



LORMA COLLEGES

Research
JOURNAL

Theme:

**Research and Innovations BASES:
Building Resilient Communities
Achieving Institutional Goals
Sustaining Excellence
Enabling Transformations and
Shaping Possibilities**

**Official Publication of the LORMA COLLEGES
Research and Extension Office**



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.

Philosophy

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 7, June 2022

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FOREWORD

As we progress with our institutional researches as faculty members or students, we feel the excitement of continuously adding to our knowledge on health as well as about diseases and so with technology, even during the COVID Pandemic.

Through these researches, we have found improvements in the paramedical health related programs in education, in general and in the clinical practice of our Nurses, Medical Technologists, Pharmacists and Radiologic Technologists.

These studies influence health services planning and management as well as policy making. Also, the life experiences of individuals, families and even communities benefit from the results of these studies.

To our student and teacher researchers, congratulations on making it happen to produce research despite our COVID-19 pandemic situation.

Let us continue to share the results of our quantitative as well as qualitative researches for education and professional developments as faculty members and students.

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

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PART I

PROFESSIONAL RESEARCHES

**ACADEMIC PERFORMANCE IN CHEMISTRY FOR ENGINEERS
OF STUDENTS ADMITTED IN LORMA COLLEGES WITH DIFFERENT
SENIOR HIGH SCHOOL TRACKS AND STRANDS**

by

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ABSTRACT

The research aimed to find out if there is a need for bridging program for students enrolled in the course “Chemistry for Engineers” who are not graduates of the strand Science, Technology, Engineering and Mathematics (STEM). If those who graduated from Non-STEM Senior High School strand did not perform as well as those who are STEM graduates, then there is a need for bridging program.

The descriptive research design was used. The senior high school grade used as the confounding variable to produce equivalent and matching groups of STEM and non-STEM graduates. T-test was then used to measure significant difference. It was found out that there is no significant difference in the performance of the students in the course “Chemistry for Engineers” between those who took STEM in senior high school and those who did not.

Based on the results, it is concluded that students who did not graduate STEM in senior high school performed as well as those who graduated STEM using their high school grades as confounding variable in the course “Chemistry for Engineers”. It is then recommended that there is no need for bridging program and that all senior high school graduates maybe accepted to the course “Chemistry for Engineers

Keywords: Academic Performance, Chemistry, SHS Strands, Lorma Colleges, Engineers

EMOTIONAL LABOR AND ORGANIZATIONAL COMMITMENT AMONG TERTIARY FACULTY MEMBERS

by

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ABSTRACT

As human beings, teachers are also emotional beings who feel and express different emotions as part of their everyday life. Teachers' emotions are crucial in the teaching and learning process as it affects not only them but also their students. As underscored by researchers, there is little researches available about the emotional aspect of teachers as majority of them focus more on teachers' beliefs, attitude, and cognitive aspect. Hence, the fact that the emotions of teachers also play a crucial role in their job is ignored.

A descriptive-correlational method was used, wherein an adopted questionnaire was used to gather data. Data was gathered from all full-time faculty members of the College of Education and Sciences of Lorma Colleges. For the treatment of the data gathered, weighted mean was used to determine the level of emotional labor and organizational commitment, and Pearson's $-r$ was used to determine the relationship between the level of emotional labor and the level organizational commitment.

The following are the findings of the study: The level of emotional labor among the faculty members along surface acting and active deep acting is high. The faculty members have a moderate level of emotional labor along passive deep acting; The level of organizational commitment among the faculty members along the affective commitment dimension is low. They have a high level of organizational commitment along the continuance commitment dimension, and a moderate level along the normative commitment dimension.; There is a negative but weak relationship between emotional labor and organizational commitment.

Keywords: Emotional Labor, Organizational Commitment, Tertiary Faculty Members , Lorma Colleges, College of Education and Sciences

DESIGNING AN INTERNET OF THINGS BASED MONITORING SYSTEM OF MUSHROOM FARM IN LA UNION

by

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Ms. Ellen F. Mangaoang

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ABSTRACT

Mushrooms are classified as vegetables in the food world, but they are fungi. Although they are not vegetables, mushrooms provide several important nutrients, and they have a very important part in the food market. Mushrooms are enriched in nutrients, and they possess medical benefits such as decrease the risk of obesity and overall mortality, diabetes, and heart disease. The main barrier for the high yield is the defects in primitive methods that is being used. The research applied the use of Internet of Things with sensors to measure and monitor the temperature, humidity, soil moisture and lighting in the mushroom farm. The collected data is checked with the bound values and triggers the actuators accordingly. The intense monitoring eventually leads to increased yield. The system utilizes sensor technology to optimize climate condition for optimum growth. The project entitled automated moist control and mushroom production information system with mobile-based SMS notification was designed to develop an automated real-time monitoring system that monitors real-time temperature and humidity of the mushroom bed. The project utilized android-based application, and a prototype that use arduino uno v3.0 ch340g as the microcontroller for the system's prototype, a dht11 temperature and relative humidity sensors, single channel relay module, GSM module and a 12volts washer pump component.

Keywords: Internet of Things, Precision Agriculture, Mushroom Production, Monitoring System, Sensor Technology

DESIGN AND IMPLEMENTATION OF IMMERSIVE 360° VIRTUAL REALITY FOR LORMA COLLEGES CAMPUSES

by

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Mr. Jeoffrey B. Layco

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ABSTRACT

There are various ways for an educational institution to represent their campus, facilities, services, and others to their customers, such as school tours and brochures. Although seem the common notion, this method was affected by the on-going pandemic experience worldwide that affected the school activities, mass gatherings, and other face-to-face interactions. With the technological advancements today, surely there is a way of utilizing the existing technology and creating a system that tackles and solves some of the problems faced by the educational institutions.

The researchers designed and implemented a virtual reality tour of the campuses of LORMA Colleges. The Lorma VR provides viewable ground and aerial shots featuring immersive and detailed 360° images of the campus. Objects or icons that help the user interact with the system are available such as information bubbles, pop-up detailed images, clickable links, and playable audio. Ambient sound was integrated for added tour immersion. To maximize compatibility and immersion, the system is virtual reality headset compatible.

The study aimed to develop a User Interface using Virtual Reality environment of the rooms/facilities/offices of Lorma Colleges – San Juan

and Carlatan Campus. To design a navigation feature of the VR to determine the pathway of the rooms/facilities/offices of Lorma Colleges. To integrate the Lorma VR to the official website of Lorma Colleges. The study will be conducted to help the LORMA Colleges and a big advantage for the marketing department. It would also be an added convenience for the people who are looking for new schools to transfer or enroll using Lorma VR, users can virtually wander inside and outside of the facilities.

Keywords: 360° Panorama, Photo Stitching, Virtual Reality, Virtual Tour, Virtual Exploration, Immersive VR, LORMA Colleges

OTC MEDICATION USE AMONG LORMA COLLEGES FACULTY AND STAFF

by:

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ABSTRACT

Medications are substances taken or being placed in the body that does one or more of the following: (1) cure a disease or condition, (2) treat a medical condition, (3) relieve symptoms of illness, and (4) prevent diseases. Medications can either be prescribed or bought over the counter. Over-the counter (OTC) drugs are distinguished from prescription drugs only in that they are defined as safe and effective for use by the general public without a physician's prescription.

The study aimed to identify commonly consumed OTC medicines used by the faculty and staff of Lorma Colleges and identify factors that influence consumers' use of OTC medicines. It will also provide baseline data on the utilization of OTC medications and serve as a basis for the provision of OTC medicine information.

The researchers used a quantitative – type descriptive - design in determining medication use among Lorma Colleges Faculty and Staff. The study used a researcher-made questionnaire as an instrument for data gathering. For the OTC medication used by the faculty and staff of Lorma Colleges, the results showed that 92.31% of the respondents used Mefenamic and Paracetamol as an analgesic and 88.64% used Loperamide as a Gastrointestinal drug, and 88.64 % used Carbocisteine as cough and cold medication. Based on the results for the frequency and duration by which the medications are being taken, the majority of the respondents take their medications once a day and as needed only. Lastly, the majority

of the respondents claimed that the use of OTC medications was self-care initiated and only a few claimed to be influenced by a doctor and a pharmacist. According to the study findings, it is recommended that more information about the risks of self-medication, drug adverse reactions, more supervision of the prohibition of over-the-counter drugs, and adequate facilities for people's access to medical services be provided by concerned agencies.

Keywords: OTC, Self-Care Initiated, Frequency, Duration, Medications

RED DRAGON FRUIT (HYLOCERIUS COSTARICENSIS) FLESH AQUEOUS EXTRACT AS A NATURAL PH INDICATOR

by

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ABSTRACT

Indicators are chemicals known to produce a distinct color change in solutions with varying pH. The standard chemical indicators such as phenolphthalein, methyl red, and phenol red were indicated as a biological hazard, inconvenient, and expensiveness, thus, a natural and safer alternative remains warranted. Red-flesh dragon fruit, with a scientific name *Hylocereus costaricensis*, is a common tropical climbing cactus specie in the Philippines characterized several medium-sized spines and oval-shaped fruits with a brilliant, magenta red-colored flesh. Fruit samples were submitted to the DMMMSU-NLUC College of Forestry and Agroforestry for plant authentication, and to the LORMA College of Pharmacy for phytochemical testing. The remaining, properly identified fruits were macerated and heated within ten minutes. The solids were filtered out using a sterile gauze, and the extract was cooled and stored in an amber bottle to avoid photooxidation.

The red dragon fruit aqueous extract developed an intense magenta/pink-violet color reaction in acidic solutions of (1 N hydrochloric acid and 1 N acetic acid), and yellow color in basic solutions (1 N sodium hydroxide and 1 N ammonia). Qualitative phytochemical analysis revealed high levels of organic polyphenolic compounds such as anthocyanin and reducing sugars of the aldehyde-group. The aqueous extract were also evaluated for strong acid-strong base and weak acid-weak base titrations, wherein it showed a comparable equivalence/neutralization point as the standard phenolphthalein indicator. The pH test strip made from incubating Whatman filter paper with the extract for four hours also showed a distinct color change with a comparable function to a red

and blue Litmus paper. Lastly, refrigerated aged extract prepared three weeks prior showed similar reactions in terms of color sharpness and intensity in various buffer solutions when compared to the fresh extract. The findings of this study establishes the red dragon fruit flesh aqueous extract as an effective, safer, more economic, readily available, and eco-friendly alternative pH indicator for routine chemistry analysis and titrimetric procedures.

Keywords: pH, pH Indicator, Titrant, Acid-Base Titration, Indicator Strip

ACADEMIC AND INTERNSHIP PERFORMANCE CORRELATION TO BOARD EXAMINATION PERFORMANCE OF THE BACHELOR OF SCIENCE IN RADIOLOGIC TECHNOLOGY GRADUATES, LORMA COLLEGES

by

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ABSTRACT

Board examination is a tool used by the Professional Regulatory Commission to measure and indicate the readiness of graduate students to practice their course. It is presumed that those who pass the licensure examination acquired the necessary knowledge and skills during their internship and are ready to practice. The Radiologic Technology Licensure Examination is conducted by the Board of Radiologic Technology under the supervision of the Professional Regulations Commission (PRC).

The study wants to determine the performance level of BSRT board examination takers for the past five years and the relationship of academic performance and internship performance to board examination performance.

This used a descriptive-correlational research design. A secondary data was used and was obtained from the respondents thru google form. Either they typed-in their grades for academic and internship rating, and board examination rating or sent a soft copy of their Transcript of Record (TOR) and Board examination rating. The data were analyzed using percentage and frequency, Pearson correlation, and regression.

General courses and professional courses has a strong significant association to board examination performance with a p-value of 0.0030 and 0.000 while internship course shows no significant association with board examination performance with a p-value of 0.2585 which is higher than 0.05 level of significant.

The finding indicate that the for every unit increase in general courses and professional courses, increases the performance of the Bachelor of Radiologic Technology graduates in the board examination.

Academic courses are for the preparation to the board examination after the graduation while the internship course is preparation for real life situation for career development and character growth.

Keywords: Academic Performance, Internship Performance, Board Examination Performance

OPPORTUNITIES IN HIGHER EDUCATION AMIDST HEALTH CRISIS: A MIXED METHOD APPROACH

by

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(College of Nursing)

ABSTRACT

The world confronts significant hurdles in the event of a worldwide epidemic such as the COVID-19. The purpose of this research is to investigate the opportunities that nursing administrators face in the Philippines' nursing education system. These findings were obtained via the use of an exploratory sequential mixed technique. Attendees included college of nursing administrators such as deans of nursing and clinical coordinators, RLE coordinators, and level coordinators of nursing education programs. This study used a questionnaire to determine the opportunities of nursing administrators and coordinators. Likewise, a semi-structured interview guide to acquire information from key informants on the pandemic's educational opportunities. During the COVID-19 epidemic, a survey was utilized to explore the many possibilities available to the respondents. Furthermore, a different approach was used to examine key informants' perspectives on nursing education opportunities qualitatively. The research made extensive use of theme analysis in this part to uncover patterns in the ideas and emotions of the key informants. The study revealed that the three themes with the greatest frequency were professional growth, participation in webinars, research publishing, and learning. Nursing entrepreneurship was the other topic with the greatest frequency. Despite the widespread COVID-19 epidemic that has impacted everyone, several educational possibilities have been discovered. The fundamental ideas demonstrate that the ongoing health scenario does, in fact, have some favorable aspects.

Keywords: Nursing Education, Nursing Administrators, Thematic Analysis, Exploratory Sequential Mixed Method Design, COVID-19

HUMAN IMMUNODEFICIENCY VIRUS (HIV) SCHOOL-BASED INITIATIVE: BASIS FOR ADVOCACY CAMPAIGN AND POLICY RECOMMENDATION

by

*Gemma Pagulayan, PhD
(College of Nursing)*

ABSTRACT

This study aimed to analyze the human immunodeficiency virus school-based initiatives which served as a basis for advocacy campaign and policy recommendation. Specifically, it aimed to determine the profile of the respondents and the extent of implementation of the school-based HIV initiatives along advocacy, information dissemination and awareness, education and training, confidentiality; roles and responsibilities; integration of comprehensive sexuality education in the curriculum and instruction; and monitoring. It also aimed to identify the significant relationship between the personal profiles of the respondents to the extent of implementation of Human Immunodeficiency Virus School-Based Initiative. This study employed the descriptive-correlation approach using a questionnaire in gathering the data. Findings showed that most of the respondents are students and the distribution across higher age ranges is diverse, program implementers are qualified, however they lack trainings and seminars related to HIV. The extent of implementation of the school-based HIV initiatives were moderately implemented along advocacy, information dissemination and awareness, confidentiality, roles and responsibilities, integration of comprehensive sexuality education, curriculum and instruction and monitoring, however, along education and training, it was seldom implemented. Results also revealed that there is moderately low positive correlation between the age, and educational attainment, and length of service to the extent of implementation of HIV school-based initiatives, however, there is moderately high positive correlation as to sex, seminars and trainings. A policy recommendation and advocacy campaign were formulated as outputs of the study.

Keywords: School-based HIV initiatives, Policy Recommendation, HIV Advocacy Campaign

PART II - STUDENT RESEARCHES

**CATEGORY : Qualitative
Researches**

A GLIMPSE OF REALITY: THE CHALLENGES OF EXPECTATIONS ON FIRST-BORN OVERSEAS FILIPINO WORKERS

by

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ABSTRACT

This study determined the challenges of expectations faced by first-borns and described the coping mechanisms of their implications. Data were collected through a video interview of 12 first-born Overseas Filipino Workers ages 24-35 years old from La Union. This captured emotions and unfolded life experiences that explored the factors of parental expectations and stereotypes. Results showed portraying an excellent image to siblings, burdens of financial support. The inner dilemma of family beholdenness has allowed adherence to perceptions such as being breadwinners, being overwhelmed by the adaptability processes, and posing difficulties to their current situations. However, such struggles urged established motivational trust and independence that led to role fulfillment, the discovery of passion, and gained life satisfaction. Peer influence with means of familial sacrifice drove their persistence in hopes of better opportunities and life growth. First-borns amidst hardships and societal perceptions stood amidst hurdles, manifesting resilience and embodying accountability even to their future generations.

Keywords: First-born, OFW, Challenges, Expectations, Experiences

**BOTANTE O BOT-ANTI?: FACTORS INFLUENCING VOTER REGISTRATION
AND NON-REGISTRATION AMONG SENIOR HIGH SCHOOL
STUDENTS IN THE 2022 PHILIPPINE ELECTIONS**

by

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Jhanner G. Navalta

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ABSTRACT

This study sought to bring to light the perceptions of senior high school students on the 2022 Philippine Elections, and the factors affecting their voter registration or non-registration. This qualitative-descriptive study employed purposive sampling and aggregated data from 30 students of LORMA Colleges Senior High School in La Union. Data were collected through a textual interview governed by a semi-structured questionnaire, and were analyzed through Thematization. Students were found to perceive the elections as an opportunity for change, a center of public interest, a period of distress and disorder, and a youth-driven undertaking. Moreover, registered-to-vote participants were seen to be pushed by their contribution to poll outcomes, family and peer influence, potential betterment of the status quo, and political and constitutional interest. Meanwhile, those nonregistered were identified to be influenced by shortcomings in the registration systems, high political ignorance, low political prioritization, and the monotony of Philippine politics. These findings underscore the need to intensify and revamp voter education methodologies targeting the youth.

Keywords: Elections, Philippines, Politics, Voter Registration, Youth

**MANO PO: THE EXPERIENCES OF SENIOR CITIZENS
DURING COVID-19 QUARANTINE**

by

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ABSTRACT

In the Philippines, older Filipinos who are 60 years old and above, are referred to as senior citizens. As soon as the COVID-19 virus hits our country, data shows how senior citizens are significantly at higher risk of developing the virus. Thus, causing suffering, extreme fear, and hopelessness for senior citizens. The participants of this research study are the senior citizens who have caught COVID-19 with symptoms, without symptoms, and those who have comorbidities, notably those who were quarantined in a hospital facility. This study aims to determine the senior citizen's feelings, challenges, and coping mechanisms during their quarantine period in a hospital facility. Furthermore, the researchers utilized descriptive qualitative research which methods are used to answer questions about the experiences of senior citizens. After gathering our data, the researchers used thematization as the analysis of data, and it revealed that despite being in a difficult situation, many senior citizens did not lose any hope. Inevitably, they also faced a lot of challenges as well, mostly regarding their mental and emotional health. In a positive light, our participants also showed their determination and willingness to live as they thought and made their own coping mechanisms.

Keywords: Senior Citizens, Quarantine, Pandemic, Experiences, COVID-19

**SAILING THE TIDE: LIVED EXPERIENCES OF PHARMACY INSTRUCTORS
OF DIFFERENT PHARMACY SCHOOLS IN REGION 1
AMIDST THE PANDEMIC**

By:

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ABSTRACT

The Covid-19 pandemic was the main cause of transitioning education from face-to-face to online learning. This is a huge challenge to education systems, especially for the instructors. Pharmacy instructors faced challenges and opportunities to convert face-to-face learning and experiences, as well as student assessments, online. The unique approaches taken to overcome difficulties in various countries showed pharmacy faculty members' resilience in the face of adversity and their determination to continue providing education to students. This paper explores the lived experiences of pharmacy instructors of different schools in Region 1 amidst the pandemic. Employing a phenomenological framework, the purpose of this study was to investigate the lived experiences of the pharmacy instructors during the pandemic. Online interviews were used to generate the results. Data Management from the content and narratives illuminated two essential themes across the respondents: (a) The Waves; and (b) The Helm. Results of the study show that the respondents faced challenges in terms of technology and the work transition set-up and students' participation. Stress and pressure appear to be part of the challenge, as well as the coping mechanisms that help them to sail the tide amidst the pandemic. Overall, the lived experiences of the pharmacy instructors will make a voice in the research literature as they speak up for everyone who is facing their challenges.

Keywords: Lived experiences, Pandemic, Pharmacy Instructors, Face-to-face Class, Online Class

MORE THAN JUST A PHONE CALL: LIVED EXPERIENCES OF PATIENTS USING TELECONSULTATION IN LORMA MEDICAL CENTER

by:

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Christia Alyssa Julaila,
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ABSTRACT

As the COVID-19 cases continue to increase in the country, it has made healthcare delivery exceptionally challenging. In response to this, health institutions are developing systematic regulations regarding the use of digital technologies which is known as teleconsultation. The study aims to explore the lived experiences of patients using teleconsultation in Lorma Medical Center. This study employed a qualitative-phenomenological design and semi-structured interview through messenger, google meet and actual observation. The study consisted of 15 participants, wherein 10 participants were gathered through e-posters and referrals, while the other 5 participants was from the actual observation in Teleconsultation Department of Lorma Medical Center. The findings concluded that teleconsultation of LORMA Medical center is helpful as it provides the highest quality care in just a click including the extended services, they offer but there are still minimal drawbacks. Furthermore, there are still areas to improve such as wider cashless options and platforms.

Keywords: Teleconsultation, Lived Experiences, LORMA Medical Center, Quality Care, COVID-19

**THE X AND WHYS: LOOKING OVER THE PEOPLE'S HESITANCY
AND ACCEPTANCE OF THE COVID-19 VACCINE**

by

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Jessica Guillermo

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Hannah Bea Julaton

Valerie Josue

Gia Angelie Lacaden

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ABSTRACT

The rollout of the vaccination program has become a beacon of hope for a return to everyday life. And with this, there is a need to tackle and understand vaccine hesitancy and acceptance in people. The vaccine efficacy and safety issues related to vaccine hesitancy have arisen before the start of the vaccination programs. This study explores the different perceptions of people from Luna, La Union aged 18-30 towards getting vaccinated. The study is qualitative-phenomenological, semi-structured interviews were used as the data collection tool using video conference platforms. The findings are, the participants' vaccine hesitancy is due to their perceived knowledge- brand preference, hearsays, beliefs, idea of moneymaking scheme, and safety concerns- potency and efficacy, death, dengvaxia, comorbidities. Four (4) factors made the participant accept the COVID-19 vaccine- requirement, protection, availability, and social influence. The participants have experienced various changes after getting vaccinated in terms of physical, psychological, and social.

Keywords: COVID-19, Vaccine Hesitancy, Acceptance, Safety Concerns, Perceived Knowledge

IT'S OKAY NOT TO BE OKAY: LIVED EXPERIENCES OF NURSES DEALING WITH TERMINALLY ILL PATIENTS

by

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ABSTRACT

Nurses deal with patients at the bedside and are expected to maintain their composure. Researchers report that it may be difficult as nurses to witness the struggles of the patients and their families, especially when providing care to individuals at the end of their lives. This study aims to explore the lived experiences of nurses dealing with terminally ill patients in the City of San Fernando, La Union. Through the phenomenological approach, nine (9) participants were identified using a purposive sampling technique. Interviews were conducted through video calls using a semi-structured interview guide. Colaizzi's method was utilized for data interpretation and analysis. The findings drawn from the study are that nurses observed the importance of the families who sometimes find it challenging to cope with reality. They show anger and denial, and as others are financially constrained, it hinders the nurses from performing their duty. The nursing interventions include nurses providing therapeutic communication, thorough explanation, and uncontrolled pain medications. At first, the nurses felt scared and fear because they were not adept at handling the patients' situations. However, along with their experiences, they learned and mastered the necessary skills to fulfill their duty of providing care.

Keywords: Terminally ill Patients, Families, Challenges, Nursing Interventions, Experiences

SLEEPING WITH THE SEA OF SHARKS: LIVED EXPERIENCES OF FILIPINO NURSES WITH COVID- 19

by

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(Master of Arts in Nursing)

ABSTRACT

During the Covid-19 outbreak response, nurses are at the front line exposing themselves to hazards and at risk of infection. They risk their lives for their loved ones and the public in altruism. They had been unprotected at the onset of the pandemic and despite their self-sacrifice at the cost of their wellbeing, they had undergone tremendous struggles when they got infected and recovered from the disease. A descriptive qualitative approach was used in this study. A purposive sampling technique was used to solicit appropriate participants. Data were collected from seven Filipino nurses from private tertiary hospitals in Luzon, Philippines who were diagnosed and recuperated from Covid-19 using a semi-structured interview guide, with an in-depth, one-on-one interview with the participants. All interviews were audio-recorded given their permission and stored in secured digital files that consist of both audio recordings and transcribed verbatim. Colaizzi's method was used to analyze transcripts. During the onset of the pandemic, the nurses were complacent and eventually realized the impact of the pandemic as challenges heightened. Because of the lack of PPE and changing protocols, the nurses suffered unprotected. As they themselves got inflicted by the disease, their family and their pets were also subjected to discrimination and their faith in the Lord was compromised. During quarantine, services given to the heroes were substandard and further insulted with no proper remuneration for their efforts. Filipino nurses are always resilient and stood up to redeem themselves. Even with thoughts of leaving the profession, the nurses still decided to stay and stand by their oath to serve. Ignoring all discriminatory comments and treatment, the nurses gave more importance to their loved ones, improving themselves and strengthening their faith.

Keywords: Frontline Nurses, Modern Heroes, Covid-19, Pandemic, Health Care Providers, Quarantine, Stigma, Coping Mechanism

**RELIGIOUS RITES PRACTICED BY THE OLDEST PARISHIONERS
IN OUR LADY OF DEL MAR CAUTIVA: A BASIS FOR CREATING
ITS OWN MARIAN TOURISM FESTIVAL**

by

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ABSTRACT

The researchers are Tourism Management students from Lorma Colleges, College of Business. As tourism students, they would like to further promote the religious rites practiced by the Oldest Parishioners in Our Lady of Del Mar Cautiva. With that being said, the researchers looked upon the religious rites based on the testimonies of the research participants and how could we utilize these religious rites to create its own Marian Tourism Festival. Globally, Religious Tourism is a factor that motivates millions of people to travel towards the great pilgrimage centers to satisfy one's own religious conviction and curiosity that influences a lot of countries particularly in the Philippines where it is considered as the third largest-Catholic population in the world. Hence, Filipinos have ways of practicing one's own belief through many great events like novenas, praying of rosary, processions and so on.

Just like in La Union, where Religious Tourism is very significant

because there is a lot of patron, patroness and shrines of Blessed Mary, also they have lots of religious rites that have been practiced by the locals. A good example is in the fishing town of Sto. Tomas, La Union wherein there was a church that is currently becoming a pilgrimage site of the province which is the Holy Guardian Angels Parish Church which is the Home of the Miraculous Image of Nuestra Señora del Mar Cautiva. However, some of the miracles and religious rites of Our Lady of Del Mar Cautiva are quite famous, it is still not at par compared to with the level of popularity of Our Lady of Namacpacan in Luna and Our Lady of Charity in Agoos which both churches are included in Tour Itineraries in Ilocos of some travel agencies outside La Union. Therefore, we will use this study to further promote the religious tourism of Sto. Tomas, La Union based on the testimonies of the research participants.

This study employed the phenomenological research design. Phenomenology is an approach to qualitative research that focuses on the commonality of a lived experience within a particular group. A qualitative approach is open-ended information that uses interview to gather information that was used in the analysis of Religious Rites practiced by the Oldest parishioners in Our Lady of Del Mar Cautiva. The researchers used a Structured Interview to gather data needed. The researchers chose the oldest residents of the municipality of Sto. Tomas, La Union as their research participants because they believe that in order to have an accurate data or information about the phenomenon, their respondents should be the experts in the field or who has first-hand knowledge or experience in the said phenomenon. On the other hand, the study will be conducted in the municipality of Sto. Tomas, province of La Union located in the Ilocos Region on the island of Northern Luzon. The reason why the researchers have chosen this as the locale of their study is because the province has a rich history which is known for its ancient church and pilgrimage site. However, in terms of Marian images in La Union, Holy Guardian Angels Parish in Sto. Tomas or the Our Lady of Del Mar Cautiva is the least known in terms of their religious rites. The interview questions were validated by Three (3) experts in the field of research. The result of the findings was also validated by the research instructor and an external expert.

The Religious Rites practiced by the barangay are the Monthly mass for every barangay; Feast of Nuestra Senora del Mar Cautiva; Praying of the Rosary, Home Visitation with Apo Birhen; Youth Catechism and Marian Procession. These Religious Rites can be used to promote tourism by means of Youth Engagement, The Image or the miracles of Our Lady of Del Mar Cautiva, social media, Word-of-mouth and Festival. With this, a proposed Marian Tourism festival was developed by the researchers.

The researchers therefore conclude that these religious practices by the oldest parishioners of Our Lady of Del Mar Cautiva centered on how they give honor and glorify the miracles she brought to the locals and devotees. Also, the researchers conclude that these ways of promoting the religious rites practiced by the oldest parishioners shows that there is really a need for the municipality of Sto. Tomas to create its own Marian Tourism Festival. Furthermore, the researchers conclude that the proposed Marian Tourism Festival can enhance the religious rites and practices for Our Lady of Del Mar Cautiva.

The researchers' recommendations on how they could use these religious rites to promote tourism are focused on the adaptation and implementation of the proposed Marian Tourism Festival.

Based on the findings of this study, a Marian Tourism Festival proposed will serve as one of the many ways and techniques to further promote the towns tourism sector. In addition, the healing and miracle stories of Our Lady of Del Mar Cautiva will contribute to the towns growing appeal that will result to economic growth. The proposed Marian Tourism Festival is a 1-week celebration that showcases the religious rites conducted in the municipality of Sto. Tomas, La Union.

Keywords: Religious Rites; Our Lady of Del Mar Cautiva; Marian Tourism Festival, Oldest Parishioners, Tourism Students

PART II - STUDENT RESEARCHES

**CATEGORY : Quantitative
Researches**

BANANA PSEUDO-STEM FACE MASK

by

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ABSTRACT:

The amount of plastic and other trash produced by the unforeseen emergence and demand for face masks is extensive, as these masks are intended to be used only once. As a result, thousands of tons of additional waste will be disposed of at a landfill. To address this, "Pseudo" is proposed as an alternative that's biodegradable, potentially medical-grade, and reusable mask made from banana pseudo stem fibers. The study aims to create a banana pseudo stem mask using banana pseudo stem fibers as an alternative to synthetic or polypropylene face masks. The researchers conducted actual market research through the use of survey questionnaires and carried out limited face-to-face survey to target customers to estimate demand data. Financial analysis based on the production capacity and operational costs to be incurred were considered to project a viable and profitable 5-year projected business plan. The feasibility study has the potential to be commercialized to its target market, and within the needed capitalization requirement, the business shall earn a good return of investment. Apart from giving better protection, the mask will also help in making distinction in the Philippine economy by helping farmers, agriculturists, social entrepreneurs, and their workers.

Keywords: Pseudo-Stem, Banana, Synthetic, Polypropylene face masks, Business plan

BUNNYLICIOUS

by

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Jehoshapat Ariz

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ABSTRACT

Bunnylicious is a rabbit meat supply business, aiming to introduce rabbit meat as an alternative meat and protein choices of the consumers of the city of San Fernando, La Union. The business also aims to educate the consumers that rabbit meat is rich in highly-quality proteins, omega-3 fatty acids, vitamin B12, and minerals like calcium and potassium, rabbit meat is also lean and low in cholesterol.

Our vision statement: "To be the first and biggest rabbit meat supplier for restaurant owners in the City of San Fernando, La Union and will further expand our operation by covering more outlets in the entire province of La Union."

Our mission statement: "To popularize rabbit meat as an alternative source of protein and to educate the people that rabbit meat is full of nutrition."

As a starting business, the group has come up with a organizational

structure which is composed of four(4) positions, the owner Alred Manzano, secretary, butchers, and delivery drivers. The owner must keep monitoring of each personnel and also to maximize productivity. Secretary will be the one that will be managing the promotional activities, customer service, responsible for answering calls, updating and purchasing inventory, collecting orders, meeting with restaurant owners, and scheduling and managing the delivery routes of the delivery riders. On the other hand, aside from those positions, there are also butchers for cutting and preparing the rabbit and making sure the meat is cleaned properly. The delivery riders will begetting the payment of the customers and delivering the finished product which is the rabbit meat.

The business will have an initial capital of PHP70, 000.00 which will be used for raw products (live rabbits), advertising, permits and licenses, office supplies, utilities (electricity), and the remaining as contingency fund for unaccounted expenses.

Going to the business' main products, they will sell three (3) products which will be rabbit breast, rabbit thigh, and dressed rabbit meat. The rabbit breast is boneless and a lean meat. Rabbit thigh is the most exercised part of a rabbit, it is light, tender, lean, finely textured, and works well with many recipes. Dressed rabbit meat includes the breast, thigh, and leg part of the rabbit.

In connection to the delivery of the product, the business firm will make sure that every product delivered will be of high quality and cleaned seamlessly. Bunnylicious' target market will be the restaurant owners of the city of San Fernando, La Union. This is to better introduce the rabbit meat to the consumers as restaurant owners will be the ones that will cook the rabbit meat to its potential.

The marketing strategy of the business will be social media advertisement since we are already in the digital age. This strategy is believed to be one of the most effective ways to get every customer's attention. Word-of-mouth advertising will also be done by there commendation of satisfied customers by sharing, telling, and recommending it toother people they know. The business will have its own social media pages like Facebook, Instagram, and Twitter.

As the business aims to expand in the future, Bunnylicious will also supply restaurant owners outside the city and will sell the product directly to the consumers by accepting offers online. The strategy here is to let the consumers taste the rabbit meat first in restaurant before they will buy and cook it according to their choice.

The business will also obtain all the permits and licenses relevant to the business. These pre- requirements include community tax certificate, barangay business clearance, permits from Securities and Exchange Commission, Mayor's permit, and Bureau of Internal Revenue Certificate.

Lastly, Bunnylicious aims to introduce a new type of protein to the Filipino people, by educating the people that rabbit meat is healthier than most kinds of meat and also delicious. Bunnylicious will be marked as one of the superiors by making this idea come true.

Keywords: Bunnylicious, Rabbit meat, Restaurant owners, Business plan, Marketing Strategy

**MARKETING STRATEGIES OF LIVE SELLERS IN
SAN FERNANDO CITY, LA UNION**

by

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(College of Business)

ABSTRACT

Technological breakthroughs and emergence of digital marketing spearheaded the advancement of live selling in the current period producing a live streaming e-commerce option that has revolutionized the way how individuals use social media platforms for exposure and flexibility of businesses that is accessible for all, thus supplying the increase in both live sellers and buyers from the given live stream.

This study analyzed the current marketing strategies of live sellers in the city of San Fernando, La Union and assessed the attention, interest, desire, and action with the strategies used by live sellers. Overall, the study benefitted the live sellers since it served and provided more information and better knowledge about the analysis of marketing strategies of live sellers.

The study made use of the descriptive, correlational, and quantitative design wherein questionnaires were used to conduct a survey to a total of 120 respondents who sell online consistently for at least twice a week on Facebook live, and are residents of the City of San Fernando La Union. Also, weighted mean was the main statistical tool used to treat the data gathered in determining the level of effectiveness

of marketing strategies used by live sellers in terms of attention, interest desire, and action.

Based on the findings, there is a necessity to recognize and acknowledge being fun and entertaining as one of the marketing strategies, and there is a significant relationship between marketing strategies and average sales income of the live sellers per week in San Fernando City, La Union. It explores forms and context of marketing strategies and effects on gaining customer's interest.

Keywords: Live Sellers, Marketing Strategies, E-commerce, Sales income, Customer's interest

HANAPDUGO: BLOOD SEEKERS' POSTING SITE WITH NOTIFICATION SYSTEM FOR BLOOD DONORS

by

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ABSTRACT

Blood is one of the most vital fluid in our body. As blood is essential for transportation of oxygen and nutrients throughout our body for it to function. It also helps fight diseases. Once lost, it can cost life as it also have no substitute. The only way is through blood transfusion through the blood donors. However, there is also a problem in the supply as the demand is increasing and unpredictable. Furthermore, there is still a wide gap between blood donors and to those who finds blood. The objective of this study was to determine the process and procedures of donating blood based on the guidelines of Philippine Red Cross and Department of Health. To develop a blood requesting site with a notification system that helps blood banks under Philippine Red Cross and Department of Health stabilize the blood supply, which also provides a platform for people who need and find blood. It also tracks donors according to their blood group which helps document the rare blood group, and to bring blood donors and retain them. And to determine the usability of the developed system using ISO 9126. The researchers determined the process and procedures of donating blood based on the guidelines of Philippine Red Cross and Department of Health through interview guide. The researchers also developed a blood requesting site with a notification system that helps blood banks under Philippine Red Cross and Department of Health stabilize the blood supply, which also provides a platform for people who need and find blood. The researchers used SMS API for SMS notifications and Nodemailer for email notifications. And the researchers determined the usability of the developed system using ISO 9126. The system application has a grand mean of 3.98. A grand mean of 3.98 indicates that the system application is usable.

Keywords: Blood Donation, Posting Site, Notification System, SMS Notification, Red Cross

HYDRIP: AUTOMATED WATERING SYSTEM FOR HOLCIM MINING AND DEVELOPMENT CORPORATION'S REHABILITATION AREA

by

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ABSTRACT

Water management is essential in areas where there is a scarcity of water. Holcim is a mining company that is currently engaged in a rehabilitation activity through reforestation, but they are having difficulty conserving water. As a result, the government ordered the company to implement drip technology, which will aid in water conservation. The researchers have come up with a solution by creating an Automated Watering System. The device is composed of Arduino Mega, soil moisture sensor, temperature sensor and light sensor, the device would be able to monitor the condition of the plant and by using the soil moisture sensor. The researchers were able to conclude that Hydrup: Automated Watering System was designed and developed to give aid to Holcim Mining and Development Corporation's rehabilitation area. A notification and monitoring capabilities was made with the use of SMS notification feature and a mobile application via Bluetooth. The water consumption of Hydrup are more controlled compared to the manual method of watering. Relative to the findings and conclusions of this study, the researchers recommend that HYDRIP should provide a notification system to the user that a slave device is not working, add manual control feature in the application through buttons and the user can choose the type of soil and can adjust the soil moisture threshold in the application.

Keywords: Hydrup, Water Management, Holcim, Rehabilitation Area, Rehabilitation

**MEDICATION ADHERENCE OF DIABETIC PATIENTS
IN LINGSAT, CITY OF SAN FERNANDO, LA UNION**

by

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ABSTRACT

The study entitled “Medication Adherence of Diabetic Patients in Lingsat, City of San Fernando, La Union” was primarily designed to identify the degree of medication adherence of the patients taking antidiabetic medication, and how various factors can affect the degree of their adherence to their antidiabetic medications. The study utilized descriptive quantitative type of research study in data gathering and analysis information. The initial hypotheses include: the degree of adherence of the patients are from “slightly” to “moderately adherent, and that there are no significant differences on the patients’ adherences when grouped according to gender, age, and economic status. The researchers adapted the Adherence to Refills and Medication Scale (ARMS) to assess the degree of medication adherence of the patients. The study had a total of twenty-one (21) respondents. A 4-point Likert-scale questionnaire was utilized in the data gathering. Findings: General data showed that the respondents are adherent to their antidiabetic medications with an average mean of 1.32. It was also found that there is no significant difference in the adherence of the diabetic patients to their antidiabetic medications using gender as the moderating variable, while there is a significant difference in the adherences of the patients using age, and economic status as the moderating variables.

Keywords: Medication Adherence, Type 2 Diabetes Mellitus, Adherence to Refills and Medications Scale (ARMS), Antidiabetic Medications

FACTORS INFLUENCING THE RESPIRATORY HEALTH CONDITIONS OF PEOPLE LIVING AT HIGH ALTITUDE AND LOWLAND AREAS

by:

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ABSTRACT

Exposure to various risk factors at higher elevations and lowland area can be debilitating to individuals as it can affect their respiratory health condition. The possible association between geographically higher altitude or lowland area and the development of respiratory diseases feature is not completely understood, being the available epidemiological evidence still very limited. The aim of the present study was to evaluate how the residents perceived their respiratory health condition was affected through the association of altitude and incidence of different factors and each of its components through quantitative study. The study included 161 adult residents from Barangay Malaya, Cervantes, Ilocos Sur for high altitude area and 161 adults from Barangay San Felipe, San Juan, La Union for lowland area. Survey questionnaire and Likert Scale were used to assess the association between the altitude of residence and the different risk factors (individual behaviors, environmental factors, health status, signs and symptoms and medical history). The data indicates that residents at higher altitudes exhibited a significantly high incident case of the aforementioned risk factors, particularly in environment factors. In contrast, risk factors that affects the respiratory health of residents from lowland area were not

experienced greatly, however they agree that they were momentarily influenced by their individual behaviors. Accordingly, residents from high altitude have poorer respiratory health condition compared to lowland area. The findings suggest that altitude change is an important factor linked to different factors that affects respiratory health condition. Thus, creating awareness and preventing the harmful effects of the different factors through IEC material was initiated.

Keywords: High Altitude Area, Lowland Area, Risk Factors, Respiratory Health Condition

MUSCULOSKELETAL PAIN INDUCED BY ONLINE LEARNING AMONG HEALTH SCIENCES STUDENTS OF LORMA COLLEGES

by

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ABSTRACT

Due to the COVID-19 pandemic, there was a shift of educational systems from conventional learning to virtual learning. This study mainly investigated the musculoskeletal pain induced by online learning among students. The study determined: (1) prevalence of musculoskeletal pain; (2) online learning conditions of students in terms of number of days a week having online classes, screen time for online class and school works a day, time spent sitting for online class and school works a day, and compliance to ergonomic recommendations; (3) extent of musculoskeletal pain in terms of location, frequency, and intensity; (4) significant relationship between online learning conditions and prevalence of musculoskeletal pain; and (5) measures and recommendations to eliminate and prevent musculoskeletal pain. A total of 351 respondents from the health sciences programs of LORMA Colleges took part in this Quantitative Descriptive-Correlational study. The gathered data were analyzed and treated using prevalence formula, frequency count, percentage, mean, and Chi-square statistic. Results showed: (a) prevalence of musculoskeletal pain among students at 92.88%; (b) majority of students attend classes 6 days a week, with 12 – 14 hours of screen time and sitting duration, while not being compliant of ergonomics; (c) students often experience moderate pain at the lower back; (d) significant relationship between screen time and compliance to ergonomics, and the prevalence of musculoskeletal pain; and (e) informational pamphlet was formulated.

Keywords: Musculoskeletal Pain, Online Learning, Health Sciences Students, COVID-19 Pandemic, Prevalence, Online Learning Conditions, Screen Time, Ergonomics, Extent of Musculoskeletal Pain

**TRICYCLE DRIVERS LIFESTYLE PRACTICES IN CITY OF SAN FERNANDO
LA UNION: CONTIBUTORY FACTOR IN OBTAINING
RESPIRATORY SYMPTOMS**

by

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ABSTRACT

The research study sought to investigate the extent of practices of the respondents on various healthy lifestyles. This study specifically determined the (1) The extent of healthy lifestyle along Diet, Rest and Sleep, Exercise, Stress Management, Vices and Routine Medical Check-up; (2) Respiratory Health Experiences; (3) Significant relationship of the respondent's extents of practice on healthy lifestyle to their respiratory health experiences. The respondents of the study were 324 tricycle drivers of the City of San Fernando, La Union. Data were gathered through the questionnaire and were treated using weighted mean and Pearson's Correlation Formulation.

The researchers found that diet is the most highly practiced lifestyle and marked the highest while vices marked the lowest in the lifestyle of tricycle drivers. The extent of practice on healthy lifestyle highly affects the lifestyle of respiratory health experiences and respiratory health of the respondents. There is no significant relationship between the respondent's extents of lifestyle practice in terms of diet, regular exercise, rest and sleep, stress management, vices, routine medical check-up and to their respiratory health experiences. Most of the tricycle drivers in the city of San Fernando, La Union have a healthy respiratory history. The researchers humbly recommend that for the different health centers to include stress management and the importance of routine medical check-up during their regular clinic services.

Keywords: Lifestyle Practices, Respiratory Symptoms, Tricycle Drivers , Vices, Medical check-up

FACTORS AFFECTING THE CAREER PLANS OF FIRST-YEAR MEDICAL LABORATORY SCIENCE STUDENTS OF LORMA COLLEGES

by

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ABSTRACT

Career planning has been one of the uprising dilemmas among students who are approaching and progressing to their college levels. Several studies have already been conducted in different universities. It is the first to be done in the Medical Laboratory Science department of the institution. This leads to the reason that it can help the institution to develop programs of career planning and development especially to those students who are in need of counseling and cannot decide what career path to pursue. Specifically, this action research sought to identify: the factors affecting the career plans of the students; the demographic and personal characteristics, perceptions, and career plans; and as well as its significant relationship.

The participants of the study were the first-year students of Bachelor in Medical Laboratory Science (BMLS) at LORMA Colleges, and selected the whole population depending on the number of responses which had accumulated of approximately 76.7% respondents. In the study conducted, the researchers made use of quantitative research which is descriptive-correlational type of research. Statistical data was gathered through survey questionnaires, which were floated to the first-year MLS students via Google Forms through a link that was accessed through the application Messenger. The data is interpreted using statistical tools such as

frequency percentage, weighted mean, and for correlation Chi-square test and Cramer's V coefficient was utilized. Based on the result, most of the students are driven by personal related factors and family-related factors when choosing their career path and some demographic factors like the family income and parents educational background did not stop them in choosing their degree.

Lastly, it can also be noticed that most of the students want to continue their degree in medical school and this is a good factor due to the fact that they chose a good pre-med course in their pursuit of becoming a doctor.

Keywords : Career, Career Plan, Career Choice, Influence, Degree, Course Demographic Characteristics, Perception, Continuing Education, Employment, Personal-Related Factors, Family-Related Factors, Social-Related Factors

**KNOWLEDGE, ATTITUDE, AND PERCEPTION TOWARDS HUMAN
PAPILLOMA VIRUS (HPV) VACCINATION AMONG FEMALE COMMERCIAL SEX
WORKERS IN THE CITY OF SAN FERNANDO, LA UNION**

by

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ABSTRACT

This descriptive research determined the knowledge, attitude, and perception towards Human Papillomavirus (HPV) vaccination among female commercial sex workers in the City of San Fernando, La Union. Data gathered using a survey-questionnaire was treated using frequencies, mean, and Pearson correlation coefficient. A total of 92 respondents, all of whom met the inclusion criteria of being female, 18 years of age, and being able to understand English, Filipino, or the local dialect Ilocano, took part in the study. The respondents were found to be moderately knowledgeable about HPV and HPV vaccination. The respondents' attitude and perception towards HPV vaccination were found to be very highly positive and highly positive, respectively. Significant negative relationship was found between knowledge and attitude and between knowledge and perception however, no significant relationship was found between attitude and perception. This signifies that the more knowledge the respondents hold, the more likely it will influence their attitude and perception towards HPV vaccination.

A strengthened and directed education campaign about HPV and HPV vaccination is needed to make knowledge a more positive relevant factor that can influence attitude and perception and ultimately, vaccine uptake. Also, further efforts must be made to make HPV vaccines accessible to all.

Keywords: Human Papilloma Virus, Vaccination, Female Commercial Sex Workers, Knowledge, Attitude, Perception

**RADIATION SAFETY AWARENESS AMONG TRANSPORT AIDE,
NURSING, DENTAL MEDICINE, URGENT CARE UNIT,
AND PHYSICAL THERAPY STAFF OF SAN FERNANDO CITY**

by

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ABSTRACT

During radiographic examinations, unnecessary exposure might happen which why radiation safety is important in radiology. The non-radiology staff's lack of awareness regarding radiation safety increases the risk of unnecessary exposure.

The research was a quantitative descriptive study where frequency, percentage, average weighted mean, ANOVA, and t-test were used in treating the data gathered to assess the radiation safety awareness of the non-radiology staff in San Fernando City. Results revealed that the respondents demonstrated moderate awareness of the use of radiation safety devices regardless of their sex and years in service but were influenced by their hospital job title. The respondents also demonstrated moderate awareness of the use of radiation safety measures except for ALARA and ALARP regardless of their sex, years in service, and hospital job title.

In conclusion, the non-radiology staff already has a good background in the use of radiation safety devices and measures.

Keywords: Awareness Level, Radiation Safety, Transport Aide, Nursing, Physical Therapy Staff, Urgent Care Unit, Dental Medicine

**STUDY HABITS OF JUNIOR AND SENIOR RADIOLOGIC TECHNOLOGY
STUDENTS OF LORMA COLLEGES BEFORE AND DURING
COVID-19 PANDEMIC**

by

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ABSTRACT

The Covid-19 pandemic has tremendously changed the educational system of different countries in the world including the Philippines. The emergence of online teaching fosters several challenges including student's study habits that needed to be addressed.

This study uses comparative-quantitative research method. Weighted mean was used to determine the study habits of students and paired t-test was used in determining and comparing the significant difference of the study habits of junior and senior radiologic technology students.

The findings of this study revealed that the study habits of junior and senior radiologic technology students before pandemic is significantly better compare to during pandemic. The result also revealed that most of students before and during Covid-19 pandemic were able to establish and practice effective study habits

This study concluded that the covid-19 pandemic and the transition of face-to-face learning to online learning where new environment takes place that led several challenges and problems to students had negatively impacted their study habits.

Keywords: Study Habits, Face-to-face Learning, Online Learning, Covid-19 Pandemic, Junior and Senior Radiologic Technology Student

PERCEIVED EFFECTIVENESS OF BLUE-LIGHT BLOCKING GLASSES ON SCREEN INTERACTION

by

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ABSTRACT

Relieve fatigue, sleep soundly, and wake up refreshed and joyful! Soaking long hours in front of your screens may lead to various health issues such as eye fatigue, disrupted sleep cycle, and loss of concentration. That being so, blue-light glasses might be your solution.

This study evaluates the perception of the students who are using blue-light blocking glasses and how it affects their physical, emotional, and psychological health. A descriptive method was used to describe the perceived effectiveness of blue-light blocking glasses and according to the results gathered, the perceptions of the respondents towards the effectiveness of blue-light blocking glasses on-screen interaction along physical and psychological health was moderately effective, while it is effective in emotional health. Consequently, there is a significant difference in the respondents' perceptions of the effectiveness of blue-light-blocking glasses on-screen interaction along with physical, emotional, and psychological health concerning their age. And along with physical health regarding their time span of use.

Keywords: Perceived Effectiveness, Blue-light blocking glasses, Screen Interaction, Gadgets, Emotional health

**RESILIENCE, CRITICAL THINKING, AND ANXIETY AMONG
LEVEL III STUDENT NURSES OF LORMA COLLEGES
DURING COVID-19 PANDEMIC**

by

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(College of Nursing)

ABSTRACT

The surge of the Covid-19 affected many lives globally, especially the nursing field. This study aims to determine the level of resilience, critical thinking and anxiety among BSN III students of Lorma Colleges amidst the pandemic.

The researchers carried out a quantitative-descriptive research using three different questionnaire-checklists to assess the level and distributed it to all 8 sections of Level III in the college of nursing through Google form with a total sample of 193 students that were chosen randomly. Research tool was validated by competent clinical instructors.

The study finds that the students are able to keep themselves in a moderate level of resilience, moderate critical thinking and moderate anxiety level amidst this crisis. They stayed mentally functional and had the ability to stay positive despite Covid-19. The researchers gathered measures on how to enhance the resilience and critical thinking, and the management of anxiety among these student nurses.

Keywords: Resilience, Critical Thinking, Anxiety, Student Nurse, Level, Measures

**COVID-19 DIAGNOSTIC TESTING PERCEPTIONS AND RELUCTANCY
AMONG WORKING RESIDENTS OF BARANGAY TANQUI,
CITY OF SAN FERNANDO, LA UNION**

by

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ABSTRACT

The study aimed to assess the level of perception and extent of reluctance of the working residents of Barangay Tanqui, City of San Fernando, La Union on COVID-19 diagnostic testing.

The researchers utilized a descriptive evaluative correlational design. The researcher-made questionnaire that was validated by professionals and undergone excellent reliability test results was distributed to 104 residents of barangay Tanqui through Google form and printed questionnaire.

The study finds that the working residents' level of perception in terms of barriers of COVID-19 testing is neutral, while high in terms of accuracy of COVID-19 tests results. Moreover, their extent of reluctance to undergo COVID-19 testing is moderate in terms of the presence of COVID symptoms and anticipated consequences of positive test result, while neutral in terms of test discomfort. There was no significant relationship between sociodemographic profile, and level of perception and extent of

reluctance. Moreover, there is significant difference in the level of perception and extent of reluctance when grouped according to type of work and highest educational attainment.

Differences across gender and age were not observed. This implies that regardless of their sociodemographic profile, majority of them are reluctant to be tested as they perceive a lot of factors as barriers of COVID-19 testing. Thus, the researchers proposed distribution of infographics about COVID-19 testing and video campaign against COVID-19 stigma and discrimination as measures to enhance COVID-19 testing willingness.

Keywords: COVID-19 Testing, Level of Perception, Extent of Reluctance, Working Residents, Sociodemographic Profile

FACTORS AFFECTING THE BEHAVIORS OF THE ELDERLY PEOPLE TOWARD COVID-19 VACCINATION

by

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ABSTRACT

The study aimed to determine the factors that affect the Behaviors of elderly people toward COVID-19 vaccination and its relationship to their willingness to accept the vaccine.

The study utilized a descriptive-correlational research design and a questionnaire in gathering relevant data. The gathered data were treated statistically using the Average Weighted Mean and Pearson r correlation. There were 171 respondents chosen from Barangay Lingsat, City of San Fernando, La Union through a simple random technique. The overall mean for the beliefs, safety and efficacy of the vaccine, and healthcare provider recommendation was 3.15 with a descriptive equivalent of Agree and classified them as factors.

Healthcare provider recommendations have the greatest factor that has an average weighted mean of 3.24. While the degree of willingness of the elderly in receiving the COVID-19 vaccine has a mean of 3.49 with a descriptive equivalent of very willing. This implies that elderly people are

very willing to receive the COVID-19 vaccine. Upon treating the data, the researchers have found out that there is a significant relationship between the factors and the degree of willingness of the elderly in accepting the vaccine.

The researchers, therefore, recommend that healthcare providers should conduct small group discussions, distribution of brochures, improvement of COVID-19 control strategies, and in-home vaccination for the elderly.

Keywords: Elderly, Behaviors, COVID-19 Vaccine, Beliefs, Safety and Efficacy, Healthcare Provider Recommendations, Willingness

LIFESTYLE OF WORKERS IN SN ABOITIZ POWER PLANT-BENGUET, INC.

by

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ABSTRACT

Lifestyle issues have been shown to predispose people to a higher risk of chronic diseases that are the main cause of death globally, to which such are preventable. The study aimed to determine the lifestyle of workers in SN Aboitiz Power-Benguet.

The descriptive method of research is used in the study. A survey was conducted on 162 workers to find out their practices using the Simple Lifestyle Indicator Questionnaire (diet, exercise, alcohol, smoking, life stress). The frequency and percentage are used as a statistical tool to treat the lifestyle and profile of workers. To test whether there is a significant difference in the profile and variables, the independent T-test and ANOVA were utilized. For determination of the specific significant differences, the Tukey's test was used.

The results of the study showed that the workers of SNAPBI are generally healthy. However, diet should be given focus which contributes to the unhealthy state of some workers, making them vulnerable to non-communicable and cardiovascular disease. In terms of sex, no significant difference was seen in all the variables of lifestyle. Along with the age group, there was a significant difference in the aspect of stress, and on the employment type, there were significant differences in terms of exercise, alcohol consumption, and stress. With the results derived from the study, an occupational health program was proposed that would emphasize the lifestyle needed modification in addressing or preventing diseases, as well as instilling habits to maintain one's good health.

Keywords: Lifestyle, Diet, Exercise, Alcohol, Smoking, Stress, Diseases, Occupational Health Program

PART II - STUDENT RESEARCHES

Poster Paper Presentation

CHICS: A PRECISION POULTRY FARM MONITORING SYSTEM WITH EGG - SORTING MECHANISM

by

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ABSTRACT

ChiCS provides the capability to monitor the food and water level using Ultrasonic sensors, current temperature with control for threshold using DHT22 sensor, manure level, light intensity using LDR sensor and a microcontroller NodeMCU with Wi-Fi embedded for its mobile application. Poultry farmers no longer have to manually sort eggs since ChiCS provides a mechanism for egg sorting and counting using the load cell sensor. Notification for each sensor to notify the poultry farmer to lessen the manpower/time of supervising the chicken on daily basis.

As the world's population increases, demand for poultry products will continue to increase. To meet this demand, one candidate mechanism to increase production is to increase housing and manage more birds. However, this practice, along with labor shortages and increasing biosecurity practices will make it increasingly difficult for producers to monitor the production, health, and welfare status of all their birds. Employing smart poultry management systems is necessary to increase production while minimizing costs and the use of resources.

The design project aims to lessen the manpower of supervising the chicken on a daily basis, upon laying the eggs to a continuous process of sorting, temperature regulation, and monitoring thus conserving energy

and giving relief to workers. The device is equipped with a mobile application that would make the monitoring quicker and easier to access. It indicates the input and output of the device, ChiCS. The inputs are obtained by the sensors (LDR, DHT22, HC-SR04, LOAD CELL) processed through the central microcontroller of the device Node MCU ESP8266 12E Development board responsible for the monitoring of food, water and manure levels with notification) Arduino Uno for the egg Sorting and Counting Mechanism of the device and a Switch for controlling the distribution of feeds. The design project ChiCS is divided into three cages and can hold a maximum of 9 chickens with 2-3 chickens per cage. Two nipple drinkers are installed in each cage with exhaust and intake fans. The egg sorter is located on the left side of the cage below the feed container.

It was concluded that ChiCS was feasible and its development and construction were able to conclude that it can release and distribute the feeds, distribute water for chickens, sort and count eggs (even though the stream for eggs needs improvement), regulate the temperature by means of fans and lighting up the cage automatically and send cleaning notification. Furthermore, ChiCS can monitor the temperature and humidity, water and food level, using the mobile app as well as notify worker if water/feeds was running low and providing an alert if the cage needs cleaning. Through the use of a technical feasibility questionnaire, the researchers conclude that the project is technically feasible in terms of the durability of parts, simplicity of mechanism, and precision of design with a grand mean of 4.32.

Keywords: ChiCS, Poultry Farm, Monitoring System, Ultrasonic Sensors, Egg Sorter

I-SENSE: A NON-DESTRUCTIVE DEVICE FOR MEAT QUALITY DETECTING AND EVALUATION BASED ON CONVOLUTIONAL NEURAL NETWORK (CNN)

by

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ABSTRACT

Eating meat is part of our daily lives. Unfortunately, meat quality can quickly degrade if not handled properly and become a serious health hazard if consumed. To avoid such a condition and safeguard the public, laws and regulations must be implemented. Presently, we have the National Meat Inspection Service (NMIS), a specialized regulatory agency in the Department of Agriculture that has the competent authority on meat inspection and hygiene in our country. Yet, NMIS' method in determining the freshness of meat is by using their senses. Furthermore, they do not have typical fresh meat and spoiled meat values. To help aid the problem, we present to you: I-SENSE, a meat quality detector device using sensors and deep learning, specifically Convolutional Neural Network. Features to be evaluated regarding its functionality and performance efficiency in measuring the quality of the meat using the gas, color, temperature, and pH sensors. The implementation of the device is expected to act as an assistive tool for meat experts or inspectors to increase the accuracy and efficiency of their inspection process. With this, the researchers believe that increasing the ability of the Philippine National Meat Inspection Service to assess or eradicate spoiled meat stocked for sale in local markets is a valuable component and seen as a step forward for the protection of the meat-consuming public.

Keywords: I-Sense, Convolutional Neural Network, Meat, Non-destructive device, National Meat Inspection Service

**THE STRUGGLES AND CHALLENGES OF COMMUNITY PHARMACY
BUSINESSES AMIDST THE COVID-19 PANDEMIC IN
NAGUILLIAN, LA UNION**

by

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ABSTRACT

Due to rapid growing number of COVID-19 cases, the public was forced to turn to community pharmacies as their first-lie option as the most accessible point of primary health care with a lesser chance of getting infected. Amidst the threat of the deadly virus, researchers report that community pharmacists and owners were dealing with the different struggles and challenges caused by the changes that occurred due to the virus. This study will provide information about the struggles and challenges of community pharmacists and owners amidst the pandemic. And it aims to identify the struggles and challenges faced by the community pharmacists and owners and determine the strategies they have implemented amidst the COVID-19 pandemic.

The researchers utilized unstructured interview with guide questions. Eleven (11) participants from Naguillian, La Union were interviewed personally for this study. The researchers only interviewed pharmacy owners and the community pharmacists of the selected establishments who worked in the community pharmacy setting, specifically those who have been employed since the start of the pandemic. The study does not cover data from hospital pharmacies and rural.

There were three (3) major themes from the participants testimonies. The first theme named “all the change” which enumerates the changes that they have encountered through the transition from the old normal to the new normal. The second theme named “choosing appropriate decision strategies” which identifies the different decision strategy used by the participants on the respective challenges they have experienced. The third theme named “recognizing the stressors” which identifies the different stressors noticed and experienced by the participants.

Community pharmacists and owners experienced different struggles during their transition from old to new normal that limited and gave difficulties in terms of their business and their daily working routine including drug shortages, sales issues and health and safety protocols. Different stressors were also observed, the majority were internal stressors namely overthinking and anxiety. Different decision strategies were also observed in response to the transition and stressors caused by the pandemic; these were business focused, patient focused and self centered strategies.

Keywords: Struggles, Challenges, Community Pharmacist, Covid-19 Pandemic, New Normal

**COVID-19 KNOWLEDGE OF B.S. PHARMACY STUDENTS
AT LORMA COLLEGES**

by

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ABSTRACT

In dealing with the pandemic situation, the value of the student pharmacists' level of knowledge about the Covid-19 virus and vaccines is necessary to provide timely, accurate, and reliable information. However, during their course of formal education, they only gained general concepts on viruses and vaccines from different subjects in curriculum, but not in-depth information about COVID-19.

The aim of this study was to evaluate the level of COVID-19 knowledge of B.S. Pharmacy students to determine whether giving necessary interventions is needed to enhance their knowledge and be prepared as early as now to provide quality healthcare.

A quantitative research method was conducted among B.S. Pharmacy students at Lorma Colleges. A validated and consistent dichotomous 30-item questionnaire about COVID-19 Virus and Vaccines was sent to the 100 respondents of this study through email/messenger.

The responses per part of the questionnaire were checked. Total mean score was computed. This study used mean average of the students'

score, independent sample t-test and one way ANOVA to analyze and interpret the data.

The results of this study showed that the students' mean score on COVID-19 Virus was 10.85" 11, which means that their level of knowledge is adequate. Whereas students' mean score on COVID-19 Vaccines was 9.03" 9, meaning they have basic level of knowledge. In general, the overall COVID-19 Knowledge mean score 19.88" 20, hence, they have adequate level of knowledge regarding the latest facts on the COVID-19 Virus and Vaccines. The computed p-value from the independent sample t-test was 0.598 and from one-way ANOVA was 0.315. Hence, the level of knowledge of B.S. Pharmacy students when grouped according to sex and year level, have no significant difference.

Results from the study showed that B.S. Pharmacy students keep themselves updated on the current information regarding COVID-19 and are prepared to provide accurate information. Moreover, their level of knowledge is not based on sex and year level. As the results showed that they have adequate knowledge, they still have room to improve their knowledge from adequate to superior by integrating COVID-19 topics into the curriculum subjects.

Keywords: Covid-19 virus and vaccines, Knowledge, Interventions, Quality healthcare, Information

**TELEREHABILITATION AS THE NEW NORMAL IN PHYSICAL THERAPY CARE:
THE BACHELOR OF SCIENCE IN PHYSICAL THERAPY INTERNS PERSPECTIVE**

by

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ABSTRACT

The COVID-19 pandemic has changed how people work, learn and interact. This results in practicing social distancing to minimize the risk and transmission of the Coronavirus disease. One of the most affected by this crisis are the students. Students and teachers were left with no choice but to utilize distant learning to continue education. Specifically, the Physical Therapy Interns practice their internship program through an online platform where rehabilitative and therapeutic services were delivered through information and communication technology. To bring to light the benefits, barriers, and effectiveness of telerehabilitation, the researchers used a phenomenological qualitative type of study that aimed at knowing the lived experiences and the perceptions of the eight (8) BS Physical Therapy Interns of LORMA Colleges batch 2021-2022. To further understand the lived experiences of the Physical Therapy Interns, the study generated themes and subthemes which outline the objectives of the study. The study highlighted the lived experiences of Physical Therapists Interns, specifically their daily routine, the challenges they encountered, and how they cope with these challenges. Furthermore, the study focused on their overall perception of Telerehabilitation, including the advantages and disadvantages of Telerehab, its effectiveness, and their opinion on the possibility of implementing it in LORMA Medical Center or throughout the country. In conclusion, the researchers were able to determine the challenges that the participants encounter during their Telerehabilitation program including a limitation in treatment and technical difficulties. However, despite these challenges, Telerehabilitation can still be flexible for both patients and Physical therapy Intern, thus, making all the participants agree for Telerehabilitation to be an option for rehabilitation interventions.

Keywords: Telerehabilitation, Internship, Physical Therapy Interns, COVID-19 Pandemic, New Normal

THE MENTAL WELL-BEING OF RESPIRATORY THERAPISTS IN SELECTED HOSPITALS IN LA UNION AMIDST COVID-19 PANDEMIC

by

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ABSTRACT

The COVID-19 pandemic is an unprecedented challenge worldwide and impacted health care workers in many ways including mental health. Supporting the mental health of medical staff and affiliated healthcare workers is a critical part of the public health response. The quantitative study aims to assess the level of stress, depression, and anxiety of Respiratory Therapist during the COVID-19 pandemic and to identify associated factors. A Pearson-R will be used to distinguish the significant relationship of the profile of the respondents and their mental well-being. To do so, 20 respondents were gathered, data collection was carried out through social media using the Perceived Stress Scale (PSS-10), Patient Health Questionnaire (PHQ-9), and Generalized Anxiety Disorder (GAD-7) scale by Google forms. A total frequency of 20 or 100% of the respondents experienced high perceived stress, 12 Or 60% of the respondents have severe depression, followed by 8 Or 40% have moderately severe depression. In terms of anxiety level, 14 or 70% have severe anxiety, and 5 or 25% have moderate anxiety brought by COVID-19 pandemic. Findings showed that most of the Respiratory Therapist experience high perceived stress, severe depression, and severe anxiety brought by the COVID-19 Pandemic. Findings supported that there is a significant relationship between the demographic profile of the respondents in terms of compensation and working hours to their anxiety level. In addition, the researchers recommended that working hours can be re-planned by planning the need for rest of the healthcare professionals and creating working and resting environments that will ensure that not only the risk of infection but also other risk factors arising from their mental health are taken under control.

Keywords: Healthcare Workers, Mental Well-being, Respiratory Therapist, Covid-19 Pandemic, Anxiety level

PREVALENCE OF INTESTINAL PARASITISM AND ASSOCIATED RISK FACTORS AMONG PERSONS DEPRIVED OF LIBERTY OF SAN FERNANDO CITY JAIL

by

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ABSTRACT

Intestinal parasitic infections (IPIs) are considered as one of the most significant health concerns in developing countries and Persons Deprived of Liberty (PDLs) are more likely to be vulnerable to it due to several factors. Although the factors vary from place to place, the most common are poor health care, overcrowding, high level of stress, inadequate or poor nutritional quality, and low living standard as compared to the general population.

This study aimed to determine the prevalence of IPIs and associated risk among the PDLs of San Fernando City Jail. It utilized the cross-sectional approach of quantitative research. The whole population of the facility, which is 80, voluntarily participated in the study. Questionnaires and fecalysis were the main data gathering tools used in the study. Statistical tools used in treating the data were frequency count, percentages, and

regression analysis. The major findings of the study were: (1) The study interpreted a low prevalence rate among the participants, suggesting that the facility was able to maintain a good environment in connection with the risk factors that may contribute to the parasitic infection; (2) The PDLs established a high level of awareness in terms of the risk factors (A) sanitation; (B) crowding; (C) healthcare; and (D) hygiene; (3) People who had been diagnosed with intestinal parasitic illness before are more likely to have IPIs.

Keywords: Parasite, Intestinal Parasite, Intestinal Parasitic Infection, Sanitation, Crowding, Healthcare, Hygiene, Persons Deprived of Liberty

**THE EFFICACY OF BITAOG (*CALOPHYLLUM INOPHYLLUM*)
LEAVES ETHANOLIC EXTRACT AS A LABORATORY PROCOAGULANT**

by

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ABSTRACT

Bitagog (*Calophyllum inophyllum*) has many applications, including energy, industry, cosmetics, and medicine. The ethanolic seed extract of Bitagog has been reported to exhibit a procoagulant property because of its ability to induce clot initiation. This study aims to determine the coagulation properties of Bitagog leaves that could be used as a practical laboratory procoagulant and how they would compare to the thrombin-based orange top tube clot activator. Phytochemical analysis of the Bitagog leaves extract revealed the significant presence of tannins, saponins, carbohydrates/ reducing sugars, flavonoids, and essential oils. Tannins were primarily responsible as the procoagulant component in this study.

An experimental method was used in this study. A venipuncture procedure was performed on six blood donors to provide the required

blood. The researchers prepared four concentrations (25%, 50%, 75%, and 100%) of the Bitaog leaves ethanolic extract. The plain glass tube contained a blood volume of 4.8mL and 0.2 mL of Bitaog extract from each concentration to assess the clotting time, clot retraction ability, and the quality of blood clots produced by the Bitaog leaves ethanolic extract. The one-way analysis of variance (ANOVA) with Scheffe's post hoc test was used to statistically evaluate the effectiveness of the four treatments of the Bitaog leaves ethanolic extract against the commercial thrombin-based orange top in terms of clotting time, degree of clot retraction, and quality of clot using blood samples from healthy individuals. The results revealed that among the four treatments, the 25% concentration is the most effective. Additionally, all treatments were found to have a significant difference with respect to clotting time. However, no significant difference was observed between the four treatments and the thrombin-based clot activator regarding the degree of clot retraction and quality of clot.

The study concluded that the 25% concentration of Bitaog leaves ethanolic extract can induce clot formation but is not a potential alternative for the thrombin-based clot activator since it did not reveal a significant difference with the control in terms of the degree of clot retraction and quality of clot.

Keywords: Bitaog leaves, Ethanolic extract, Phytochemical analysis, Tannins, Clot

PERCEPTION OF SENIOR CITIZENS IN MAGALLANES, LUNA, LA UNION TOWARDS COVID-19 VACCINES

by

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ABSTRACT

Covid-19 is a global pandemic and humanity has developed countermeasures such as vaccination to combat it. Perceptions are known to vary among different age groups and older adults hold distinct beliefs regarding vaccination. The study aims to investigate the knowledge and behaviors of senior citizens toward Covid-19 vaccines as well as in determining the factors that influence their perceptions in accepting or rejecting vaccines. The study seeks to examine if facilitators or barriers in vaccination among the elderly can be determined by family, political, personal, and health influences. A descriptive correlational research design was employed to examine the relationship among the variables, influencing the perception of thirty (30) senior citizens from Magallanes, Luna, La Union which involves 15 males and 15 females. The study utilized on-site questionnaire as the main instrument in gathering data. Cronbach's alpha test, percentage, weighted mean, t-test and a level of significance of 0.05 were employed as part of the statistical tool .

The major findings of the study: (1) Out of 30 respondents,

24 senior citizens are vaccinated while six are non-vaccinated. Females dominates the vaccinated status with a frequency count of 14, while males dominated the non-vaccinated status with a frequency count of five; (2) For the ranking of factors, health influence had the most impact in the senior citizens' perception with a weighted mean of 3.55, followed by political influence (3.51), family influence (3.07), and the factor with the least influence was personal influence with a weighted mean of 2.68; (3) The respondents strongly agreed that the politics and health status affects their perceptions towards Covid-19 vaccine while agreed on both family and personal belief; (4) And lastly, there is a significant difference in the perceptions between male and female senior citizens. The following conclusions were drawn: (1) There is a high percentage of vaccinated senior citizens in Magallanes, Luna, La Union, while low percentage for non-vaccinated; (2) Most of the respondents either strongly agreed or agreed that the given factors could influence their perceptions of the Covid-19 vaccine; (3) There is a great extent to these factors that affects the perceptions of the senior citizen; (4) And lastly, there is a significant difference in the perceptions between male and female senior citizens which behavior and social responsibility are the main considerations to enhance engagement in social meetings.

Keywords: Covid-19, Vaccines, Senior Citizens, Perceptions, Influences

**CONFIDENCE LEVEL AND EMPLOYABILITY OF NEW RADIOLOGIC
TECHNOLOGY PROFESSIONALS WHO TOOK ALTERNATIVE
LEARNING SYSTEM**

by

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ABSTRACT

Alternative Learning System provides a quality, equitable, and accessible education to every student despite COVID-19 pandemic. This study aimed to determine the confidence level and level of employability of new Radiologic Technology Professionals who took Alternative Learning System. Descriptive quantitative method was utilized in the study. The study is limited only to the 20 Radiologic Technology Professionals of LORMA Colleges who passed the licensure exam in May (14) and December (6) 2021.

According to the findings, the majority are between the ages of 22 and 25, male, and currently employed. Furthermore, the competency skills of the RT professionals gained a very high level of confidence. The RT Professionals' employability was also assessed in terms of (1) Internship Skills Acquired, (2) Training/Seminars Attended, (3) Employment Status, and (4) Career Benefits. When comparing respondents' employability based on Skills Acquired and Training/Seminars Attended During Internship, there is a significant difference in their confidence level in their competency skills in patient care and management.

Keywords: Confidence Level, Employability, RT Professionals, ALS, LORMA Colleges

KNOWLEDGE AND ACCEPTANCE OF RADIOLOGIC TECHNOLOGY STUDENTS TO COVID-19 VACCINES

by

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ABSTRACT

A conflict affected by both correct and false information about COVID-19 vaccines resulted on either acceptance or hesitancy among medical students. The researchers aimed to identify the relationship of the knowledge level to the seemingly high vaccine acceptance of College of Radiologic Technology students of Lorma.

This study used a quantitative-descriptive research design. Universal random sampling is used in choosing 65 respondents, in which the size is determined using the Raosoft Sample Size Calculator for quantitative studies. It used Likert Scale, median, mode and weighted mean, Chi-square Test for Independence, Wilcoxon Signed Rank Test at 5% margin of error, and Pearson-r Correlation Coefficient and t-test for correlation coefficient at 5% margin of error.

The results of this study showed a high level of acceptance on COVID-19 vaccines. In terms of their knowledge level, the respondents in general showed moderate knowledge level. The hypothesis testing showed that there is a significant difference on the acceptance level in between sex and religious affiliation of the demographic profile. The knowledge level in between age groups also showed a significant difference. A significant relationship is established between knowledge level and acceptance level of radiologic technology students.

Keywords: Knowledge, Acceptance, Vaccines, Radiologic Technology Students, Covid-19

**PEER GROUP INFLUENCE ON ACADEMIC INVOLVEMENT OF
RADIOLOGIC TECHNOLOGY STUDENTS OF LORMA COLLEGES**

by

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ABSTRACT

A student success has a significant role in determining the peer group influence. A peer quality that can influence a variety of student outcomes from school performance. The study used descriptive-quantitative research. In this study, the design helped the researchers to observe and interpret the meaning of respondents in a completely natural and unchanged natural environment. There is no significant difference in academic involvement between peer groups, there is a substantial difference in peer-group discussion. Because this is one that includes writing rather than doing anything physical or delivering spoken responses, written work, homework, quizzes, and tests are likely to be the same. Students must critically assess thoughts from many perspectives during the conversation, which can foster dynamic communication, create new ideas, and enhance student learning from one another.

Keywords: Peer Group Influence, Academic Involvement, Radiologic Technology Students, School Performance, Lorma Colleges

**PRACTICES OF RADIOLOGIC TECHNOLOGY STUDENTS
TO FLEX-ON LEARNING**

by

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ABSTRACT

Access to learning is very vital as it furnish great opportunity and molds everyone into substantial and efficient one. Education system have become more flexible where it provides convenient and developed learners to become adaptive to its changes. Hence, practices to flex-on learning were applied and observed to provide continues learning and skills for students to flex-on learning.

The measures proposed aims to enhance the extent of practices of radiologic technology students to flex-on learning to enable that accurate learning practices is provided to maintain and/or increase grades and for students to excel in their academic performance. The measures to enhance the level of practice of radiologic technology students to flex-on learning addressed the demographic profile of the respondents in terms of age, sex and year level and the extent of practices of students in accomplishments of requirements, time management, and learning environment to flex-on learning. Since practices of radiologic technology students to flex-on learning should be enhance, creating and distributing flyers and posters containing list of practices or approaches to utilize along studying would be helpful.

Students should be encouraged to develop learning practices that in accordance to their preferences and needs along, accomplishments, time management and learning environment to flex-on learning.

Keywords: Flex-on Learning, Radiologic Technology Students, Practices, Education System, Measures

ON DUTY: THE EXPERIENCES OF RADIOLOGIC TECHNOLOGISTS IN DEALING WITH COVID-19 PATIENTS

by

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ABSTRACT

Since the beginning of the outbreak, health care workers work on the frontlines across the world unceasingly, running the greatest risk of getting infected and infecting others in their immediate environment in the hospital, at home, or wherever they go. The radiology department has played a critical role in diagnosing and following pneumonia in COVID-19 patients, evaluating new treatment protocols, measuring disease changes, and predicting prognosis. This study aims to describe the experiences of Radiologic Technologists in dealing with COVID-19 patients. To achieve this aim, the research utilizes a qualitative method, which is a phenomenological approach. A semi-structured interview in which the researchers ask predetermined questions while the rest of the questions are not planned.

The results of the study, the Radiologic Technologists had different experiences, problems, and coping strategies. Some of them were nervous and afraid of becoming infected and having it spread to their family, and their mental health suffered as a result. They encountered numerous problems dealing with COVID-19 during the pandemic. However, there are coping strategies that radiologic technologists use to alleviate these problems and negative experiences, such as wearing proper PPEs, watching, exercising, reading, and taking care of themselves. The researchers

concluded that radiologic technologists, like everyone else, have a wide range of experiences and coping strategies. They have different perspectives, but they both want the same thing. They continue to work and perform their duties as radiologic technologists even though it seems challenging to deal with COVID patients during the pandemic, knowing that the risks of exposure to infected patients have a high possibility of developing complications.

Keywords: COVID-19, Radiologic Technologists, Experiences, Coping Strategies, Challenges

**GREEN GREEN GRASS OF HOPE AN EXPLORATION OF THE MIGRATION
PLANS OF STUDENT NURSES AFFECTED WITH COVID-19 PANDEMIC**

by

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ABSTRACT

The COVID-19 has directly affected everyone's life which resulted in additional challenges for nursing students. International nurse migration from the Philippines started mainly in the new millennium, and within less than a decade the number of Filipino nurses working abroad has increased significantly. However, due to the COVID-19 pandemic, student nurses are now facing challenges in their future clinical practice due to several reasons.

Eleven participants have joined the interview process conducted by the researchers at Zoom or Messenger call. The interview questions were devised and a respondent and peer validation was conducted to explore the credibility of the results. After the interview was completed, the transcripts were made and used as a basis to form the major themes and its subthemes.

Most of the participants have said that they see hurdles to cross in their future clinical practice such as their confidence in doing nursing

procedures, their lack of experience in the clinical area, and their lack of knowledge in the hospital. The participants also mentioned their steps or their trail to success that they would accomplish once they pass the Nursing Licensure Exam (NLE) in the Philippines such as getting hospital experiences, passing the necessary examinations and assessments such as the NCLEX, IELTS, and CGFNS Certification, and also their chosen country that they would want to go to. The participants have also mentioned the measures that they do currently to be a competitive nurse in their future clinical practice such as being a volunteer in their area, if there's a will there's a way using internet-based materials, and learning through the materials from their clinical instructor.

Keywords: Hurdles to Cross, Trail to Success, If There's a Will, There's a Way, NCLEX, IELTS

SHEDDING THE LIGHT: A GLIMPSE INTO THE LIVED EXPERIENCES OF LGBTQ+ HEALTH ALLIED STUDENTS IN LORMA COLLEGES

by

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ABSTRACT

The world has diverse cultures and personalities wherein the LGBTQ+ community has become widely popular and controversial. Being a part of this community has its nature of getting various reactions from people, from positive to negative responses.

This study explored the lived experiences of LGBTQ+ health allied students in Lorma Colleges. This study utilized a qualitative phenomenological method as a research design. Semi-structured interviews were employed during data collection through social media platforms. For the data analysis, the researchers utilized Colaizzi's method.

The findings implied that the LGBTQ+ health allied students encountered various experiences, from being accepted and welcomed by the society, and being judged and criticized by others. Moreover, the effects of it either made them more confident, happier, inspired, or a decrease in confidence. Despite these, there were also coping mechanisms which involve music, faith, ignoring criticisms, showing true self, having support system, and being optimistic.

Keywords: LGBTQ+, Gender Identity, Sexuality, Experiences, Challenges, Coping Mechanism

**LIVED EXPERIENCES OF LEVEL 3 AND 4 STUDENT NURSES
AS PRIMARY CAREGIVERS FOR THE ELDERLY FAMILY MEMBERS
WITH CARDIOVASCULAR DISEASE**

by

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ABSTRACT

CVD affects everyone, and it commonly strikes the elderly. Due to this, novel treatment modalities were tailored to major classes of cardiac diseases. The treatment of CVD has greatly improved overtime which has led to complex medical regimens. This resulted in elderly patients needing a primary caregiver. A primary caregiver is mostly a family member that cares for an ill individual.

This study used a qualitative-phenomenological research design and purposive sampling method in determining the participants. Researchers surveyed 11 Filipino student nurses who met the criteria. A semi-structured interview was used to gather data prompts using the google meet as a platform to communicate.

The results of the study showed that student nurses as primary caregivers had challenges such as: difficulties due to divided time in caregiving and student responsibilities; weariness in managing the patient's

poor medical adherence and emotional care. The study revealed effects of their undergraduate course in home caregiving such as: participants became familiar with the drugs; it became beneficial as they practiced their learned skills from school; they found a sense of achievement whenever their patient is stable. Furthermore, results showcased the coping mechanisms used by the participants such as sports, praying to God, asking for guidance and strength, and prioritization of tasks.

Keywords: Cardiovascular Disease, Elderly, Student-Caregivers, Nursing, Lived Experiences

**THE LIVED EXPERIENCES OF STUDENT NURSE
SCHOLARS DURING FLEX-ON LEARNING”**

by

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ABSTRACT

The researchers discussed the changes in the educational system during the pandemic. Everything stopped working in the initial months after the outbreak, including schools. However, as time passed, people began to adapt, and found ways to cope and manage the “new normal”. Despite the hindrances, flex-on learning was created since education could no longer be delivered. Within this context, the present study aimed to explore the lived experiences of student nurse scholars concerning non-academic and academic during flex-on learning.

The study utilized a qualitative-phenomenological research design. The participants were 15 non-probability sampled, specifically purposively sampled student nurses of Lorma Colleges, City of San Fernando La Union, enrolled in the academic year 2021-2022, with CHED (Commission on Higher Education) scholarship, and nursing students willing to participate. Nursing students without scholarships and not enrolled in Lorma Colleges school year 2021-2022 were excluded.

Semi-structured interviews were employed to gather the needed information, recorded, transcribed, and analyzed using Colaizzi's method, wherein the platform used was google meet. The findings concluded that scholarship is beneficial to support students' needs, motivate student nurse scholars to work harder, make parents happy and proud, aspire to be successful, inspired with rewards, and family serves as motivation as well as acknowledged accomplishments. Furthermore, prevailing challenges of student nurse scholars include; lack of connection, difficulty adjusting, distractions from outside factors, high parental expectations, burnout, and academic pressures. However, student nurse scholars emerged coping mechanisms include; self-studying, learning from mistakes such as reviewing wrong answers in quizzes and low scores, taking a break, time management, and remembering motivations and goals to strive hard.

Keywords: COVID-19, Student Nurse Scholar, Scholarship, Lived experiences, Flex-on learning, Academic

**CAPTURING EXPERIENCES: A PHENOMENOLOGICAL INQUIRY
OF INDIVIDUALS WITH CHRONIC RESPIRATORY DISORDERS
WHO CONTRACTED COVID-19 DURING THE PANDEMIC**

by

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ABSTRACT

Coronavirus (COVID-19) is a highly contagious disease that primarily targets the lungs. The condition greatly impacted the population globally, with intensified levels of stress and anxiety, as well as worsened health, especially for individuals with chronic respiratory disorders who contracted the virus.

This study utilized a phenomenological approach to collect information from the lived experiences of individuals with chronic respiratory disorders who contracted COVID-19 during the pandemic. A semi structured interview was used, and twelve participants were involved. Participants are from the province of La Union, specifically in the municipalities of Naguilian, Caba, Luna, and City of San Fernando.

Findings were drawn from the responses, including the fear of death from contracting the virus; feeling of serious concerns and guilt for their family as they may also be infected; feeling of severe body weakness

from COVID-19; and the feeling of loneliness from being isolated from their families. Therefore, the researchers concluded that the participants had undergone both positive and negative experiences during their hospitalization/quarantine. Contracting the virus resulted in a great impact not only on the physical aspect, rather, holistically. With that of study's findings, the researchers recommend the following: 1) stay in touch with the family via video calls for support and courage to fight the disease, 2) Have a healthy lifestyle and quality environment to avoid exacerbations of the disease, and 3) for the future researchers, have a wider scope of locale, then include other chronic respiratory disorders such as lung cancer, cystic fibrosis, tuberculosis, and the like.

Keywords: COVID-19, Lungs, Chronic Respiratory Disorder, Loneliness, Fear of Dying, Faith, Severe Weakness

BATTLING ALONE: THE LIVED EXPERIENCES OF COVID 19 SURVIVORS IN ISOLATION AND QUARANTINE FACILITIES

by

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ABSTRACT

To control the spread of the COVID 19 virus, isolation and quarantine facilities were one of the measures implemented. However, isolation raises another issue, which piqued the researchers' curiosity and explored how this experience affects people's well-being. This study used a qualitative phenomenological design that involved 12 participants who met the inclusion criteria.

Snowball sampling was utilized, a semi-structured interview was used in data gathering through online video-conferencing, and data were analyzed using thematic analysis. This study showed that the participants' experiences diverged into positive and negative stressors. In this context, negative stressors were inflicted on mental health, such as extreme longingness, boredom, sadness, and fear of infection & dying alone, mediated by the concern regarding the problem with water service, internet connection, and overcrowding. On the contrary, positive stressors include the good quality of meals, medication, care of healthcare providers, clean conditions of rooms, and coping mechanisms.

Keywords: Lived Experiences, COVID 19 Patient, Isolation, Isolation and Quarantine Facilities

**MANAGING SLEEP DEPRIVATION AMONG NURSING STUDENTS:
A SYSTEMATIC REVIEW OF LITERATURE**

by

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ABSTRACT

College students, particularly nursing students, are vulnerable to poor sleep quality. As a result of sleep deprivation, students are possibly exposing themselves to acute and chronic health problems.

The researchers used a Systematic Review of Literature (SRL) to conduct a study on the management of sleep deprivation among nursing students. The four phases of the PRISMA technique were utilized in selecting journals and relevant studies. These 4 phases are identification, screening, eligibility, and included studies.

The population on interest in this study is the number of literatures, journals, and relevant studies regarding the management of sleep deprivation. Furthermore, the setting of where to this study was conducted is limited through the three internet databases chosen by the researchers particularly PubMed, ScienceDirect, and Google Scholar. In this study, the inclusion criteria are the following: (1) research journals/articles (sleep deprivation management), (2) published between 2019 and 2021, no copy contents, (3) using English as the medium of presentation of the literature, (4) peer-reviewed, (5) open access, and (6) with a digital object identifier (DOI). A total of twelve (12) literatures were included in the study.

Based from the findings, there were five (5) categories that discusses management of sleep deprivation including good sleep hygiene, use of relaxation techniques, Cognitive-Behavioral Therapy, environmental optimization, and alternative managements. These managements help improve sleep duration and sleep quality, as well as, promotes healthy sleep. All relevant studies were identified, evaluated, and summarized through the use of systematic review, making the available evidence more accessible to the researchers.

Keywords: Sleep deprivation, Nursing students, Cognitive – Behavioral Therapy, Environmental Optimization, Managements

**TELECONFERENCE: KNOWLEDGE AND PERCEPTIONS OF THE STUDENT
NURSES OF LORMA COLLEGES DURING COVID-19 PANDEMIC**

by

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ABSTRACT

Throughout this COVID-19 pandemic, the crisis in the world scenario has demanded fast changes in nursing education and the healthcare system in which technology has responded to the demand for a new kind of public health. However, with this new concept in the health care system, although there are many advantages, there are still barriers that could affect some aspects like poor internet access that is one of the major obstacles to teleconference adoption in our country which could affect the flow of teleconference process.

Correspondingly, while most doctors have provided treatment through telehealth platforms like teleconference since the COVID outbreak, many lacked telehealth training. With the intent to improve the knowledge of student nurses about teleconference, which has been an essential tool for delivering high-quality care during this time of health crisis. This study aimed to evaluate the knowledge and perception of the student nurses in Lorma Colleges about teleconference. The study used a quantitative

descriptive research design. It involved 239 respondents who were selected using Slovin's formula and stratified sampling from BSN Lorma Colleges. They answered a developed questionnaire by the researchers about the knowledge and perception of the teleconference. According to the survey results, student nurses were very highly knowledgeable about teleconferences and highly perceived them. Moreover, there is a significant relationship between the level of knowledge and perception of student nurses of the teleconference which it shows further that perception has enough evidence to explain the knowledge of the respondents to teleconferencing. Thus, the study recommended the lecture-style training program to advocate the knowledge and skills of the student nurses in Lorma Colleges about teleconference during the COVID-19 pandemic.

Keywords: Teleconference, COVID-19, Pandemic, Knowledge, Perception

CORRELATING MENTAL HEALTH AND QUALITY OF LIFE AMONG STUDENT NURSES DURING COVID-19 PANDEMIC

by

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ABSTRACT

The coronavirus infectious disease 2019 (COVID-19) pandemic has grown to unprecedented proportions, with far-reaching ramifications for future quality of life (QoL). Students, educators, and parents have faced numerous obstacles to mental health due to the COVID-19 pandemic. This study aims to determine the level of mental status and quality of life status among student nurses during the COVID19 pandemic. This study used a correlational research design to examine student nurses' mental health and quality of life. Three hundred twenty-four student nurses in Lorma Colleges from levels one to four were the respondents of this study. The participants' answers and responses were processed, analyzed, and interpreted through google forms. Findings in data gathering showed that the student nurses have moderate levels of mental health status in terms of academic and lifestyle-related concerns and mild levels of mental health status in terms of health-related concerns. Moreover, student nurses had a moderate extent of the quality of life in terms of physical and psychological health and a high extent of quality of life in terms of social relationships and environment. Hence, the student nurses are at a vulnerable level of mental health status and have a good quality of life despite the effects caused by the pandemic on their mental health. Thus, it is highly recommended that the nursing department of Lorma Colleges should collaborate with parents and students to design an effective intervention program. Also, more research should be conducted to consider areas not covered in this study.

Keywords: Mental Health, Quality of Life, Academic, Health, and Lifestyle-Related Concerns

**PHYSICAL ACTIVITY AND PERCEIVED STRESS LEVEL
OF NURSING STUDENTS**

by

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ABSTRACT

As the unprecedented times have resulted in significant social and economic disruption, educational institutions have been forced to implement alternative teaching and learning approaches, including a total transition to online learning. However, in an online learning environment, students lack human connection, which can lead to mental issues such as negative thoughts, anxiety, and heightened stress as well limiting their physical activities into sitting still and staring at their screens for long period of time.

The study aims to determine the relationship between the physical activity and perceived stress level of the student nurses during Flex-On Learning at Lorma College of Nursing. This study employs mixed method design which is the combination of quantitative and qualitative approach to collect and analyze data. There are 324 respondents for the questionnaire and 15 student nurses needed for interview. The researchers utilize two adapted questionnaires which are International Physical Activity Questionnaire (IPAQ) and Perceived Stress Scale (PSS); and semi- structured guide questions. The major findings of the study: (1) Different levels of physical activities of the student nurses were identified each component: a. School work-related: low; b. Transportation: moderate; c. Housework, house maintenance and

caring for family: low; d. Recreation, sport, and leisure-time: low; e. Time spent sitting (weekdays and weekends): less than or equal to 10 hours per day. (2) The level of perceived stress of student nurses is moderate. (3) The component of physical activities which are School work related; Housework, house maintenance and caring for family; Recreation, sport and leisure time have a significant relationship to the perceived stress level of student nurses (Reject Hypothesis). However, transportation; time spent sitting during weekdays and weekends have no significant relationship with the perceived stress level of student nurses (Accept Hypothesis). (4) Moreover, the lived experiences of student nurses on Flex-On Learning include major themes namely; The Deadline, Skills over Knowledge, A Test of Knowledge, and The Barrier. (5) Lastly, the proposed measures based on the results of the study comprises developing good time management practices among student nurses and improving compliance quality and submission rate of academic requirements. The following conclusions were drawn: Based on the results and analyses of the gathered information, most of the student nurses have low levels of physical activities in terms of the variable mentioned. This could be attributed to the fact that some students are still very busy with their academic obligations. In fact, even in the Flex-on-Learning modality, the students are still expected to comply with their academic requirements, thus reducing their time to do physical activities. Other reasons include the poor time management of the students. Moreover, it was found that most of the student nurses are experiencing moderate to high levels of stress that need to be addressed through proper stress management and adaptability to the new norm of learning. The respondents should engage more activities outside the four corners of the classroom – virtual classroom to at least reduce the stress that they feel. In all circumstances, this research provided facts and insights that may serve as a reference for possible proposals to address the issues found from the respondents.

Keywords: Stress level, Online learning, Physical activity, Nursing students, Academic obligations

**STRESS LEVEL AND PROBLEM- SOLVING SKILLS OF STUDENT NURSES OF
LORMA COLLEGES DURING THE NEW NORMAL**

by

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ABSTRACT

Stressors can impede an individual's growth and performance and the additional threats of the COVID-19 pandemic; changed the normal functioning of the world. Furthermore, the sudden shift to an online mode of learning has radically brought a change and aggravated the stress that made the learners of this new normal find difficulties in coping with the stressful environment. Thus, the researchers intended to determine the perceived stress level and examine the level of problem-solving skills with the perceived stress in this new normal. Hence, a descriptive correlational research design was utilized to gather data and was examined with Pearson correlation analysis. A stratified sampling technique was implemented to achieve the sample size; from 1,723 bonafide Bachelor of Science in Nursing students of Lorma Colleges to 325 as the respondents. Slovin's formula was applied in the selection of the number of respondents per year level to gather data with the use of proliferated questionnaire based on the Perceived Stress Scale and Coping Behavior Inventory. The data showed that the Lormanian student nurses experienced perceived stress as with the garnered mean of 2.75 that described as a moderate level of perceived stress. With the accumulated mean of 1.95, the student nurses employed a good level of problem-solving skills as stress doesn't stop them. Thus, these results allow now for a conclusion that the two variables have a significant relationship as the students deal with a greater degree of stress, the better they cope with problem-solving skill they developed.

Keywords: Academic Performance, New Normal, Level of Problem-Solving Skills, Level of Stress, Self Perceived Stress, Problem-Solving Skill

COVID-19 VACCINE HESITANCY AMONG STUDENT NURSES OF LORMA COLLEGES

by

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ABSTRACT

One of the primary barrier in the uptake of Covid-19 vaccine is vaccine hesitancy. Surprisingly, vaccine hesitancy phenomenon was presented even on some student nurses of Lorma Colleges, City of San Fernando, La Union. This study seeks to determine the relationship between and among profiles of respondents and contextual factors, individual factors and vaccination issues of student nurses from Lorma Colleges with hesitancy to Covid-19 vaccination. The research design used was quantitative-correlational research. The ten respondents were taken from the different sections of student nurses from level I, II, III and IV who were currently enrolled in the academic year 2020-2021 of Lorma Colleges. The researchers used an adopted questionnaire from Sage Working Group. The statistical tool used are frequency count and percentage, mean and Pearson correlation analysis. The significance of the study helped the respondents expressed their hesitancy to vaccination. Additionally, it helps Lorma College Institution to design interventions that alleviates fears of students toward the vaccine. Moreover, it helped government agencies undertake proactive campaigns and well- designed strategies that encouraged community people to accept Covid-19 vaccination.

Keywords: Covid-19, Vaccine Hesitancy, Contextual Factors, Individual Factors, Vaccination Issues

**RN IN THE LAST NAME: AN EXPLORATION JOURNEY OF FIRST TAKE
BOARD PASSERS OF NURSING LICENSURE EXAMINATION
OF LORMA COLLEGES DESPITE OF COVID-19 PANDEMIC**

by

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ABSTRACT

COVID-19 has disrupted nursing education, the traditional set-up suddenly transitioned to an online only learning to continue education despite the pandemic. To improve students' chances of passing the Nursing Licensure Examination, schools must understand the factors that affect test performance. After graduating the first online learning program, the experiences of the first take board passers nursing graduates Batch 2020 and 2021 was evaluated. This study aimed to explore the lived experiences of Batch 2020 and 2021 nursing graduates in their review journey for the Nursing Licensure Examination despite the COVID-19 Pandemic. This study employed a Phenomenological research design. The participants of the study were the nursing graduates' Batch 2020 and 2021 of Lorma Colleges, San Fernando City, La Union. The actual number of participants were 15. Semi-structured interview guide questions were used to gather data through the use of Zoom and Messenger Applications. The criteria for the selection of the participants to be involved in the study was based on the inclusion criteria set by the researchers including nursing graduates who were alumni in the said

institution; a graduate from Batch 2020 and 2021; first take board passers; took the Nursing Licensure Examination last July 2021 or November 2021; willing to be a participant. Nursing graduates who have met the inclusion criteria had become the sample subjects for the study. Exclusion criteria of the study included nursing graduates who failed to meet the criteria; not an alumna of LORMA Colleges; nursing graduates who are not from batch 2020 and 2021; repeaters of NLE. The study has used a purposive non-probability sampling method. The findings revealed that the participants have experienced challenges and difficulties brought on by COVID-19. These include a rise in the number of cases of COVID-19, postponement of NLE and psychological distress such as anxiety, stress, low self-esteem and financial constraints caused by economic costs of pandemic. The economic costs caused by COVID-19 have also affected the participants' review journey. The findings also revealed that test preparation is fueled by conducive learning styles and test taking strategies such as planning ahead before answering questions, concentrating on answering one question at a time, the use of different available resources, good time-management skills, adhering to COVID-19 protocol, having a support system and being optimistic despite adversities, a high level of success can be guaranteed.

Keywords: Nursing Licensure Examination, Review Experience, Perceived Challenges, Coping Mechanism

**THE LIVED EXPERIENCES OF TEENAGE MOTHERS DURING
THE PANDEMIC: A PHENOMENOLOGICAL STUDY**

by

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ABSTRACT

Early pregnancy and its effect on teenage mothers a pervasive health issue that demands immediate investigation. This study aims to describe the lived experiences of teenage mothers during COVID-19 pandemic. In this phenomenological study, a descriptive phenomenology was utilized. Twelve participants described their experiences, difficulties, and strategies during the COVID-19 pandemic via semi-structured interviews. The analysis yielded three major themes: (a) what a rollercoaster ride! (b) Blueprint (c) Godsent and 12 subthemes. The study's findings revealed that participants faced difficulties in finance, time management, role division, employment, accountability, transitioning from traditional classes to virtual classes, from being a child to a mother, fears of restricting opportunities, and optimal support from family, friends and relatives. The findings suggest that further studies in the areas of teenage pregnancy prevention, different organizational approaches, and optimal family support should include the context within the teenage mothers.

Keywords: COVID-19, Teenage Mothers, Lived Experiences, Challenges, Strategies, Lessons

**EFFECTIVENESS OF VIRTUAL LEARNING IN NURSING EDUCATION:
A SYSTEMATIC REVIEW OF LITERATURE**

by

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Michelle Nebres

Erika Orpilla

Rizza Partible

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(College of Nursing)

ABSTRACT

Virtual learning extended its access to education and a wider range of knowledge for everyone as it has kept on growing for years. This qualitative systematic review study identified evidence-based studies that claimed the effectiveness of virtual learning in nursing education using four literature databases found on the internet, namely, Google Scholar, PubMed, ProQuest, and ScienceDirect. Hence, researchers systematically assessed, selected, evaluated, and synthesized high-quality research evidence relevant to the study. Thereafter, 12 articles were included in the review, and 46 initial codes were extracted. In addition, excerpts were classified and six main themes, namely, learning process, flexible learning environment, accessibility, learner satisfaction, independent/self-centered learning, and student-teacher interactions. With the results gathered from 12 articles from different sources, it is concluded that virtual learning improved student learning outcomes towards achieving its effectiveness. Thus, a strategic learning plan was proposed to support the evidence that virtual learning was effective in nursing education and maintain its effectiveness which is essential to achieve more quality education.

Keywords: Clinical, COVID-19, Effectiveness, Learning Outcomes, Nursing Students, Satisfaction, Virtual Learning

BATTLING WITH THE NEW NORMAL: LIVED EXPERIENCES OF FIRST-YEAR STUDENT NURSES TOWARDS FLEXIBLE-ONLINE LEARNING

by

Florante Cabagbag

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Eliza Cabading

Jechelle Cacpal

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ABSTRACT

With the onslaught of COVID-19, the need to include flexible learning in the curriculum has become even more apparent. A significant part of the nursing activity is affected. Thus, the student nurses lived experiences with flexible-online learning were crucial to explore. This study aimed to explore the lived experiences of first-year student nurses on flexible-online learning. The study made use of a qualitative research design. The researchers used a phenomenological approach to investigate the lived experiences of first-year student nurses participating in flexible-online learning. The findings were positive experiences, stressors, motivations, and negative experiences, as well as smooth flex-on learning, being able to adapt, unlimited resources and instructors motivating students. COVID-19, slow internet connection, household chores, and distracting environments were the stressors. They wanted to become a doctor in the future, were not fortunate in life, and hardworking parents were the participants' motivations. Overlapping tasks, not being able to socialize with others, and being unable to concentrate were the negative experiences. These findings could help the College of Nursing maintain such a helpful and motivating environment for all the students towards flex-on learning. This will help students stay motivated and push through with their courses despite the difficulty of studying Nursing online.

Keywords: Pandemic, Flexible-online Learning, Experiences, Student Nurses

2022
LORMA COLLEGES
RESEARCH FORUM
VIA ZOOM

DR. DANILO B. BOSE
Chief Education Program Specialist
OIC, Director IV
CHED Region 1
Keynote Speaker

THEME:
28TH JUNE 2022
8:00 am to 12:00 nn

**Research and Innovations BASES:
Building Resilient Communities,
Achieving Institutional Goals,
Sustaining Excellence,
Enabling Transformations and
Shaping Possibilities**

2022 LORMA COLLEGES
RESEARCH FORUM

**Research and Innovations BASES:
Building Resilient Communities,
Achieving Institutional Goals,
Sustaining Excellence,
Enabling Transformations and
Shaping Possibilities**

PROGRAMME:

8:00 - 8:30	CALL FOR PARTICIPANTS
8:30 - 8:40	DOXOLOGY/NATIONAL ANTHEM/LORMA HYMN MS. CHRISTY E. JAVARRO (RESEARCH COORDINATOR, CPRT)
8:40 - 8:50	WELCOME REMARKS MR. MAVERICK KAYPEE A. COLET (CHAIRMAN, LC-REC)
8:50 - 9:10	INTRODUCTION TO KEYNOTE SPEAKER MR. JEROME B. VILLANUEVA (RESEARCH COORDINATOR, BES)
9:10 - 9:30	KEYNOTE SPEAKER PRESENTATION DR. DANILO B. BOSE (CHIEF EDUCATION PROGRAM SPECIALIST, OIC, DIRECTOR IV, CHED REGION 1)
9:30 - 9:40	INTRODUCTION OF PANEL EVALUATORS MS. GRACE B. NABANALAN (RESEARCH COORDINATOR, COB)
9:40 - 11:30	RESEARCH PRESENTATION PROPER
11:30 - 11:45	AWARDING OF CERTIFICATES TO THE RESEARCH PANEL EVALUATORS
11:45 - 12:00	AWARDING FOR THE BEST POSTER PRESENTATION AWARDING FOR THE BEST PAPER PRESENTATION
12:00 - 12:15	CLOSING REMARKS MR. JEROME VERA (RESEARCH COORDINATOR, CES)

DR. ALLEN JOSHUA R. DOMINGUEZ
MASTER OF CEREMONIES

