplaces was described as how much work the employees can do within a certain number of hours. This study aimed to determine the perceptions of employees of the Human Resource Management unit in the Provincial Capitol of La Union on the structural design of their office and examine its impact to their overall productivity by evaluating the narrated lived experiences of the employees with regards to the built physical environment and layout of their office. Specifically, the following questions will be answered: 1.) What are the factors that should be considered in an office layout as perceived by the employees? 2.) How does the office layout influence the employees' work productivity? The researchers analyzed the answers from the survey and outlined all the factors inside an office environment as well as its impact that affect the employees' work productivity. The study findings showed that the identified factors have found to have a pivotal significance on achieving the target productivity of a certain employee and a correlation was also found between the built physical environment on general and how the employees perform their works and duties individually. Through this, the researchers were able to come up with the best redesign solution for the office layout as the output of the study. The results therefore emphasized that regardless of how efficient the office layout might be based on the perception of the employees; problems might still arise which can be counterproductive to the office's everyday progress. It is recommended that to have an effective office layout which can be utilized to the best of its capabilities, a sufficient space must be provided.

CHAPTER I
INTRODUCTION

Background of the Study

For centuries in the corporate world, it has been widely acknowledged that a workplace that is modified to promote productivity is one of the most vital factors that every office should have as it provides employees a conducive working environment which enables them to become flexible, innovative, and more collaborative wherein it can greatly influence their individual performance, creates a positive impact to the team, and most importantly, it contributes to the company's overall success (Traffix, 2017).

As what Corporate Wellness has stated, the way the office space is designed has a large effect on the condition of employees. Office affects the productivity of employees, and it should be factored into wellness initiatives and administrative restructuring to ensure the fitness and productiveness of the workers, and in turn, viability and productivity of the company. Through a work-friendly administrative center layout and structure, employees do not have to make a choice to take a walk during lunch breaks, for example, as the office is designed to support and promote such activities, ultimately infusing a positive and productive culture into the workplace.

Productivity in workplaces relates to how effectively the employees accomplish the goals of the company and deliver products or services for customers and clients. It typically describes how much work the employees can do within a certain number of hours (Donohoe, 2018).

Core (2015) emphasized the importance of employees' productivity in the workplace by promoting the idea that productivity will help the company grow and maximize its human resources capacity. He further elaborated that productivity also helps motivates the

culture of the workplace and boosts the morale of employees in which will lead to an improved office environment.

Inamizu (2015) conducted a study wherein he examined the relation between physical office environment and employees' communication and interaction within the office by experimenting on an office. There was an investigation with the previous workspace layout and then another investigation with the change of previous workspace layout prioritizing meeting spaces. The change in office layout secured spaces for employees to gather for meetings and respond to guests. In other words, it prepared an office environment that facilitated communication and collaboration to a certain degree. Physical workplace environments are continuing to evolve as user needs and work modes change. The success of an organization, and those working within it, is strongly related to its built environment. This proves that an effective workspace area should provide communication between its employees to provide better insight on their progress and in order to monitor each other's work (Leadon, 2015).

Broadly, a suitable physical office environment or accommodation should include the option of venue of the building, size, office layout, and office equipment. Factors such as ventilation, lighting, convenient places, space for future expansion, and availability of needed staff should also be considered. This affirms the view of Amofa, Yawson, and Okronipa (2016) that enhanced physical office environment is a generally acceptable and the best way to provide an enabling environment that best promotes efficiency and overall productivity for employees.

To boost employee performance therefore, it is imperative that the physical environment is designed to assist employees in their search to achieve the organization's objectives. Awan and Tahir (2015) further supported this with a conclusion that the working environment is helpful in increasing the level of employees' productivity.

Al Horr et al. (2016) also mentioned that it is

becoming important to understand indoor office environment because it has a high-level influence on employees' productivity. Furthermore, productivity will only be improved by providing a well-designed and furnished office with optimum environment workplace. The physical environment comfort in a workplace is claimed to be vital as it encourages more productive rate among employees (Chua, Ali, & Lim, 2016).

As claimed by Ashkanasy and Ayoko (2020), the architectural design of workplaces interacts with the way employees construct meaning and ultimately serves to shape employees' formal and informal interactions and behaviors at work. On the other hand, Agnarsdóttir, Halldorsdottir, Skuladottir, and Sigursteinsdottir (2020) revealed that high demands at work, minimal control of working conditions, little support from colleagues and superiors, and a seriously compromised employee sense of righteousness cause stress-related problems, resulting in poor performance and reduced working capacity. It is important to allow both physical work environment as well as what do the workers prefer when it comes to their working spaces in order to have a productive company.

Conversely, Bernstein and Turban (2018) claimed that open office architecture do not necessarily promote open interaction. Consistent with the fundamental human desire for privacy and prior evidence that privacy may increase productivity, when office architecture makes everyone more observable or transparent, employees' performance may change. It proves that while interaction is essential, it is also crucial for employees to have their own private space showing that there's more than one factor to consider while lay outing an office space.

The workplace today is new, dynamic and ever changing. The design of the workplace is one of the most crucial factors for the productivity of the employees. This not only affects the performances of the employees, but also can result to a delay in their work completion (Nawaz, Javed, & Raja, 2019).

While the workplace's architectural design is a pivotal topic that strongly concerns the development of

the productivity of employees, Muhammad, Muhammad, and Anila (2016) highlighted the notion that work areas must also concentrate on the efficient use of spatial arrangements, office furniture, office equipment and communication within the department.

In the Philippines, the basic offices have similar standards to the western countries. There are usually soundproofing, carpeting and storage space. Nonetheless, the one thing that would be more important for the Philippines, because of culture in particular, would be an open layout where all the workspaces are in one space (Reyes, 2019).

According to Reyes (2019), Filipinos are very sociable and have a strong sense of community, they always have the need to communicate with other people. Certainly, the BPO (Business Process Outsourcing) sector is a pro-labor aspect to the Philippines which overlooks the physical office environment to ensure that it's safe and healthy for Filipinos. In addition, BPO offices in the country also uses cubicle-based configurations that allow employees to be isolated in their own space to focus on individual work. This new type of office design configuration was found out to be effective in improving productivity given the complexity of their industry.

Moreover, De Guzman and Teng-Calleja (2018) has emphasized that employees in the Philippines have become more critical and selective of the workplaces they become part of. It no longer seems that factors such as compensation and security make an organization a great place to work.

Designing a preferable office setup is indeed a very challenging process in which a lot of factors have to be considered to ensure its quality and effectiveness on enhancing the employees. Putting this into consideration, the employees' perceptions of a good office layout is also essential in identifying what physical factors are crucial in creating a conducive working environment inside an office. For this particular reason, the research aims to determine the perceptions of employees of the Human Resource Management unit in the Provincial Capitol of La

Union on the structural design of their office and examine its impact to their overall productivity. This is also to assess the built physical environment and layout of the office that are mainly affecting the employees' daily work performance and efficiency in order to develop an effective office layout which will allow the enhancement of their general productivity in completing office tasks and providing quality specific services to the public not only as an individual but also as a group.

Statement of the Problem

In this study, the physical design and layout of workplaces are to be evaluated based on its impact on the overall productivity as perceived by the employees. The importance of an office layout is rarely dwelled upon in which case a lot of companies don't follow the needed factors for a productive working environment. Specifically, the following questions will be answered:

1. What are the factors that should be considered in an office layout as perceived by the employees?
2. How does the office layout influence the employees' work productivity?

Theoretical/ Conceptual Framework

Workspace Stress Theory

According to Vischer (2007), studies of stress in the workplace in general focuses on psychosocial impacts in nature where work is performed. Within modern office buildings, the tasks workers performance is increasingly complex that rely on sophisticated technology. Such workspace decisions aim to make an investment in employees' quality of life which will result in productivity increase.

The Architectonic details, including coloring decoration, signs, artwork, and design details, convey meaning and can have symbolic significance that emotionally affect people. These are likely to affect the coping actions ' emotion-focused ' in workplace stress

situations. The accessibility of workspace has the greatest effect not only on the individual workers but also on team performance (Vischer, 2007).

Physical Workplace Environment Theory

As claimed by Badayai (2012), the stress that our daily hassles create is produced by chronic conditions that can constantly bother an individual employee. Hence, this definition of stress normal hassles is useful in observing the physical environment on the behavior of people related to job performance.

The study of the daily hassles resulted in five Influencing factors being discovered: noise, air, temperature, light and color, and space. It characterized how the physical environment might interfere with the achievement of the work goals (McCoy & Evans 2005). Such stressors in the work environment adversely affect an individual employee's performance by slowing the processing ability and also influence physiological processes, generate negative emotion, reduce motivation and hinder social interaction.

Conceptual Framework

This research mainly focuses on how employees' productivity and work performance can be achieved by espousing the idea that the office's structural layout and design are critical factors for human productivity. For that certain reason, this study is based on the following concepts:

Physical Factors of the Workplace Environment

Samson, Waikanjo, and Koima (2015) suggested that the physical workplace environment which includes the spatial layout and surrounding functionality has the ability to influence behaviors. Spatial layout refers to the arrangement of machinery, equipment, and furnishings, the size and shape of those objects, and their spatial relationships which affect the quality of individual conversation. Functionality refers to the ability of the same items to facilitate the achievement of objectives and

the performance. Moreover, to ensure optimal work performance of employees, Kang, Ou, and Mak (2017) have addressed the importance of factors such as the amount of space, the comfort of furniture and the adjustability of equipment which have proven to have major effects on the productivity of employees.

The physical workplace environment, in a broader perspective, includes but not limited to the level of comfort, ventilation, heating, natural lighting, and artificial lighting which ultimately helps enhance the experience of employees and demands better efficiency. In addition, Samson et al. (2015) discussed that the style of furnishings and other physical symbols may come to serve a symbolic function by suggesting how their employees should interact. Depending on the given affordances, it is proposed that employees would tend to identify more with these performance-enhancing features.

Office Layout

According to Al Horr et al. (2016), office layout design is one of the leading indoor qualities which includes design, proximity and privacy affecting performance and behavior in the workplace. The physical office layout should be well designed as it influences the productivity of the employee and also ensures the success of the organization. Although designing creative workplaces produces effective work efficiency, poorly designed office environments often result in loss of productivity. Physical environment design plays an implicit yet significant role in the development of a culture that promotes organizational creativity and the sharing of knowledge. It impacts the equity, accessibility and collectivity of the culture of an organization (Kallio, Kallio, & Blomberg, 2015).

Employees experience a visual and acoustic privacy shortage and feel satisfied with high partition and window. Al Horr et al. (2016) argued that the level of dissatisfaction due to noise and lack of privacy goes higher with the size of the open-plan offices which only shows that the cellular office and flex office are less dissatisfied than the open-plan offices. Cellular offices require less

disruption than open-plan offices, but they do not promote casual interactions and rapid colleagues' access. The open-plan office was mostly used to reduce the cost of housing, but higher density of open-plan offices often results in higher lighting and ventilation loads.

Architectural Privacy

Zerella, von Treur, and Albrecht (2017) stated that architectural privacy can be defined as a physical surrounding function which provides visual and acoustic isolation. Higher levels of architectural privacy are created by the use of walls and physical barriers; while large, open office spaces with no physical barriers separating workstations provide exposure to distractions and disturbances from others. Nevertheless, it was further elaborated that offices with fewer physical barriers and internal walls are characterized as being more accessible, with lower levels of architectural privacy and greater levels of visual access and physical proximity to other employees.

Architectural privacy can also be perceived differently depending on the extent to which human interactions within the workplace (such as communication and collaboration) are respected (Zerella et al., 2017). For example, in organizations that value team communication, disturbances and disruptions may not be perceived as negative compared to some organizations that don't value interaction as highly, or that value hierarchical communication. As such, the architecture of offices will influence organizational culture.

CHAPTER II
METHODOLOGY

Research Design

The goal of qualitative descriptive studies is a comprehensive summarization, in everyday terms, of specific events experienced by individuals or groups of individuals (Lambert, A. & Lambert, E., 2015). Descriptive Qualitative Design was used such that the researchers

were able to get the overview of the office as well as the routine of the employees to be surveyed. It also helped the researchers do or add on the research activity to make the work more identical or clearly to others.

Population and Locale

The study was conducted at the Provincial Capitol of La Union located in San Fernando City. It is a local government building which houses numerous varieties of offices ranging from small scale to large scale offices.

The researchers obtained the data from the Human Resource Management office's employees as they shared their personal views, experiences, and opinions with regards to the impact of the structural design to their productivity.

The researchers chose the place of implementation due to the following criteria: it is the office where most work is done as they are concern with the management of other employees, it ensures an active workplace environment, deals with maintaining work atmosphere, and responsible for developing an effective workspace for employee involvement.

Data Gathering Procedure

Before finding possible participants for the study, the researchers made a letter of consent to get permission from the Director of Lorma Colleges Basic Education Department and the academic head of the Senior High School to conduct the survey. Once the researchers obtained the permission, they made a formal letter directed to the office of Human Resource Management unit to allow the official conduct of the survey. After the letter is approved by the office, the researchers identified the participants. The researchers picked a minimum of 5 people and a maximum of 10 respondents to be surveyed.

Furthermore, the researchers informed the participants about all the questions that were taken in the study and that their confidentiality is rest assured. Also, the researchers asked the participants for their full

cooperation and honesty in answering the survey questions all through the given questionnaires. Then, the researchers analyzed and categorized the information they have collected. Lastly, the researchers compiled all of the gathered data and placed it in the research.

Data Gathering Instrument

As the research ought to examine the structural design of the workplace for human productivity, the researchers utilized surveys through questionnaires as the research instrument. The researchers conducted a survey, which is also known as surveying. As stated by O'Leary (2014), surveying is the method by which the researcher collects data from respondents by means of a questionnaire. Meanwhile, according to McLeod (2018), a questionnaire is a research method that consists of a collection of questions in order to gather information from the respondents. He emphasized that questionnaires may be viewed as more of a written interview. It typically requires the respondents to answer questions in the same way, using the same words through a given questionnaire. The questions were fundamentally a set of standardized questions and was administered in a standardized procedure. This was to ensure that each questionnaire was presented with exactly the same questions in the same order and to produce consistent data.

Data Analysis

This research study used thematization as the method for analyzing and interpreting gathered data. Thematization, as stated by Mardani (2016), is the method of arranging theme and rheme patterns in a text. He elaborated that thematization is the analysis of interview response in which it is also considered as the process of selecting specific topics as themes in discourse or words as themes in sentences. As the main theme of this study is to determine the perceptions of employees on the structural design of offices and its impact to their overall work productivity, thematization was used to analyze the data in order to provide answers in a specific manner given the categories to be made after the data collection.

CHAPTER III
RESULTS AND DISCUSSION

The researchers have reviewed the survey answers through the given questionnaires to outline all the factors inside an office environment as well as its impact that affect the employees' work productivity. Also, the researchers have classified the gathered data into three main themes: the factors that should be considered in an office layout as perceived by the employees, the influence of the office layout to the employees' productivity, and the output of the study designed by the researchers which was named as "HRM Office Layout: The Low Partition Design" . The following results were found:

FACTORS TO BE CONSIDERED IN AN OFFICE LAYOUT

The Human Resource Management (HRM) office plays a strategic role in every organization including the government sector. As the employees are in government service, HRM employees has to entertain every client that comes to their office in a day-to-day basis. Thus, the employees in the department were always deemed to be the busiest in the organization as they are always on catering the public and must ensure a productive workplace not only to satisfy the needs of their clients who expects the highest form of HRM service, but also to meet their own workplace's goals and objectives. As such, the layout and design of HRM need to be aligned with all of the modern-day office configurations to allow the employees to accomplish their daily tasks with ease and transparency in a better working environment.

In line to these, the respondent employees working in the HRM unit have narrated their personal views, experiences, and opinions in every detail with regards to the impact of the structural design to their productivity. In the survey, specific research questions were asked about which physical factors in an office environment that will help influence them to work more efficiently based on their own perception. The researchers are able identify through the questionnaires that the factors that should be considered in an office layout are as follows:

Storage Space. Office storages are technically one of the most important part of a workplace. Having a quality storage space can help an office de-clutter and organize their everyday files.

The Human Resource Management (HRM) office has an environment that holds all the documents of the employees as well as files of its applicants.

When asked what are the factors that they believe will make an office productive as an HRM employee, 3 of the respondents answered a proper storage space. Respondent A said that since the HRM office has a lot of documents, an organized record stations can prevent having misplaced documents. However, respondent B quoted "There is no enough space for our documents".

With this, a proper storage space in their office such as file cabinets to store paper works is a vital factor to be considered. This will certainly keep their documents protected and also help their employees to properly hide some of their classified documents.

Meeting Space for Clients. Accommodating and entertaining clients is also of paramount importance and crucial for HRM employees. In particular, the HRM unit is assigned for interviewing new job applicants for recruitment and hiring, that gives a reason why their office requires an allotted space for the interviewing process. Talking with clients is part of their daily job and a spacious office would suffice for both the employee and the client. In particular, respondent C quoted " I wish we had a bigger room to hold our client/applicants" In support to this, the researchers asked the respondents what type of office they prefer for an effective office layout and five of them answered "an office that is good for accommodating applicants or employees".

Respondent A mentioned that she needs to have a meeting space in their office so that she can talk to her client in an easy and comfortable way. She expounded that since their office lacks a proper accommodating space, her client is hesitant in answering her questions for

fear that somebody can hear his or her answers to delicate questions.

Respondent B personally believed that an office with enough space for specific services can be beneficial to both employee and the client. Furthermore, respondent F reiterated that the HRM office are on the government service and the satisfaction of their clients is one of their primary purposes.

Through these responses, the researchers were able to deduce that every office that has a function of accommodating clients, applicants, and other employees, has to have at least a proper meeting space for easier and more convenient client sessions.

Cubicle for Employees. Office cubicles are office workspaces that are partially enclosed and predominantly provides the utmost privacy that some of the employees need. In simple terms, cubicles allow an employee to have its own working space wherein exposure to other employees as well as the office environment are being minimized. Given that the HRM employees interact with clients on a daily basis, privacy should be observed in order to not disrupt their conversation. Both employee and client should be comfortable with regards to their surrounding in order to keep track with their conversation. In the survey questionnaires, when asked if privacy is a must, half of the respondents said yes while the other half said no.

Respondent C shared that the way their cubicles are set-up in their office are excellent because it allows interactions between her unit-mates. With all the obtained data, the researchers were able to pin point that some employees needed to have their own office cubicles depending on the nature of their own work. Though, not all of them requires cubicles, it must still be considered in an office layout as it encourages the employees who needed it the most to work more effectively and productively.

Window Placements. As all offices require, a proper lighting should be observed. Poor installations of

windows can lead to an excessive exposure to sunlight in which it negatively affects an employee. While natural lighting in an office can be beneficial to both the employee and the office environment, it is important to understand that even a little bit of exposure to direct sunlight can be a topic of concern to others.

Respondent B specifically mentioned that the light coming from the windows hurt her eyes especially during afternoon. She added that they even requested for a window tint just to address the natural light issue in their office. Respondent C also answered the same and that the untinted windows made her uncomfortable to work with that kind of setup.

However, this just only concludes that natural light issue encountered by the two respondents are caused not because of the windows being untinted, but by the poor installations of windows. As such, the researchers were able to acknowledge the need for proper placements of windows in all office structures in order to minimize the penetration of sunlight and doesn't distract the work of employees.

Proper Amount of Space. Working in a cramped space would definitely restrict the movement of the employees around the office. If so, it may cause loss of motivation and big amount of potential among employees which can significantly affect their overall productivity. As employees, clients, applicants, and visitors also move around the office, having a proper amount of space will give them easy access and mobility to their office's amenities.

As respondent A mentioned, the amount of space provided by the layout of their office is not enough to accommodate more than 15 employees and regarded it as "small" for them.
Meanwhile, respondent B talked about their office table and chairs that often bump to each other because it is too close to each other. Respondent D also added that when the space is too cramped, it makes an employee feel suffocated and when too loose, the employee would feel too relaxed and can eventually doze off.

From these, it can be deduced that when one works in a workplace that proper spacing is not being observed, it can become a burden for them to complete tasks and this leads to a delay of work completion that negatively affects their daily productivity.

Physical Proximity. Proximity also plays a huge role to team collaboration and open communication between officemates. Physical closeness inside the office often leads to better work productivity as they are able to freely talk to their colleagues while seating on their own chairs.

In support to this, respondent A claimed that she prefers an office that is good for team collaboration because they are an office who values team work and interactions from time to time. She added that since the office set up is sitting side by side with each other, they can interact effectively with each other especially if they have to resolve problems involving their work and that they can talk comfortably in a casual way. Also, respondent C mentioned that the current set up of their office made them able to interact with each other. At the same time, respondent F talked about why he recognized their workplace as efficient and helpful in their work. He said that it is because his co-workers have the initiative to offer help to others when problems or issues about work occurs.

As these responses are all closely related to physical proximity, it can be concluded that the way how close the employees were arranged to each other can generate a great impact to how they work as the team as well as in establishing their work relationships.

Wide Aisle. Given that the HRM's office has an insufficient amount of space and employees are also assigned to interact with all the clients and applicants all the time, traveling through the narrow aisle causes distractions to their works. When asked if there are anything in their office that is affecting their work and causing them distractions, respondent B answered that sometimes, they can't even pass through the aisles especially if her officemates is attending to their clients.

Respondent C also explained that in order for an office layout to be effective, employees must be able to walk in between the cubicles without bumping to each other or stepping into each other's feet. Fundamentally, this only explains why a wider aisle means a better flow of work.

Office Equipment and Other Furnitures. Every HRM employee is also in need for important equipment that can help them finish their tasks easily. Printing, scanning, photocopying, and shredding are just some of their daily tasks that requires the use of modern office machineries. Respondent C recognized that having sufficient equipment, machineries, and office supplies are one of the critical things to have as an HRM employee.

Moreover, the way the equipment and furniture are arranged can also generate a significant impact to an employee. As respondent D said, his current workspace is strategically well placed as he can do his work without worrying on prying eyes and he has a cabinet at his back that he just needs to turn around in order to access it. He added that he finds his workplace efficient and helpful in his work because he has a printer on desk next to him and his chair is also comfortable.

Their office space is also occupied by files causing the office to mess up. So, a good spacious table and a comfortable office chair for greater mobility can greatly help as well as the major benefits it can contribute to a certain employee. Offices would require more furniture such as cabinets, tables and comfortable chairs that will increase their work performance and for them to have an efficient interaction with the applicants as well.

Placement of Air Conditioners. Air conditioners basically lowers an office's temperature. As workplace environment's room condition is an essential factor which provides employees a thermal comfort they needed, this factor of the office layout has already become a necessity for every office.

Respondent A, B, and E believed that having air conditioners and a proper room temperature will make an office productive as the cool temperature makes them

work better. Meanwhile, respondent D explained that this is one of the most important factors as when a room is too hot and unbearable to work on, the tendency is that, an employee will have more time wiping his sweat rather than typing in the keyboard.

When asked the question "Do you find your workplace efficient/helpful in your work?", respondent D said that their current air-conditioning is excellent. This only means that the proper set-up of air conditioners is also vital to keep the entire office well ventilated. This contributes to an efficient office environment that keeps the employees more comfortable to do their tasks. Moreover, having a room that is too hot makes unbearable to work on, while a cooler room makes the employees' work better which helps in increasing productivity.

OFFICE LAYOUT'S IMPACT TO WORK PRODUCTIVITY

Although not all of the respondents agree that their current workplace is efficient in their work, they still recognized it as something that is okay and manageable to work on. However, it is still important to understand how the existing factors in their working environment affects them individually and how it helps them have the motivation them to work effectively. Interestingly, most of the respondents acknowledged that the structure of their workplace is an important factor to work productivity. And when asked about questions with regards to how the office layout influences the employees' productivity, all of the participants responded that the physical layout as well as the structure of an office really do have a major effect on their individual productivity.

All of the respondents carefully listed down their answers on how the office's layout have greatly impacted their productivity in which the researchers have meticulously analyzed. It was then identified that their answers are based on the following factors:

Employee Engagement. In every HRM office, employees value the essence of interaction and team work as they are one of the main elements of successful productivity. Respondent B claimed that the way the

cubicles are set up in their office is excellent because it allows an open interaction and collaboration between her unit-mates. In that way, they were able to communicate to each other which also helps them with their own works and in assisting the clients. That also helps them solve issues and problems about work when it occurs and have an effective and productive working relationship.

Comfort. Employees' productivity is also directly associated to comfort generated by the office's layout. As when employees feel very comfortable, it put him or her in a good and relaxed mood. Thus, allowing the employee to become more flexible and efficient that will truly offer them an opportunity to increase their own productivity. This view is also supported by all of the respondents. When asked if working on an ideal or comfortable office will help influence their productivity, they all responded yes as working in an ideal and comfortable office environment will provide them the support that they need to become more productive. Respondent A specifically answered that it will also make her feel energized to go to work, will feel more motivated, and help her create inspirations.

On the contrary, as most answered that they feel comfortable with the current set-up of their office specially the arrangement of furniture, tables, and chairs, respondent A said no, while the other two, respondent B and E, said only manageable. Respondent A who said no explained that she is only concerned to where their clients will stay when accommodating them because of the lack of space. Even so, the three of them agreed that they already got used to it and accepted the set up but still hoping for an improvement to finally feel comfortable.

Distractions. Distractions is already common in the HRM department. However, even the smallest distractions can kill productivity in some ways and can be the leading cause of decreased productivity. It destroys the focus of a certain employee and also produces work stress which hinders them to provide the best service they can possibly give to their clients. As what has mentioned above, lack of space has been one of the problems being encountered by most of the employees that causes

distraction.

Respondent B shared her experience wherein their chairs collide to each other and can't even pass through the aisle because her officemates are accommodating their own clients which caused her to be sometimes distracted. Due to this feeling of being distracted, it can be observed that it can affect the way an employee accomplishes his or her office works and this may influence loss of productivity.

Noise. Most of the HRM employees' work is to accommodate clients wherein noise cannot be controlled. And based from the responses gathered from respondent A, since they have to entertain different kinds of clients, their office cannot avoid the noise especially if their clients come in group where each of them has also clients to attend to.

It can also be concluded that due to the insufficient space in the office, the workspace of each employee is close enough wherein the presence of the noise is too great that it already affects the work of the employees and causes distraction.

Privacy. This factor only affects depending on the nature of the employee's work. As most of the respondents' nature of work involves public and government service wherein clients want transparency, most of them responded that they won't mind about the privacy. However, there are also cases wherein some of the respondents has the desire to have privacy since their work also involves full focus and concentration with their tasks.

For instance, respondent A said that she needs privacy to carry on and focus more on her work since part of her job also involves analysis and review. Respondent F agreed that privacy is a must as productivity will suffer and morale will plummet if employees who require privacy to get their work done are not able to acquire privacy in the office.

Although not all the participants for this study

agree that having their own privacy is a must, one of the respondents who disagreed, still believes in having a personal space. Respondent B explained that since she doesn't handle confidential transactions, privacy is not necessarily needed; however, she still would like her personal space to be considered relative to office space.

Since their office always entertain clients, it is also a necessity for some them to talk comfortably with the clients to avoid any hesitations from them especially when answering and asking personal questions. As such, it is only imperative for every office to ensure the privacy of their own employees for a more productive environment.

Occupational Safety. An office layout that fulfills the need of occupational safety of its employees will provide a better sense of trust around the workplace; hence, achieving greater work productivity. Occupational safety in HRM offices is a key concern in an office layout as it actually deals with the overall well-being and aspects of a certain employee. Thus, prioritizing it will reduce workplace stress. Respondents C acknowledged the importance of occupational safety. She perceived it as something that will offer her a peace of mind while working and this gives her a better chance of working productively. As a result, it is safe to say that when an office's layout ensures the occupational safety of employees, the loss of productivity will be minimized and that the efficiency to work of every employee will be much higher.

Motivation. Motivation have a great influence when it comes to the employee's productivity. From all the responses gathered, it can be acknowledged that this is because of the effective office layout, good working environment, and strategically and well-organized offices which influence the mood of the employees and will positively affect their overall performance in such a way that they are able to focus in performing their works and duties. Respondent A claimed "With the set-up, you will feel motivated." This thrives them to work harder towards achieving their applicant's and client's satisfaction. One factor that also affects them to have the motivation to work productively is when the office's layout allows them to have a collaborative team that carries out initiative in

solving work issues and problems. With these, good interaction with the team ultimately motivates them to work better and comfortably with less pressure.

HRM OFFICE LAYOUT: THE LOW PARTITION DESIGN

Through the given questionnaires, the researchers were able to identify what type of office layout is best for the Human Resource Management office. The survey had shown numerous problems and difficulties that had been encountered by the respondents as well as some suggestions that could provide a smooth flow of work. Thus, the researchers carefully planned to come up with the best redesign solution for the office layout as the output of the study and it will be named as the low partition office design.

The low partition office design is a type of office layout with a modernistic approach and a semi-private environment that includes cubicles and individual workstations allocated for each employee depending on the employee's nature of work. It also has a meeting space to hold private client sessions to avoid leak of information. In addition, it has a built-in moveable office wall partitions around the office. The height of the walls has been reduced at a certain height wherein it still allows the employees to interact to one another despite having individual workspaces to maintain effective communication while minimizing disturbances. Necessary office furniture, equipment, and machineries including file cabinets, wide and functional desks, and office chairs for employees and clients have also been added to satisfy the needs of the workforce and will help them do official works. Proper amount of space has also been allocated to all areas of the office where physical distancing is being observed. The size of the windows has been reduced and properly placed at a certain height to not cause too much sunlight exposure. Moreover, the air conditioners are also strategically installed around the layout to ensure the office is well ventilated.

CHAPTER IV
CONCLUSION AND RECOMMENDATION

CONCLUSION

As the world begins to modernize, different companies around the world have striven to implement various modifications in order to create the best office for its employees to improve and lead them towards the success of the company. As the layout of an office space are sometimes overlooked by planning engineers, the structural design as well as the physical factors of a workplace environment are the leading factors which directly influence the workforce's productivity.

The research aims to evaluate the perceptions of employees of Human Resource Management unit in the Provincial Capitol of La Union located in San Fernando City by surveying the respondents' lived experiences in the workplace with regards to the structural design of their office and also to examine its impact to their overall productivity.

This study revealed that the identified existing factors on the office's layout had positive and negative effect on the employees' performance which predicts their productivity depending on how they cope up with their physical work environment as well as the nature of their own work. And these existing factors include, storage space, meeting space for clients, cubicles, window placements, proper amount of space, wide aisle, and placement of air conditioners. Furthermore, these elements were greatly acknowledged by the employees' as critical factors that should predominantly be considered in an office layout to promote productivity.

Although these identified factors have found to have a pivotal significance on achieving the target productivity of a certain employee, a correlation was also found between the built physical environment on general and how the employees perform their works and duties individually. Results have shown that the office's layout can influence an employee based on engagement with his or her officemates, comfort in the workplace, noise

leading to distractions, and personal privacy to which all have been recognized to have a great impact on their performance and can essentially contribute to an increase or decrease of work productivity as experienced by most of the employees with the current set-up of their office.

Designing an office space doesn't necessarily pertains to how you make the layout visually appealing but rather, it is also how you reinforce a strategic work atmosphere in the office environment that will adequate the needs of the employees. The HRM unit which has a crucial role with the management of every other government employee, also has to ensure that its own workforce acquire a supportive work environment which could potentially help them attain the high productivity rate reflected through their performance appraisals. Though some the employees claimed that the current structure of their workplace is already okay, it is still imperative for the office's planning engineers to acknowledge the concerns mentioned and that major adjustments and improvements have to be made for the layout to make it more accommodating not just for the clients but to the employees as well.

RECOMMENDATIONS

Given the data gathered, it is discovered that regardless of how efficient the office layout might be based on the perception of the participants, problems might still arise which can be counterproductive to the office's everyday progress. It is recommended that to have an office layout that can be utilized to the best of its capabilities, a sufficient space must be provided. The feeling of comfort provided by an extra space would allow the employees and everyone in the office to finish more tasks accordingly. Not only will more work be done at a faster rate, a comfortable working environment is a boost and motivation in order to do work better.

1. Waiting Area. If the office is already cramped, it is recommended for a waiting area or lobby to be provided at an external area in order to give the office more space to work with.

2. Cubicles. A separate area for each employee would allow each one of them to move at a faster rate and can provide them comfortability which impacts their work productivity. Overcrowding are said to link poor performance, providing employees with different spaces including personal space help them to focus and work freely.

3. Comfortable Office Chairs. In an office wherein most of the work is done by sitting down, a comfortable seat will help proper circulation of blood since an uncomfortable seat will affect the employee's health in the long run.

4. Wide Aisle and Passages. In an office, a common Fax machine or a printer might be shared among employees. A wide passageway would allow each employee to arrive at their destination much faster in which can also allow them to not disrupt their co-workers.

5. Window Blinds. Window blinds will allow the employees to control the amount of light that enters the room, this is crucial in office areas in a location that receives a vast amount of sunlight.

6. Leisure Area and Room Amenities. Break times is a must for employees to give them a time off from work especially work areas that are busy. An area wherein employees can share a coffee or even take a nap will be a great help not only for their mental health but also their physical health.

7. Window Tints. It is also vital to consider the use of window tints in such cases of natural light issue in order to control the lighting in the office given that a ray of sunlight is enough to produce heat regardless if the room is airconditioned.

8. Efficient Storage System. Furniture's such as file cabinets and storage drawers must also be added for more record keeping.

9. Partitioning. Even if there are no office partitions present in the office, it still must be installed to allow different workstations to be separated to allow more concentration and focus in the workplace.

10. Office Expansion. In order for the office to have enough room for additional room amenities, it is necessary to expand the layout for more functional work spaces that could allow for a greater working

environment.

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Barriers to Quality Healthcare: Perceived Challenges Faced by Rural Health Units

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Abstract: Rural health units serve as the main source of free basic healthcare and cater to the majority of the medical care needs of the nation. Given the rising healthcare demand in the country, it is pivotal to ensure that the quality of healthcare services provided in these health facilities meet the needs of the growing population. This study aimed to assess the state of two rural health units in the province of La Union through identifying existing barriers to the delivery of services in these facilities. Specifically, questions were raised regarding the challenges faced by the RHUs in providing healthcare as well as the perceivable effects of these challenges on the quality of healthcare provided. The study, utilizing a descriptive research design, used online survey as the research instrument and thematic analysis as the method for analyzing data. The researchers disseminated the online survey forms among 22 students who have undergone work immersion periods in the RHUs by which they have gained sufficient experience and knowledge with regards to their conditions, workflow, and processes. The study was able to recognize numerous challenges faced by the RHUs in delivering health care which in varying degrees affect its quality; these are categorized into challenges concerning the availability of resources, challenges regarding the condition of the facilities, challenges involving the number and the competencies of the healthcare personnel, and challenges induced by the patients. It was revealed that rural health units are in dire need for improvement in various areas so as to sustain operations that are consistent with the objectives set by the World Health Organization and the Department of Health. A majority of these challenges are also found to be directly linked to financial constraints stemming from the insufficient funding and investment from the government, which implicates that much work remains to be done

before the full attainment of quality healthcare in the nation.

Keywords: *quality healthcare, rural health units, perceived challenges, resources, facilities*

CHAPTER I
INTRODUCTION

Background of the Study

Throughout generations, healthcare has been one of the most prevalent issues globally and is perceived to have the greatest impact in shaping the fabric of the society. It serves as the most vital foundation of every individual that equips them to function and fully partake in the community, and by extension seeks to foster a healthy and thriving society that puts the most basic needs of the people as its utmost priority. Attaining this is hard in itself; more so if the system is bounded by ubiquitous challenges that not only hinder the development of quality health care for the people, but impose the proliferation of poor health services that impede the progress of improving health in developing countries worldwide.

The World Health Organization (2019) describes health care as a complete maintenance and solution that fulfills an individual, family, or community's health needs through prevention, diagnosis, recovery, and palliative care. Over the years, many researches have placed emphasis on the importance of quality in providing health care and how it greatly affects the overall well-being of an individual, the society, and the nation as a whole.

Quality healthcare, according to Mosadeghrad (2013), is subjective, complex and multidimensional. He described quality healthcare as providing safe, reliable, efficient and effective medical care facilities in keeping up with the current clinical guidelines and standards that meet and respond to the patient's needs. Moreover, Budd et al. (2016) elaborated that quality of care is the degree to which health services increase the likelihood of favorable health outcomes for patients and communities and are consistent with current professional knowledge.

With the global aim of achieving quality healthcare for all, universal health coverage (UHC) has become a major goal for health reform in many countries and a priority objective of the World Health Organization (WHO, 2020). Universal health coverage, as defined by the organization, guarantees that every individual has access to sufficient quality healthcare services while also ensuring that the use of such services does not subject the patient to financial hardship. It is on the basis of the 1948 WHO Constitution proclaiming health as an essential human right. Unfortunately, despite sustained efforts and progression towards UHC, Asaria et al. (2015) revealed that extensive disparities in the provision of quality healthcare are still prominent in universal healthcare systems, and the problem remains rampant worldwide.

In recent years, many researches have highlighted the significant differences in health care access between rural and urban areas. The 2015 International Labour Organization (ILO) report Global Evidence on Inequities in Rural Health Protection shows that 56% of people living in rural areas worldwide do not have access to essential healthcare services, which is more than double the figure in urban areas. It reveals major health access inequities between rural and urban areas around the globe, particularly in developing countries.

The report shows that some countries' rural populations are faced with extreme social exclusion from access to health care as compared to urban populations, due to the absence of financial protection and professional health staff needed to deliver quality services. The World Health Organization (2015) states that the health workforce in developing countries is usually unevenly distributed with the rural areas, having fewer and less-trained health professionals. As claimed by the ILO study, although half of the world's population lives in them, only 23% of the global health workforce is deployed to rural areas. Furthermore, it claims that underfunding is also closely linked to the unavailability of services, where financial resource gaps are nearly twice as high in rural areas than in urban areas. The largest differences between rural and urban areas with these problems, however, exist

in Asia (International Labor Organization, 2015).

In a 2012 review, the World Health Organization (WHO) refers to the public health care in the Philippines as "fragmented", which means having a large gap between the quality and quantity of health services for the poor and the rich. Since then, the Philippines has made significant investments and advances in health in recent years which were acknowledged in the 2018 WHO report; however, not all the benefits of this growth have reached the most vulnerable groups, and the health system, as claimed by World Health Organization (2018), remains fragmented.

The Philippine Statistics Authority (2017) shows that more than half of the population in the country (55.8%) reside in the rural areas, yet most of the hospitals and health workers in public healthcare are concentrated in the urban areas and major cities, causing a great maldistribution of health workforce and a significant shortage of healthcare providers. Del Mundo (2018) explained that there is just a lack of incentives for doctors to serve in rural communities; however, even with incentives, there's still an observable lack of infrastructures, facilities, and equipment in health centers and hospitals in rural areas due to insufficient funding and investment from the government which ultimately leads to poor rural healthcare.

With rural areas having difficulty in attracting and retaining physicians and maintaining quality health services, rural residents were found to have poorer health. Kraft et al. (2013) observed that children residing in urban areas are better off than their rural counterparts. Dayrit, Lagrada, Picazo, Pons, and Villaverde (2018) also revealed that the gap in infant and neonatal mortality rates have widened, as both rates dropped faster in urban areas while rates in rural areas stagnated due to inaccessibility to neonatal and infant treatments.

For these rural communities where residents live several miles from the nearest hospital, Rural Health Unit (RHU) clinics serve as the main source of free basic healthcare. They provide basic health services for the

community they serve, such as research on maternal and child health, work on prevention of communicable diseases, work on critical and health indicators, focus on environmental health projects, and work on health care. RHUs are present in every municipality in the country, and are considered to be the most frequently visited health facilities in almost all regions except NCR and CAR where most clients visited private hospitals for medical advice/treatment (Department of Health, 2012). Each health unit is designed to serve a population of 5,000 people in one municipality and a few smaller settlements around it on a regular basis. According to the latest statistics from the Department of Health, there are 2,598 rural health units nationwide as of 2017 (DOH, 2018).

The Department of Health (2012) reports that the poorest of the population are the main users of these government health facilities, yet a majority of these facilities have suffered neglect due to inadequate health budgets. Even in simple primary cases, the DOH observed that lower levels of care have been bypassed due to deteriorating quality and lack of human resources, medical equipment and medicines. This is particularly detrimental to the poor and rural residents who need the services the most.

As these government facilities provide for the majority, if not almost all, the medical care needs of the nation, it is pivotal to ensure that its quality meets the demands of the population, and should not be under-manned nor under-resourced. In this light, due to the little research that has been directed towards the quality of healthcare services in the rural health units of the country, the study aims to direct its focus on the rural health units of the municipalities of Bauang and San Juan in the province of La Union to evaluate the quality of its healthcare services. This is to make the health facilities more responsive to the needs of the rural population and to guarantee equal access to quality healthcare for all—regardless of ethnicity, geographical location, and socioeconomic status.

Statement of the Problem

This paper aims to assess the present state of Rural Health Units (RHUs) in the municipalities of San Juan and Bauang, La Union through identifying the existing barriers to the delivery of healthcare services in these facilities. Specifically, the following questions will be answered:
1. What are the challenges faced by the RHUs in providing healthcare?
2. What are the perceivable effects of these challenges on the quality of healthcare provided by the RHUs?

Conceptual Framework

Six Aims for Quality Improvement

In 2001, the Institute of Medicine (IOM) put forth a framework of an ideal healthcare system outlined in the report's "Six Aims for Improvement" (Institute for Healthcare Improvement, 2020). As proposed by the IOM, health care should be: 1) safe, which means avoiding harm to patients from the care that is intended to help them and increasing focus on safety improvement through reducing medical errors and adverse events in the high-risk environment; 2) effective, or providing services based on scientific knowledge with neither underuse, overuse, nor misuse of the available medical techniques; 3) patient centered, or providing care that is respectful and responsive to the patient's preferences, needs, and values; 4) timely, or reducing unintended waiting and sometimes harmful delays that doesn't provide information or time to heal, which is beneficial for both the patient and the caregiver; 5) efficient, that constantly seeks to avoid the waste, which in turn reduces the cost, of supplies, equipment, space, ideas, and energy; and 6) equitable, which ensures providing care that does not vary in quality based on personal characteristics such as gender, ethnicity, geographic location, and socioeconomic status. IOM's six aims, having been utilized and incorporated in numerous researches on healthcare quality, provide a useful framework that, if properly addressed, can impart

fundamental changes leading to the harmony between what is known to be quality health care and the health care that people actually receive.

Foundations for High-Quality Care

To ensure that quality is built into the foundations of health care systems, the World Health Organization (2018) had set five foundational elements critical to delivering quality health care services: the health care workers, the health care facilities, the medicines, devices and other technologies, the information systems, and the financing.

Motivated and supported health care workers. A healthcare worker, as defined by Joseph, B. and Joseph, M. (2016), provides care and services to the sick as doctors and nurses or as assistants, helpers, laboratory technicians and even medical waste handlers either directly and indirectly. The WHO (2018) emphasizes that skilled physicians, nurses and other health professionals are important in providing people, families and communities with high quality health services and acknowledges the critical role that healthcare professionals play as "the most valuable resource for health." The availability of staff, however, does not in itself assure good care. Andrabi, Das, & Khwaja (2015) elaborated that health care providers may spend inadequate time with patients, lack the diagnostic capabilities or prescribe ineffective medication.

Accessible and well-equipped health care facilities. In order to maintain or improve health, accessible health care services enable individuals to use appropriate health resources. According to the Health Literacy Centre Europe (2015), accessibility includes various aspects such as building access, communication with health care staff, appointment scheduling and clear explanation of the medication given. WHO (2018) also states that quality healthcare services should initially be measured on the availability of necessities such as clean water, reliable electricity, decent hygiene and proper disposal of waste, which are basic foundations requisite for quality of care.

Medicines, devices and technologies that are safe in design and use. De Chesnay (2005) described a well-functioning health system as one that ensures equitable access to technologies of assured quality, safety, efficacy and cost-effectiveness. Specifically, Ademe, Tebeje, & Molla (2016) emphasized in their study on availability and utilization of medical devices that the availability and utilization of various health care equipment at all levels of the healthcare system is essential for effective and efficient service delivery. The World Health Organization (2011) points out that essential medical products and vaccines must be available at all times at the appropriate level. In 2018, the organization also asserts the inclusion of safe and reliable access to blood transfusion as a basic requirement for effective health care services, and emphasizes that actively restricting unsafe or ineffective products is critical to patient safety.

Information systems that continuously monitor and drive better care. Timely and appropriate use of and action on information in healthcare facilities, as indicated by World Health Organization (2018), is vitally important. It observes that poorly organized data and paper-based systems are too often left behind to molder or are trapped in incompatible digital systems. Transferring paper-based records into unique electronic health records, which can be used in many healthcare sites, will help to monitor the performance of healthcare services and utilize them to improve quality.

Financing mechanisms that enable and encourage quality care. The way funds are collected, pooled and used to pay for health care services imposes significant effects on the quality and outcomes of care (WHO, 2018). The organization notes that funds should be collected and raised in advance, through compulsory insurance programs, for those unable to afford insurance subsidies.

Actions for Change

As previously discussed in the study, the provision

of adequate health facilities for poor and marginalized sectors of society remains one of Philippine's great challenges (Commission on Audit, 2017), which can be extremely detrimental to the quality of healthcare in the nation as a whole. Over the years, the Philippine government has made significant strides in light of addressing this problem. On February 20, 2019, the Universal Health Care (UHC) Act in the Philippines was officially signed into law, which ensures fair access for all Filipinos to quality and affordable healthcare services. In line with this law, one of the banner programs of the Department of Health which is directly linked to the concern on inequity is the Health Facilities Enhancement Program (HFEP).

According to the Commission on Audit, the HFEP is a national program which assists in enabling government health facilities to provide quality health care towards the attainment of Universal Health Care. This is through the allocation of capital outlay for the procurement of health infrastructure and medical equipment for selected health facilities. Through the DOH-HFEP, health facilities and hospitals will be upgraded and provided with appropriate medical equipment and enhanced infrastructure, leading to a high quality and accessible health care delivery system.

OH-Calabarzon Regional Director Eduardo C. Janairo expounds that the Universal Health Care law enables the DOH to upgrade more government-owned and operated hospitals and health units as well as to respond to the increasing number of patients and address all kinds of emergencies (Department of Budget and Management, 2019). With a funding of P26.9 billion as of 2016, a noticeable number of rural health units (RHUs) in various provinces such as Laguna and Agusan del Norte have been able to improve and upgrade its medical and laboratory equipment. New rural health units were also built in lacking areas. These are, according to Janairo, to improve the delivery of basic as well as specialized services in response to the needs of the community. However, despite these efforts, many rural health units remain obscured under the shadowed part of the

spectrum, and the question on the quality of healthcare service in the country still prevails.

CHAPTER II
METHODOLOGY

Research Design

The research is qualitative descriptive in nature. The goal of qualitative descriptive design, as explained by Lambert et al. (2012), is to provide comprehensive summarization of specific events experienced by individuals or groups of individuals in everyday terms. Pope and Mays (2000) defined it as the development of concepts which help us to understand social phenomena in its natural settings, giving due emphasis to the meanings, experiences and views of the participants. This will provide the researchers more in-depth explanatory data to help them gain insights and evaluate the quality of medical services in Rural Health Units.

Population and Locale

The subject of the study are the Rural Health Units of two municipalities in La Union, namely Bauang and San Juan. Data was primarily obtained from students of Lorma Senior High School who have undergone work immersion in the aforementioned health units. There were a total of 22 participants in the study: 12 from Bauang and 10 from San Juan. Through being immersed in the health facilities for a week, these respondents were able to have sufficient experience and knowledge with regards to the conditions of the different components, workflow, and processes in the rural health units. Additionally, the immersionists were chosen based on their capability to provide in-depth, expressive responses and willingness to participate.

Data Gathering Procedure

Before proceeding to gather data, the researchers initially had to follow the standard procedures in conducting research. First, they secured permission from the School Director by writing a formal letter of request. Once authorization was given, the researchers then

created an online survey form which consisted of a set of questions to be asked to the participants of the study. Then, the researchers disseminated the online survey forms to the respondents through their social media accounts. Additionally, the researchers were in contact via online means with the respondents in cases where clarifications and additional questions were raised. Afterwards, the researchers compiled the responses for data analysis.

The researchers guaranteed the quality and integrity of the study by respecting confidentiality and anonymity of the research respondents and ensuring that the participants will participate in the online survey forms voluntarily.

Data Gathering Instrument

The researchers utilized online survey data collection as their means of gathering data. Specifically, the researchers conducted a retrospective online survey in which the respondents were asked to report events from their past and offer in-depth survey data based on past experiences and beliefs of the respondents (Baht, 2019). The researchers prepared and followed a guideline for the course of the online survey, but had also asked follow up questions in the conversation whenever appropriate. Using this method, the researchers communicated with the respondents via online messaging apps to capture different dimensions and perspectives of the same phenomena with regards to the situation of the rural health units.

Data Analysis

The research utilized thematic analysis as the method of analyzing and interpreting gathered data. Braun and Clarke (2006) defined thematic analysis as a method for identifying, analyzing, and reporting patterns, referred to as themes, within the data; it organizes and describes the data set in the details. They elaborated that the purpose of thematic analysis is to identify patterns of meaning across a dataset that provide an answer to the research question being addressed. Using this, the

researchers have sorted the data gathered into different categories that allow them rich, detailed, and complex description of information.

CHAPTER III
RESULTS AND DISCUSSION

The views of the respondents on the challenges faced by Rural Health Units in providing health care, which in varying degrees affect its quality, were classified into four main categories: challenges regarding its resources, challenges regarding its health facilities, challenges concerning its healthcare personnel, and challenges induced by the patients. Themes under each category also contain the perceived effects of these challenges, the coping strategies implemented, or lack thereof, and the meaningful suggestions of the respondents for the RHUs to deliver better services.

RESOURCES

The Rural Health Units evaluated in this study were found to offer basic health care services including, but not limited to, medical consultations, child and adult immunization, outpatient medical services, laboratory services, and child and maternal healthcare; however, respondents were quick to identify several shortcomings of the RHUs when it comes to the availability and the condition of their resources that significantly hinder its ability to deliver these services effectively and efficiently.

Lack of Appropriate Medical Equipment. Results have shown that even though the RHUs are equipped with the basic minimum tools and supplies essential for them to operate as a functioning health facility, it is still not sufficient for them to reach the ideal quality of healthcare set by health organizations worldwide. The noticeable lack of certain medical equipment, as observed by the majority of respondents, was found to be one of the main challenges currently faced by both health units and was reported to cause inefficiencies, and in some instances failure, in delivering necessary services and consequently induces prolonged patient waiting time.

This problem appears to have been relatively more

prominent in RHU A; In particular, a respondent who was assigned to work in the admission room revealed that there were only one sphygmomanometer (blood pressure apparatus), one thermometer, and one pulse oximeter in the entire facility. The limited resource imposes a significant decrease in efficiency and interrupts the ease of workflow in the facility, causing patients to wait for minutes and, in certain times of the day when the facility is flocked with an overwhelming number of patients, even hours for them to be attended to. Another respondent had also claimed that the facility has been lacking in certain emergency tools and equipment, which puts into question its preparedness for situations where emergency cases could arise.

This coaligns with the findings in the study conducted by Ademe, Tebeje, & Molla (2016) which states that the lack of proper management as well as the scarcity of medical equipment limited the capacity of health institutions to deliver adequate health care. The availability and utilization of various health care equipment at all levels of the healthcare system is essential for effective and efficient service delivery, and thus should be taken as a priority in order to enhance the quality of health care provided by the rural health units.

Dysfunctional/Outdated Medical Equipment. Alongside the lack of certain equipment, the RHUs were also found to struggle with even those that are currently present in the facility. Respondents from both health units claimed that they still resort to using outdated machinery, with some being already inoperative and some tending to malfunction frequently.

In particular, respondents from RHU A revealed that one weighing scale in the out-patient consultation area was damaged, leaving only one remaining functional weighing scale that ultimately slows down the services. Similarly, the stadiometer in the same area was also mentioned to be in a bad condition and was found to provide inaccurate results. One particular respondent also recalled how a sphygmomanometer (blood pressure apparatus) broke while it was being used on a patient, an

incident they have attributed to its extensive usage over the years. As a result, her co-immersionist ended up having to bring their own sphygmomanometer the next day to ensure that they would be able to provide proper treatment to patients.

This is a manifestation of Mosadeghrad's (2014) statement which implies that low quality material produces low quality services. It takes more time working with outdated equipment and results are deemed to be less reliable when compared to those of modern machinery. Old materials are more susceptible to breakage and malfunctioning tendencies as well. This is especially critical as not only does it directly influence the accuracy and reliability of medical outputs, Mosadeghrad (2014) have also found low quality materials to decrease productivity and induce job stress among healthcare providers, which affects their quality of work and consequently hampers the delivery of health services.

Medicine and Vaccine Shortages. For the majority of patients, the main reason for going to a government medical facility such as the RHU is its affordability. RHUs offer free health services including supplies such as medicines and vaccines, which is extremely beneficial to those who aren't financially stable enough to afford them; thus, the availability of such is one that shouldn't be overlooked especially as a determining factor to the overall quality of care a facility is able to deliver.

Respondents had shared that during their time in the RHUs, they have experienced running short on certain medicines. This ends up compelling patients to go to other pharmacies to buy the prescription themselves--an expense that could've been avoided had the medicines been procurable in the health facility. There was also an instance in RHU B where a patient needing anti-rabies vaccination wasn't able to receive treatment as the facility did not have the vaccine available. The patient ended up being referred to other medical centers instead. "Some people are coming to RHU and not in private hospitals because of the one main problem which is the lack of money so in some instances, if the patient could not

receive a free medicine and they are being told to just buy in a drugstore, they will just buy based on what they can afford or they might not buy the needed medicine that is being prescribed because it's expensive." This appears to be detrimental to the health of the patients especially those who are situated at the bottom of the socio-economic ladder, and reinforces the statement of WHO (2011) which points out that essential medical products must be available at all times at the appropriate level.

Use of Paper-based Medical Records. The two RHUs were found to be using paper-based records with regards to storing patient information and clinical diagnostic notes. According to the respondents from both health units, each patient has their own separate folder containing their information and medical history; these folders are then kept in a small records room where they are arranged alphabetically and are categorized into different barangays in the municipality. While this traditional system may provide ease of use for many physicians with its familiar format, the respondents claimed that the method is deemed to be disadvantageous and more often than not impedes the fluidity of workflow in the facility.

The primary issue raised by the respondents regarding this is the time-consuming nature of the process, which is mainly induced by the huge volume of information. "It takes so much time to find the record of a specific patient because there are so many folders and there are some surnames that are the same." The respondents also observed that the folders can sometimes be disorganized, misplaced, and even lost due to the amount of patients the facility is catering everyday which causes confusion. This makes it harder for the healthcare personnel to find specific information and further contributes to the time wasted searching among files that could have been spent performing other essential tasks that allows for a faster operation.

The inefficiency was also found to be attributed to

the non-conducive physical condition of the room in which the files are stored. "With my experience during the immersion, there were records that we cannot find because the storage/records room was not well-lit, dirty, unorganized and not that spacious." Moreover, respondents also brought up their concerns regarding the quality of information stored among these papers. Some reported that they have come across records with illegible handwriting, highly suggesting the possibility of misinterpretations that may have resulted in some data inaccuracies.

These concerns tie well with a previous study conducted by Albarrak, Al Rashidi, Fatani, Al Ageel, & Mohammed (2014) which reveals that the use of paper based medical records imposes high degree of errors in terms of legibility and that the use of an electronic medical record (ERM) system is much more advantageous with regard to increasing the speed of processes, facilitating work, improving access to information, reducing clinical errors, and providing accurate data. It was also indicated that the retrieval of information from a computer-based system is much more efficient, which is crucial especially in emergency situations.

FACILITY

Just as fundamental as the resources used in providing healthcare services is the physical environment in which these services are delivered. It can be inferred from the data given by the respondents that RHU A is notably more advanced and has better amenities than RHU B in terms of facilities; nonetheless, both of them were still found to exhibit some incompetencies with regards to their conditions.

Lack of Certain Facilities. Respondents from RHU B disclosed that the facility consisted of an admission room/out-patient consultation area, a treatment area with two beds, a medicine room, a vaccine room, a laboratory, a TB DOTS room, and a physician room. This also appears to be the same with RHU A, but with the addition of a lying -in (maternal clinic), a birthing home with four beds, and

the treatment area having only one bed instead of two. A respondent from RHU B explained that the facility will also be having a lying-in, but was still under construction at the time of their stay.

One thing respondents from both RHUs have noticed, however, is the absence of a proper room, specifically a sanitized area, primarily dedicated to treating wounds and injuries as well as performing minor operations on patients. This is especially vital since wound care and management is included in the list of health services they supposedly offer. Consequently, this further limits the capacity of the health facilities to perform their functions and, in some cases, even results in the failure of the RHUs to provide necessary treatments. "There was one time when a mother and a child came in because her child's foot was punctured by some metal. As a small health office where sanitation and the safety of the child is not ensured, we had to send the child to a hospital where they can properly mend it."

Respondents also addressed the need for more beds in the health facility. For instance, a respondent had observed that the treatment area in RHU A only has one bed available for use; thus, the medical staff is limited to treating only one person at any given time. This seems to particularly be detrimental to the health of ensuing patients especially when it comes down to a scenario where multiple patients needing immediate care are bursting through the facility. This is parallel with the statement of German, Miña, Alfonso, and Yang (2018) where they emphasized that the availability of hospital beds reflects the accessibility of service in a hospital. In order to prevent the risk of jeopardizing the health and well-being of patients in the facility and provide adequate healthcare services, the RHUs need to prioritize the acquisition of new hospital beds sufficient to accommodate the healthcare needs of the growing population.

Another growing concern was raised by a respondent regarding the number of seats available in the waiting area. She explains that the steel chairs, along with

the extra monoblock ones piled up in a corner, are sufficient in catering the patients as of the moment; however, given the increasing number of patients going to the RHU overtime, she worries that it will just be a matter of time until the amount of patients visiting the RHU would eventually exceed the number of chairs available, and that that the facility would not be able to accommodate them all anymore.

Poor Sanitation. The health facilities were also found to have poor sanitary conditions as observed by the respondents. One respondent claimed that the entire place as a whole needed some cleaning, but the main area of concern for the majority seemed to be the unsanitary state of the comfort rooms. "The comfort room is near the medical laboratory. Every time we walk the hall, there was an unpleasant smell." This issue is considered to be a health hazard that can particularly contribute to the adversities of ailing patients in the facility; exposure to bacteria and viruses that may be lurking on these toilets poses a risk for hospital-acquired infection and, as discussed by WHO (2019), can lead to other medical complications that may even worsen the patients' preexisting conditions. The occurrence of such extremely contradicts the RHUs' main function of improving the health and well-being of its patients. Additionally, this also poses a risk to the health and well-being of the healthcare providers in the facility, which will in turn affect the quality of care being provided.

Health facilities have a duty of providing a healthy and safe physical environment to patients as well as to healthcare providers; thus, the RHUs need to pay greater attention to improving the sanitation of their facilities and overall providing a cleaner environment that will be able to facilitate the provision of quality services. Failure to do so can aggravate the patients' conditions more as opposed to ameliorating them.

Poor Ventilation. The respondents also raised concerns regarding the conditions of the facility's physical environment that have been directly or indirectly affecting the quality of its services. In particular, respondents from both RHU A and RHU B expressed dissatisfaction with the

ventilation in the facility. It was revealed that the limited number of electric fans present in certain areas where air conditioning units were not installed, such as the lying-in/ maternal clinic and the admission room, causes the indoor temperature to be notably high. This can impair not only the performance and productivity of the healthcare personnel as they experience discomfort, but the health and well-being of the patients as well.

For instance, a respondent from RHU A disclosed that during her immersion period, a patient in the admission room fell unconscious after hours of waiting for the doctor. They were told that it was due to prolonged exposure to high temperatures that worsened her condition, and the patient was eventually sent to a hospital in the neighboring city where she could get proper treatment.

These findings are in line with the implications from the study of Gough, Faulknall-Mills, King, & Luo (2019) stating that high temperature and humidity within the internal environment have a direct influence on the psycho-physical well-being of patients as well as affect the pace of their recovery. Moreover, its effect on the healthcare workers can also be observed on the study conducted by Lucas, Epstein, and Kjellstrom (2014) highlighting that occupational heat exposure threatens the health of workers not only when heat illness and heat stress, which causes discomfort and increases physiological strain, occurs, but also when the workers' performance and work capacity is compromised.

Cramped Spaces. Some respondents have also noticed a lack of space in certain areas of the facility such as the corridors and the treatment area, which imposes various difficulties to the patients and healthcare personnel alike. In particular, limited spaces are seen as a hindrance for the healthcare personnel in providing services as it restricts their mobility in navigating the facility, especially during peak hours when they are scurrying around attending to numerous patients. Additionally, the cramped space in the treatment area was also found to cause discomfort among the patients as it allows them hardly any personal space.

These findings match the ones tackled by Aalto, Lappalainen, Salonen, & Reijula (2017), in which they noted that inadequate workspaces interfered with the duties of the healthcare workers and compromised the privacy of patients. Furthermore, Decker (2015) have found that cramped spaces in hospital buildings can also cause people to be in such close contact to one another, thus increasing the risk of disease transmission in the facility.

PERSONNEL

The health team of each of these rural health units comprises: physician(s), dentist(s), pharmacist(s), nurses and/or ER nurses, a head nurse, laboratory personnel, and a midwife. Different medical workers deliver the service to patients with varying need, and variables pointed out by the respondents such as staff shortage and medical provider' socio-demographic factors (e.g., age and health status), skills and competencies, attitudes, and behaviors (e.g., moods, actions and cooperation) may act as barriers or path to quality of received medical services.

Lack of Medical Personnel. Most of the respondents noticed that the ongoing staff shortages is one of the shortcomings of the Rural Health Units and it is a real and growing problem that makes providing quality healthcare a daunting task. There are instances where the RHUs have to stop receiving patients, except for emergencies and urgent cares as the facility can only check on limited patients. Medical providers face the challenge of catering to the needs of the increasing number of patients during a busy season; the staff often panicked and at times did not complete the necessary procedures for the check-up because they were trying to speed up the process in order for them to cater everyone inside the facility. This correlates with the statement of Andrabi, Das, & Khwaja (2015) where they elaborated that health care providers may spend inadequate time with patients, lack the diagnostic capabilities or prescribe ineffective medication and so without enough medical providers, patients will not receive the quality care they deserve.

The shortage of medical staff evident both in RHU A and RHU B also led to longer wait times for the patients in every part of the healthcare process. Furthermore, the shortage became a vicious cycle where the present workers have to manage heavier workloads, longer hours of duty, and frustrated patients. This cycle causes the available medical workers to burn out that lead to a lower quality of service provided.

Socio-Demographic Variables of Healthcare Workers

Older Demographic of Healthcare Workers . The health, safety and well-being of medical workers are influenced by the aging process, which creates both advantages and disadvantages for the medical staff and their patients. Respondents tackled the decreasing practice performance of old medical workers from RHU A where they are unable to perform certain tasks and are slow to act when patients arrive at the facility. Although the ability of older medical workers to perform the most physically demanding tasks does diminish with age, they still bring non-tangible advantages to the worksite, among these being experience, knowledge and dedication. Allowing older workers to roles of mentoring and training younger healthcare providers is an excellent method of retaining the experience and knowledge base of older medical workers as mentioned by the respondents.

Medical Providers' Competency/ Skill & Unpleasant Behavior from Staff. According to the Foundations for High-Quality Care, WHO (2018) emphasized that skilled physicians, nurses and other health professionals are important in providing people, families and communities with high quality health services; thus, the quality of healthcare services mainly depends on medical providers' knowledge and technical skills. However, one respondent said that only a few of the medical providers from RHU are knowledgeable in performing basic sutures while other respondents disclosed that the staff at times did not complete the

necessary procedures for a proper check-up and tried to finish their tasks quickly without doing it properly. When fewer upskilled healthcare workers are available, the amount of time and effort spent providing patient care are impacted resulting in a decline in the quality of care.

Appropriate communication is also a factor that contributes to a good medical staff-patient relationship; however, respondents stated that the staff lack better communication and compassion towards their patients and were rude. In order to deliver high-quality service, medical providers must be patient-centered, or provide care that is respectful and responsive to the patient's preferences, needs, and values in accordance with the IOM's 'Six Aims for Quality Improvement'. The character and personality of medical providers affect the quality of healthcare services and based on the data, it is evident that there is a need to improve competencies (i.e. the attitudes, knowledge, and skills) of RHU staff.

PATIENT

The Rural Health Units of RHU A and RHU B attends to approximately 30-50 patients per day, and although healthcare services are fundamentally administered by the healthcare providers, supplemented by the resources and the environment in which these services are provided, it was revealed that the outcomes of a quality healthcare service are also dependent on the compliance and cooperation of people at the receiving end of the spectrum. Respondents were able to recall instances where patients made it exceptionally difficult for the healthcare personnel to deliver necessary treatment with efficiency.

Patient Cooperation. Immersionists from RHU A addressed the lack of patient cooperation during the treatment process as well as the behavior and attitude of patients while waiting to be treated. A respondent talked about her experience when the RHU was flocked with pregnant women who were to get their annual check-ups and patients on line were impatient that they eventually left the RHU without receiving proper health care. Instead

of being able to provide care to the patients, arguments between healthcare workers and patients caused interruptions thus delaying and slowing down the service of the RHU.

During stays in the facility, patients likely experienced longer wait times as there are not enough staff to accommodate them and longer wait times often lead to patients getting frustrated which complicates the healthcare process. The outcomes of quality healthcare service are also dependent on the compliance and cooperation of patients themselves.

CHAPTER IV
CONCLUSION AND RECOMMENDATION

Conclusion

This study was able to identify numerous challenges faced by Rural Health Units which in varying degrees affect the quality of healthcare services provided. These have been categorized into challenges concerning the availability of resources, challenges regarding the condition of the facilities, challenges involving the number and the competencies of the healthcare personnel, and challenges induced by the patients. In particular, the RHUs were found to suffer from a lack of appropriate medical equipment, dysfunctional and outdated machinery, shortages of medicines and vaccines, usage of paper based medical records, absence of certain facilities and shortage of beds, poor sanitation and ventilation, cramped spaces, inadequate medical personnel, older demographic of healthcare workers, unpleasant behavior and incompetencies from staff, and difficulties in patient cooperation; all of which serve as barriers that cause inefficiencies in the healthcare process and consequently impede the provision of adequate healthcare in the facilities.

The researchers observed that a majority of these challenges, such as the lack of resources, facilities, and healthcare personnel, are directly linked to financial constraints stemming from the insufficient funding and investment from the government. The implication seems

to be that despite recent strides made by the national government in light of improving the quality of healthcare in the nation, much work remains to be done before the full attainment of harmony between what is known to be quality health care and the health care that people actually receive. The findings reveal that the rural health units, with the increasing number of patients and the gradually rising healthcare demand, are in dire need for improvement in various areas so as to sustain operations that are consistent with the objectives set by the World Health Organization and the Department of Health. This is of paramount importance as RHUs serve as the main source of free basic healthcare and provide for the majority of the medical care needs of the nation; thus, ensuring that the quality of services they provide meets the demands of the population is a fundamental step in achieving the ultimate objective the nation has long been striving for—health for all.

Recommendation

Recommendations based on the results of the research include the following:
1. Provision of essential equipment, tools, and machinery to widen the range of services offered in the facility
2. Replacement of old and malfunctioning equipment with new and upgraded ones that yield more reliable results and with greater efficiency
3. Having a strategic shift to more energy efficient, safe, and resilient equipment and machinery
4. Increasing emergency preparedness in the health facilities through provision of standard emergency health kits and medical first aid kits
5. Provision of an adequate supply of medicines and vaccines for different types of common illnesses and diseases
6. Implementation of computer-based medical record system for enhanced data accessibility and reduced clinical errors
7. Allotment of a separate sanitized room especially dedicated to treating lacerations and performing minor operations
8. Improving sanitation through implementation of a

more frequent and thorough cleaning and maintenance routine

9. Improving ventilation through provision of additional electric fans and/or installation of air conditioning units

10. Optimizing space utilization through reassigning underused spaces and looking for opportunities to incorporate shared or multi-use space.

11. Adequate provision of qualified healthcare staff who are skilled in the various specialties required in the rural health units

12. Provision of skills enhancement programs and in-service training among healthcare workers essential to foster continuous professional development and to ensure that they are skilled and competent in their daily clinical practice

13. Conduct of seminars and self-assessment programs focused on improving staff-patient relationship

14. Observation of work practices that may contribute to the quality of care provided when medical workers deviate from prescribed training and established procedures

15. Addressing management and medical workers safety accountability, hiring practices, shift rotation to foster a stronger safety culture of the facility

16. Recognizing hazards in the workplace and integrating this awareness in the development of health strategies

17. Building effective referral relationships and strong care coordination with referral sites to promote timeliness of appointments and improve efficiency of treatment

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The Eruption of Bayanihan Culture in the Digital World

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Abstract: Bayanihan, a union practice among the Filipino has also been evolving ovet time from just a simple image of help to a national ethic. Integrating it with modernization, the advancement of technology that has been recognized as a threat to old practice can somehow be a support. With the 21st century form of connection between distinctive individuals, social media plays a significant aspect in constituting relationships and shaping resolutions from numerous issues through accessibility may it be on similar or diverse groups. By focusing on the most utilized social media platforms with over a million users such as Facebook, Twitter, Instagram, and Youtube to take a look at posts that displays a sense of unity about Taal volcano eruption, the influence of these platforms can be seen on the responses of active citizens through different reactions and comments. Results show that the number of positive feedbacks that shows social and religious supports, acknowledgements, and encouragements outweighted the number of negative reactions such as bashing and angry reactions towards the post. This research seeks to purposely merge social media platforms with Bayanihan to introduce and implement online unity with the interplay of the old traditions to the new world.

Keywords: Bayanihan; modernization; Social Media; comments; unity

UpRizal: Rediscovering the Philippine National Hero for the Filipino Youth

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Abstract: Centuries ago, the Philippines was colonized by the Spaniards, and in order for the country to attain the freedom it has today, many citizens sacrificed their last breath to honor their country. These instances gave birth to many heroes, and one of them is Dr. Jose Rizal. This paper delved deep on how the youth of today is slowly disregarding the rich history the ground they're stepping in has, and how it may be addressed in the form of board games. The scholars utilized the method of a structured questionnaire physically handed out to 143 Grades 5 and 6 students, and analyzed their obtained data through thematization for this qualitativedescriptive study. The scholars have also identified that color, visual appeal, features and the language used are what keeps a board game fun and motivating without disregarding retention of knowledge. In order for elementary students to be empowered to lean on heroism literacy, the issues brought by lack of nationalism and knowledge, peer pressure and their dependence to technology has to be combatted. The researchers have also scrutinized that the dimensions of board game-integration to the selected Social Studies Classes revolve around Rizal's basic profile and works, including current trends. As a conclusion, the researchers have found out that regulated game-based learning is essential especially today when a child's life is often encased in his

cellphone screen, this can be done through simple but effective means such as board games which still attain its true purpose of effective learning.

The Benefits of Prohibiting Public Smoking

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ABSTRACT: Smoking, it is usually regarded as means of inhaling and exhaling smoke from burned tobacco and causes several health related diseases. Public places like markets and streets, is where a lot of people are seen of using cigarettes which it does not only affects the smokers but also the nonsmokers by way of second hand smoke. This study revolves around the Benefits of Prohibiting Public Smoking. It further discusses public banning focusing on the health related benefits and what are the different preventive strategies that individuals can avoid. This study made use of subjective analysis to gather data and made use of purposive sampling as their sampling technique. The researchers set their parameters on the number of respondents based on their specific experiences. Moreover, the study was conducted in the City of San Fernando with the use of online questionnaires and analyzed the gathered data through the process of thematization. After the analysis and interpretation of the data gathered, the researchers have come up with the following conclusions; The banning of public smoking is beneficial for everyone regardless of the differences among people because it can reduce the number of diseases caused by smoking. Different strategies were also stated to prevent the harm produced by the smoke particles like, keeping distance from the smoker, avoid inhaling the smoke particles and to raise awareness on the issue of public smoking. With this study conducted, the researchers aim to determine the beneficial factors of banning public smoking that may help the smokers, non-smokers and most of all the vulnerable groups.

KEYWORDS: *Smoking, Public Smoking Ban, Non-smokers, Secondhand-smoke*

Impacts of Solar Panels in San Juan

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ABSTRACT: The warmth and light we get from the sun are what comprises the sunlight based vitality. Sun is a definitive wellspring of life on the earth. Had it not been for Sun, there would not have any life on earth and the earth would have been similar to some other planet in the solar system. Sun is the wellspring of solar energy and this vitality can't be destroyed. This non-customary type of vitality doesn't pollute or affect other things, which is additionally the reason to promote the utilization of sun energy. This research aimed specifically the perceived benefits of having a solar panel and the impacts of properly maintaining solar panels from failure. This descriptive research used unstructured interview as the main component to gather data to derive an accurate result with the objective to know deeper about the Impacts of Solar Panels in the remote areas of San Juan. 7 respondents Dinanum, 2 in Calingcamasan, 1 from Balballosa, 2 in Dasay, 1 in Sto. Rosario, and 1 respondent in Casilagan, San Juan La Union were interviewed through a questionnaire. Furthermore, respondents claimed that using solar panels involves a very simple technique that reduces the expenses of energy consumption in comparison to the other sources of energy.

KEYWORDS: *Solar Panels, Impacts, Benefits*

Encountering Stress as a Student at Lorma Senior High School

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Abstract: In the strand of Science, Technology, Engineering, & Mathematics (STEM), the life of most senior high school students can be rather difficult. Many of these students aspire to be a good doctor, engineer, architect, or any job that falls under this strand. But it also appears that some students fail to excel or keep up with its daily subjects. Often times, students get bombarded with activities and performance tasks. Some are large-scale which usually requires a group effort in order to accomplish and some are given in a small time frame to submit. Not only is it stressful to keep up with these tasks, it progressively becomes worse when there is an external stressor affecting the student, making it a bigger problem. This study intends to investigate what these senior high school STEM students in Lorma Senior High School encounter under these external or internal stressors, which will serve as a psychological analysis report for future researchers. The objective of this study is to find out what the issues these STEM students are encountering when stressed or from stress within oneself and suggest solutions and resolutions on these issues. The researchers made use of an online survey to inquire data from the two grade levels of Lorma Senior High school, grade 11 and grade 12. The data gathering tools consisted of descriptive qualitative and survey qualitative. To improve this study, it's recommended to ask other viewpoints of teachers and adults in the word stress in order to collect different data.

Keywords: *STEM; Encounter; Stressor; Psychological; Resolution*

The Perception of Customers on the Prohibition of Plastic Straw Use of Fast Food Store in San Fernando City La Union

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ABSTRACT: This research paper identified most people use straws as their main tool when drinking their beverage's outdoor. Fast food and fast casual restaurants most often use single-serve products including straws, utensils, and napkins. It was learned that since 2016City Government of San Fernando, La Union has already been implemented that every Friday is a Plastic Drinking-Straw Holiday. With the growing issues on plastic pollution, the researcher would want to see the perception of every customer's satisfaction and find out their opinion on environmental cleanliness. The data for this study was gathered through questionnaire. According to the results acquired by the researchers, the majority of the 45 respondents have positive outlooks regarding the straw-less day strategy. This shows that the chosen respondents are more likely exhibiting standard environmentally conscious behaviors: They're twice likely to be concerned about environmental issues and twice as likely to adjust their lifestyle to help the environment. It can be concluded that the straw-less strategy of the government of San Fernando City is therefore effective in changing the minds of the costumers into switching into a greater alternative, and that is by maintaining and minimizing the plastic pollution in the city. Drinking from the cup is the eco-friendliest solution. Producing and disposing plastic straws doesn't come without an environmental impact unless if production.

KEYWORDS: *Perception; Prohibition: Plastic Straw: Fast Food Store*

MEAT HANDLING IN THE ILOCOS REGION

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ABSTRACT: Meat has been part of human consumption and is considered to be part of a balanced diet. Sanitation and hygiene is a priority in the food industry and play a vital role in order to avoid foodborne illnesses. This study aimed to seek answers for the following problems: a) What are the processes done in handling meat in the Ilocos Region; before and after the preparation of meat and during its transport to the market and b.) What are the sanitation processes in handling meat in the slaughterhouse of the Ilocos Region? This qualitative research made use of a semi-structured interview among butchers who work in abattoirs located in specific towns from the region. The study aims to identify that sanitation is the priority in various slaughterhouses or places wherein butchering of meat is done in the IIocos Region. Moreover, it aims to identify that the equipment involved in handling and delivering meat to the marketplaces are sanitized and clean.

KEYWORDS: *Meat Handling, Meat Processing, Slaughterhouse, Abattoir, Food Hygiene, Food Sanitation*

Vehicle Smoke-Ink Converter- An alternative Ink Source

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ABSTRACT: This research provides an alternative source of ink that is made-up of the smoke debris produced by vehicles and it also covers the type of the medium which is the smoke-ink converter device were the specimen can be collected and processed. This study discussed about the efficiency of the device to test its effectivity in collecting the specimen of the study. The acceptability of the ink was also proven to be an alternative to those commercial types. Experimental type of research was the design used in the study to test the effects and relationship between the variables, scales are also provided to expressed the results quantitatively through mathematical calculation using specific formulas. This study was conducted in San Juan, La Union wherein the experimentation is done through testing of the device and ink, also other specimen was also used in making the final output. Highest efficiency level on the scale was given to the device since the color of the ink evidently changes per load of fuel showing that it can collect the amount of debris at its maximum performance. The acceptability of ink was tested through its different properties such as viscosity, drying time, color, and eligibility and there was only specific amount of loaded fuel that would be used as an alternative ink. The device and the ink correlates because the acceptability of the main product is dependent on the efficiency of the device in which it was graded as excellent by the researchers. The smoke-ink converter is functional and effective when it comes on processing the specimens, it is also proved that the ink can be established as an alternative product since it contains the characteristics or properties that are relatively close to those commercial ink in the market.

Keywords: global warming, emission, greenhouse gases, smoke debris, alternative ink, smoke-ink converter, commercial ink

Lived Experiences of Tattoo Artists in San Fernando City, La Union

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Abstract: Tattoos have been present since the dawn of men and history itself; it has played a significant role in early culture as it was used to symbolize significant meanings to people during those period. The researchers then conducted a study about the people behind these ink and needles that explores their lived experiences. This study aims to enlighten the people to know more about the lived experiences of the tattoo artists and to see if their judgement is real or just a misconception. The participants were 10-15 tattoo artists at San Fernando City, La Union. They were given a letter and a set of questions that was answered the main aimed questions of the study. Consequently, the researchers attained to answer the following queries. 1. What are the lived experiences of tattoo artists in San Fernando City, La Union? 2. What are the health related practices of tattooists to avoid health risks for their clients? The research design that was utilized in the study was descriptive and qualitative in nature. This descriptive study employed data which made use of the storytelling method that further elaborates the lived experiences of the tattoo artists and the data were analysed using thematization. Results shows the lived experiences of tattoo artists is (a) dreams and passion (b) negative judgement or comments (c) conducting patch test for the safety of their clients. The researchers have then concluded that being a tattoo artist is not easy because they are facing various challenges including discriminations.

Key Words: *Tattoos, Tattoo Artists, Lived Experiences*

Insights : Nurses Towards Smoking

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Abstract: From burning plants to the arise of battery-operated devices that emits nicotine and non-nicotine vapor, smoking has been around for ages worldwide. It has been proven by many studies that there are lot of diseases that came from smoking such as, lung cancer, respiratory diseases, and many more. Despite from the negative effects, many people are still practicing smoking. Even in the field of healthcare where healthcare or medical practitioners have an essential role in promoting healthy living and practicing smoking cessation. Thus, the objective of this study was to perceive the viewpoint of non-smoking nurses towards smoking healthcare professional, the factors that influences non-smoker nurses to smoke, and on how do nurses deal with smoking medical practitioners. The researchers conducted a semi-structured interview to nurses of private hospitals in City of San Fernando, La Union. The obtained data was interpreted using thematization. The result of this study interprets that most non-smoker nurses are well-informed about smoking, and most of them disagree with smoking. Some nurses are disturbed by the smell of cigarettes or vape when they are on duty. It also shows that there are nurses who were invited by their colleagues to smoke. But every time they encounter a smoking medical professional they respond professionally. They give them advice and encourage them to practice smoking etiquettes for their patients' health.

Keywords: Insights; Nurses; Smoking

Perceptions of Teens about Elderly Care in Home Care

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Abstract: This research paper identified the perception of teens about elderly care in home care in Calungbuyan, Balaon, La Union. This research explored the understanding and experiences of the teenagers about elderly care. The purpose of this study is to determine the beneficially between teens and elderly in their relationship in Calungbuyan, Balaon, La Union. The research method used for this paper is narrative research design. A semi structured questionnaire was used to gather data wherein it composes a list of questions to be answered by the teenagers of the locality designed to get the facts that are needed for the study. The analyzation of the data gathered used thematization in which the collected information will be sorted into different themes depending on their categories. The findings of this paper revealed that elders have a big factor in progress of teenager's life and elderly care is still relevant in today's time. Based from the results gathered, elders should be residing with their children's relatives home. This paper concentrated the perception of teenagers dealing with elders in home care. The different teenagers of Calungbuyan, Balaon, La Union viewed as to dealing with their elderly with value and care.

Keywords: *Elderlies, Elderly Care, Teenagers*

Vaping and Smoking: Society's Perception and Acceptance of Users in San Fernando City, La Union

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ABSTRACT: Vaping and smoking are widespread methods of nicotine delivery systems, and along with those who utilize them, are a part of our society; however, a barrier between users and non-users exists and it is still not accepted by many. The researchers aim to provide the public with information which would help remove the barriers that refrains users and non-users to come to an understanding and help the society understand and accept those who utilize these nicotine delivery systems as a part of the society. Narrative research design was used and selected participants were users and non-users of e-cigarettes and/or traditional combustible tobacco in the city of San Fernando, La Union. Thematization was utilized, it is the mental act or process of organizing theme patterns in a text. The study found that the usage of e-cigarettes and traditional combustible tobacco is considered as a norm in our society, but only a few does so and a considerable lot may still deem it as taboo. With a few users having experienced the stigma, a few users have also been given suggestions to quit or an alternative method of taking nicotine such as vaporizers which shows that a positive criticism is beneficial to both users and non-users and is a step towards breaking the barriers between them. The findings of this research have revealed that despite the use being normalized, the level of acceptance of a number of members is still poor, and some perceive it as taboo. It is evident that this issue also exists in our society and must be addressed in a way that would benefit both users and non-users.

Keywords: vaping, smoking, stigma, barrier, maltreatment

Psychological Effects of Miscarriage among Fathers

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ABSTRACT: This research paper identified the different effects on the psychological wellbeing of fathers who have experienced losing a child through miscarriage and their coping mechanisms. The purpose of this study is to be of help to men in expressing more of their feelings and aid them in coping up with losing an unborn child. This study used Narrative Research Design and utilized Semi-structured interviews to get the responses from the fathers that the researchers interviewed. For the data management, thematization was applied which collected the information needed to be sorted out and categorized. The data gathered suggested that the feelings of the fathers who have experienced losing a child through miscarriage is not paid attention to compared to those of women. They might not harbor the same attachment to the unborn child but they have emotional attachment to them which inflicted trauma to their mindsets. As depicted in this study, men tend to act tough and be their partner's support all throughout their grieving process. Because of this, the fathers had no choice but to accept their loss and be optimistic because their partners needed them. To cope up with their loses, the fathers resorted to seek comfort by praying, asking advices from the elderlies, making themselves busy from work, go to the gym, manage businesses and be there for their partners.

KEYWORDS: Miscarriage, Psychological, unborn child, father