



LORMA COLLEGES

Research
JOURNAL

THEME:

***“LORMA Colleges in the New Normal
Sustaining Academic Research Excellence amidst
Covid-19 Pandemic”***

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RESEARCH AND EXTENSION OFFICE

Vision

Lorma Colleges as the hub of research excellence equipped with the capacity to strategically leverage its intellectual assets, knowledge resources, and ICT infrastructure to pro-actively respond to the ever-changing landscape of the institutional, regional, national, and global environments, imbued with the social responsibility of developing and empowering human resources and communities.

Mission

The Research and Extension Office acts as the strategic leverage of the institution in nurturing the mindset essential in developing the capability to sustain the momentum of research production and the heartset essential in institutionalizing a research-driven organizational culture in collaboration and partnership with the research teams, faculty, staff, and students.

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Lorma Colleges believes in a system of management devolution; sustained delivery of quality research outputs in a given time by improving governance and management; effective and efficient management of the research processes and resources; the preparation of its students and faculty to be members of a more cohesive world; the generation of knowledge on a more global orientation; and the provision of its academic resources, to the extent feasible, to institutions involved in international activities.



LORMA COLLEGES Research Journal
Volume 6, August 2021

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FOREWORD

Teaching and Learning continuity amid the COVID-19 Pandemic had challenged the Education sector both our teachers and students to continue Education. The face-to-face classroom activities were converted virtually, and so Online is the trend of the teaching-learning processes now, and so with research.

This is the 6th Volume (August 2021) of the Lorma Colleges Research Journal. The Theme of which is “Lorma Colleges in the New Normal Sustaining Academic Research Excellence amidst Covid – 19 Pandemic.”

To our student and teacher researchers, Congratulations on making it happen to produce research despite our COVID-19 pandemic situation. Your quantitative or qualitative studies in relation to education and the COVID-19 pandemic present significant results that we learn from and are helped by how we continue to manage our teaching-learning experiences.

Pacita G. Apilado, MAN, Ed.D.
Executive Director for Academics

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PART I - STUDENT RESEARCHES

**CATEGORY : Qualitative
Researches**

ISOLATED STIGMATIZED: EXPERIENCES OF COVID-19 SURVIVORS IN CITY OF SAN FERNANDO, LA UNION

by

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ABSTRACT

COVID-19 has spread rapidly, resulting in a global pandemic. With fear and misinformation being the fuel for the start of discrimination and stigmatization against COVID-19, survivors and patients, which led to them being mocked, asked to vacate their houses, abandoned, denied access to private transport, socially boycotted, and fired from their jobs. Limited work has been published so far regarding COVID-19 survivors, and it has provided valuable insight into the illness narratives of people faced with COVID-19. Thus, this study aims to explore the lived experiences of isolated and stigmatized patients who tested positive for COVID-19 in the City of San Fernando, La Union.

A qualitative, phenomenological approach was used to conduct a semi-structured interview with the eight patients who tested positive for COVID-19 and were stigmatized. Through thematic analysis, three major themes emerged: (a) "Back Against the Wall" with four sub-themes, "Context of Care," "Trials and Tribulation," "Prick of Conscience," and "Down in the Dumps" (b) "Slice of Life" with three sub-themes "Under the wraps," "Adding insult to injury," and "Cold Shoulder" (c) "Never Say Die Mechanism" with three sub-themes of "Drop in the Ocean," "Bite the Bullet" and "Pillar of Strength."

Based on findings, there is an urgent necessity to recognize and acknowledge stigma as a significant challenge to public health and global development. Utilizing cases from the City of San Fernando, the paper elaborates on the phenomenon of stigmatization. It explores its forms, context, and construction in COVID-19 and its effects within the isolation facility for 14 days.

Keywords: Experiences, Discrimination, Stigma, Survivors, Isolated

PANDEMIC INDUCED BURNOUT: A ROADMAP OF ADAPTING NEW NORMAL LIFE

by

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ABSTRACT

The Coronavirus Disease 2019 (COVID-19) caused a domino effect by changing the world's dynamics. One of the changes that has taken effect is the transition from on-ground classes to “distance learning,” which was relatively new to the Philippines. While the battle against the deadly virus continues, researchers report that students experiencing burnout have significantly increased. This study aims to explore the burnout experiences and coping mechanisms of level III student nurses.

Through a phenomenological approach, thirteen (13) participants were gathered through a purposive sampling technique. Preliminary selection of participants was administered using the Burnout Scale: Short Version by Malach- Pines. Interviews were conducted through video calls using a semi-structured interview guide. Colaizzi’s method was utilized to analyze and interpret the data gathered.

The conclusion drawn from the findings is that student nurses were exposed to factors that caused burnout, which affected their well-being. Several coping mechanisms were identified to alleviate their burnout experiences. Adaptive coping strategies include listening to music, physical exercise, optimism, religious faith, and emotional support from peers. Maladaptive coping strategies involved online gaming and vices, such as cigarette and/or alcohol consumption.

Keywords: COVID-19, Coronavirus, Pandemic, Nursing, Nursing Students, Student Nurses, Stress, Burnout, Coping Mechanisms

**CORNERSTONE OF HEALTHCARE: THE LIVED EXPERIENCES OF
PHYSICAL THERAPISTS AMIDST THE COVID-19 PANDEMIC**

by

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ABSTRACT

The COVID-19 pandemic has led to a dramatic loss of human life worldwide and presents an unprecedented challenge to public health, food systems, and the world of work. This pandemic had an impact on different aspects of life, especially on Physical Therapists. It exerts widespread effects on daily routine and focuses on adapting to a new normal dominated by fear and uncertainties.

The study aimed to understand the lived experiences, challenges, and the coping mechanisms of Physical Therapists. The study explored the lived experiences and coping mechanisms of Physical Therapists. A phenomenological qualitative design was used. Data was collected through online interviews with (8) eight employees of LORMA Medical Center. The study generated themes that include lived experiences like preparation before work and workplace challenges. These themes outline the objectives of the study which helps the researchers in forming insights and analysis on the situation of the respondents. The study revealed the lived experiences of Physical Therapists at LORMA Medical Center amidst the COVID 19 pandemic, especially in the aspects of daily routine, challenges, and coping mechanisms. Furthermore, with the new normal setting in the clinic, the Physical Therapists adapted to it and still provide the best treatment for their patients.

The researchers were able to determine the challenges that

the participants have in common: discrimination, communication, transportation, lack of resources, and other health-related factors. In conclusion, Physical Therapists of LORMA Medical Center are having a hard time working amidst this COVID 19 pandemic and coping with the new normal rules; they are possessed with patience and perseverance in providing their service.

Keywords: Lived Experiences, COVID-19 pandemic, Physical Therapists, Coping mechanism

ARE YOU IN OR OUT: LORMA COLLEGES B.S. PHARMACY STUDENTS' ENGAGEMENT IN SYNCHRONOUS CLASSES

by

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ABSTRACT

Education is a medium of acquiring new knowledge and skills and one of the determinants of success. However, due to the emergence of the COVID-19 pandemic, the traditional face-to-face learning was switched into synchronous classes. The aim of this study was to find-out and understand the engagement of B.S. Pharmacy students of Lorma Colleges in synchronous classes.

To achieve this, the researchers performed a qualitative study, using open—ended interviews as the instrument in data gathering amongst 24 participants from the B.S. Pharmacy students of Lorma Colleges. In addition, thematic analysis was used to interpret the gathered non-numerical data from the participants. In the study, five themes emerged based on the questions and answers of the participants, which are as follows: types of experience, preference, likes / dislikes, engagement, and factors. Each of the themes has codes that highlight the patterns of answers, phrases, words, and sentences that are being used to describe the content.

Based on the results obtained, three themes namely: type of experience, likes / dislikes, and factors indicate that the students are OUT, which means that they are not engaged in synchronous classes because of

these factors. While the remaining two themes namely: preferences and engagements, indicate that the students are IN. which means that the students are engaged in synchronous classes because of these factors. Therefore, results from the study revealed that the majority of the participants who took part in the study were “OUT” in the engagement to synchronous classes. In light of these results, the researchers recommend the following to future researchers: conduct other gathering methods, expand the study to other departments like Nursing, Radiologic Technology, Medical Laboratory Science and other health allied courses and extend the study to adopt asynchronous learning or both (asynchronous and synchronous).

Keywords: synchronous classes, online learning, IN, OUT

ARFIBOT: ARDUINO BASED FIREFIGHTING ROBOT

by

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ABSTRACT

Fire detection is the process of identifying the presence of fire. It allows earlier response which helps in saving and protecting the lives of people. It could also be an alternative medium for reducing casualties and destruction of properties. Since fire itself does not create loud noise which is the reason why the fire remains unnoticed until it is big enough to destroy things. There are ways to avoid or stop fire. Sprinklers, manual fire alarm buzzers and fire extinguishers are the most common devices used in this field of prevention. But the main thing is to stop the flame from becoming a fire situation. Since, the researcher are in the modern time, robots are introduced and advancing in every perspective. In this study, the researcher created a robot that can perform detection and fire extinguishing in an advanced way. At the same time, notifying the client through sending a message. This “ARFIBOT: Arduino Based Firefighting Robot” uses flame sensors which have the capacity to detect the presence of fire and its location. Together with the checking rate of temperature equipped with a dht11 temperature sensor and the presence of a smoke using a smoke sensor. These types of sensors help the ARFIBOT to easily identify a fire in order to immediately stop it from spreading and destroying properties. Also, to lessen the chance of people getting hurt and the risk of important properties getting damaged.

Conclusions

The design project ARFIBOT: Arduino Based Firefighting Robot was

able to detect the presence of fire, check the temperature rate of the area and the presence of smoke. The ARFIBOT was able to eliminate the flames until the area is cleared out of fire and able to send an early notification to the user of the device.

Recommendations

The objectives of this paper have been achieved; however, the design of this device is extensible, and improvements can be added for its further development. For the future researcher, we would recommend using a wider angle and longer detection for flame. The temperature sensor, which is not accurate, we suggest using more advanced technology or components for detecting the rate of temperature. In obstacle avoidance, there should be other components that can help the robot to avoid obstructions. A camera can be more advanced in this part. The body structure of the robot should be changed or upgraded into a lighter material, but it can stand for a longer period of time in a fire. These recommendations are intended for the enhancement of the design project. Several needs and requirements of the clients would be met if these recommendations are considered for the development of the design.

**FEAR AND FATE: THE LIFE STORY OF JEEPNEY DRIVERS
DEALING WITH PANDEMIC**

by

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ABSTRACT

Public transportation drivers in the Philippines, namely Jeepney drivers, are among those who have been greatly affected by the COVID-19 pandemic. Along with lockdown implementation, it became difficult for Jeepney drivers to get passengers. Moreover, when the transport was halted and people started staying inside their houses, it became hard for them to earn enough money to feed and support their families. Thus, affecting them financially, mentally, emotionally and other aspects. This study aims to determine the challenges that the Jeepney drivers encountered during the pandemic, how they coped with those challenges and what government services are offered to Jeepney drivers. Furthermore, the researchers utilized descriptive qualitative research in which methods were used to answer questions about the experiences, meaning and perspectives of Jeepney drivers. After gathering data, the researchers used thematization to analyze the data. It revealed that Jeepney drivers suffered a lot during the pandemic, concerning their income and well-being. Some Jeepney drivers struggled to live and make a living in this pandemic. However, most of them found alternative jobs and said that they would not give up for the sake of their families. It is also shown that there are many different aids given by specific government agencies and these aids or assistance serve as a help to the unfortunate Jeepneydrivers.

Keywords: Jeepney drivers, Income, Covid-19, Experiences

PERCEPTION OF STUDENTS TO MEDIA AND INFORMATION LITERACY AMIDST PANDEMIC

by

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ABSTRACT

One of the repercussions of the worldwide health crisis, COVID-19, is the rampant increase and spread of fake news and misinformation all over media sites. This highlights the significance of the literacy of people when it comes to understanding, analyzing and sharing information through various media. This study aims to determine the student's perception of Media and Information Literacy during this pandemic, and identify different ways and effective and responsible engagement with the media and information. This study utilized Qualitative Descriptive as research design and gathered data through online questionnaires. The researchers used thematization to categorize responses to different themes. The results show that students perceive MIL as : a skill for comprehension, analysis and judgement, essential for media and information responsibility, and an effective way in stopping the spread of fallacies. The students also showed mixed feelings regarding its efficiency, viewing it as a necessity but also liable for the immense amount of fake news. Furthermore, to engage effectively, being skeptical and vigilant, always researching further, self assessment and reflection, sharing and spreading information and educating other people are few of the methods. This study recommends connected research regarding media and information education being a learning competency.

Keywords: Media, Information, Literacy, Perception, Engagement

HEALTH PROTO-CURSE?: SENIOR HIGH SCHOOL STUDENTS' PERCEPTION ON VACCINE AND PHILIPPINE HEALTH PROTOCOLS

by

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ABSTRACT

The onslaught of COVID-19 undeniably spelt uncertainty, with change becoming the central theme worldwide. As an intervention, health protocols were implemented, employed as the world awaits a reliable vaccine. With these trends, this study sought to determine the: (a) perspective on the current Philippine Health Protocols and (b) factors that affect the culture of Vaccine Confidence and Hesitancy among students of LORMA Colleges Senior High School. Herewith, this qualitative—descriptive study gathered data from 30 students from the localities of San Juan, Bauang, and the City of San Fernando through an online structured questionnaire. The accumulated data was then analyzed through thematization, and a total of 10 distinct themes were identified, revealing a divide and variation in perspectives of the respondents. Locals were shown to have heightened awareness, reasoned obedience, are occasionally inconvenient, and call for reform to the current protocols in La Union. Meanwhile, vaccine Confidence was determined to be mainly influenced by the desire for individual immunity and mass security, and familial testaments. Ultimately, vaccine hesitancy is ascertained to be shaped by fear of side effects and reaction, mass media, and recent events. Despite differences on perceptions, local students still join hands with the world in ending this health crisis.

Keywords: COVID-19, Health Protocols, Vaccines, Confidence, Hesitancy

PART I - STUDENT RESEARCHES

**CATEGORY : Quantitative
Researches**

**AWARENESS LEVEL AND INTERVENTIONS OF PARENTS ON THE RISKS
OF EXCESSIVE EXPOSURE OF THEIR CHILD TO GADGETS
IN CATBANGEN SAN FERNANDO CITY, LA UNION**

by

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ABSTRACT

Gadgets are one of the most fascinating objects conceived by humankind. These objects help individuals of all ages to make the impossible possible. Just like the other hobbies, activities and the like out there, excessive utilization can bring negative effects on the user, especially for children who are more prone to the adverse effects of such gadgets. Awareness of the effects of gadgets on one's health is important to minimize the risk of having an individual suffering from any of these effects.

This study aims to determine the awareness level and interventions of parents in regards to the risks of excessive exposure of their child to gadgets.

This study uses the correlational method of research. A structured questionnaire was floated and was directly disseminated to the respondents. The data was manually tallied. Weighted Mean (WM) was used to determine the level of awareness and interventions used by parents. The Pearson correlation coefficient method was used in determining the significant relationship between the level of awareness and intervention.

Parents are aware of the negative effects that can be induced by gadgets on the physical, mental, emotional, and social health of the child. Parent's primary management is setting a time limit on using gadgets, while their primary intervention is confiscation. The result shows that there is a significant relationship between parent's awareness level and the intervention used by the parents.

This study concluded that there is no balance in the parent's awareness level on the effects that can be induced by gadgets on all of the child's health on the children. As such, parents are only focused on certain negative effects, which in turn cause interventions for preventing that specific negative effect from happening.

Keywords: Awareness Level, Intervention, Management, Gadgets

**A CORRELATIONAL STUDY ON THE LEVEL OF PREPAREDNESS
AND LEVEL OF PERFORMANCE OF STUDENT NURSES
TO FLEX-ON LEARNING**

by:

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ABSTRACT

The Covid-19 pandemic caused an immediate shift of teaching-learning methods in colleges and universities around the world. It also challenges the capability of nursing students to become flexible in terms of their preparedness, which affects their performance in continuing higher education programs.

Researchers used a quantitative-descriptive method. The population size of 303 respondents is chosen randomly from each section of level 1 to level 4, including students that are currently taking a Bachelor of Science in Nursing under flex-on learning at Lorma Colleges SY: 2020-2021, any gender, international or local students, and enrolled students staying abroad. Excluding students in the modular learning system, not under flex-on learning, not enrolled, working, and postgraduates. The sampling used was Slovin's Formula. Data was collected using researcher-made questionnaires through the use of Google form. A reliability test using Cronbach's alpha and validated by the research experts, computed each response's average weighted mean. Pearson's correlation was utilized in determining the relationship between the level of preparedness and level of performance of student nurses towards flex-on learning.

As a result, both student nurses' level of preparedness and level

of performance were moderately performed. As the degree of preparedness increases, the performance also increases in terms of the physical, mental, emotional, psychological, spiritual, and financial aspects and vice versa. Pearson's correlation coefficient results show a statistically significant relationship within variables.

The student nurse's willingness is a critical factor for a successful program, and the educator's instructions should be technologically workable and effective for student's preparedness and performance.

Keywords: College, Preparedness, Performance, Student Nurses, Flex-On learning

**EFFECTS OF ONLINE LEARNING TO THE PHYSICAL,
MENTAL AND SOCIAL HEALTH AMONG THE HEALTH SCIENCE
STUDENTS OF LORMA COLLEGES**

by

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ABSTRACT

Due to the Covid-19 pandemic, the learning system in the Philippines was changed to online learning instead of the traditional classroom-based learning. The main objective of this study is to determine the effects of online learning on the physical, mental and social health of the students. The study determined:(1)student-respondent's demographic profile such as sex, course, place of residence and hours spent on online learning per day; (2) student-respondent's levels of effects of online learning on their physical, mental and social health; (3) significant relationship of the demographic profile to the levels of effects of online learning; and (4) proposed measure to prevent the negative effects of online learning to the health of the students. A total of 327 students from different health science courses of Lorma Colleges participated. The gathered data were analyzed and treated using frequency counts and percentages, weighted mean and Pearson r correlation. Results showed (a) the majority are female nursing students, living in rural areas and spending more than 8 hours of online learning per day; (b) the student-respondent's agreed that there are negative effects of online learning on their physical, mental and social health and are neutral on its positive effects; (c) there is a significant relationship between the demographic profile and the levels of effects of online learning to the areas of health; (d) an IEC material – leaflet was formulated.

Keywords: Online learning, Physical, Mental and Social Health, Health Science students

RECOUP PANDAY INDUSTRY OF BANGAR, LA UNION

by

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ABSTRACT

The researchers are Travel and Tour Management students from Lorma Colleges. As Tourism students, they would like to further promote and recoup one of the tourist and historical products and livelihood of Bangar, La Union, which is the Panday Industry, as it is already bygone. The main criteria of the study is the MSME or the Micro, Small and Medium Enterprise because the Panday Industry of Bangar, La Union is a part of it. This study was conducted to determine the extent of assistance provided by the government agencies that support MSME and the challenges that affect the implementation of the government programs for the panda industry of Bangar, La Union. With this being said, the researchers looked upon the level of implementation of government programs in the areas of Production and Operations, Finance and Marketing to the Panday Industry of Bangar, La Union and the major challenges that affect the implementation of government programs and the suggestions of the blacksmiths to improve the way of the implementation of the programs to overcome the challenges.

This study made use of sequential explanatory research design with qualitative and quantitative methods. A quantitative approach is close-ended information. A questionnaire that was distributed to the blacksmiths of Bangar La Union to assess the level of implementation of government programs in the areas of Production and Operations, Finance and Marketing. While the qualitative approach is open-ended information that uses interviews to gather information that was used in the analysis of the challenges of Panday Production Industry in Bangar, La Union and the suggestions of blacksmiths to overcome the challenges Panday Production

Industry in Bangar, La Union and the suggestions of blacksmiths.

This study was conducted in two (2) barangays of Bangar, La Union, specifically in Gen. Prim East and Gen. Prim West. The interview and the questionnaires were asked and distributed to a total number of ninety-nine (99) blacksmiths. The questionnaire was divided into 3 categories, which were Production and Operations, Finance and Marketing. The questions were made and formulated by researchers from the mixed projects and programs of the different agencies of government that support MSMEs.

The level of implementation of government programs in the area of production and operations results in an over-all weighted mean of 1.39 classified as not implemented. The research found that majority of the aspects of the production and operations were classified as not implemented. In connection, it infers that the trainings of Panday's garnered the highest weighted mean of 2.36, classified as poorly implemented due to the fact that some of the blacksmiths attended training and seminar but it only happened once. The government program that garnered the lowest weighted mean of 1.06 is the Assistance of Negosyo Center to help ease the registration process with the rest of the government programs, with the production and operations being classified as not implemented due to the fact that the blacksmiths are not aware, about the programs and the government has challenges in implementing the programs along the production and operations for the MSMEs where the blacksmith industry of Bangar, La Union belong.

While the level of implementation of government programs in finance results in an over-all weighted mean of 1.25 classified as not implemented. This is due to the fact that the banks tend to prioritize larger establishments. In connection, finance garnered an over-all weighted mean of 1.25, which is also because the blacksmiths are not aware of the programs or if they do not know the process and requirements for availing the programs. It infers that the government should look into the MSMEs and give them proper assistance to be able to give awareness and knowledge to the blacksmiths about the said programs. The entitlement of the reduced local taxes and fees garnered the highest weighted mean of 1.51 classified as not implemented. It implies that blacksmiths are not aware of the programs and their criteria or requirements. While the

assistance of refinancing existing debts garnered the lowest weighted mean of 1.13, the rest of the government programs in the finance sector are classified as not implemented. This is also due to the fact that the blacksmiths were not aware of the program and its process and requirements.

The level of implementation of government programs in marketing results in an average weighted mean of 1.85 classified as poorly implemented. The highest ranking is the advertisement tool via word of mouth, which garnered 3.56, interpreted as Highly Implemented, which means that blacksmiths depend on the old customers who are satisfied with the price of the product and its quality to reach, encourage and influence potential customers for better sales. This corroborates with the quotation from a research paper by Jon Tan(2015) which states that "People influence people". While the display of metalcraft during the OTOP event garnered a weighted mean of 2.91, it was classified as Partially Implemented. The advertisement for products through radio garnered a 1.84 weighted mean and the display of metalcraft during the Panday Festivals' 2.60 weighted mean was classified as Poorly Implemented. The lowest weighted mean of 1.13 is the advertisement for products through flyers and the rest of the programs were classified as Not Implemented. In connection, there are some areas under the marketing that are interpreted as not implemented due to the fact that there are problems that hinder its implementation. Therefore, some areas in marketing need to improve and develop more strategies to have an effective business support system.

The summary of the level of implementation of government programs for the Panday Industry of Bangar, La Union garnered a grand mean rating of 1.49, classified as Not Implemented. This indicates that the government programs for SMEs, specifically for the Panday Industry of Bangar, La Union are not well implemented because of the hindrances that need to be improved and developed to be able to help the blacksmiths, for a better panday production and to recoup the panday industry of Bangar, La Union. The marketing showed the highest rating of 1.85, classified as Poorly Implemented. This implies that some of the areas under the marketing are executed effectively. While the production and operations showed a rating of 1.39, it was classified as Not Implemented. This implies

that the areas under production and operations need to be expanded, improved and developed to be able to help the blacksmiths to be more productive for better panday production. Lastly, Finance garnered the lowest rating of 1.25, classified as not implemented.

The responses of the blacksmiths when asked about their opinions about the major challenges that affect the level of implementation of government programs to the Blacksmith “Panday” industry in Bangar, La Union in the areas of production and operations, finance and marketing are lack of information, unawareness of the programs, least priority and inadequate marketing strategy.

The recommendations of the blacksmiths of Bangar, La Union to develop the level of implementation of government programs in the areas of Production and Operations, Finance and Marketing focused on supplying information and equal treatment. Based on the findings of this research, a tourism development plan was formulated. It will serve as a guide that can help the blacksmiths recoup the blacksmith industry of Bangar, La Union and how the tourism industry can help. The proposed tourism development plan has four parts, which are the tourism development plan along with the Production and Operations, Finance, Marketing and the major challenges that were assessed by the blacksmiths.

Keywords: Production and Operations, Finance, Marketing

**IN-VITRO NEUTROPHIL PHAGOCYtic EFFECTS OF CACAO
(*Theobroma cacao*) STEM BARK ETHANOLIC EXTRACT**

by

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ABSTRACT

Neutrophils modulate the immune system through phagocytosis. Plant extracts have been commonly investigated due to their immune-controlling effects. Merging these concepts, this study aimed to determine the in vitro phagocytic effects of ethanol-extracted cacao (*Theobroma cacao*) stems.

Approximately 1 kilogram of *Theobroma cacao* ICS40 stems were extracted with ethanol and subsequently subjected to phytochemical analysis, de-alcoholization, and dilution. Buffy's coat specimen was extracted from the blood samples collected by one study volunteer. The percent phagocytic capacity and percent phagocytic potential of the extract was tested by treating 500 μ L of buffy coat: 1 mL *E. coli* in NSS suspension (1×10^8 cells/mL) with varying concentrations of the cacao extract (25, 50, and 100 μ g/mL, respectively). No extract was administered to the control tube. The extract's phagocytic potentials were induced by incubating the mixtures at 37°C for 30 minutes. Wright-stained neutrophils ($n=100$) were visualized under oil immersion magnification to determine phagocytic activity and percent stimulation of the different treatments.

The low (25 μ g/mL), medium (50 μ g/mL), and high (100 μ g/mL) concentrations increased the phagocytic capacity (%) ($M= 34.67\%$, 55.33% , and 75.33% respectively), and phagocytic stimulation of neutrophils ($M= 2.73$, 4.98 and 7.17% , respectively) in a concentration-dependent

manner. extract containing the highest concentration had the greatest phagocytic capacity (%) and stimulation.

Our results suggest that (1) the phytochemical compounds present in the cacao stem bark ethanol extract can affect neutrophil phagocytosis in-vitro; (2) different treatments of cacao stem bark ethanol extract on neutrophils tested in- vitro can increase phagocytic capacity (%), and phagocytic stimulation in a concentration-dependent manner; and, (3) there is a significant difference between cacao (*Theobroma cacao*) stem bark ethanol extract on their effect on in-vitro phagocytosis in terms of phagocytic capacity (%) and phagocytic stimulation.

Based on the findings of the study, the cacao stem bark ethanol extract has an immunostimulatory effect as demonstrated by the neutrophil in-vitro phagocytosis assay. Additional studies with larger sample sizes studied under controlled conditions or under functional study approaches must be undertaken to further assess the immunomodulatory potential of cacao stem bark extract.

Keywords : Cacao, Phagocytosis, Phagocytic Stimulation, Phagocytic Capacity, Immunomodulatory Immunosuppressive, Immunostimulatory

INTESTINAL PARASITISM AND ITS DETERMINANT FACTORS AMONG YOUNG CHILDREN IN ISLA PUGANTE, BAUANG, LA UNION

by

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ABSTRACT

In developing countries like the Philippines, intestinal parasitic infections (IPIs) are still common, particularly in children. Parasitic infections persist in rural areas where personal hygiene and environmental sanitation practices are poorly demonstrated. Thus, the objective of this study was to detect the intestinal parasites present in the fecal matter of the chosen population and determine the factors associated with the occurrence of these intestinal parasites.

The study had the participation of young children in Isla Pugante, Bauang, La Union. A structured questionnaire was used and given to their parents to answer in order to gather more accurate responses. The purpose was to identify factors of intestinal parasitism relative to their socio-economic status, food and water intake of their children, and personal hygiene. Stool specimens were collected from subjects and were examined for intestinal parasites using Saline and Iodine wet preparation techniques. Finally, data analysis was done using Statistical Package for the Social Sciences statistical software (SPSS). A multivariate logistic regression analysis was done to determine the statistically significant factors. The P-value of <0.05 was considered as statistically significant.

Our findings revealed that out of 21 young children who had fecalysis, 2 (10%) specimens were positive for *Ascaris lumbricoides*. There were 4 (19%) cases of *Trichuris trichiura*, and 6 (28%) specimens were positive for both *Ascaris lumbricoides* and *Trichuris trichiura*. While, 1 (5%) specimen was positive for *Ascaris lumbricoides*, *Trichuris trichiura*, and Hookworm. In total, there were 13 (62%) out of 21 cases of intestinal parasitism among young children in Isla Pugante. Only 8 (38%) were negative for the result. It was determined that the significant factors that contribute to the Intestinal Parasitic Infections (IPIs) of the children include family members with 6-10 members in the household (RR = 1.4583, 95% CI: 0.8183 - 2.5989; P-value: 0.026), 6th grade or less as a level of education completed by their mother (RR = 2.500, 95% CI: 0.4946 - 12.6354; P-value: 0.000) and father (RR = 2.500, 95% CI: 0.4946 - 12.6354; P-value: 0.000), eating raw vegetables (RR = 5.0000, 95% CI: 1.3969 - 9.6246; P-value: 0.008), not practicing handwashing before and after eating (RR = 1.7600, 95% CI: 0.8586 - 3.6076; P-value: 0.009), handwashing after using the toilet (RR = 3.6667, 95% CI: 1.3969 - 9.6246; P-value: 0.000), and handwashing after playing outside the house (RR = 1.5714, 95% CI: 1.0053 - 2.4564; P-value: 0.000) respectively.

Keywords: Young children; Intestinal Parasitic Infections (IPIs); Polyparasitism

PART I - STUDENT RESEARCHES

Poster Paper Presentation

ON-THE JOB TRAINING: EXPERIENCES OF PARAMEDICAL INTERNS OF LORMA COLLEGES ON HOME BASED INTERNSHIP

by:

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ABSTRACT

On-the-job training is part of a college program that seeks to educate and teach students about jobs and potential future careers. Due to the present new normal situation of our country and the non-face-to-face classes, students from elementary to college are on their online classes. The COVID 19 pandemic has drastically altered the global environment. In like manner, the continuation of the educational system is an equally important thing that the government must attend to. As online learning continues to grow, it is important to investigate the overall experience of students in online learning. Understanding students' perspectives on their online classes or programs moves beyond the sole question of student satisfaction to more nuanced questions about how factors inside and outside a classroom impact the online classroom.

This study aims to determine the experiences of the Paramedical Interns of Lorma Colleges on their Home-based Internship. Methodology: This uses a qualitative-descriptive method of research. An open-ended question was disseminated directly to the respondents through interview. The data collected was coded, themed, analyzed, and interpreted with the use of thematic content analysis.

The researchers came up with seven major themes that were

formulated: Educational Changes, Learning Strategies, Instructor In (accessibility), Stumbling block, Psychological Effect, Edge of Online Internship, and Motivation. It revealed there are several factors that influence the experiences of the participants and some coping mechanisms for these.

The researchers discovered that several factors influence the student's experiences, such as internet connection, hectic schedules and compromised learning. Students must comply in every activity that was sent by their instructor. Students must also balance school and family, to manage time and to comply with all school requirements. This study concludes that home-based internship needs improvement in order to address some factors that influence the experiences of the interns.

Keywords: On the Job Training, Experiences, Interns, Online Classes, Home-base

**THEORETICAL MODEL DEVELOPMENT OF NURSING STUDENTS'
ACADEMIC SUCCESS: A GROUNDED THEORY DESIGN
DURING THE PANDEMIC**

by

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ABSTRACT

The crisis in the world, established by COVID-19, has demanded fast changes in nursing education. With the intent of improving the academic success of nursing students, related factors need to be better understood.

This study aims to present academic success in nursing students of Lorma Colleges amidst the pandemic. This study employed a Straussian grounded theoretical design. A semi-structured interview was used to gather data prompts using the platform of the internet. The findings concluded that achieving academic success must have these categories such as roles, competencies, skills, and challenges that aid a nursing student's journey. These roles, challenges, competencies and skills were the ingredients for the development of JELGA's Model of Successful Nursing Student in the Pandemic. Categories given by the researchers can help the student nurses to improve and identify what they need to enhance their skills and performance during online classes.

The researchers recommend the introduction of virtual reality simulations that can be integrated into the curriculum to enhance the effectiveness of lifelong learning. Furthermore, future researchers can also work with similar data to use it with a larger sample size and have a more comprehensive geographical location. It would also lessen the overall bias.

Keywords: COVID-19, Academic Success, Perceived Challenges, Roles, Skills, Competencies

NURSES AS FRONTLINERS IN THE FIGHT AGAINST COVID-19

by:

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ABSTRACT

Since its rapid global spread from 2019, coronavirus has placed a significant burden on nurses by exposing them to stressful environments with overwhelming challenges in their daily battle against it. This study aimed to explore the lived experiences of nurses as frontliners in the fight against COVID-19. Mounting studies discussed the well-being of nurses in a quantitative manner, and very little attention was directed towards highlighting their lived experiences.

The study adopted the qualitative-phenomenological design, and an in-depth semi-structured interview guide was used to collate necessary information from the participants about their life experiences during their management of care for patients.

Three major themes emerged from the data analysis of the responses using Colaizzi's approach— 'Facing Rona's Brunt,' 'Prevailing Spirit,' and 'On the Inside.' The first theme reveals the nurses' experiences with personal protective equipment, workload management, patient deaths, and discrimination. The next exemplifies the positive and negative intrinsic experiences that the nurses had. Lastly, the third theme showcases their coping experiences, which displayed the varying ways of how they managed their lives as frontline nurses during the pandemic.

The nurses demonstrated outstanding professional efforts and

sacrifices in battling this crisis to overcome difficulties amidst insufficient or unavailable needed resources. Hence, comprehensive support must be provided to safeguard their well-being to continue their noble service in combating and eliminating this illness in our respective communities .

Keywords: COVID-19, Frontliners, Lived Experiences

TURNING THE CORNER: ACADEMIC RESILIENCE AMONG MODULAR LEARNERS

by:

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ABSTRACT

With the spike of Covid-19 in the country, it has brought many changes that the community is not prepared for. Education, specifically, is one of the changes that has challenged the system escalating quickly from traditional to online learning. Hence, this study delved into how the change in the education setting impacted students, especially among modular learners. Specifically, this thesis aspired to unravel the unmentioned non-academic and personal factors possibly affecting the academic resilience of modular takers and their coping strategies to overcome them. To suffice the needs of this academic endeavor, a descriptive quantitative research design, random sampling and thematization were used. In addition, to gather relevant and accurate data from the participants of this study, respondents were invited for an online interview through phone calls and messages. With the chosen locality in Urbiztondo, San Juan, La Union, it revealed that time management, pressure, difficulty in independent learning, poor internet connectivity, loss of motivation, pressure and the competing war between household priorities versus their studies are the leading struggles encountered. Consequently, emotional encouragement, intrinsic motivation and the influence of observed hard work were employed to successfully overcome the mentioned challenges. In conclusion, the researchers determined that even the youth were able to practice resilience despite numerous adversities encountered.

Keywords: Modular learning, Coping mechanisms, CoVid-19, Distance schooling

THE FACTORS THAT INFLUENCE THE PRODUCTIVITY OF STUDENTS IN THE CONTEXT OF ONLINE LEARNING

by:

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ABSTRACT

Amidst the pandemic, educational institutions were forced to shift from face-to-face learning to online learning. This immediate change in the students' learning modality has affected their productivity in accomplishing school activities, as there have been significant changes in the educator's style of teaching and the students' learning atmosphere. With this, the current study aims to identify the factors that influence the productivity of students in the context of online learning and reveal different coping strategies that can help students boost their efficiency. Using an online questionnaire, the researchers were able to acquire suitable data for this descriptive qualitative study. By thematizing the gathered information, results revealed that the students' productivity in online learning is affected by their learning environment, the positive reinforcement they receive from family and friends, and their academic behavior. The findings of the current study showed the significance of keeping these factors in check to properly monitor productivity in online learning. Additionally, the results demonstrate different strategies to boost productivity. This includes proper task and time management, discarding distractions, and focusing on personal goals. Among the study's recommendations for enhancement is to widen the scope of the study, to gain more reliable and credible results.

Keywords: Education, Factors, Online Learning, Productivity, Students

**CHALLENGES ENCOUNTERED BY LEVEL II RADIOLOGIC TECHNOLOGY
STUDENTS OF LORMA COLLEGES AMIDST THE IMPLEMENTATION
OF FLEXON LEARNING**

by

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ABSTRACT

The abrupt shift in the learning system has let the members in the higher institutions raise their concerns about the shortcomings of online classes, as stated by Bao (2020). These lead to barriers or challenges that occur to the students in attempts to learn as effectively as they do on a face-to-face learning set-up.

This study aimed to determine and investigate the challenges and coping strategies of Level II Radiologic Technology students of Lorma Colleges.

A semi-structured questionnaire was floated using Google form. Descriptive statistics were used to determine the challenges and coping strategies. In measuring the relationships between the two variables, Pearson Coefficient Correlation was utilized.

The challenges are as follows: household chores (4.10) in intimate relationship with family; meals (4.00) in financial status; workload (3.95) in professional connections; and internet connectivity (3.50) in technicalities.

The coping strategies are as follows: engaging in active communication with family (3.80) in intimate relationships with family; thriftiness (3.88) in financial status; time management (3.51) in professional connections; and searching on Google or watching tutorials on YouTube for a guide on technicality (3.53) in technicalities. The R-value of the two variables is 0.51.

The students encounter household chores, meals, workload, and internet connectivity as challenges. In response, students engage in active communication with family, thriftiness, time and search on Google or watch tutorials on YouTube for a guide on technicalities. There is a significant relationship between the two variables.

Keywords: Challenges, coping strategies, flex-on learning

SOURCES OF STRESS AND THE COPING STRATEGIES USED BY THE RADIOLOGIC TECHNOLOGY STUDENTS OF LORMA COLLEGES

by

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ABSTRACT

The entire world is currently dealing with the COVID 19 pandemic. Betterly, all schools in the Philippines are opting for online learning, and practically all families are dealing with various challenges; the level of stress students are experiencing has increased. The researchers conducted this study because they believe recognizing one's stresses is the first step toward successful stress management.

This study determined the sources of stress and strategies used by the Radiologic Technology students of Lorma Colleges.

The 114 students from the College of Radiologic Technology were chosen as respondents for this study. Collected and obtained data from the floated survey questionnaire were interpreted through the use of a weighted mean. The T-test was used in determining the significant difference in the perceived sources of stress in terms of sex, and for the year level, the researchers used an ANOVA. Pearson's Correlation Coefficient was used to determine the significant relationship between the primary sources and coping strategies.

The primary source of stress of the Radiologic Technology students of Lorma Colleges was the personal domain. The main coping strategies used by the students were apologizing or doing something to make up for the mistakes. Conclusion: This study concluded that students were slightly and moderately affected by the main sources of stress. The students are also moderately coping with stress.

Keywords: Sources of stress, Coping strategies, Stress management, Radiologic Technology students

COVID-19 PANDEMIC: ITS IMPACT ON THE MENTAL HEALTH OF FIRST YEAR NURSING STUDENTS OF LORMA COLLEGES

by

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ABSTRACT

With the emergence of the COVID-19 pandemic, students' mental health has been an alarming concern with a compelling number of students experiencing psychological distress all over the world.

This study seeks to determine the extent of impact of the COVID-19 pandemic on the mental health of first year nursing students, their level of coping in response to the COVID-19 pandemic, the significant relationship between the extent of impact of the COVID-19 pandemic on the mental health of first year nursing students and their level of coping in response to the COVID-19 pandemic, and the health measures that can be proposed to enhance their mental health.

This study utilizes a descriptive method and used a questionnaire to explore the impact of the COVID-19 pandemic on the mental health of first year nursing students at Lorma Colleges. The respondents are first year nursing students currently enrolled in Lorma College. A sample of 233 students was selected using a simple random sampling technique.

Based on the results of the study, the first year nursing students are showing moderate signs of depression, anxiety, and stress amid the pandemic. In addition, the results also showed that they have a high level of

coping in response to the COVID-19 pandemic. The proposed health measures to enhance the students' mental health consist of interventions that can help the students cope during the pandemic which includes healthy lifestyle practices that can be easily adapted by the students .

Keywords: COVID - 19 Pandemic, Mental Health, Level of Coping, Depression, Anxiety, Stress

TRADITIONAL LEARNING AND NEW NORMAL LEARNING: A COMPARATIVE STUDY

by

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ABSTRACT

COVID-19 has made a huge impact on students' learning. The students switched from traditional learning held in the classroom, to new normal learning conducted online. Students find these changes made learning difficult. This comparative study determined the effectiveness of traditional learning and new normal learning among the third-year nursing students of Lorma Colleges. This research discovered the differences between the two learning in terms of learning strategies, teaching strategies and learning materials.

Collected and obtained data from floated survey-questionnaires were interpreted using the weighted mean and ANOVA. 148 students from the third-year College of Nursing were chosen as respondents for the study using the Slovin's formula. Results show that traditional learning is more effective than new normal learning. There was also a significant difference between traditional and new normal learning in terms of the learning strategies, teaching strategies and learning materials.

The most effective learning strategy in traditional learning is keyword mnemonic, demonstration of the teaching strategy, and textbook as the most effective learning material. Distributed practice is the least effective learning strategy, independent study for the teaching strategy, and the computer is the least effective learning material.

For the new normal learning, the most effective learning strategy is rereading, demonstration for the teaching strategy, and textbooks and audiovisual aids are the most effective learning materials. The least effective learning strategy is cooperative learning, independent study for the teaching strategy, and e-books are the least effective learning material.

The results show that traditional learning is more effective than new normal learning. A further research study may be conducted .

Keywords: Traditional Learning, New Normal Learning, Learning Strategies, Teaching Strategies, Learning Materials

PSYCHOLOGICAL PREPAREDNESS OF STUDENT NURSES ON THE THREATS OF COVID-19

by

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ABSTRACT

The surge of the Covid-19 greatly affected many lives around the world especially the nursing sector, and as its enormous and palpable effects are inflicted, the psychological preparedness of the student nurses remains unknown. This study aims to determine the level of psychological preparedness of student nurses and the measures that can be proposed for the enhancement of the level of psychological preparedness in the threats of Covid-19.

Thus, the researchers carried out a quantitative-descriptive study using the Psychological Preparedness for Natural Disaster Scale and distributed it to all levels of nursing students at Lorma Colleges through Google form with a total sample of 299 students that were chosen randomly. The researchers modified the research tool to ensure particularity and specificity to a nursing student's psychological preparedness. The Research tool was validated by professionals and undergone excellent reliability test results.

The study finds that the student nurses are very prepared for managing the threats of the covid-19 disease. This indicates the presence of knowledge related to health protocols and standard measures, trainings to

increase awareness and experiences in covid-19 among student nurses. The respondents understand the process of how viral infection enters the human body through different transmission processes. The researchers extended the measures to enhance the student nurses' psychological preparedness especially in creation of forums, seminars, and trainings, formulation of information-education materials, establishing support groups and partnership with local councils, and initiation of daily location records and emergency hotline lists.

Keywords: Psychological Preparedness, Student Nurses, Covid-19 Pandemic, Threats, Measures to Enhance

**LEVEL OF EFFECTIVENESS OF CUSTOMER SERVICE OF TIFFY SHOP FOR
ONLINE BUYERS AND ONLINE SELLERS IN SAN FERNANDO, LA UNION**

by

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ABSTRACT

Customer service is meeting the needs and desires of a customer. It helps gain higher profits from sold products. Quality and customer service present a strong barrier against competition; it ensures customer loyalty, helps differentiate a product, decreases marketing costs, and increases company profit.

This study seeks to find the level of effectiveness of customer service to the online sellers and online buyers of Tiffy Shop. After a thorough data gathering, analysis, and evaluation, the researchers made a marketing plan which was focused on improving the customer service of the shop fit for the customers' preferences.

The importance of this study is to assist small scale businesses like Tiffy Shop to adapt and continuously improve customer service that can satiate the expectations of the customers.

PART II

PROFESSIONAL RESEARCHES

FLEXON LEARNING IN LORMA COLLEGES DURING COVID-19 PANDEMIC

by:

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ABSTRACT

The Covid-19 Pandemic was an unforeseen event that did not prevent Lorma Colleges from its mission to deliver quality and high standard instruction. FlexOn Learning is a purposeful approach designed to connect with students and engage in learning beyond the classroom and school atmosphere.

This study evaluated the FlexOn Learning implemented by Lorma Colleges to continuously deliver instruction despite the COVID-19 pandemic. It specifically investigated students' perspectives towards the instructors, the evaluation of students on the class materials, and the level of agreement of the students on the preparations for FlexOn learning.

A descriptive research design was used with a researcher-made questionnaire as the main data gathering tool. The questionnaire was administered to all students of Lorma Colleges using the google form. The average weighted mean was the statistical treatment employed.

The students agreed that the instructors stimulated their interest in the various courses wherein they are well-prepared and organized for the online classes. The instructors were clear in giving directions and explaining what to expect in the assignments and exams. Instructors manage the

classes well – both in synchronous and asynchronous sessions. The instructors are creative in developing the activities and lessons.

Students agreed that course descriptions accurately described the course content, where online class materials were presented clearly and constructively. The course guide was organized and introduced the course topics, schedule, and assessment understandably. The learning materials were easy to use and were accessible. Lastly, the audio and visual presentations were good in quality.

The students agreed that they are technically and academically prepared for an online class with their confidence to submit all the requirements on time. However, neither of them agrees that they are motivated to learn by using online and if it is easy to navigate through the online program.

Therefore, it is recommended that the instructors continue to attend training, particularly on the creative presentation of lessons and activities. Continue to engage with learners online - video conferencing, real-time (synchronous), and discussion forum (asynchronous) communications, along with collaboration and social media tools. Continue to provide a supportive environment, extend flexibility, be more patient in attending to students' queries, and improve learning materials. Moreover, considering feedback is always a valuable tool for assessing the extent of learning, monitoring students' progress, and identifying when they need further support. Finally, Lorma continues its support of faculty webinars, training, and technology support. HyFlex learning is a new development.

Keywords: FlexOn Learning, COVID-19 Pandemic, Students' Perspective, Students' Evaluation, Class Materials, Students' Preparedness

THE COLLEGE OF BUSINESS OF LORMA COLLEGES FLEXON LEARNING: AN INPUT TO MANAGING EDUCATION IN THE PANDEMIC PERIOD

by

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ABSTRACT

One of the major disruptions was that the COVID-19 pandemic is hitting hard the educational system of countries. Closures of schools, colleges and universities are called due to public health decisions, community legislative restrictions and international policies. The pandemic created a great divide in learning methods between the rich and the poor students. Digital learning through the use of hardware and software is seen in the richer countries while the use of distance learning through teacher made printed materials and books are seen in poorer countries. Nevertheless, education must be universal. Refat Sabbah, Global Campaign for Education President added, “we must join in collaboration with governments and world leaders to find appropriate solutions and mitigating measures to ensure the right to education throughout these challenging times.”

The study made use of descriptive research design specifically, “survey (Phase i) and re-survey (Phase II)”. The questionnaire was the main tool in gathering data which was done through Google forms.

The study found out that the College of Business of Lorma Colleges students’ main gadget in “FlexOn Learning” was smart phones loading them periodically for mobile data for internet use. The students perceive their instructors as effective and efficient in managing their classes and that class materials are accurate, clear and constructive. The students claim that they are prepared for online classes, academically and technically. It was noted though that the students are not motivated to learn through online mode. On the part of the teachers, there was no problem in structuring their course guides, course contents and organizing their online materials. They find ease in using learning materials and they are technically prepared and

motivated. They are also confident in delivering their lessons online. Based on the findings, the researcher recommends the following: Since traditional face to face is impossible for the first semester, 2020-2021, "Flex-On Learning" mode is highly recommended". Mobile phones are the main gadgets of students for online learning therefore activities and software used by teachers should be compatible with such devices. Teachers perceive themselves as technically prepared and confident in teaching online but the researcher believes in continuous learning. Seminars or trainings for updates in creative ways of teaching is recommended.

Keywords: Flex-On Learning, Covid-19 Pandemic, Digital Learning, Hybrid Learning, Flexible learning

CHOSEN BUT NEVER AN OPTION: INTERNS OF LORMA COLLEGES PERSPECTIVE IN PURSUING RADIOLOGIC TECHNOLOGY PROGRAM

by

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ABSTRACT

Radiologic technology career is a baby booming profession. It is an intriguing and exciting part of the medical field since it involves not only limited to anatomical, physiological, and theoretical knowledge about the human body but also technical skills in manipulating high-tech machinery while maintaining patient care. The demand in this profession is significantly increasing, but the level of awareness for this profession is still low.

This study aims to determine the factors that made Radiologic Technology Interns pursue Radiologic Technology Program despite, the course was not their choice but a choice made for them.

This uses the descriptive method of research. A semi-structured questionnaire was floated using google form. The data were then tallied. Percentage counting was used in determining the factors and traits of the radiologic technology course. T-test was used in determining significant differences.

There are 42% of the interns chose to pursue radiologic technologists because they plan to work overseas, and 50% believed that radiologic technology plays a great role in the health care team. General radiography was the modality that is most interesting to the interns. The result shows no significant difference in choosing modality between males and females, junior and senior interns.

This study concluded that the respondents tend to appreciate and pursue a radiologic technology career despite not choosing the radiologic technology profession. The professional leads them to a reasonable opportunity abroad and deciding which specialization or modality they intend to handle depends on their interest and not on salary.

Keywords: Radiologic Technology Program, Radiologic Technology Interns, Profession

**PHYTOCHEMICAL STUDIES AND MEDICINAL USES OF
PLANTS INDIGENOUS TO BRGY. AROSIP, BACNOTAN, LA UNION**

by:

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ABSTRACT

Traditional herbal plants were the first medications used in providing potential health benefits, but as time flew and as technology advanced, people started losing their knowledge of herbal medicines. The utilization of synthetic drugs was being practiced more than that of natural medicines. Traditional medicine has been used and practiced since ancient times in almost all cultures throughout the world. It has been a fundamental part of human development and evolution. The traditional knowledge held by communities plays an important resource that should be conserved or preserved.

The present study documented different plants available at Barangay Arosip, Bacnotan, La Union. The said barangay was one of the lucky recipients of Lorma Colleges for their Extension activities. Arosip is a barangay in the municipality of Bacnotan in the province of La Union. There were fifty-one (51) plant species identified from the two sitios of Brgy. Arosip, Bacnotan, La Union. Predominant families include Lamiaceae, Fabaceae, Euphorbiaceae, Apocynaceae, Caesalpinaceae, Euphorbiaceae and Piperaceae.

Based on literature review, the identified plants have a wide range of indications, which include but is not limited to the following: antibacterial, antimicrobial, analgesic, antioxidant, acaricidal,

anti-inflammatory, antifungal, anti-ulcer, antispasmodic, anthelmintic, antimotility, wound healing, antidiabetic, mosquito repellent, antidiarrheal, antihyperlipidemic, diuretic, gastroprotective, cardioactive, hypotensive, neuroprotective, immunosuppressive, hepatoprotective properties. Ethnobotany may also prove an important tool in the search for new pharmaceuticals. This survey of medicinal plants located in Barangay Arosip and their medicinal uses based on the constituents' present gave information on the importance of the different plants and its medicinal value. The Barangay houses various plants that are considered to be important sources of new pharmaceutical products.

Keywords: Medicinal plants, Ethnobotany, Phytochemical studies

**AWARENESS OF SENIOR HIGH SCHOOL STUDENTS OF
LORMA COLLEGES TO PHYSICAL THERAPY**

by

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ABSTRACT

The study determined: (1) student-respondents' demographic profile; (2) student-respondents' level of awareness of Physical Therapy; (3) significant relationship between the student-respondents' level of awareness of Physical Therapy and profile; (4) measures to improve the level of awareness of the student-respondents to Physical Therapy.

Quantitative descriptive-correlation design was employed. 120 Senior High School students of LORMA Colleges of School Year 2019-2020 under STEM and HAS tracks responded. The adopted questionnaire was used. Data was analyzed through frequency counts, percentages, and Pearson's *r*.

The Results showed (a) majority are adolescent females, and have parents who are college graduates and majority are Overseas Filipino Workers; (b) people are generally aware of Physical Therapy; (c) relationship between level of awareness of Physical Therapy and profile is not significant except for sex; (d) measures to increase awareness to Physical Therapy was formulated.

Keywords: Level of awareness, Physical Therapy, Senior High School students

**ASSESSING STUDENT ENGAGEMENT CCSE STUDENTS IN
UTILIZING GOOGLE CLASSROOM LEARNING PLATFORM
DURING COVID – 19 CRISES**

by

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ABSTRACT

The descriptive method of research was applied in the study in which the availability of ICT resources, level of subject difficulty, student engagement via date of submission and participation rate were assessed. The subject of the study included the one hundred seventy-six (176) BSIT, BSCS and BSCpE students of the College of Computer Studies and Engineering of Lorma Colleges who are currently enrolled in this 2nd Semester 2019 – 2020 and are currently utilizing Online Alternative Remote Learning using Google Classroom. The data gathered was treated with mean, median and ANOVA.

It was concluded that the majority of CCSE students have computing devices such as desktops, smartphones, tablets and laptops. The 57.39% utilizes laptop which conforms with the 58.74% completion rate. This implies that those who completed the course most likely have laptops. Also, those completers utilize Mobile Data (55.68%) to submit their requirements. The difficulty of a subject does not necessarily affect the submission of students. It was found out that students tend to comply with their requirements on the remaining days before the due date. Thus, it means fewer students tend to submit the requirements as early as possible. CCSE has a completion rate of 58.74% or nearly 3 in every 5 students completed their course requirements. The First Year - Computer

Engineering students recorded the highest completion rate of 78.89% while in the contrary First Year - Information Technology / Computer Science students recorded the lowest completion rate of 39.57%. The difficulty of the subject does not signify the student's response/engagement to the subject. It does not imply that if the 7 subjects are difficult, they will do it first. Considering that the Online Alternative Remote Learning (OARL) has been conducted for six weeks. Using a 95% confidence interval, the number of days that the students will respond will be between [-21.38, 64.91] days. The negative 21.38 days will mean that the requirement is already 21 days overdue, while the 64.91 days will mean that the requirement has been submitted two months before the due date. With this, there is still a 24.78% or almost 1/4 chance that the students will not finish the OARL. The measures suggested are anticipated to assist the faculty members in maintaining the student engagement in OARL mode.

EMOTIONAL AND SPIRITUAL STATUS OF LORMA PARAMEDICAL STUDENTS DURING COVID-19 PANDEMIC

by

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ABSTRACT

The interconnectedness of the various dimensions of the human person is recognized. During this time of COVID-19 pandemic, attention is primarily focused on the emotional and spiritual aspects to better prepare the paramedical students for the learning environment during the “new normal”.

The study found that the paramedical students of Lorma Colleges can handle their emotions carefully. COVID-19 pandemic has alerted them more and motivated them to respond appropriately as they remained calm and optimistic. The students have achieved a level of strength and determination from their deep faith and belief in a more Supreme Being, no other than Almighty God. Various problems were identified relative to emotional and spiritual state which can be the basis of the Guidance and Counseling office to devise an action plan to help the paramedical students overcome the situation they are in now.

Keywords: Emotional Status, Spiritual Status, Lorma Paramedical Students, COVID-19 Pandemic

Introduction

Life has never been the same with the occurrence of the pandemic, especially to the patients afflicted with the disease and to the healthcare workers who provide the care.

Healthcare providers need to develop a stronger and better emotional state to avoid emotional, physical, and nervous breakdown. Spiritual strength must be promoted to increase faith as it is recognized that spiritual care is equally important and beneficial during disasters.

With the occurrence of the pandemic, how are these students? Would they continue with their chosen courses? Would they still have the courage to continue with what they have started?

Students are normal individuals that feel the anxiety and fear over the present condition. Anxiety and fear are just two of the most common emotions that these students may develop with the occurrence of the pandemic. According to Kendra (2019), an emotion is a complex psychological state that involves three distinct components: a subjective experience, a physiological response, and a behavioral or expressive response.

It is further explained by Kendra (2019) that emotionality is associated with a range of psychological phenomena, including temperament, personality, mood, and motivation.

This indicates therefore, that emotions greatly affect human behavior. Emotions can have an exceptionally strong influence on human behavior. Such behavior is automatically demonstrated by the individuals because of those emotions.

With this therefore, the authors find it necessary to determine the emotional and spiritual status of the paramedical students so that The Guidance Counselor may prepare a counseling plan to help them overcome whatever difficulty they are facing now. Similarly, the School Chaplain could integrate the output of the study in his institution-wide activity known as “Connectivity” whose main objective is to put a greater focus on each one’s emotional/spiritual well-being, so all can thrive through this COVID-19 pandemic and be ready to return to school at the onset of the new Academic Year.

Methodology

Descriptive research is the method applied in the study. According to McCombes (2019), descriptive research aims to describe a population, situation, or phenomenon accurately and systematically. The ultimate aim of the study is to determine the emotional and spiritual status of Lorma paramedical students during COVID-19 pandemic. It also identified the difficulties encountered by based on the analysis of their emotional and spiritual status which is basis of the Guidance and Counseling Office in preparing a counseling plan to address the problems and ultimately improve the emotional and spiritual status of the paramedical students.

Population and Sampling. The researchers randomly selected 20% of the population of the paramedical programs namely: Nursing, Medical Laboratory Science, Radiologic Technology, Physical and Respiratory Therapy, and Pharmacy enrolled during the 2nd semester of School Year 2019-2020. The researchers were able to retrieve responses from 225 respondents who answered the Emotional Status Questionnaire and 348 respondents who answered the Spiritual Status Questionnaire through the assistance of the Deans of the Paramedical Programs.

Treatment of Data. Average weighted mean was employed to treat the data gathered on the emotional and spiritual status of the paramedical students.

Ethical Consideration. The research protocol was reviewed by the Research Ethics Committee. The researchers made sure that only those who are willing to take part in the research was considered and they are free to withdraw any time without harming their scholastic status in the college or relationship with the researchers. The researchers assured that the study progression does not provide any harm in any way. That any information provided by the respondents will not be accessed or availed by anyone. The identity of the respondents will be secured or remain confidential. The questionnaire contains aspects that are relevant to answer the sub-problems posed in the study only.

Results

Emotional Status along with Anxiety. The emotional status of the 225 paramedical students along with anxiety was determined using the indicators of Depression, Anxiety and Stress Test (DAST) to assesses autonomic arousal, skeletal muscle effects, situational anxiety, and subjective experience of anxious affect.

While it is true that the occurrence of the COVID-19 pandemic caused emotional distress, it is amazing to know that the paramedical students of Lorma Colleges can handle their emotions carefully. This statement is proven by the obtained overall weighted mean of 0.84 which is interpreted as “normal”. This only means that the paramedical students utilize adequately their coping mechanisms, hence the avoidance of anxiety. The presence of the COVID-19 pandemic has alerted them more and motivated them to respond appropriately and rise.

Table 1
Emotional Status of the Paramedical Students along with Anxiety

Indicators	AWM	Descriptive Equivalent
1. I found myself getting upset by quite trivial things	0.78	Normal
2. I was aware of the dryness of my mouth	1.13	Normal
3. I couldn't seem to experience any positive feeling at all	0.83	Normal
4. I experienced breathing difficulty (eg, excessively rapid breathing, breathlessness in the absence of physical exertion)	0.47	Not Applicable
5. I just couldn't seem to get going	0.85	Normal
6. I tended to over-react to situations	1.19	Normal
7. I had a feeling of shakiness (eg, legs going to give way)	0.40	Not Applicable
8. I found it difficult to relax	0.91	Normal
9. I found myself in situations that made me so anxious I was most relieved when they ended	1.37	Normal
10. I felt that I had nothing to look forward to	0.72	Not Applicable
11. I found myself getting agitated	0.78	Normal
12. I was in a state of nervous tension	0.95	Normal
13. I experienced trembling (eg, in the hands)	0.59	Not Applicable
Overall WM	0.84	Normal

Legend: 2.28-3.00 Severe; 1.52-2.27 Moderate; 0.76-1.51 Normal; 0.00-0.75 Not Applicable

Emotional Status along with Stress. The emotional status of the paramedical students based on their stress presents the levels of chronic non-specific arousal. It assesses difficulty relaxing, nervous arousal, and being easily upset/agitated, irritable/over-reactive, and impatient.

The overall findings indicate that the paramedical students were not challenged with stress during the COVID-19 pandemic. This is proven by the computed overall weighted mean of 0.91 with a descriptive equivalent of “normal”.

In a general sense, the paramedical students did not have trouble relaxing, no nervous arousal, and not being easily upset/agitated, irritable/over-reactive, and impatient. In a crisis like the presence of the COVID-19 pandemic, they remained calm and optimistic.

Table 2
Emotional Status of the Paramedical Students along with Stress

Indicators	AWM	Descriptive Equivalent
14. I found myself getting upset rather easily	1.27	Normal
15. I felt that I was using a lot of nervous energy	0.89	Normal
16. I found myself getting impatient when I was delayed in any way (e.g. lifts, traffic lights, being kept waiting)	1.31	Normal
17. I had a feeling of faintness	0.44	Not Applicable
18. I felt that I had lost interest in just about everything	0.91	Normal
19. I felt I wasn't worth much as a person	0.92	Normal
20. I felt that I was rather touchy	0.73	Not Applicable
21. I perspired noticeably (e.g. hands sweaty) in the absence of high temperatures or physical exertion	0.84	Normal
22. I felt scared without any good reason	0.78	Normal
23. I was intolerant of anything that kept me from getting on with what I was doing	0.83	Normal
24. I felt terrified	0.80	Normal
25. I was worried about situations in which I might panic and make a fool of myself	1.19	Normal
Overall WM	0.91	Normal

Legend: 2.28-3.00 Severe; 1.52-2.27 Moderate; 0.76-1.51 Normal; 0.00-0.75 Not Applicable

The message is clear: research must be done in compliance with ethical guidelines. To make this possible, the study strongly suggests that all sponsored research be subjected to peer review prior to publication. Furthermore, researchers must work with research collaborators who have the competence and expertise to manage and track research in research organizations.

More Emotional Status along Depression. The emotional status of

the paramedical students based on depression assesses dysphoria, hopelessness, devaluation of life, self-deprecation, lack of interest/involvement, anhedonia, and inertia.

The general result showed a computed overall weighted mean of 0.75 with a descriptive equivalent of “not applicable”. This means that the paramedical students did not manifest uneasiness or dissatisfaction, hopelessness, weakening, self-deprecation, lack of interest or involvement, anhedonia, and inertia.

Table 3
Emotional Status of the Paramedical Students along with Depression

Indicators	AWM	Descriptive Equivalent
26. I felt sad and depressed	1.01	Normal
27. I felt that life wasn't worthwhile	0.72	Not Applicable
28. I found it hard to wind down	0.72	Not Applicable
29. I had difficulty in swallowing	0.18	Not Applicable
30. I couldn't seem to get any enjoyment out of the things I did	0.69	Not Applicable
31. I was aware of the action of my heart in the absence of physical exertion (eg, sense of heart rate increase, heart missing a beat)	0.81	Normal
32. I felt down-hearted and blue	0.73	Not Applicable
33. I found that I was very irritable	1.09	Normal
34. I felt I was close to panic	0.62	Not Applicable
35. I found it hard to calm down after something upset me	1.00	Normal
36. I feared that I would be "thrown" by some trivial but unfamiliar task	0.79	Normal
37. I was unable to become enthusiastic about anything	0.73	Not Applicable
38. I found it difficult to tolerate interruptions to what I was doing	0.92	Normal
39. I felt I was pretty worthless	0.78	Normal
40. I could see nothing in the future to be hopeful about	0.61	Normal
41. I felt that life was meaningless	0.50	Not Applicable
42. I found it difficult to work up the initiative to do things	0.86	Normal
Overall WM	0.75	Not Applicable

Legend: 2.28-3.00 Severe; 1.52-2.27 Moderate; 0.76-1.51 Normal; 0.00-0.75 Not Applicable

Spiritual Status along Life Perspectives, Purpose, and Goals. Life Perspective, Purpose, and Goals are composed of 7 questions. It measures

the level of personal fulfillment and satisfaction with life felt during a current personal situation and reflects the level of commitment with activities, self-comprehension, and optimism for the future.

The overall weighted mean of 3.64 has a descriptive equivalent of “agree”. This indicates that the paramedical students attained personal fulfillment despite the presence of pandemic. Contentment in life is felt even during these trying times. This is revealed in their ability to complete the remaining portion of the Second Semester of School Year 2019-2020 and manifested in their commitment with online activities that led them in attaining relatively high or passing grades.

Table 4
Spiritual Status of the Paramedical Students
Life Perspective, Purpose, and Goals

Indicators	WM	Descriptive Equivalent
1. Fulfilled and satisfied with life despite pandemic	3.50	Agree
2. Still with a sense of wellbeing about the direction of my life	4.00	Agree
3. More settled with the future now	3.26	Not Sure
4. Life, at this point, is a more positive experience	3.28	Not Sure
5. Feel better about the future	3.28	Not Sure
6. Able to set new and more worthwhile goals	3.89	Agree
7. Learn more as a person	4.29	Strongly Agree
Overall WM	3.64	Agree

Legend: 4.20-5.00 Strongly Agree; 3.40-4.19 Agree; 2.60-3.39 Not Sure; 1.80-2.59 Disagree; 1.00-1.79 Strongly Disagree

Spiritual Status along Lessened Meaning. Lessened Meaning consisting of 7 questions; a scale indicating the loss or decrease in the value and worth of life, in terms of a loss of motivation to perform important functions, a sense of confusion regarding the sense of self and life in general, and the belief that life is a negative experience. The overall weighted mean of 2.76 was gained from the 7 indicators of lessened meaning. This means that the paramedical students are not sure if there is a loss or decrease in the value and worth of their life during this time of the COVID-19 pandemic. They are not sure if they lost motivation to perform important functions, a sense of confusion regarding their sense of self and life in general, and the belief that life is a negative experience.

Table 5
Spiritual Status of the Paramedical Students
Lessened Meaning

Indicators	WM	Descriptive Equivalent
1. Life has lessened meaning	2.70	Not Sure
2. I do not value life as before	2.26	Disagree
3. I enjoy lifeless	2.59	Disagree
4. I get confused as I tried to understand my life now	2.96	Not Sure
5. I do not know who I am, where I came from, or where I am going at this moment	2.87	Not Sure
6. Life is full of conflict and unhappiness	3.14	Not Sure
7. I tend to do things that are not important to me	2.83	Not Sure
Overall WM	2.76	Not Sure

Legend: 4.20-5.00 Strongly Agree; 3.40-4.19 Agree; 2.60-3.39 Not Sure; 1.80-2.59 Disagree; 1.00-1.79 Strongly Disagree

Spiritual Status along with Harmony and Peace. Harmony and Peace are composed of 4 questions; a scale that evaluates the level of inner peace and harmony, personal equilibrium, the experience of an inner feeling that provides happiness, and a positive outlook, which establishes a sense of tranquility, serenity, and comfort.

It can be gleaned from the table that the computed overall weighted mean of 3.48 was obtained which is interpreted as “agree”. This signifies that the paramedical students achieved a personal sense of peace and harmony, stability, happiness, and a positive outlook.

Table 6
Spiritual Status of the Paramedical Students along
Harmony and Peace

Indicators	WM	Descriptive Equivalent
1. I have trouble feeling the peace of mind	3.23	Not Sure
2. I feel a sense of harmony within myself	3.50	Agree
3. I can reach deep down into myself for comfort	3.74	Agree
4. I feel peaceful	3.46	Agree
Overall WM	3.48	Agree

Legend: 4.20-5.00 Strongly Agree; 3.40-4.19 Agree; 2.60-3.39 Not Sure; 1.80-2.59 Disagree; 1.00-1.79 Strongly Disagree

Benefits of Spirituality. The benefits of spirituality which is composed of 5 items that evaluate the level of strength, fortitude, and consolation that religious faith or other spiritual beliefs that fall outside of a traditional religious framework may provide.

The table shows that the overall weighted mean of 3.89 indicates that the paramedical students “agree” to the indicators stated. This means that the students have achieved a level of strength and determination from their deep faith and belief in a more Supreme Being that is no other than Almighty God.

Table 7

**Spiritual Status of the Paramedical Students
Benefits of Spirituality**

Indicators	WM	Descriptive Equivalent
1. Less depression	3.64	Agree
2. Greater psychological well-being	3.70	Agree
3. Pandemic has strengthened faith	4.25	Strongly Agree
4. Decreased fear of death	3.24	Agree
5. Feel secured through God's protection	4.62	Strongly Agree
Overall WM	3.89	Agree

Legend: 4.20-5.00 Strongly Agree; 3.40-4.19 Agree; 2.60-3.39 Not Sure; 1.80-2.59 Disagree; 1.00-1.79 Strongly Disagree

Problems Encountered by the Lorma Paramedical Students Based on the Analysis of their Emotional and Spiritual Status. From the findings along the emotional and spiritual status of the paramedical students, the problems are identified. The problems along emotional status were drawn from the indicators that gathered the lowest weighted mean, while the problems in spiritual status were identified using the indicators with the descriptive equivalent of “not sure”

Problems Related to Emotional Status. Hopelessness, impatience, and irritability were identified as emotional problems of the paramedical students.

Problems Related to Spiritual Status. Inability to approach life properly due to threatening situation, Spiritual Distress related to Situation, Losses/intense suffering, Spiritual Distress related to Challenged Belief and Value System, Inability to reflect on the meaning of events, Feelings of uncertainty related to threat in health status, helplessness, restlessness, and ineffective coping.

Table 8
Problems Encountered by the Lorma Paramedical Students Based on the Analysis of their Emotional and Spiritual Status

Area	Indicator	Identified Problem
I. EMOTIONAL		
Anxiety	"I found myself in situations that made me so anxious, I was so relieved when they ended"	Hopelessness
Stress	"I found myself getting impatient when I was delayed in any way – traffic lights, being kept waiting"	Impatience
Depression	"I found that I was very irritable"	Irritability
II. SPIRITUALITY		
1. Life Perspective, Purpose and Goals	"More settled with the future now" (NOT SURE)	(Emotional Concern) Inability to approach life properly due to threatening situation
	"Life at this point is a more positive experience" (NOT SURE)	Spiritual Distress related to Situation, Losses/intense suffering (due to COVID-19, life is perceived negatively)
	"Feel better about the future" (NOT SURE)	Spiritual Distress related to Challenged Belief and Value System (is an experience of profound disharmony in the person's belief or the value system that threatens the meaning of his/her life)
2. Lessened Meaning	"Life has lessened meaning" (NOT SURE)	(Psychological Problem) - Inability to reflect on the meaning of events
	"I get confused as I tried to understand my life now" (NOT SURE)	Feelings of uncertainty related to threat in health status
	"I do not know who I am, where I came from, or where I am going at this moment" (NOT SURE)	
	"Life is full of conflict and unhappiness" (NOT SURE)	Helplessness
	"I tend to do things that are not important to me" (NOT SURE)	Restlessness
3. Harmony and Peace	"I have trouble feeling the peace of mind" (NOT SURE)	Ineffective Coping due to COVID-19
4. Benefits of Spirituality	"Decreased fear of death" (AGREE)	Spiritual Distress related to Challenged Belief and Value System (is an experience of profound disharmony in the person's belief or the value system that threatens the meaning of his/her life)

**IMPLEMENTING ETHICS IN RESEARCH DURING PANDEMIC:
A QUALITATIVE INQUIRY OF EXCELLENCE**

by:

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ABSTRACT

Ethics in science is a vital component of high-quality research. The phenomenological analysis uncovered researchers' interactions in the field of conducting research for the advancement of science. It selected twelve participants by purposive selection from the general population who met the following criteria: published at least one research report, completed a doctorate degree, at least ten years of higher education experience, at least 40 years old, and signed the informed consent form. A semi-structured interview guide was used to collect narratives. Saturation was observed at the 12th participant. Three major themes emerged from the research: Ethics as a Core of Research, Witnessing Ethics as a Synonym for Poor Quality, and Inviolable Protection from Harm. In order to maintain the consistency and excellence of all research performed during the pandemic, it is recommended that exemplary techniques be established to ensure that all research inquiries are subjected to strict ethical scrutiny.

Keywords: Ethics in Research, Phenomenology, Major Themes, Research Study

Introduction

Undoubtedly, with or without coronavirus-19 (COVID-19) pandemic, ethics continues to be the core in conducting research. In reality, when it comes to accelerating research that improves people's quality of life, the guiding principles of ethics must always be emphasized (Yeoh & Shah, 2020). Indeed, regardless of the circumstances, the position of ethics must continue to shine, as this will increase the quest for knowledge for a better world. Regardless of the dangerous situation produced by the pandemic, information creation through discoveries of treatments, prevention of diseases, and improved ways of living must undoubtedly (Solbakk, et al., 2020) be progressed by impeccable research based on ethical principles.

Every day, the COVID-19 pandemic threatens to erode scientific research's "norms." Organizations are seeing laboratory and clinical studies performed at a groundbreaking speed, producing data in quantities that are somewhat incomprehensible as the world watches the ongoing mission to understand, challenge, and defeat the SARS-CoV-2 virus (Campbell, 2020). However, this is no justification for lowering ethical standards in science.

There are many reasons why it is important to obey ethical standards in science. First, norms encourage research goals such as awareness, fact, and error avoidance. Prohibitions against fabricating, falsifying, or misrepresenting research results, for example, encourage the facts while reducing errors (Resnik, 2020). Furthermore, unlike research performed under normal conditions, studies conducted during an epidemic have unique characteristics⁴: the majority of studies are focused on clinical care, and the goal is to provide relief to those affected by the epidemic rather than achieving universal results. Additionally, research is hampered by a critical shortage of resources and researchers, especially frontline medical personnel and public health practitioners who are responsible for both care and research (Ma, et al., 2020).

The study's aim was to learn about the perspectives of a group of college professors in Philippine higher education institutions who have been conducting research since the COVID-19 pandemic began.

Methodology

The study employed the qualitative-phenomenology as espoused by Edmund Husserl and expounded by Colaizzi. According to Creswell (2013), phenomenology is a qualitative research that focuses on the commonality of the lived experiences within a particular group. The fundamental goal of the research is to arrive at a description of the nature of the particular phenomenon. It involved twelve full-time college professors who are teaching in various HEIs in Region 1. It employed a semi-structured interview to elicit the narratives to form the verbatim.

Population and Sampling. The study recruited 12 study participants who were chosen through purposive sampling with the following inclusion criteria: published at least one research study, doctorate degree holder, at least ten years of higher education experience, at least 40 years old and signed the informed consent.

Data Analysis. The thematic analysis as explained by Wirihana et al., (2018) will be used to present the, experiences, problems and concerns of the school heads of SDO Ilocos Sur on implementing quality education amidst the threat of the COVID-19 pandemic. In the thematic analysis, sub-theme and major themes shall emerge. The process will involve seven steps of Colaizzi are the following: (1) reading transcription, (2) looking for significant statements, (3) identifying the meanings of the statements, (4) looking for the sub-themes, and (5) distilling the major themes from the narratives of the respondents, (6) member checking or validation, and (7) development of conceptual paradigm.

Ethical Consideration. The research employed ethical considerations. The researchers provided complete information to the participants who are researchers such as the purposes of the study, its

benefits and significance in order for them to make an intelligent decision before they participate. Likewise, the researcher promoted comfort and ensure only the best for the respondents (beneficence) and prevent any form of harm and injury. In conducting the data, the respondents were treated equally. Likewise, the identity of the respondents was kept secret and that their answers were not divulged in any circumstance. Likewise, the participants were accorded courtesy and politeness. All information was kept secret at all times. Only the good outcomes were carried out to the participants.

Results

From the narratives of the participants, four major themes emerged: (1) Ethics as a Core of Research, (2) Witnessing Poor Research Quality, (3) Protection from Harm in Inviolable, and (4) The Value of Humans. These are presented with the corresponding sub-themes and significant statements

Major Theme Number 1: Ethics as a Core of Research. The first major theme that emerged from the narrations of the participants pertains to ethics being a core of research.

Ethics as a way of life. Integrity in the conduct of research is an underlying value of a professional life, especially for a nurse. It is a virtue that is part of the fabric of society and is imbedded in the role of a nurse on any research inquiry (Tsoukas, 2017). In table 1, these are manifested in the verbalization of participant 1, 4 and 5. Evidently, Participant 1 considers ethics of part of their role, even with this challenging times of the pandemic. In addition, this is supported by the remarks of Participant 4, who have practiced ethics since their childhood days. Moreover, Participant 5 added that living is in itself ethics, where it is practiced in every facets of life, from family life, to the workplace and in society.

Table 1
Excerpts from the Narrations of the Participants

Major Themes	Sub Themes	Participant Code	Sample Significant Statements
ETHICS AS A CORE OF RESEARCH	Ethics is a way of life	1, 4, 5	▶ It is basically part of my role as a professor who conducts research regardless of the worldwide phenomenon
			▶ Ethics has been engrained since primary years of education, so it is not difficult to implement
			▶ The life of research always involved ethics, so it not difficult to implement
	Morality prevails over immorality	2, 4, 9	▶ It is better to work through the morality of research rather than not doing it.
			▶ Like I said, through ethics, my conscience is clear that I am doing the right things
			▶ What prevails is moral than immoral and I will continue to advocate it in all my research.
	Importance of ethics is emphasized	3, 6, 10	▶ In all our faculty meeting, there is always an agenda on ethics, so this concept continues to linger even if there is a pandemic.
			▶ Administration continues to put focus on the use of ethics in research
			▶ Professional development courses during webinars are always tackled, so it is important and relevant issue.
WITNESSING POOR RESEARCH QUALITY	Fabrication	1, 4, 5	▶ Just to submit papers for review, researchers engage in fabrication
			▶ It is easy to produce data, anyway, no one can evaluate and observe, there is a need to focus on this behavior.
			▶ Faculty research can be produced but data may not be real.
	Plagiarism	3, 4, 5	▶ Through the internet, discussions are copied without citation.
			▶ It is rampant, it is easy to copy ideas of authors.
			▶ No turning back, most that I see are intellectual theft of ideas.
	Conflict of Interest	1, 2, 5	▶ Advisers are also panelists; this is conflict of interest.
			▶ One faculty would make a research for another faculty for a professional fee
			▶ Faculty members wanted to be part of the study of another one who did not participate
PROTECTION FROM HARM IS INVOLABLE	Humans are respected and cared for	2, 7, 9	▶ One of the primary issues that need to be handled with extra care are the study participants
			▶ Participants are significant part of research; thus, they must be protected at all times.
			▶ Study participants are humans, so at all possible times, they have to be protected from any form of harm
	Ethical principles are advocated	3, 4, 6, 9	▶ The researcher has to be certain that possible risks are minimized if not totally eradicated
			▶ The informed consent serves as protection to safeguard client's physical, personal and social integrity.
			▶ Participative enough to involve the respondent
			▶ As a researcher I have to make sure that I should not do any harm to the participant of my study, and it is my responsibility to avoid possible risks upon the subjects of my study.
			▶ Anonymity and confidentiality are both an important step to protect their identity and this must be followed all the time.
			▶

Morality prevails over immorality. The second sub-theme that support the major theme pertains to the dominance of morality over immorality. Even scientists at the highest level are associated with some forms of unethical behaviors in research (Rutjens & Heine, 2016). In the table below, Participant 2 recognizes the relevance of being ethical in conducting ethical considerations. Likewise, Participant 4 manifests the presence of the conscience as a guiding factor in pursuing research. Lastly, Participant 9 advocates ethical principles in all phases of the research process. More importantly, the preference of morality over immorality in the conduct of research is a dominant factor for a productive and progressive society (Melnikoff & Bailey, 2018).

Importance of ethics is always emphasized. The importance of ethics is often stressed, which is a very important sub-theme that arose. This sub-theme received support from three people. Participant 3 stressed that ethics is a topic of debate at all academic meetings. Furthermore, Participant 10 mentioned that ethics in the conduct of research is often emphasized, even during virtual meetings.

Major Theme Number 2: Witnessing Poor Research Quality

The second major theme that emerged from the narrations of the selected participants is that they have been witnesses to poor quality research. According to Dobler (2020), there are many examples of poor-quality research which include numerous trials on different drug interventions with poor study design, draw conclusions about the effectiveness of interventions based on non-randomized studies and the early publication of large numbers of poorly designed studies, with poor editing, poor phrasing, and grammatical errors.

Fabrication. Clearly, fabrication in conducting research is still rampant. This sub-theme is manifested in the study with the verbalizations of the participants. According to Ford (2018), fabrication is manipulating research materials or processes or changing or omitting data such that the research is not accurately presented in the research records. The three participants recounted their observations with regards to this research misconduct. All these statements by these participants supports the emergence of fabrication.

Plagiarism. In addition, plagiarism also emerged with the verbalizations of the participants. As espoused by Dhammi & Haq (2016), plagiarism is the act of taking the writings of another person and passing them off as one's own. This is clearly an unethical conduct towards the conduct of a research. This sub-theme was supported by the verbalization of the participants, where it is an easy activity due to the existence of the internet, to copy and paste these research ideas.

Conflict of interest. The third sub-theme that emerged from the narrations of the participants is conflict of interest. According to Romain (2015), conflicts of interest represent circumstances in which professional judgments or actions regarding a primary interest, such as the responsibilities of a researcher, may be at risk of being unduly influenced by a secondary interest, such as financial gain or career advancement. This sub-theme clearly is supported by the narrations of the participants in different forms.

Major Theme Number 3: Protection from Harm is Inviolable.

The third major theme that emerged from the narrations of the participants pertains to protection from harm being inviolable. This major theme was supported by two sub-themes namely: humans are respected and cared for and ethical principles are advocated.

Humans are respected and cared for. Research are completed because there are courageous individuals who possess the integrity to share their opinions and viewpoints regarding a particular research subject. In the present study, this was demonstrated through the narrations of the participants. Recognizing all individuals that possess value and worth is an important step towards their safety and protection. In fact, they must be recognized for their intellect and potentials by ensuring their safety and protection at all times in the conduct of research, because their contribution to the success of any research is paramount.

Ethical principles are advocated. Likewise, in the study, ethical principles are advocated also emerged as a sub-theme that supports the major theme. In the study, the five (5) ethical principles that were employed by researchers in their study are autonomy, beneficence and

non-maleficence, anonymity and confidentiality. These were all narrated by the participants in the study.

Discussion

Ethics as a Core of Research. The application of research ethics offers useful guidance for conducting research responsibly during the COVID-19 pandemic. It aids scientists in the conduct of high-impact research by ensuring high ethical standards.

Witnessing Poor Research Quality. Scientific fraud is to blame for bad research. Scientific fraud was demonstrated in this study through fabrication, plagiarism, and a conflict of interest.

Protection from Harm is Inviolable. It is paramount for researchers to ensure study subjects are protected at all times. In the study, this was demonstrated by the participants.

Conclusions

The study resulted in the emergence of three major themes: (1) ethics as a core of research, (2) witnessing poor research quality and (3) protection from harm is inviolable. In a difficult and challenging situation, maintaining the highest standards of ethics in conducting research is very difficult and challenging.

Recommendations

The message is clear: research must be done in compliance with ethical guidelines. To make this possible, the study strongly suggests that all sponsored research be subjected to peer review prior to publication. Furthermore, researchers must work with research collaborators who have the competence and expertise to manage and track research in research organizations. More significantly, both inexperienced and expert researchers must be given the opportunity to engage in the most rigorous testing processes to ensure that the highest degree of ethical standards are met.

LIVED EXPERIENCES OF A SINGLE MOTHER STUDENT NURSES DURING COVID-19 PANDEMIC

by

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ABSTRACT

The increasing number of single parent and increasing number of students enrolled in colleges and universities in the region and globally, it is very significant to understand how the experiences of a single mother impacts their student and motherhood life. They often face significant financial and time-related obstacles that make it difficult for them to persist to graduation. Investing in programs and supports that target the needs of single mothers has the potential to improve their rates of college attainment, and increase earnings, which can lead to a range of multigenerational benefits.

The study used a qualitative-phenomenological research design. It was conducted to one of the higher educational institutions in the province. There are seven (7) actual key informants involved based from point of saturation and to the inclusion criteria set by the researchers that includes female, officially enrolled for school year 2020-2021, ii any year level, 18–40-year-old, single, separated, widow, and their children is under her custody or care. Exclusion criteria includes male, out from school or non-enrolled for school year 2020-2021, below 18 and above 40 of age, married, live-in or common marriage, and with children not under their custody or care. Purposive sampling was employed. Semi-structure Questionnaire was formulated that serve as a guide in obtaining essential information. Virtual interview via messenger as the main platform was used to gather data from the key informants. Colaizzi’s method was utilized in the management of data. Based on the gathered data, key informants claimed several encounters as a student such as the feeling of being different from their classmates since they have already children/s, stressful

overwhelming activities and requirements, feeling of ambivalence that put them to choose between their own dreams and the present situation that needs their care and attention, and took advantage on the current environmental situations in which they can focus on their online classes as their children are being care by their respective family members. As a mother or parent, they have made a huge adjustment into their present life of being student and a parent to their children, the need to embrace their role as a mother and a father to their children, and they were into online selling as to generate additional income and financial support from family.

Recommendations were drawn, school administration to create policies and resources to support single mothers throughout their educational journey, Guidance Office may conduct counselling and develop programs intended for single mother student that may part of their yearly activity, encouraged active participation to livelihood programs existing in their community initiated by local government units (LGU) and non-government organizations (NGO), school may sustain the implementation of the synchronous and asynchronous sessions in the delivery of virtual classroom lectures and facilitating laboratories.

Keywords: Lived Experience, Single Mother, Student Nurse, Higher Education, Pandemic



INSTITUTIONAL RESEARCH FORUM

THEME: LORMA Colleges in the New Normal Sustaining Academic Research Excellence amidst COVID - 19 Pandemic

27th of August, 2021 | 8:30 AM

Keynote Speaker:
Dr. Daniel D. Dasig, Jr, PCpE, PhD, DBA
Associate Professor 6, Graduate Studies
College of Science and Computer Studies
De La Salle University- Dasmariñas



Organized by:



INSTITUTIONAL RESEARCH FORUM

LORMA Colleges in the New Normal Sustaining Academic Research Excellence amidst COVID - 19 Pandemic

CONFERENCE PROGRAM

- 8:30 - 8:40 Call for Participants
- 8:40 - 9:00 Doxology
Ms. Christy E. Javarro, Research Coordinator - PTRT
- 9:00 - 9:10 National Anthem and Lorma Hymn
- 9:00 - 9:10 Welcome Remarks
Mr. Maverick Kaypee Colet, Chairman,
Research Ethics Committee
- 9:10 - 9:15 Introduction of Keynote Speaker
Ms. Ardee Joy Ocampo, Vice - Chairman,
Research Ethics Committee
- 9:15 - 9:45 Keynote Speaker Presentation
Dr. Daniel D. Dasig, Jr, PCpE, PhD, DBA
- 9:45 - 9:50 Awarding of Certificate of Appreciation to
Keynote Speaker
- 9:50 - 10:00 Introduction of Panel of Evaluators
- 10:00 - 3:00 RESEARCH PRESENTATION
- PARALLEL SESSIONS
- 3:00 - 3:30 Judging of Poster Presentation
- 3:30 - 3:45 Awarding of Certificate of Appreciation to
Research Panel of Evaluators
- 3:45 - 3:50 Awarding of BEST Paper and BEST Poster
- 3:50 - 4:00 Closing Remarks
Ms. Marites C. Pagdilao, Chairman, Research
and Extension

Master of Ceremonies
MR. MAVERICK KAYPEE COLET
Chairman, LC - REC

