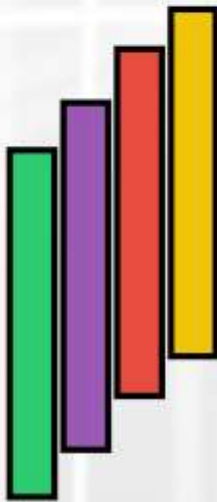


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BRAIN SCIENCE

The Effects of Screw Pine Coffee for the Activation of Mind

Judy An B. Bandojo & Jefferson B. Lacson, New Christian Academy Gerona Branch

Abstract

The primary objective of this study is to develop and validate the effectiveness of Screw Pine Coffee for the students and workers. Specifically, this study aimed to attain the following objectives to develop and validate the Screw Pine Coffee to the users by the following features: the color of Screw pine coffee, flavor blend of Screw pine coffee, after taste of Screw pine coffee, the mouthfeel of Screw pine coffee. Lastly is to know the purchase intention of people between the usual coffee and Screw pine coffee. Coffee is the world's beloved drink that is the most regularly consumed caffeine-containing beverage next to water and tea. It contains a multipart combination of chemicals constituents, which associated with health benefits, most consumers, begin their day with a minimum a cup of coffee after eating food, and end their workday with coffee. It is considered as a significant part of modern daily life because it has an alerting outcome on the human brain. Opposing this, various groups report experiencing uneven health risks, thus hesitant to drink coffee; this suggests individual disparity to coffee intolerance. The purpose of this study is to give them summaries of the health benefits and risks of coffee consumption. Most of the informative reports suggested that long-term consumption of coffee and decaffeinated coffee can reduce the risk of many diseases. Among these it is used to boosts our physical performance, burn fat, reduces risk of stroke, liver, prostate and colorectal cancer by 20%, chance of Parkinson's disease by 25%, lower risk of Type II diabetes, reduces risk of dementia and protects our mind, brightens our mood, helps us to fight depression and minimize risk of suicide by 50%. Also, coffee consumers have less chance of heart disease, with strongly integrated DNA. Also reports that coffee drinking has also naturally extended sleep latency, minimizes total sleep time and its effectiveness, and worsened supposed sleep feature.

Keywords: Effects, Screw Pine Coffee

Effective Consumption of LOVEIT Chocolates for the Activation of Brain

Jamielyn S. Dulay, Rosemarie E. Esteban, & Hannah Sofia L. Flores, New Christian Academy Gerona Branch

Abstract

The primary objective of this study is to develop and validate the effectiveness of LOVEIT Chocolates for the activation of the brain. The LOVEIT Chocolates underwent review and validation by the Chocolate Experts based on their conditions and efficacy of the product. Specifically, this study aimed to attain the following objectives to develop and validate the LOVEIT Chocolates to the users by the following pre-test results of the respondents, gained scores of the experimental group and control group and effectiveness to users. Lastly is to draw implications of the study in eating chocolates. The purpose of this study is to give an account of the origins, evolution, and properties of chocolate. Chocolate is traced back to the Mayan people who were probably the first to cultivate the cacao plant. The early chocolate drink considered a "drink of the Gods" was mixed with cinnamon and pepper, tasting bitter and strong, and was most appreciated for its refreshing and stimulating effects than for its taste. The coffee was imported from the Americas, and a softened version soon spread in Europe. From the 1800s to the 20th Century, it evolved from a drink to its current pleasurable varieties such as milky and white chocolate, gaining much momentum in the industry and also made a significant impact as a romantic item and art form. The key components in chocolate are flavonoids (antioxidants), cocoa butter, caffeine, theobromine, and phenylethylamine, whereas the presence of psychoactive substances accounts for its pleasurable effects. Caffeine and theobromine constitute the methylxanthines, known to enhance the action of respondents. Chocolate is noted to have anti-inflammatory, neuroprotective and cardioprotective effects, and improves the bioavailability of nitric oxide, which action improves the pressure, platelet function, and fluidity of blood. Chocolate has excellent benefits and results for the activation of the brain. It is highly recommended that people should make use of the product to ensure good health and a healthy lifestyle of living.

Keywords: Effective consumption

CULTURAL ANTHROPOLOGY

Kimchi over Flowers: A Qualitative Research on the Filipino Youth's Imitation of South Korean Pop Culture Shown in Mass Media

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Abstract

The propagation of Korean culture and pop culture could be dated back to the 90s. This phenomenon is called Hallyu, a Chinese word which means "Korean Wave," which had been steadily rising since 2003 in the Philippines. The recognition gained from international public figures or trendsetters is considered one of its turning points. This research is specifically for understanding the factors behind the Filipino youth's interest and reasons for imitating South Korean pop culture shown in mass media. Qualitative research was used through data collection in a natural setting sensitive to the people and places under study, and data analysis that is inductive and establishes patterns or themes. The phenomenological research design was used to describe, explain, and understand the people's perceptions, perspectives, and understandings of a particular phenomenon. An in-depth semi-structured interview and audiovisual materials were used. The Filipino youth (ages 15-30) who have sufficient knowledge and experience involving the imitation of South Korean pop culture and are located at Quezon City was chosen as the population through Purposive Sampling. Also, an authority was consulted by the researchers. Thematic analysis of interviews and audiovisual materials or finding similar themes and codes were the data gathering instruments used by the researchers. In today's youth, there are five main aspects of South Korean pop culture, the youth imitates, namely fashion, cuisine and dishes, gestures and expressions, music, and drama and movies. The different forms of mass media, such as television, internet, published works, and radios, provided the youth with various information and ideas on the aspect that they imitate. The characteristics that made South Korean pop culture appealing are dynamic, unique, and aesthetic. As a whole, it has affected how they view things, perform their creative tasks, socialize with others, and motivate themselves. In relation, the authority described South Korean pop culture as dynamic with a perfect-like image and explained that the internet is the major contributor in disseminating South Korean pop culture. Reasons on the imitation of the said pop culture were also discussed wherein various characteristics were given for South Korean pop culture and each aspect, namely fashion, cuisine and dishes, gestures and expressions, music, and dramas and movies. Among all the various characteristics, there were three reoccurring characteristics for all aspects, namely unique, dynamic, and aesthetic. The researchers recommend the Filipino youth to engage themselves in a world of diverse cultures, the media and entertainment industries to add a taste of South Korean pop culture to their products, and the future researchers to focus only on a particular aspect of South Korean pop culture to explore its unique characteristics and avoid generalization.

Keywords: Korean pop culture, mass media

ECONOMICS

The Saving Methods of Some Filipinos Aged 21-35 Years Old

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Abstract

Recent studies have shown that Millennials are not saving as much for their future, unlike the older generations before them. The usual reason is due to the mentality that they might as well enjoy their hard-earned income by spoiling themselves when payday arrives since life is as hard as it is, but should they be so happy-go-lucky with their money? What about the future? The researchers conducted this study to know if the previous studies' results are indeed true with Filipino Millennials, and to learn where they spend their money on if they do not save them for the future. The researchers used quantitative design to show a comparison of how Filipinos save cash. The respondents were randomly chosen by the researchers to make the study more accurate and to prevent biases from occurring. Most of the respondents are students, and they are all in the range of what we call Millennial (18-35 years old). There are more female respondents (16) than male respondents (10), with a total of twenty-six (26) respondents. All respondents are Filipinos. Half of the respondents have a regular source of income, and the majority of them save money. They have varied reasons why they save money such as for something special that I want to buy, for emergencies, to have more money, and parents tell me to do so. Ten respondents have their bank accounts. Some of them have been bank depositors for than four years while one respondent has deposited money in the bank for less than a year. Seventeen respondents keep a regular check on how much money they have in their saving. Aside from having their own savings account, five of them have private investments, and two invests in a "paluwagan." Respondents would usually spend their money on clothing and footwear, sweets, chocolate, ice cream, etc., bus and train fees, presents for other people, soft drinks, school equipment, cinema, cosmetics, computer equipment/games, alcoholic beverages, disco bars, etc. , and cigarettes. It is recommended that in future studies, more respondents should be included. Allot enough time to research to have a better output. Lastly, prepare a brief questionnaire that it will not be time-consuming for the respondents to answer.

Keywords: saving, millennial, Filipinos, financial, money

Budgeting: A Quantitative Study on the Senior High School Students' Management of Their Weekly Allowances

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Abstract

The purpose of this research is to identify how the Senior High School Students of St. Mary's College QC manage their allowance and expenditures primarily every week. This research looks at the word of Simone Galperti wherein his theory "A Theory of Personal Budgeting," shows the relationship between budgeting and self-control problems in terms of expenditures. The goal of this research is to inform and educate the Senior High School students of St. Mary's College QC on how they spend their money and if it is the best way possible on spending it. The researchers used survey questionnaires to get the most accurate answer possible. The researchers made use of a non-experimental quantitative research design to control the factors that may supply to the effectiveness of the study. This research will educate Senior High School students of St. Mary's College QC to the point where they can have a good grasp on how they should spend their money and manage it wisely. The population consist of 116 correspondents: 37.93% are grade 11 students with 44 correspondents; 62.07% are grade 12 students with 72 correspondents. Based on our graph for the "allowance per week," 25% of the votes were "others" which states that their allowance is below 100 pesos or above 500 pesos. On the other hand, 95% of the votes was "food" where they spent their allowance, and 1% chose "school supplies" as their means of expense. Base on the expense per week of the students, 41% of the students voted "301-400" for the expense for a week, and 7% answered "100-200" as their expense. On the satisfactory of the students to their allowance, 66% voted "yes," and 34% voted "no." On the savings of the students, 28% voted "100 pesos and below" while 6% has no savings at the end of the week. However, these results do not completely grasp the thinking of how a Senior High School student thinks about how he or she should manage their weekly budgets. That is why much more research is needed so that the future readers of future studies can get more ideas as to how budgeting comes into the mind of Senior High School students of St. Mary's College Q.C.

Keywords: budgeting, weekly allowances

The Awareness of Senior High School Marians on the Benefits and Requirements of Opening a Savings Account

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Abstract

Many Filipinos are fond of saving in their piggy banks. However, “77% of Pinoy adults have no bank account”. The purpose of this survey research is to determine the awareness of the Grade 12 Senior High school students from St. Mary's College Quezon City on the process and benefits of having a savings account. The theory of Cost-Benefit Analysis guided the researcher on analyzing Senior High School Students may decide about having a savings account. This study is quantitative research since the researchers want to know the numerical data, and it uses descriptive analysis as a research design. The instrument that the researchers used was a survey questionnaire to determine the awareness of Senior High School Students regarding the benefits of a Savings Account. In general, half of the respondents don't have a Savings Account. Chart 1 below shows that fifty-one percent (51%) of the respondents don't have a Savings Account. From the ninety-six (96) respondents who are fifty-one percent (51%) of the whole population, who don't have a Savings Account, 75 out of 96 respondents (78%) intends to open one. Chart 2 shows that 75 respondents (78%) want to open a Savings Account. In general, many of the respondents selected Security as the main reason why they have or intend to open a Savings Account. The result shows that twenty-eight percent (28%) of the respondent's intention was for security purposes. In general, many of the respondents know the benefits of having a Savings Account. Results show that the 88 respondents (46.52%) have said that having a savings account keeps their money safe. In general, many of the respondents know the requirements needed in having a Savings Account. Results show that 68 respondents (35.79%) answered, ‘2 Valid IDs’. After gathering data about our research, almost half of the Senior High School Students have a savings account. Schools should conduct seminars about Financial Literacy to Senior High School Students. Bank Institution should partner with schools to inform and educate students what banks offer, what they do, and why they are significant to the economy.

Keywords: bank account, savings, students, senior high school, financial literacy

The Financial Management Practices of Selected Accounting and Financial Units of the Pag-IBIG Fund in the National Capital Region

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Abstract

The study aimed to assess the effectiveness of the financial management practices of selected accounting and financial units of Pag-IBIG Fund in the National Capital Region. The researcher gathered all the relevant data which were subjected to statistical treatment. As revealed, the dominant respondents belong to the age bracket of 20-29 years of age. Majority of the respondents were female and bachelor's degree holders. The dominant respondents had an income range of P40,000 and above. Majority of the respondents have been with the Fund between 1 to 9 years. Majority of the respondents were rank and file and organic employees. Dominant of the employees had an annual average of 1 – 2 related training sessions attended in the last three years. The respondents' perception of financial management practices in terms of Financial Planning, Financial Control, and Monitoring, and Financial Reporting and Communication was very effective. The respondents' perception of financial management practices in terms of Accounting Information System/ Process was effective. There was no significant difference in the respondents' assessment on the different aspects in the effectiveness of financial management practices when they are grouped according to job position level and employment status, while there was significant difference when they are grouped according to age, sex, highest educational attainment, average monthly income, number of years as employee, and number of training sessions/seminars attended. As such, the Pag-IBIG Fund should have a formal computerized program for a budget management system, and an adequate workforce in the accounting and financial units. The accountant should have time to review reports before submission to end-users.

Keywords: financial, management, Pag-IBIG, fund, planning, control, reporting, communication

EDUCATION

The Readiness of the Kindergarten Pupils of SMCQC 2018-2019

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Quezon City

Abstract

Currently, age is the primary indicator of kindergarten readiness. A concise list of readiness skills to guide parents and teachers when deciding if a child is ready for kindergarten is lacking. The literature reveals that older age kindergarten entrance is a predictor of academic success or age is an accurate indicator of readiness. The study is essential for the school, teachers, parents, and pupils, and this is limited to new kindergarten pupils enrolled in St. Mary's College, Quezon City for the school year 2018-2019. Document analysis research approach was used, and the researchers obtained the results from the St. Mary's College, Q.C., admission Examination of the incoming new kindergarten pupils for the school year 2018-2019. The percentage and averaging method were used to compare things and value and get the typical value in a set of data.

Keywords: readiness, kindergarten

Isang Pag-Aaral sa Epekto ng Koreanovela sa Kayariang Pangwika at Pagpapahalaga ng Mag-Aaral sa St. Mary's College, Quezon City

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Abstrak

Sa pag-usbong ng mga koreanovela, malaki ang naging impluwensiya nito sa mga Pilipinong. Karamihan sa kanila ay nagsimulang yakapin ang kultura ng mga koreano at gamitin ang ilang mga salitang tumatak sa kanilang isipan, at ginagamit sa pakikipagtalastasan, kaya ang mga mananaliksik ay nagsagawa ng isang pag-aaral tungkol sa naging epekto ng koreanovela sa kayariang pangwika. Isa sa layunin ng pag-aaral na ito ay mabigyang kahulugan ang mga salitang pumatok sa mga piling koreanovela tulad ng "My Love from the star" kung saan ang mga salitang ito ay naging bahagi na ng talasalitaan ng mga Pilipino. Layunin rin ng pag-aaral na maihanay ang mga saling salita mula sa mga koreanovelang tinangkilik ng mga Pilipino. Ang mabubuong talasalitaang pangkoreanovela ay higit na makatutulong upang lubos na maunawaan ng mga Pilipinong nahihilig sa koreanovela ang mga salitang kanilang ginagamit nang sa gayon ay mas magamit nila ang mga ito ng wasto o tama. Nakapokus ang pagbuo ng talasalitaang pangkoreanovela sa pagbibigay ng kahulugan, saling salita sa Filipino at kung saang kayariang pangwika ito nabibilang. Siniyasat ng mga mananaliksik ang mga salita na hango sa mga piling Koreanovela na tinatangkilik na nakararami sa pamamagitan ng pangangalap gamit ang sarbey. Lumabas sa pananaliksik na ang mga salitang *annyeong*, *oppa*, *kamsahamida*, *Unnie* at *handbook* ay ang mga salitang may pinakamataas na weighted mean.

Mga susing salita: koreanovela, kayariang pangwika, talasalitaan, kultura

The Effects of Change in the Medium of Instruction on the Classroom Performance of the Foreign College Students at St. Mary's College Quezon City AY 2017-2018

Jennifer Gorgonia, St. Mary's College Quezon City

Abstract

The primary purpose of this study was to know the effects of change in the medium of instruction in the classroom performance of the foreign college students of St. Mary's College Quezon City. Printed survey questionnaires were used. The data were statistically treated with the use of frequency, percentage distribution, and weighted mean. Results have shown that the respondents "sometimes" encountered the effects of change in the medium of instruction on their classroom performance in terms of comprehension of the lesson and vocabulary build-up and use. The recommendations of the study were proposed towards the purpose of guiding the foreign college students to lessen the effects of change they encountered in the use of the language inside and outside the classroom settings.

Keywords: medium of instruction, classroom performance, proficient, comprehension, vocabulary build-up

The Effect of Music and Noise on Performing Academic Tasks

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Abstract

This research studied the effect of music and noise on the performance of academic tasks of 20 SMCQC students. One group was exposed to (1) relaxing music, another was exposed to (2) mainstream music, the other (3) noise, while the last group (4) did not have any music/sound as background. The researchers intended to determine which of these scenarios is most effective in the performance of academic tasks. The result signified that music and noise influenced the performance of the academic task (i.e., math problems) of the students.

Keywords: academic tasks, mainstream music, relaxing music

The English Reading Problems Encountered by Chinese Students of St. Mary's College, Quezon City

Dong Chao, St. Mary's College Quezon City

Abstract

Reading is not only to read the text, but also a process of constructing meaning from written materials so that it requires the reader to acquire appropriate reading skills. Based on their own reading experiences and the different system between English and Chinese, by interviewing the students, the researcher found that they have difficulties in reading English. An interview guide was used to determine the problems of Chinese students in reading English. The hypothesis of this study indicated that the Chinese students who studied in St. Mary's College, Quezon City have difficulties in reading English. From the findings, the researcher recommended the students to acquire specific technical skills to improve reading and overcome their challenges.

Keywords: reading skills, comprehension, vocabulary skills

Gauging the Junior High School Academic Readiness of Grade 6 Learners for the School Year 2017-2018

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Abstract

The assessment program of St. Mary's College, Quezon City involved the administration of the Assessment for High School Potential (AHSP) is a tool for determining the potential of Grade 6 students to do high school work. The performance of the students was summarized and analyzed to give a bird's eye view of the potential of students. The AHP is composed of three subtests which measure the achievement, aptitude, and study habits inventory. This assessment provides essential feedback to the student on how he/she has learned and his/her readiness to move to the next level. The Assessment Junior High School Potential (AJHP) acquired from APSA was administered to all the graduating grade 6 pupils. Results were tabulated, scored, and analyzed using the frequency and Percentage distribution and Mean. It employed a descriptive research design to assess the extent of readiness of the pupils concerning aptitude and academic achievement. There were 100 male participants or 45.66% and 119 female, 54.34% for a total of 219 participants. Out of the 219 participants, 24.66% obtained an excellent or highly proficient mark, 36.53% obtained Met Standards or Proficient. 36.07% obtained Progressing towards Standards and; 2.74% obtained not met standards. Results reveal that the level for student achievement in Mathematics is the highest with 80.56 mean scaled ability score or Proficient. The students also scored highest in Abstract reasoning with 89.51 or proficient. In general, the students are meeting the standards. This may suggest that the grade 6 level learners are academically prepared to do high school work. The study proved that grade 6 learners are competent in the measurement of the numerical facts, skills concepts, and application. They are also adept in understanding patterns of relationships among a series of objects or illustrations. The Assessment for Junior High School Potential (AJHP) will significantly assess the readiness of the grade 6 learners for the next level. However, readiness may not only be limited to measuring achievement and aptitude. Factors like attitude, character, and motivation must also be considered.

Keywords: assessment of program, readiness

Gauging the Performance of the Science Laboratories as Perceived by the Users

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Abstract

Science laboratories play a vital role in providing quality science experiments which ensures that learners grasp each and every concept thoroughly. To assess the extent of quality services offered by the SMCQC laboratories to its learners, the Science Laboratory custodians conducted a thorough assessment of the laboratory services. The study aimed at gauging the performance of the Science Laboratories in terms of delivery of services, personnel performance, adequacy of facilities, and overall evaluation rating as perceived by the users. A total of 430 students from the Intermediate, Junior high school and Senior high School levels and 10 Science Teachers were the respondents of the satisfaction survey. The study employed the quantitative descriptive research design in determining the extent of performance of the Science Laboratories in providing services. The study utilized a self-made satisfaction survey form composed of eleven (11) items. The respondents were asked to rate the following: A. Services (3 items) B. Personnel (4 items) C. Facilities (4 items) using a five-point rating scale. Frequency and percentage distribution and Mean were used to treat the data. The study revealed that laboratory users perceived the delivery of laboratory services to be outstanding, as evidenced by the general mean rating of 4.70. Results also show that the laboratory users affirmed performance of the Laboratory Custodians as evidenced by the general mean rating of 4.80 or Outstanding. Concerning the Science Laboratory facilities, the users acknowledged the adequacy of the facilities, including its materials, tools, and equipment as shown in the general mean rating of 4.75 or Outstanding. Generally, the Science Laboratories obtained an outstanding overall rating of 4.75. They gauged the performance of the Science Laboratories, which include the extent of its quality services, personnel performance, and adequacy of facilities provided an impression that the school is meeting its academic goals specifically in teaching and learning science. Its users affirmed the quality of service provision, promptness of the custodian in attending to the needs and the adequate laboratory space and materials. It is recommended that the annual administration of satisfaction survey be sustained to improve the Science Laboratory processes continually. It is likewise suggested that areas identified with minor opportunities for improvement be addressed to ensure effective delivery of services.

Keywords: science laboratory, satisfaction survey, performance, laboratory custodians

A Qualitative Research on Grade II SHS Students in UST Experiencing the August – May Academic Calendar

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Abstract

Most schools in the Philippines open their classes on the first Monday of June and close by the end of March; this has been in practice across the country since the school year 1965-66 when the Republic Act No. 4116 was promulgated (R.A. No. 4116). (MQ Villafuerte II, 2017). Last year, bills were filed in Congress seeking the synchronization of the start of the academic year in all Philippine schools beginning 2018. Senator Escudero, chair of the Senate Education Committee, filed Senate Bill 1432 that seeks to mandate “all public and private schools start their school year on the second Monday of August but not later than the second Monday of September. (Malipot, 2018). Different universities are now changing the start of classes, from June to August. According to sources, the Philippines and Thailand are the only countries that start their classes in June. Under the new academic calendar, the first semester will be from August to December; the second semester, from January to May; and the short term, from June to July. (Eagle News, 2015). The researchers interviewed on September 22, 2018, and each interview lasted around 3-5 minutes by the selected Grade II SHS students. The researchers used a qualitative interview guide, video/audio recorded the interview, and transcribed the interview for more detailed information from the informants. To summarize the researcher's findings, it has been concluded that most of the interviewees prefer the August-May Academic Calendar. Few still acknowledge that they are used to the June-March calendar. They are all very aware as to why they had to shift into a different academic calendar. They all stated the same facts like there are fewer suspensions during the August-May Calendar, and that it is easier to commute and that it can somehow motivate students to study more. “*Para saakin, okay naman kasi parang inaanticipate nila ung bagyo for the months of June at July kaya minove nila para hindi masuspend yung klase dito sa UST.*” “*Yung sa ngayon kasi mas konti narin yung suspension para mas maraming matutunan, sulit yung tuition mas marami kang magagawa sa school para matapos agad.*” Although there are also disadvantages like for summers that don't feel like summer sbecause of the rainy weather, having a hard time to catch up with friends are experienced by those using the June-March Academic Calendar. “*Para saakin po yung August to May hindi ko po siya gusto kasi first yung sa weather kapag po bakasyon ano po hindi na po parang summer hindi siya summer maulan po.*” Further study about the topic is recommended upon which academic calendar would best suit our country from the different opinions of students who have experienced the said academic calendars.

Keywords: academic calendar, UST, experience

Fifty Shades of Education: A Qualitative Study on the Perspective of Catholic Senior High School Students from Selected Catholic Schools in Quezon City on the Implementation of Sex Education in the K-12 Curriculum

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Abstract

Sex Education does not only focus on sex, but also, it will tackle topics such as responsible parenthood, reproductive system, and the like. In line with the Republic Act 10354 or the Responsible Parenthood and Reproductive Health Law of 2012, it is stated that the State should provide reproductive health education. The United Nations (UN) and World Health Organization (WHO) have mentioned that the best time to teach it is at age 10. However, teachers find it challenging to teach sexuality education since we are in a religious country, and sex is somewhat taboo. For this study, a qualitative approach is used since it explains the perspective of Catholic Senior High School students regarding Sex Education. This study focused on discovering the perceptions of Catholic Senior High School students in selected Catholic Schools about the implementation of Sex Education in the K-12 Curriculum. The study involved a total of twelve (12) Senior High School students coming from the selected Catholic Schools. For verification, an interview was also done with one (1) authority coming from the Center for Ignacian Formation and Community Ministries (CIFCoM) in St. Mary's College of Quezon City. Based on the data gathered, Sex Education is a subject that teaches about the relationship of an individual with others and not only about the sexual act. Most of the informants are not that well informed about the directives from the government regarding Sex Education. However, most of the informants were aware of the RH Law but not the specific details of the implementation of Sex Education. Informants stated that Sex Education should be implemented not only in public schools but also in private school. They believe that the implementation of Sex Education would be an advantage for the students because it would make students aware of sex-related topics. Having Sex Education in the Philippines would help people gain knowledge about sensitive sex-related issues. Most of the informants are in favor of the implementation of Sex Education in the K-12 Curriculum. However, one of the informants stated that being a Catholic contradicts with his perspective regarding sex education. The informants from selected Catholic schools believe that Sex Education should be implemented regardless of their religion. They stated that the implementation of Sex Education would lessen the sex-related issues arising nowadays in our society. Teaching Sex Education should start at home before it is formally introduced at school, and the teachers should be credible enough to teach Sex Education. Sex Education is beneficial to be included in the Philippine Education System as long as there is proper guidance coming from the parents, teachers, and the other members of the administration.

Keywords: sex education, K-12 curriculum

The Performance of Grade Eleven Students as Perceived by Parents as a Tool for Evaluation: A Basis for a Proposed Action Plan

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Abstract

Many of the best educational institutions are those in which parents and teachers feel that they are the team, not competing for learners' attention and interest. According to Medina (2004), there is a need to create a symbiosis between school and family to achieve standards of excellence. Baumarind (2007) mentioned in her article that the home and the teachers in the school have a sympathetic understanding of one another's work. They should work together harmoniously in uplifting the quality of education they desire for their children. The teachers' work should supplement that of parents but not to take its place. Parents have a strong influence on children's academic motivation and achievement. The attitude generated by the parents is transmitted to their children, and this strengthens the work of the school. The study aimed to determine the academic performance of grade eleven learners concerning their parental involvement in school activities in Dona Teodora Alonzo Senior High School, during the school year 2017-2018. The researcher was convinced to use the descriptive method of research especially the survey design utilizing a questionnaire-checklist as a tool in gathering pertinent data since the design is suitable in determining the assessment on the academic performance of grade eleven learners concerning parents, involvement in school activities. Documentary analysis was used since the grade was taken from (Form 138) SF 9. The data gathered were treated statistically for frequency, percentage distributions, Pearson r, and Independent t-test. Parent and learners respondents observe that parental involvement extended by the parents to their children. The academic performance of the pupils is significantly related to parental involvement in school activities and monitoring home activities as perceived by the parents and the learners.

Keywords: administrators, teachers, learners, parents

Adopting Project-Based Learning Strategy to the Product Management Classes of the BSBM Program of the Cavite State University CCAT Campus

Jerico B. Tadeo, Cavite State University CCAT Campus

Abstract

The Cavite State University - CCAT Campus moved towards Outcome-Based Education (OBE) as a strategy in addressing various curriculums that it offers. As the university pushes through the full implementation of instruction thrust, the Bachelor of Science in Business Management major in Marketing Management (BSBM) program recognizes the necessity of transforming and innovating teaching strategies to foster and augment OBE. Thus, the researcher crafted action research using Project Base Learning (PBL) Strategy in the Product Management classes of the 3rd year BSBM. The researcher used the population of the 3rd year class of BSBM of the academic year 2018 - 2019. Considerably, the researcher used qualitative and quantitative approaches to facilitate the data pertinent to the basis of the analysis of the study. The result showed the students' self-evaluation survey in cognitive, affective, and psychomotor criteria have increased after the adoption of PBL strategy in the product management class. Moreover, there is a significant difference in the cognitive, affective, and psychomotor aspects are significant as supported by a t-test that is used in the study. Furthermore, the outcome-based checklist of the subject towards the students (as reflected in the course syllabus) were highly visible. Lastly, students have shown improved and greater engagement in the class activity after the PBL strategy was delivered in class. The researcher concluded that the PBL strategy that was adopted to BSBM class was effective. This study can springboard the exploration of various facets of PBL to foster and augment OBE in tertiary education, especially in business-output oriented subjects as much as business courses were concerned.

Keywords: PBL, product management, OBE

Blended Learning Satisfaction of the Students: An Implication for Continual Improvement

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Abstract

Technology-mediated instruction, like Blended Learning (BL), provides learners with richer language experience, diversification, and reinforced learning autonomy. Moreover, the success of blended delivery relies on the satisfaction of the students in terms of Student Blended Learning Interpretation, Student Motivation, Technology Management, and Student Course Experience (Afacan, 2018). Based on these features of BL satisfaction, the current study determined the Blended Learning Satisfaction of the Senior High School students of St. Mary's Academy of Sto. Niño. It adapted the Blended Learning Satisfaction Survey from Afacan's (2018) study. The findings revealed that the respondents agreed that they were satisfied with the blended delivery of the course. The implications for continual development of BL instruction were presented.

Keywords: blended learning, technology mediated approach, blended learning satisfaction

Self-Paced Instructional Approach Using Paper-Engineered Strategic Intervention Material (SIM): Mathvengers, War Against Rational Equations in Developing Mathematics Proficiency among Grade II Students

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Abstract

This study investigated the effect of a Paper Engineered-Strategic Intervention Material (SIM) on Grade II students' least academic competency in General Mathematics. The study used an experimental method of research through a two-group pretest/posttest-only design among selected Grade II students of Dolores National High School, School Year 2018-2019. Pretest and posttest questionnaire involving solving rational equations were used as the main instrument for data collection both before and after the experiment periods. Results indicated that there is a highly significant improvement in the level of Grade II students' performance in solving rational equations applied through a SIM day Self-Paced Intervention Program. The study concluded that teaching students using a Paper-engineered SIM in a self-paced manner gives a high effect on students' learning. Hence, it recommends among others that a SIM-based instruction should be encouraged in schools and that teachers of all levels and disciplines be given training-workshop on theories and practice of SIM to address learning gaps in the academe.

Keywords: paper-engineered strategic intervention material, least learned competency, student' performance

The Development and Validation of the Magical Index in Solving Statistics

Sean Adriane Mallari Pacete, New Christian Academy

Abstract

The primary objective of this study is to develop and validate the Magical Index in Solving Statistics. The Magical Index underwent review and validation by the Math Experts based its content and technical aspect. Specifically, this study aimed to attain the following objectives to develop the Magical Index with the following features authentic examples, formula and cognitive system, to validate the effectiveness of the Magical Index to the user's by the following pre-test results of the respondents, gained scores of the experimental group and control group and effectiveness to users. Lastly is to draw implications of the study to a mathematics problem. Further, the research will also determine how these difficulties will be improved and propose a magical index as an alternative way of solving statistics problems. The research is also expected to contribute particularly prepared magical index which will be used as an alternative way for teacher and student to increase distribution and access to learning, teaching, and professional development resources to the school. The Teacher and Student should create an interactive learning environment by implementing interactive materials. Thus, the material would be beneficial. It is implied in the results that the use of Magical Index as Supplementary Material in solving the statistics problem is practical. It is therefore recommended that the teachers should make use of Magical Index to ensure learning, solving, and mastery of the lesson.

Keywords: Magical Index in Solving Statistics

Standards-Based Assessment and the RVM National Achievement Test Results: A Basis for the Two-Year Comparative Analysis of Learners' Competencies in Science

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Abstract

The purpose of this study was to determine the level of learners' competencies in the different domains of Science. These domains are Science and Technology, Matter, Living Things and their Environment, Force, Motion and Energy, and Earth and Space, in St. Mary's College, Quezon City. The study will be utilized in addressing curriculum gaps and needs, thereby improving instruction and the academic performance of the students to enhance their mastery of competencies in Science. The research was a descriptive correlational. It utilized the results of the Standards-Based Assessment given by the Asian Psychological Services and Assessment Inc. and RVM National Achievement Test for grades 4, 5, and 9 in the school year 2015-2016 and school year 2016-2017. The level of competencies in each of the test taken for each school year was identified, as well as the level of skills for each domain in Science. Furthermore, the significance of the relationship between the levels of competencies in each of the test taken for the two school years was determined. Results showed that the levels of competencies of the pupils/ students in the Standard-Based Assessment in the domains of Matter and Living Things and their Environment are both progressing towards standards for Grades 4 and 5 while not met standards in Grade 9. The pupils'/students' level of competencies in the domains of Earth and Space and Science and Technology are classified as not met standards – progressing towards standards and Force, Motion and Energy as not met standards in the three grade levels. Meanwhile, the levels of competencies of the pupils/ students in the RVM National Achievement Test in the domains of Science and Technology and Living Things and their Environment are both progressing towards standards while those in the fields of Matter and Force, Motion and Energy are classified as not met standards – progressing towards standards for Grades 4 and 5. It can be deduced from these results that the students' competencies in the domains of Matter and Force, Motion and Energy did not meet the standards which only determined that the mastery of the content knowledge is missing. Thus, the topics and competencies in Matter and Force, Motion and Energy should be entirely taught and mastered, respectively, to enhance mastery of the identified skills.

Keywords: competencies in Science, Science and Technology, matter, living things and their environment, force, motion and energy and earth and space

A Two-Year Comparative Analysis of Mathematical Competencies Using the Standards-Based Assessment and RVM-National Achievement Performance Test Results

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Abstract

Mathematics is one subject that permeates life at any age and in any circumstance. Thus, its value goes beyond the classroom and the school. Mathematics as a school subject, therefore, must be learned comprehensively and with much depth. This study was undertaken to determine the mastery or in place of the mathematical competencies of the learners and to what level of mathematical skills of the selected pupils/students in Grades 4, 5, and 9 in the following content standards: Number and Number Sense, Algebra and Patterns, Geometry and Measurement, in St. Mary's College, Quezon City which will be utilized in addressing curriculum instructions of the spiral approach in Mathematics. The researchers used the Standard-Based Assessment of the Asian Psychological Services and Assessment Inc (APSA) and the RVM-NAT Performance Test Results for SY 2015-2016 and SY 2016-2017. It applied the descriptive correlational research to determine the level of relationship of the mathematical competencies of the pupils/students; Spearman rho was used for the ordinal results of the data. The level of Mathematical skills in Number and Number Sense in both assessment classified as not met standards for Grades 4 and 5, while in Algebra and Patterns in both assessments were progressing towards standards in both Grades 4 and 5, while Grade 9 level determined as not met standards. In Geometry and Measurement, both assessments were not met standards in Grade 4, 5, and 9. Thus, the relationship is not significant to be determined the level of mathematical competencies of the learners. It can be gleaned in the results that the content standards of the Number and Number Sense, Algebra and Patterns, Geometry, and Measurement should be entirely taught and mastered especially for those who have difficulty in the skills of understanding, application, and analysis of numbers in which majority of the questions were being formulated and more innovative teaching strategies be utilized to ensure the acquisition of essential mathematical concepts and skills among the students be aligned in the standard competencies.

Keywords: mathematical competencies, assessment, content standards, number and number sense, algebra and patterns, geometry and measurement

Standards-Based Assessment (SBA) and Religious of the Virgin Mary - National Achievement Test (RVM-NAT) Results for SY 2015-2016 and SY 2016-2017: Bases for the Two-Year Comparative Analysis of the Learners' Competencies in English

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Abstract

English as a subject is concerned with developing competence in listening, speaking, reading, and writing. Listening is an information – processing act. It includes skills in auditory discrimination and cognitive comprehension. Speaking includes skills in using the language expressions and grammatical structures correctly in oral communication. Reading is getting meaning from the printed page. It includes capabilities for vocabulary development, levels of comprehension, namely, literal, interpretative, critical analysis and application, literary appreciation, and study skills. Writing includes readiness skills, mechanics, guided writing, functional, and creative writing. Learning activities to develop competence in these phases of communication should be varied, meaningful, and realistic. “Students can, without significant scaffolding, comprehend and evaluate complex texts across a range of types and disciplines, and they can construct effective arguments and convey intricate or multifaceted information. Likewise, students are able independently to discern a speaker’s key points, request clarification, and ask relevant questions. They build on others’ ideas, articulate their ideas, and confirm they have been understood” (Common Core State Standards for English Language Arts & Literacy in History/Social Studies, Science, and Technical Subjects). The goal of this action research is to determine the level of the English proficiency of the Grade 5 and Grade 9 learners in the different competencies as shown by the results of the Standards-Based Assessment (SBA) and Religious of the Virgin Mary - National Assessment Test (RVM-NAT) in the various competencies of the macro skills: speaking, reading and writing. The results were draft in tabular presentation, with the identified competencies, frequency of correct responses, description, and ranking for SY 2015-2016 and SY 2016-2017. With the findings revealed by the analysis of the data gathered in the action research, the researchers arrived at the following conclusions: 1. It is posited that the 274 and 237 Grade 5 pupils and the 299 and 230 Grade 9 students who took the Religious of the Virgin Mary – National Achievement Test (RVM-NAT) in SY 2015-2016-2016-2017 were progressing towards the standards. 2. It is also posited that the 274 and 237 Grade 5 pupils who took the Standards-Based Assessment (SBA) in SY 2015-2016 and SY 2016-2017 were found to be progressing towards standards; while the 299 and 230 Grade 9 students who took the Standards-Based Assessment (SBA) were found to be proficient. 3. It is also posited that the percentile rank of 24% and 38% for SY 2015-2016 and SY 2016-2017 of not met standards for 274 and 237 pupils and the 299 and 230 students respectively who took the RVM-NAT is showing that a significant percentage of the competencies are found to be difficult for the pupils/students.

Keywords: RVM-NAT, standards-based

HEALTH SCIENCE

The Health Profile of the School Personnel of the St. Mary's College, Quezon City: A Basis for a Proposed Health and Wellness Program

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Abstract

School workers are the most valuable assets to schools. They are an inspiration to learn, strive, and achieve in an educational institution. In this study, the researchers assert means to ensure school workers deliver quality education to clients by keeping the focus on healthy employees. According to the Medical-Dental Clinic Guidebook 2018, health screening and promotion of health of school personnel are two of the components under Health Services of the comprehensive School Health Program of St. Mary's College, Quezon City. These components are done through the Annual Physical Examination of personnel and health consultations with School Physicians. The purpose of this study was to determine the health profile of the school personnel of St. Mary's College, Quezon City, which was used as a basis in designing a proposed health and wellness program. The study utilized the descriptive quantitative method of research, and total population sampling was employed. This included the data available at the Medical-Dental Clinic, which is the Annual Physical Examination Report and the Daily Consultation and Treatment Logbook of the school personnel employed during the school year 2017-2018. These data were then organized and presented in tabular form and information such as age, gender, work assignment, and common health concerns were used as the primary data of the study. The frequency and percentage distribution is a statistical approach used in the presentation, analysis, and interpretation of data. Results of this study reveal that the majority of the personnel were female. Most of the population falls under the age bracket of 20-30 years old and among the departments, Basic Education was noted to have the most number of personnel. Majority of the School Personnel's Health Profile fall under Normal weight. Of which, the number came from the age bracket 61 and above. Furthermore, the majority of overweight personnel came from the age bracket of 31-40 years old. The highest number of personnel beyond the normal weight came from the Maintenance Services Personnel. The highest number of obese staff came from the Basic Education teaching force, and the most common health concern of personnel in the Medical-Dental Clinic is Blood pressure check/monitoring. With this, intensive health education and health surveillance through detection and control of non-communicable diseases while still of active working age of school workers during the follow-up consultations of personnel in the Annual Physical Examination as well as the planning of implementing a health and wellness program will be carried out. This will be done through health screening, health counseling, and healthy lifestyle lectures/classes as guidance to positive health effects and well-being of school workers. Therefore, restoring and maintaining the working capacity of school personnel.

Keywords: health profile, SMCQC, wellness program

A Qualitative Study on the Ways Parents Deal with the Reproductive Health Issues of their Generation Z Children

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Abstract

We all know that parents play a vital role in a child's life. They act as their chefs, nurses, guidance counselors, and even their first teachers. As the days grow colder and as different generations pass by, the perspective of people alters. Some say that the elderly ones, parents included, are the more conservative ones and children, like us, or as called the Generation Z, are more open and liberal. And that's what captured our minds. Several studies were alike or related to ours, but most of them were on a child's perspective. To have a different set of eyes, the researchers focused on the parents' point of view. In methodology, we used semi-structured interviews to gather the source of data. The number of participants gathered were 9 in total and met our criteria wherein they should be single or blended Catholic Filipino parents who are part of the lower, middle, and upper-class social standing and have lived for more than 5 years within the specific barangays of Metro Manila, Philippines and have a Generation Z child/ren with ages ranging from 15 to 22 years old. The interviews took place on September 19-24, 2018, and were recorded and audiotaped with phones and then transcribed not to miss any details. Parents' approach and strategies when talking about reproductive health: They initiate the topic whenever news related is brought about; asking the other parent to talk about it; Readiness of the child; and inviting the child's peers. Difficulties encountered by parents: Aren't aware/comfortable talking about RH; don't know how to start the conversation; Lack of knowledge and time; Mind-set; and Status of family. The RH topics that are discussed and not discussed by parents are the following: Experience within the family; Peer relationships; Education of their child; Actions are done by their child; Morals and values; and Topic were too personal and sensitive. Importance of parents' guidance towards gen z's RH: To be updated; to ensure their child's future and safety; For their child to know the consequences of their actions; To know what's right and wrong. Most parents have difficulties and strategies for approaching reproductive health as a topic. There are topics that are related to RH that informants are able to lay out to their child/ren. Some parents don't talk about it but still advise on the Topic. Parents should avoid difficulties when talking about RHI and develop effective strategies that may help them and have an open-relationship with their children. Health organizations should consider seminars for parents and generation Z to spread awareness. Future researchers should consider triangulation to support the results and state more examples about the Topic to have a rich context and data.

Keywords: reproductive health, generation Z

The Development and Validation of Squash Patillas as a Dietary Source for Good Eyesight

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Abstract

The prime objective of this study is to Develop and Validate the Squash Pastillas for Dietary and Source for Good Eyesight. The Squash Pastillas underwent review and validation by the experts based its technical aspects. Specifically, this study aimed to attain the following objectives to develop the Squash Pastillas with the following features, to validate the effectiveness, and to support the underlying goals of the Squash Pastillas to the users by the following pre-test and post-test results of the respondents, gained scores of the experimental group and control group and effectiveness of users. Lastly, it draws implications of the study of squash pastillas. Further, the research will also determine how these difficulties will be improved and propose a squash pastillas as for dietary and source for good eyesight. The study is also expected to contribute particularly prepared squash pastillas which will be used as a nutritional food and source for good eyesight and to make their body and lifestyle healthier. It is implied that the developmental and validation of squash pastillas is effective. It is therefore recommended that the community should eat squash pastillas as is part of their healthy lifestyle.

Keywords: squash pastillas as a dietary and source for good eyesight for all citizens

HUMAN INFORMATICS

Cybayani : A Stop-Motion Animation Depicting Ordinary People Doing Extraordinary Things

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Abstract

This study focused on the evaluation of a stop motion animation produced by Senior High Students of UST-Angelicum College. The proponents of the research conducted a survey and yielded mixed results. The featured animation depicted the daily Filipino struggles such as poverty, bullying, and overcoming inner conflicts, and was produced using action figure toys, incorporated with specialized hardware and equipment and software for editing and animating. The animated short film was evaluated based on its content, effectivity, and design.

Keywords : animation, stop motion, bullying, characterization, logline

“CN U B MY TXTM8?”

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Abstract

This study was conducted to find out the causes and effects of forming a relationship with the use of text messaging. It tried to look at how it took place and why it happened most notably between the youth. The study also discussed and pointed out the pros and cons of cellphone usage in various kinds of relationships among the youth. Some ethical considerations in text messaging were tackled in the conduct of this study as well as the attitudes of the youth towards such development. The researchers were able to give the tip of the iceberg, but it presented various angles in which they reviewed carefully the different kinds of relationships built on text messaging.

Keywords: text messaging, text mate, communication, techies, phonetics

Facebook Uses and the Gratification of Selected Bustos Bulacan Residents with Relatives Working Abroad

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Abstract

With an increasing number of relatives working abroad, the researchers conducted a study on the family members who are left in the Philippines, and their use and level of gratification of Facebook as a tool for communication. The descriptive design of research facilitated in identifying Facebook users' gratification and how it benefits them. Fifty (50) residents of Bulacan who use Facebook for communication and who have relatives working abroad participated in the study. The results of the study showed that the respondents generally agree with the usefulness of Facebook as a useful tool for communication and are satisfied with such value. The accessibility of Facebook and the user-friendliness of its features satisfy the need of users to build connections, maintain regular contact, and update others.

Keywords: Facebook, uses and gratification, communication

Proper Self-Disclosure and Privacy in Social Media as a Means Against Online Identity Theft as Perceived by the College Students

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Abstract

Identity theft, a crime in which an imposter obtains key pieces of personal information to impersonate someone else, confronts many social media users. Its number of cases is continuously growing in the digital age and in a generation where social media has become a part of life. This study was conducted to determine if proper self-disclosure and privacy will be able to raise awareness about the growing number of online theft. This issue increased the awareness of the youth, especially the students, about the boundaries of social media. Using both qualitative and quantitative methods, the researchers conducted a survey and interview among seventy (70) college students of St. Mary's College, Quezon City. Results revealed that proper disclosure and privacy management are considered tools to lessen the cases of online identity theft on social media. With the immense and uncontrollable number of social media users, it is recommended to continually prompt said users to be vigilant of identity thefts online through various forms of information campaigns.

Keywords: self-disclosure, privacy management, identity theft, social media

Online News as Verified Information Sources for Fourth Year College Mass Communication Students

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Abstract

The rapid advance of communication technology greatly helps information more easily accessible to anyone. The internet provides the connection, and the World Wide Web offers a broad and diversified source of information. This progress in communication ushers the great increase of online users. This research explores the credibility of online news as a verified information source for Mass Communication students. A total of 200 fourth year college Mass Communication students from four different universities in Quezon City participated in the study by accomplishing a self-made survey questionnaire. Based on the results, not all Mass Communication students read news online, but for those who read online, they do so because of its accessibility and convenience. They utilize their mobile phones and other gadgets which are portable and accessible as well. Misinformation, the integrity of news authors, and inadequacy of important details are the primary problems encountered by online users. It is interesting to note that while there is a very high level of awareness on the presence of fake news online, online news is still perceived as a source of verified information. With the big number of online news consumers, and amidst the perceived reliability of online news, verification of the veracity of said materials is advocated. Online users are hoped to be knowledgeable and discriminating in choosing a better information source.

Keywords: online news, fake news, misinformation, internet, communication

**#Selfie: The Motivations and Challenges of College Students at St. Mary's College, Quezon City
in Posting Self-Portraits on Social Media Platforms**

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Abstract

As selfie conquers the technological world, the researchers aimed to find out what college students at St. Mary's College, Quezon City seek from posting and sharing self-portraits in social media platforms as well as knowing how it affects them. The goals were attained with the use of survey questionnaires conducted among seventy-two (72) college students at St. Mary's College, Quezon City in the Academic Year 2016-2017. Results of the study revealed that college students of St. Mary's College, Quezon City are selfie perpetrators, and they regularly post a selfie on social media platforms to share something new and stay connected. This activity enables them to express their feelings. On the other hand, the respondents claimed that it also leads them to self-centeredness. The study also notes that while the respondents need to express themselves, it is ironic that they are uncomfortable in confiding their attitude towards posting and sharing a selfie on social media platforms.

Keywords: selfie, SMCQC

More Than Just a Symbol: A Qualitative Study on the Use of Emojis in Message Interpretation in Social Media Communication

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Abstract

An emoji is “a digital image that is added to electronic communication to express a particular idea or feeling,” as it was defined in the Cambridge dictionary (2018). Emojis have been used to convey one's emotion in the virtual interaction of people. It can be likely compared to face-to-face conversations in such a way that these emojis act as the “mask” of one's expression involved in the conversation. These virtual depictions of human emotions through these images give more meaning to messages, but, as the general nature of communication, there could be misunderstandings. On the other hand, the exclusion of emojis may result in the lack of meaning in a message or the difficulty in a message's interpretation. The qualitative interviews were conducted in St. Mary's College, Quezon City campus from September 19-28, 2018. This study involved fifteen (15) participants from the Junior High School students (Grade 7 – Grade 10). A. Reasons for Social Media Use: Their reasons of social media use are for social updates and as an outlet for their self-expression. It helps them release their thoughts and opinions about a particular issue. In addition, some students tend to use social media for educational and (like searching for home works and monitoring requirement's deadline) and entertainment purposes. B. Reasons for the Use of Emojis: Junior high school students used emojis to either fully express their emotions or to enhance the emotion in the message. It is also used for substituting written text for they are more convenient and quicker. Another reason is to avoid misinterpretation and clarify meaning. The students also stated that emojis make the conversation more lively, interactive, and adds a “punch” to their message. C. Adverse Effects of Using An Emoji: Emojis may suggest multiple meanings and is not always accurate to the real emotion of the message. Also, students involved in the study tend to use emojis as a cover-up of what they feel in order to either avoid conflict/s or to intentionally withhold their emotions. D. Particular Emoji Selection and Preferences: Students think that a certain emoji they have used from time to time slowly becomes their “signature emoji.” They also choose an emoji based on the emotion of the conversation. They try to match the emoji that they have selected to the denotative ambiance felt during the conversation (i.e., joking). E. Interpretations of Messages without Emojis: The students think that whenever an emoji is not present alongside a message, there may be a conflict between sender and receiver or the sender is suffering a personal problem. Without emojis, there isn't anything concrete that suggests the message's emotion thus leading the students to assume the emotion behind the message. The researchers found that Junior High School students acknowledge the presence of emojis, most especially in times where they feel the need to understand and comprehend the emotion of a text to fully understand its meaning. Emojis essentially become the very tool Junior High School students use a basis for understanding a text as a whole. To those who wish to pursue this kind of study, the researchers recommend the expertise of a linguist or a semiologist who can provide the information needed for triangulation and comparison of outcomes and results. The researchers also recommend adding the comparison of different generations on how they interpret messages with or without emojis.

Keywords: emojis, digital image

Fake-Y Tales: A Quantitative Study on the Commonly-Used Strategies of Senior High School Students in Identifying Fake News in Social Media

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Abstract

Today, individuals utilize social media to access news. Thus, traditional media are not as preferred as before, according to Rajendran and Thesinghraj in *The Impact of New Media to Traditional Media*, 52% of the populations use the traditional media while 44% prefers it. Social media became one of the sources of news, including fake news in the Philippines wherein 87.3% Filipinos trust social media, while 73.4%, trust traditional media according to the Philippine Trust Index (PTI). Merriam Webster defined fake news as misleading news reports have done intentionally. On June 21, 2017, Senator Joel Villanueva filed the Anti-Fake News Act of 2017. The International Federation of Library Associations and Institutions recommended several strategies in identifying fake news. A descriptive design was selected, which details the phenomenon of the prevalence of fake news. Through it, the problem of the spreading of fake news is discussed, and the common strategies used by the respondents will describe how people detect fake news. The study focused on gathering data within St. Mary's College, Quezon City (SMCQC) and was selected for the convenience of the area. Hence, the respondents in the study are the Senior High School (SHS) students of SMCQC and a professional that is knowledgeable on the use of media, with 100% of the population completing the survey. Statistical tests were used for the items in the survey forms. Through these, the data acquired is ensured to be comprehensive for it helps in analyzing the data gathered encoded in MS Excel, and after doing frequency counts of the answers of the respondents which are in percentages. The social media site that the SHS used in the past four weeks was mostly Facebook (97.37%) wherein fake news is most observed as well (90.53%). None are incapable of identifying fake news, 37.89% are quite capable, and 75.79% said that the most common strategy is connecting different posts from other social media sites. 37.89% are aware of the bill, excluding the regulations, while 15.26% have total awareness of the bill. Facebook is a commonly used social media site, where fake news is most observed. None of the respondents were incapable of identifying fake news. Most are quite capable, using the most common strategy – connecting posts from social media networks. Most are aware of the bill, but not the regulations. The SHS students and users of social media must use different strategies and study the details about the bill. The legislators to strengthen and promote the bill. The app developers to filter the information posted on applications systematically. The future researchers to go in-depth with other aspects of fake news.

Keyword: fake news, social media

HUMAN LIFE SCIENCE

A Descriptive Study on the Sleeping Habits of Senior High School Students of St. Mary's College Quezon City in S.Y. 2018-2019

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Abstract

Sleep is a physiological process essential to life. However, many people work to the bone to earn a decent amount of money or even accomplish an assigned task. Based on National Geographic's magazine issue featuring sleep, many people have trouble sleeping, because "more than 80 million American adults are chronically sleep-deprived," and not everyone has the same sleeping habits. According to Andrade M, Menna, and Baretto L. from Cambridge University, sleep problems are common among young teens or adolescents. These problems could be caused by unhealthy sleeping habits or perhaps a mental condition. For this study, quantitative research is used. The research design is a descriptive study, for it only aims to describe the sleeping habits of senior high school students of SMCQC 2018-2019. The study is conducted in St. Mary's College Quezon City, a co-ed Catholic school, within the month of September. The test contained questions regarding the average amount of sleep they get, the times of sleeping and waking, factors that prevent them from sleeping, and the strategies they use to wake up on time. Of the 190 respondents, ninety percent (90%) belong to the 16 to 17-year-old category. Study shows that seventy percent (70%) of the respondents get 4-6 hours of sleep. In general, most students get three or more hours of sleep on a night without school the next day. Only 4% of the population get one to three hours of sleep. Most students start sleeping from 10 pm to 1 am. Only 1% of the students start sleeping before 7 pm. Most of the students start sleeping at midnight or later on non-school nights. Only 2% of the senior high students have said they start sleeping around 5 to 9 pm. Most of the senior high students usually get up from 4 am to 6 am on a school day. Only 13% of the students get up at 6 am or later. Majority of the students wake up at 6 am or later, while only 8% of the students wake up at times earlier than 6 am on a non-school day. The most probable cause behind sleeping difficulties is device use, as it has been chosen the most in the questionnaire by 74 respondents, followed by insomnia (32 respondents). Alarm clocks are the most used method of getting up, followed by people in the students' household waking them. Because of many different factors, adolescents don't get the right amount of sleep they need. This could be interpreted as a sign of unhealthy sleeping habits. Teachers and parents should guide the SHS students in creating a healthy sleeping habit. Students should be able to discover the strategies, improve their sleeping habits, and improve their time management.

Keywords: sleeping habits, SHS, SMCQC

Break Fast: A Quantitative Study on the Breakfast Consumption of High School Students in St. Mary's College Quezon City

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Abstract

Breakfast is widely regarded to be “the most important meal of the day.” Among schoolchildren, a healthy breakfast is essential in providing the students with nutrients and has also been found to improve students’ cognitive functioning. However, according to a study by the University of Waterloo, students skipping breakfast remains a prevalent issue in today’s society. With this in mind, the question arises as to whether this issue is commonplace in the school community of St. Mary’s College Quezon City. This research aims to determine if the high school student population in SMCQC can eat breakfast, and what factors affect the frequency of their consumption. This study utilized a quantitative method using a descriptive design to draw generalization with the use of statistical analysis. This allows the researches to describe the data through acquiring factual and systematic data which provides a bigger picture. The study was conducted in St. Mary’s College Quezon City (SMCQC), in the Junior and Senior High School Students of the Basic Education Department. The researchers used stratified random sampling in selecting the participants. The entire population was divided into year levels, and from there, 30% of the population of the year level was selected. The researchers’ method of collecting data was through distributing individual survey questionnaires. The questions revolved around the breakfast consumption habits of the students and their perception of how it affects their cognitive, social, and physical aspect. A codebook comprised of numbers corresponding to the data given will be used for a more effective data analysis. The data collected will be analyzed utilizing descriptive statistics; the statistical tools used in analyzing the data are by the use of Measures of Frequency and Measures of Central Tendency.

Keywords: breakfast, SMCQC

The Relationship Between the Chronotype and Academic Productivity of the Senior High School Students of St. Mary's College Quezon City School Year 2018-2019

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Abstract

Since the 1970s, psychologists have been studying sleep cycles of individuals and its effects on the individual's daily life and chronotypes came to light. Previous researches have linked chronotypes with cognitive abilities, academic performance, and other outcomes. For this study, it will have productivity as the dependent variable and test if a relationship exists between chronotype and academic productivity. Chronotype is pre-determined by genes, but expression can be changed due to environmental factors. Extraneous variables include a person's time management skills and attitude toward academic productivity. Previous researches have not proved a relationship exists due to extraneous variables; the researchers chose this to test the Arousal Theory of Time-of-Day Effects. A quantitative research design was used because it seeks explanations and predictions that can generate to other persons and places. A Descriptive Correlational research design was used to describe systematically and accurately the facts and characteristics of a given population and examine the differences between two attributes of a study group. A cross-sectional survey was used because it collects data to make inferences about a population of interest at one point in time. The Pearson Product Moment Correlation Coefficient (Pearson-r) was also used to measure the strength of the linear relationship between the two variables. Stratified random sampling, simple random sampling, and pilot-testing of surveys were the instrumentation and data collection techniques. 120 Senior High School students were the population of the study. The stratified random sampling design was used to ensure that all sections in both Grades 11 and 12 have an equal number of students who answered the survey. The appropriate statistical tests or methods, specifically frequency distribution tables and frequency distribution pie chart, were also used to obtain valid results during data analysis. 35% of the Senior High School students' chronotype was Intermediates, 34% were Night Owls, and 31% of them were Early Birds. One hundred fourteen respondents have their chronotypes based on their personal preferences, and only eight respondents based on heredity. For the level of productivity, the researches gathered data on the number of academic tasks of the students that were due and accomplished for the week. When it comes to time management, 47% rated themselves well, and only 5% rated themselves very poorly. When it comes to their attitude towards academic tasks, 65% of them agreed that they are self-disciplined while only 3% strongly disagreed. In terms of cooperation, 68% agreed, and only 3% strongly disagreed. The researchers computed the significance of the variables through the Pearson Product Moment Correlation Coefficient and found that there was no significance between the variables.

Keywords: chronotype, SMCQC

Clothing Preferences Among Grade 12 Students of the Culiati High School S.Y. 2017-2018

Neolita G. Malangot, Madzlyn S. Usil, & Maria Paz. Ybanez, Culiati High School

Abstract

This research study identifies the brands that are being favored by the Grade 12 students of Culiati High School. This study also finds out that students would choose quality aside from brands. These data can be used when setting up a business such as a dress shop or apparel store in the future. This study also identifies that every student in this generation would most likely choose brands and quality in purchasing clothes. The Grade 12 students in this research have their preference and style in selecting clothes. This study will also help future researchers identify the brands of this generation and the brands of their generation. Based on the data that were collected through a survey, Grade-12 students favored the brand "Bench" as the most favorable and most voted brand. Their reasons for choosing the brand were it has a beautiful and simple design. Also, most popular, unique, and very useful. They are followed by Penshoppe, Nike, Rusty Lopez, and Artwork brand. A total of (30) Grade 12 Students participated in the research. Excellent design and great fit should be created for the clients so that they will come back again. The students also have their own different kind of tastes and styles regarding clothing brands. Nevertheless, all brands of clothing should be available in the shopping mall because not everyone has the same preference regarding clothes.

Keywords: clothing preferences, senior high, brands, culiat senior high

LAW

The Marians' Perspectives on Mandatory Drug Testing in High School

Via Nicole B. Ang, Mariane Eleni Gail L. Lorca, Millenross Anne O. Palomo, Pristine Marie G. Patiño,
& Ellisa Marie M. Unay, St. Mary's College Quezon City

Abstract

Drug testing is not an uncommon occurrence in the Philippines with the issue of drug war still ongoing under the Duterte Administration. As stated in Rappler News 2018, Duterte himself has been pushing for the lowering of the minimum age of criminal responsibility from the current 15 years old to 9 years since his 2016 campaign. Due to this matter, it was a must for grades 7 to 12 students to take up drug testing upon enrollment. Thus, the purpose and pertaining for this study to be evaluative is to distinguish the level of awareness, satisfaction, and the different perspectives of students from grades 7 to 12 of St. Mary's College Quezon City regarding the mandatory drug testing in schools. Through a survey questionnaire and using stratified random sampling, only 20% percent of the total 956 population of all the grade levels combined were queried contriving to a total of 200 respondents. Out of the 200 respondents, ninety percent (90%) undergo drug testing for enrollment purposes in St. Mary's College Quezon City in the past six months. Overall, the respondents know the objectives of mandatory drug testing in schools provided by the Dangerous Drugs Board (DDB) and Department of Education (DepEd). Correspondingly, the collected overview exhibits the majority of Marians are very much conscious that the effectiveness of drug testing is to classify the drug users among the students, to assess the drug-related programs adequately in schools, and to discourage the students from using illegal drugs. Students should also follow the law itself that strengthens the bond between schools, the government, and other agencies. Moreover, the students of St. Mary's College Quezon City found themselves satisfied with the service rendered by the employees of Hi-Precision Diagnostics due to their accommodativeness and professionalism. The results of the study gave information to the school administration of the need to educate the students about the purpose of drug testing and to form programs directed to discourage students from engaging in drug-related activities. As a recommendation, Hi-Precision Diagnostics should provide evaluation sheets to students after the drug testing procedure to see what areas need to be improved. Meanwhile, for future researchers, have an in-depth interview with students who took drug testing at school to further know their experiences and to validate the data gathered.

Keywords: mandatory drug test, drug war

LITERATURE

**Women in Korean Novelas: The Portrayal of Women in Selected Koreanovelas as Perceived by
Selected Residents in North View 1, Batasan Hills, Quezon City**

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Quezon City

Abstract

This study was conducted to determine how women are portrayed in Koreanovelas as perceived by the audience. Survey questionnaires were used as an instrument to gather data for this study. The study was limited to 100 respondents, residing in Northview 1, Batasan Hills, Quezon City. The researchers collected and analyzed the data and found out that the respondents watch Koreanovelas and the top reason why they watch Koreanovelas is for them to be entertained. The study further showed that respondents' perception of women is focused on women being fighters. Looks and roles of the characters also affect the perception of the audience.

Keywords: Korea novella, media portrayal, stereotype, self-image

#Pinoypride : A Qualitative Study on Journalists Publishing News on the Filipino Descent of Famous Foreigners

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Abstract

Filipinos feel pride from the victories of people of similar ethnic identity, especially those who attract and gain international or global attention. Such pride, also commonly known as Pinoy Pride, can be observed in many social media wherein news and articles about these famous individuals with Filipino blood spread. It has become a manner of the question whether this gratification is an exhibit of authentic nationalism or hubristic pride, what role do journalists play in delivering this information to the mass and, how they influence the mass' perspective upon it. This phenomenological research explores the different factors that pave the way for the better understanding of the phenomena, #PinoyPride, and its overall impact for Filipinos. This qualitative research was done through phenomenology with the primary objective of making sense of events or a trend, Pinoy Pride. There were a total of five interviewees. Purposive sampling was the sampling technique used. Four questions were also asked before the interview to guarantee that the interviewees were fit. News articles were also used to validate and fully support the data and the study itself. The researchers then conducted a note-taking, unstructured interview with recordings and transcriptions, then the analysis pre-existing material documents public files. It has undergone the process of triangulation, particularly data triangulation and method triangulation. The entire study was purely unbiased as it may tamper with the results. The respondents deem that the Filipino descent of famous foreigners is newsworthy because of: the news value of relevance and proximity; fame and prominence; the intensity of achievement/action; claiming their success as their own; and activities for the Philippines/Filipinos. They said that the audience reacts to this kind of news by relating themselves to and being inspired by their success; feeling pride grounded on shared ethnicity and nationalism; feeling entertained or right, and feeling indifferent or finding the topic insignificant. They added that the audience would react depending on: the impact of the event to them; and how the news is written. News articles that highlight the Filipino descent of prominent foreigners were gathered and examined by the researchers. These articles have been discovered to exhibit reoccurring themes which are: regard for subject focusing on Filipino connection, especially in headlines and titles; elaborations on Filipino interactions, affiliations, and constructs; and mentions of giving honor and pride through skills and achievements. #PinoyPride among Filipinos is rooted in connection of heritage and taking courage on certain achievements, while Filipino journalists deliver this information to the mass for the sole intention of catering their interests. The findings greatly supported the role that news values play in journalism. Although the study was limited due to time and resources constraint, it's suggested to widen the scope of resources for deeper understanding.

Keywords: pinoy pride, journalist

MANAGEMENT

The In-Patients' Level of Awareness on Programs and Services of Medical Social Services in the Rizal Provincial Hospital System-Morong Main: A Basis for a Proposed Enhanced Service Plan

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Abstract

Medical Social Work is one of the specialized areas of social work practice in the Philippines. It focuses on “the social development of patients and their families as related to their medical and health problems, to assist them in attaining self-reliance and making them contribute to the enhancement of community health and social well-being.” (2010 Manuel of Medical Social Workers 5th Edition, DOH, Republic of the Philippines) For various reasons, the role of the medical social worker is often unclear to persons seeking medical treatment. People tend to have a better understanding of the medical social service role and of whether services are being provided to meet each patient's needs best. The multifaceted role of a professional medical social worker is generally not well recognized amongst health care personnel. With the help of a case study, group therapy, community work, and social research, it has been possible to enhance useful prompt and need medical care in the hospital and aftercare in the community. The study utilized the descriptive research design with the use of validated questionnaire-checklist in gathering data. The instrument was composed of three parts: the first determined the profile of the respondents; the second determined the level of awareness of the respondents on the different medical programs and services; while the third determined their perception on the extent of contribution of medical programs and services on the overall goals of the healthcare organization. Most of the In-patients were within the age bracket of 33 – 37 years old, female, single, residents of Tanay, high school graduate, jobless, belonging to a family with a monthly earning of below ₱5,000. They were generally “Aware” of the different programs and services provided by RPHS and “Much Aware” about the Referrals and Medical Assistance, “Aware” about Discounts and Municipal Indigency Program, but “Less Aware” about the Point of Service. Their level of awareness in the different programs and services of MSSD-RPHS varied significantly concerning the various programs. There was no significant difference found on the level of awareness in the different programs and services of MSST in RPHS concerning the different programs when they were grouped according to sex, civil status, educational attainment, occupation, monthly family income, and medical condition. Significant differences in their level of awareness showed in Municipal Indigency Program in terms of their age, in Points of Service and Medical Assistance for Indigent Patients in terms of their educational attainment. The respondents “Agree” on the different statements regarding the contribution of medical programs and services to the overall goals of the healthcare organization. Their perception on the extent of contribution of medical services to overall objectives of healthcare organization varied significantly at 0.05 level of significance. This implies that the in-patients have different views on how the various medical services of MSSD support the objectives of RPHS. Most of the in-patients availing of medical programs and services at RPHS came from families with low socioeconomic status; The respondents have different levels of awareness on the existing programs and services; the demographic profile was not a contributory factor on the significant differences in their level of performance regarding different programs and services when they were grouped according to their profile; the respondents agreed on the contribution that programs and services brought to accomplish the goals of healthcare organization; and the perceptions of the respondents were not aligned to each other when it comes to the contribution of medical programs and services to the goal of healthcare organizations. The study offered the following recommendations: MSSD in RPHS should implement an awareness drive to raise the level of awareness of the patients pertaining to the different programs of the LGU, Government Agencies, and Private Institutions; MSSD may provide leaflets, tarpaulin, and the like regarding the various programs and services that they can avail of; RPHS should also notify their patients through their nurses about the effort of the healthcare organization in ensuring availability of medicines, and other health care services needed by the indigent and poor patients in accordance to the revised implementing guidelines of the program; the LGU may also hold different orientation regarding the technicalities of Municipal Indigency Program; and RPHS may implement the developed enhance service plan to raise the level of awareness of its patients.

Keywords: Medical Social Service, in-patients, healthcare, awareness, perception

The Reach of the Advertising of St. Mary's College Quezon City Among Residents of Barangay Laging Handa

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Abstract

This study looks at how the advertisement of St. Mary's College, Quezon City reaches its target market. This study may also aid other establishments for their methods in advertising. This is research that can help aspiring people in business, entrepreneurs, and the like. The researchers chose the Theory and Practice of School Choice by Paul E. Peterson and the Persuasion Theory by Carl I. Hovland, to further explain how the flow of advertising may or may not work. The researchers chose the DAGMAR Theory by Russell Colley to connect and relate both theories to explain the said flow of advertising and how it may or may not work, because it shows the process of effective advertising. The researchers chose Barangay Laging Handa, for two reasons: 1) accessibility, since one of the researchers live there, and 2) proximity, being the nearest barangay to school. The researchers made sure to ask permission from the respondents first before handing out the survey forms. The researchers gave out survey forms that do not focus on St. Mary's College, Quezon City, to avoid any bias or to avoid the respondents appealing to the researchers. In line with this, they have included other schools in the survey forms, so that they may also gather data on what the school lacks among the competitors. Results show that parents' choice of school is because of the following: cost of tuition, disciplinary action taken by the school, facilities, parent-school connection, security, and proximity. But most of the schools that were included in the survey, including St. Mary's College, Quezon City, are known mostly by either the proximity or due to word of mouth. The top 3 schools that are well-known are St. Mary's College, Quezon City, Piagetian, and Neo-Vision School. Respondents also believe that proximity is an essential factor to consider because they find it convenient for both for them and the child. The results agree with these statements because even though other schools aren't that well-known, they are still somehow acknowledged due to them being able to pass by the institution. The researchers learned that though the school's advertising is largely ignored, it is still well known due to its proximity and convenience of its location. The residents are more comfortable with institutions that are within their reach, and St. Mary's College, Quezon City is one. The researchers also viewed this as a factor that should be considered not only for schools but also for other establishments such as restaurants and the like. This will help the said establishments to prioritize their potential clients.

Keywords: advertisement, vicinity, DAGMAR Theory

The Perception of the Junior High School Students of SMCQC on the Marian Spring Bottled Water and the Automatic Tubig Machine (ATM)

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Abstract

The researchers aim to find out the preference on what the students prefer more, the Automatic Tubig Machine (ATM) or the Marian spring bottled water? The researchers surveyed 180 participants from grades 7 to 10 junior high school students. The St. Mary's College Quezon City provided the new Automatic Tubig Machine (ATM) for the convenience of the students. Marian Spring was used for the Automatic Tubig Machine (ATM) for only 1 peso compared to the Marian Spring Bottled Water in the canteen, which costs 10-15 pesos. We aim to find out if the use of the Automatic Tubig Machine (ATM) helped the Junior High School students with their budgeting compared to those Junior High School students who always buy water in the canteen and to find out if using the Automatic Tubig Machine (ATM) reduces plastic bottle wastes. The focus of the study was to assimilate the knowledge of the Junior High School students of St. Mary's College Quezon City regarding the use of Automatic Tubig Machine (ATM) and buying Marian Spring Bottled Water of the Junior High School students. In conducting the study, the researchers made use of a non-experimental quantitative research design to control the factors that may supply to the effectiveness of the study. The study was conducted inside St. Mary's College Quezon City because the researchers are currently studying at St. Mary's College Quezon City and the researchers can also gather all the data quickly and to finish the paper in the allotted time given. For the rating of the benefits of the ATM, 1% of the respondents chose others, 11% chose Safety, 18% Waste Management, 30% chose Value for money, and 40% chose convenience. For the benefits of using the Marian Spring Bottled Water, 24% chose Value for money, 38% chose convenience, 15% chose Waste Management, and 23% chose Safety. For the preference between ATM and the Marian Spring Bottled Water, 12% chose none, 21% chose the Marian Spring Bottled Water, 32% chose both, 35% chose the ATM. The researchers recommend that the students bring their water containers to lessen the use of plastic cups at the Automatic Tubig Machine (ATM) and lessen the price of the Marian spring bottled water. For this time the Automatic Tubig Machine (ATM) has already helped students and teachers because the Automatic Tubig Machine (ATM) not only saves money but it also helps up to protect the environment by decreasing the use of plastic bottles which is made out of plastics.

Keywords: Marian spring, ATM, SMCQC

The Perception of High School Students of St. Mary's QC towards Food Parks in Quezon City

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Abstract

As of late 2015, food parks have been a common sight all over Metro Manila. There are many kinds of cuisines and unique eating concepts to choose from under one roof at food parks. Also, it reached a point that there are food parks in every corner of the metro. However, according to ABS-CBN News, lately, food parks are showing signs that it is dying out (ABS-CBN News (2018, July 11)). The quantitative non-experimental research design was used. Researchers wanted to find out the opinions and perspectives of Junior and Senior High School students about the present situation of food parks. The study was conducted in St. Mary's College of Quezon City (SMCQC) because it is easier to find respondents. Most of the teenagers are always out with their friends and family. Most of the students of SMCQC have enough knowledge about food parks that are currently open and recently closed in the area. Researchers used stratified random sampling so that the respondents were chosen in equal number from all levels. Researchers used a self-accomplished survey questionnaire that allowed the respondents to express their own opinions. On average, 2.72 of the population of the students disagree that food parks are closing. While 3.10 agree that food parks are still a hit among consumers. 2.99 disagree that the number of consumers is less than it was before. 2.93 said they disagree that there are food parks that are still opening soon. 3.34 agree that the wide variety of food available in food parks encourages them to visit again. Food parks do not offer sufficient parking spaces, 3.23 agreed in the statement. Food parks are attractive because of their "Instagram worthy" food and interior, 3.38 agreed. Lastly, 3.12 agreed that food in food parks are more expensive than fast-food chains. Researchers conclude that 158/194 students based on the taste and the venue of their visit at food parks resulting in their answer as it is attractive because of Instagram worthy food and interior. It is said that there is a wide variety of food in food parks, but sometimes there is insufficient parking space. This concludes that the high school students are into the hype of food parks taking pictures and trying the different food variety.

Keywords: food parks, Quezon City

A Profiling Study on The Generation Z (Grades 9-12) Online Shoppers of St. Mary's College, Quezon City

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Abstract

Online shopping is also known as the action or activity of buying goods or services via the Internet. In 1960, the industry began exploring concepts on having electronic transactions through a company named as Electronic Data Interchange (EDI). In this study, its primary purpose is to: a.) test the Planned Behavior and Internet Purchasing Theory that relates to the online shopping of the respondents; b.) determine the knowledge, and c.) know the experiences of the students nowadays who are exposed to various platforms —very significant in the field of psychology. The quantitative research focused on Grades 9-12 respectively of St. Mary's College, Quezon City as the respondents. The researchers used the strategy descriptive non-experimental research design to describe a phenomenon which is on online shopping through a survey in gathering information. The type of sampling used was stratified random sampling to give equal chances for each student who is a consumer of online shopping products by getting 100% on each year level. The measures used to check the validity of the participants was by raise of hands, asking those who have been online shopping, and thus will proceed to the answering of the survey instrument.

Keywords: Generation Z, online shopping

A Survey on the Preferred Dishes and Services of Junior High School Students of St. Mary's College Q.C. S.Y. 2018 -2019 During an Entrepreneurship Fair

Bianca Katrina O. Alivia, Ma. Cathereen M. Artiola, Joanne G. Corpuz, & Mickaela Salvador, St. Mary's College Quezon City

Abstract

An entrepreneurship fair is an activity where grade 12 students run a business for a certain period as required by the Department of Education. Its aim is for students to develop the necessary skills in running a business, to expose them to different scenarios and problems that may happen during business operations, and to know how to come up with strategies in separating them from other businesses. Since food products are straightforward to sell and produce, as said by Heather Lacy, this is the most common product that was sold during the first Entrepreneurship operation back in 2017 in St. Mary's College Q.C. Since there were businesses that didn't do well compared to others, this study will help in knowing what type of food and services that the students would like, resulting in their patronization of a business when their preferences are followed. The researchers used quantitative research and the descriptive research design under the non-experimental study because the aim is to know the preferred dishes and services of the Junior High School students of St. Mary's College Quezon City, would like to buy during the entrepreneurship fair. Another reason for quantitative research to be used is "describing a research problem through a description of trends or a need for an explanation of the relationship among variables" (Creswell, 2005). The research design required the use of a survey questionnaire, which was accomplished by the respondents. To gather the population of the study, the researchers did a room to room visitation to ask the president about the total population each class. The top snack is fries (308 responses); the top dish in the meat/fish category is fish fillet (244 responses); the top drinks is iced tea (313); the top food for the vegetables/fruits category is fruit salad (217); the top for dessert is ice cream (314). When buying, students consider taste (166 responses) followed by Price (126 responses). For services promos and services, the highest contributor to the patronization of food products is discounts (286 responses), followed by promos and giveaways (245 responses) and free delivery (242 responses). In conclusion, the top things to consider when selling in an entrepreneurship fair are: for food is ice cream, taste also matters to be able to sell the product faster, and food is enjoyable when you purchased it using discount coupons and promos. Hence, not only that this could help boost sales and help the market patronize them, but also, improve excellent customer/consumer satisfaction that would contribute to its promotion.

Keywords: entrepreneurship fair, SMCQC

Tap, Tap, and Away: Parents' Perceptions toward RFID Use in St. Mary's College, Quezon City

Rysa Belle B. Laudat, Rhea Cristina M. Palla, Cheene A. Peralta, & Ma. Angela Trisha B. Ritualo, St. Mary's College Quezon City

Abstract

St. Mary's College, Quezon City has recently introduced a new monitoring technology to the Marian community; the Radio Frequency Identification (RFID) which serves as a mode of tracking student attendance efficiently. Parents of the Marian students will be able to receive e-mail notifications from the school to inform them of the time their child has entered and exited the school. SMCQC's implementation of the RFID is still fresh and foreign to the eyes of the Marian community; therefore, this study aims to discover the perceptions of parents toward RFID use in SMCQC. Quantitative research was done with this study, for it can cater to a larger sample, with a descriptive research design as it seeks to describe what exists in a particular phenomenon where only little is known. The researchers have gathered meaningful standpoints from the participants and have categorized the collected data into groups. This was possible through the use of answering a survey questionnaire. The researchers discovered that, as regards to the level of satisfaction of the parents on the RFID, parents are generally satisfied in terms of the attendance monitoring (30%), security of students (41%), and value for money garnering forty-four percent (44%) of the total respondents; however, regarding their satisfaction on the timeliness of communication, a tie between the respondents who are satisfied and not satisfied was formed at twenty-eight percent (28%). Even with the parents' positive perceptions on the new system, twenty-one percent (21%) said that they did not receive an e-mail at all from the beginning of the implementation of the RFID; the reporting was also inconsistent and not updated. Many respondents suggested that the RFID will be better if the notifications are sent through SMS instead of e-mail. The researchers recommend the Administrators of the school to invest in another research and planning on the RFID for the next school year. Also, consider sending the notifications through SMS for not all parents, even guardians, have access to the internet. The researchers would also like to recommend the Center for Campus Security and Safety (CCSS) to consider having a new system provider that is more effective and reliable. Furthermore, for future researchers, we recommend continuing with the evaluation of the RFID because changes in the system are expected to occur.

Keywords: RFID, SMCQC

The Satisfaction Level of Senior High School Students Regarding the Food Served in Canteens

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Abstract

With the implementation of DepEd Order No.13, unhealthy food and beverages choices were removed from schools and in offices. This change in food choices may be for the betterment and improvement of people's health, but it would also restrict them of food choices that could bring them happiness, comfort, and satisfaction. Thus, it is imperative to see how the Senior High School students of St. Mary's College Quezon City are satisfied with the food being served in the canteen. A descriptive design was used; a self-administered survey form was given out to the Senior High School students. Researchers conducted a self-administered survey among 50 percent of the students within all of the sections of Senior High school. Stratified random sampling was performed. To ensure the comprehensive analysis of the study, the researchers have performed various statistical tests on the data. In general, many of the respondents regularly buy food from the canteen with 35 respondents answering that they purchase food from the canteen five times a week. Eighteen respondents answered that they buy food from the canteen 1 to 2 times a week. Twenty respondents answered that they buy food from the canteen 3 to 4 times a week, and 27 answered that they buy food from the canteen less than once a week. This bar graph shows the satisfaction level of the Senior High School students on the food of the canteen in terms of Price, Serving Size, Nutritional Value, Taste, Presentation, Variety, and Overall Satisfaction. Out of all the qualities of the food, the price has the most number of very dissatisfied answers. 7% of respondents have said that they are very dissatisfied with the price, and 45% of the respondents have answered that they are unhappy with it. Second is the serving size serving size, 4% of respondents answered that they were very dissatisfied with the serving size of the food, and about 56% of respondents answered that they were dissatisfied with the amount of food being served. The quality with the highest number of very satisfied answers was the taste of the food. 31% of respondents answered "very satisfied" with the taste, and about 61% of respondents said that they were satisfied with the taste. The research shows that 2% of the respondents are very dissatisfied, 32% are dissatisfied, 61% of respondents are satisfied, and 5% of the respondents are very satisfied with the food in the canteen. The study recommends that St. Mary's College Quezon City should consider adjusting the prices of the food since most of the student thinks it as too expensive. The serving sizes should also be changed because a majority of students are not happy with the serving sizes in the canteen. The canteen cooks shouldn't worry about the taste of the food and because the results show that a majority of the students are happy with the food's flavor.

Keywords: SMCQC, canteen, food served

**The Perception of Selected Junior and Senior High School Students of St. Mary's College
Quezon City School Year 2018-2019 on the Implementation of the RFID**

Alexandra Venice P. Domingo, Sofia Beatrice Dionisio, Marygace Verocel, & Muriel Hans Egmlan, St.
Mary's College Quezon City

Abstract

The rise of technology led to many innovations that became very helpful to society today. In the context of educational institutions such as schools and universities, passive RFID can be used. The Radio Frequency Identification (RFID) can be used to know if students are present or absent in school and if they are late or not. (Tanpure, Sonawane, et al. 2013). Recently, St. Mary's College of Quezon City implemented the RFID technology for the safety and security of the students. The study is limited only to the analysis of the survey responses of Selected Junior and Senior High School students of St. Mary's College of Quezon City School Year 2018-2019. The researchers used Stratified Random Sampling involves dividing the population into homogeneous subgroups and taking a simple random sample in each subset. The researchers took 20% of the total population per level; 40 (10/sec) students for students in the Grades 7 and 8 level, 40 (8/sec) students for the Grades 9 and ten levels and 20 (5/strand) students for Grades 11 and 12.

Keywords: RFID, technology, SMCQC

Good Governance: Strengthening Performance and Accountability

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Abstract

Corporate governance has been a broad topic that contributes to the growth of the economy and societal development. Good governance revolves in the management of a business in terms of transparency, participation, accountability, efficiency, and effectiveness of plans, the rule of law, responsiveness, consensus, equity, and inclusiveness as well as the strategic vision that is carried out by the top management or the board of directors. The study wants to investigate empirical evidence between good governance and firm performance and accountability. The researcher will make use of a qualitative approach of research design through gathering secondary data, literature, and journal studies that will be synthesized to have an in-depth understanding of the real phenomenon. The researcher believes that participatory leadership, setting goals, key performance indicator (KPI), and proper evaluation of plans will help for the growth and sustainability of once enterprise or firm. Hence, it is essential to make appropriate governance that will enrich not just the capabilities of the employees, but it is also making the business grow and able to compete in the fast-changing faces of the corporate world.

Keywords: corporate governance, participatory leadership, transparency, accountability, performance

The Consumer Acceptability of Ready-to-Drink HDL Juice

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Abstract

The prime objective of this study is to develop and validate the HDL Juice and determine its consumer's acceptance. Specifically, this study aimed to describe the acceptability of the ready-to-drink HDL Juice in terms of color, flavor blend, after taste and mouthfeel, to determine if there is a significant difference in the acceptability of ready-to-drink HDL Juice and the commercially available juice drink. Further, to determine the product viability when translated to business in terms of product cost and purchase intent. Lastly, to draw implications of the study to Technical, Vocational and Livelihood Education Curriculum, and small and medium enterprises. The study was designed to formulate a ready-to-drink HDL from Honey, Dayap, and Luya. This study also pursued to produce a product which can be healthy, beneficial, useful, and cheaper than the usual juice. The result of this study is beneficial to the present secondary curriculum in Technical Vocational and Livelihood Education (TVL) because it motivates students to produce different kinds of fruit juices out of the ingredients available in the locality, in the long run, can be their source of income. This study also equips the learner's knowledge and skills along with food processing and preservation. The results of this study will be beneficial to the agricultural sector to come up with income-generating products at the same time, increase the range of opportunity. Thus, this study will provide information to food processors in manufacturing this newly discovered "HDL Juice," added to their products. Likewise, create employment for the unemployed one.

Keyword: Effective Consumption HDL

SMCQC HE/TLE Laboratory Services: An Assessment

Judith Billoso, St. Mary's College Quezon City

Abstract

A considerable number of variables that operate in the teaching-learning process invariably affect the educational performance and achievement of pupils and students, hence the research was carried out to assess the laboratory performance regarding services, personnel, and facilities. The respondents were selected pupils, students and teachers from the different levels and sections of the Elementary Grades 4-6, Junior High school Grades 7-10 and HE/TLE teachers of grades 4-10 of St. Mary's College of Quezon City. The study utilized the quantitative method of research which intended to emphasize objective measurements and numerical analysis of data collected. The study used evaluation forms which were distributed to the pupils, students and teachers before the end of the school year 2016-2017 with the focus on the assessment of the laboratory services, personnel and facilities provided to maintain and facilitate quality service to the Marian pupils, students and teachers in line with the school's vision, mission, quality objectives and school's thrust. The output will be the source for further enhancement of the performance of the EPP/TLE laboratory services. Based on the findings and analysis of data, it shows that the EPP/TLE Laboratories continue to maintain and provide the effective quality services in terms of services, personnel and facilities that help in the academic achievement of our Marian pupils, students and teachers in their learning activities in the EPP/TLE Laboratories. Furthermore, the following are recommended for continual improvement: Sustain the quality service provided to the pupils, students and teachers with regard to reliability and availability; Continue to provide laboratory personnel with seminars and trainings to improve quality of service; and Continue to upgrade and update facilities to further develop and enhance the quality of service to the pupils, students, and teachers.

Keywords: TLE, laboratory

Good Governance Practices and its Impact on Selected Workforce Cooperatives' Profitability

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Abstract

In today's scenario, talking about economic demands, the workforce today become radical. Requests should be provided to employees as fast as the business owners they can. A particular company or business needs to keep and have creative, dedicated, passionate, and happy employees. Many companies today are engaged with workforce services, especially here in the Philippines. Cooperatives defined or also known as an autonomous association of members united voluntarily to encounter their specific common economic, social, and cultural need and ambitions together with a jointly-ownership and liberal style enterprise. Good governance defines as a total package of implementation of managing resources and also a process of depth decision making then the process by which decision was made is implemented. Characteristics involve such as Participation, Transparency, Rule of Law, Consensus Orientation, Accountability, Responsiveness, Equity, Effectiveness and Efficiency, and many more. How does the practice of good governance affect the profitability of a workforce cooperative? How does it work? And does it indeed make an impact? In the Philippines, Cooperatives set up one of the reasons why some cooperatives shut down because of lack of good governance policies and also the morality of each member. The study aims to determine the effectiveness of and assessment of Good Governance Practices of Selected Manpower Cooperatives. By qualitative research method, through document and journal review. The researcher will investigate and validate all the collected related literature and studies, testimonials, and insights.

Keywords: good governance, cooperatives, manpower

An Assessment of the Center for Ignacian Formation and Community Ministries Services

Regino A. Malundas, St. Mary's College Quezon City

Abstract

This research study aimed to assess the services of the Center for Ignacian Formation and Community Ministries (CIFCoM) of St. Mary's College, Quezon City and to determine appropriate actions for the improvement of its offerings. One thousand and seven hundred eighty-four (1,764) members of the Ignacian Marian Community from the Basic Education Academic Council, Faculty and Students; the members of the College Academic Council, Faculty and Students; the Non-Teaching Personnel; Maintenance Services Personnel; and the Food Services Personnel of St. Mary's College, Quezon City, are the direct recipients of the center's services, and at the same time, the respondents of this study. The study utilized a survey questionnaire which was administered to the respondents with a primary focus on the assessment of the services provided by the CIFCoM. Frequency and Percentage Distribution, as well as mean scores, were used as statistical measures in treating the data gathered. Based on the collected data, the respondents showed positivity and appreciation of the services provided by the Center for Ignacian Formation and Community Services (CIFCoM) to the school community it serves. However, the proposed action plan is designed to further improve its offerings and services to the school and clientele.

Keywords: CIFCoM, community ministries services

Catechetical Instruction in the Gen. Roxas Elementary School, Brgy. Roxas, Quezon City, Philippines: An Assessment

Regino A. Malundas, S. Ma. Adrialen B. Valleceras, RVM, Zenaida B. Roferos, Princess Pauline Joyce A. Mendoza, & Jona Marie L. Salvador, St. Mary's College Quezon City

Abstract

This research study aimed to assess the Catechetical Instruction in Gen. Roxas Elementary School and to determine appropriate actions for the improvement of the Catechetical Reach-Out of St. Mary's College, Quezon City. Eighty-three (83) Third Year High School Students, belonging to III-Mapagtimpi and III-Mapitagan of St. Mary's College, Quezon City were the student-catechists for the public school and the respondents of this study. A survey questionnaire was utilized as its instrument. Frequency and Percentage Distribution, as well as mean scores, were used as statistical measures in treating the data gathered. Based on the collected data, the respondents showed positivity in the Catechetical Instruction involving themselves as student-catechists as it is an initial step in participating in faith propagation. Likewise, the activity was a decent venue to develop their personality, unity, and teamwork among themselves; and to deepen social awareness and responsibility for society and country. Thus, the school through the CIFCoM's Pastoral Ministry will sustain the Catechetical Instruction in Gen. Roxas Elementary School, Quezon City. The center will also conduct a further study focusing on the assessment of the Catechetical Instruction with the recipients as respondents; and will enhance the Catechetical Instruction by implementing the proposed plan of action.

Keywords: catechetical instruction, GRES

MEDICINE

The Development and Validation of Pasain Tea as an Alternative Medicine Food for Diabetic Persons

Marilyn Corpuz & Hillary Jade Anne Pascua, New Christian Academy Gerona Branch

Abstract

The primary objective in conducting this study is to know the development and validation of using Pasain Tea as an alternative medicine food for diabetic patients. The Pasain Tea underwent a review and validation by the herbalist based on its content, ingredients, and medicinal aspect. Specifically, this study aimed to know the effectiveness of pasain tea with the following features: to innovate the Pasain Tea with natural ingredients, to introduce the effectiveness of pasain tea to the user and to validate the Pasain Tea to the expert. Further, the researchers will also determine how these difficulties develop the content of Pasain Tea that proposes the product as alternative medicine food for diabetic patients. This research is expected to help diabetic patients to take the pasain tea to lower their blood sugar. The patients and researchers should create a product by implementing the Pasain Tea. Thus, the materials and ingredients are natural and beneficial. It is implied in the results that the uses of pasain tea are useful for diabetic persons.

Keywords: pasain tea as an alternative medicine food for diabetic patients

PHILOSOPHY

Communion: A Qualitative Study on the Experiences of Non-Catholic Students in St. Mary's College Quezon City

Patricia Alexandra S. Arandia, Maria Victoria E. Bautista, Trisha Ysabelle T. De Guzman, & Cherrie Erica R. Palijo, St. Mary's College Quezon City

Abstract

In 1965, the Second Vatican Council released the declaration "*Gravissimum Educationis*," in which Pope Paul VI extended an invitation to non-Catholics to enroll their children in Catholic schools. At present, non-Catholic students comprise a good percentage of most Catholic schools' populations. In St Mary's College Quezon City, there are also students with different religious beliefs and are from non-Catholic backgrounds. From here, the question arose as to whether being immersed in an environment that integrates practices different from their personal beliefs affects non-Catholic students, their learning, perceptions, and their overall experience in the institution. For this study, qualitative research was used. The study utilized phenomenology as its qualitative research to discuss the experiences of chosen participants from the population of non-Catholic students in the High School Department of St. Mary's College Quezon City. Data was collected through individual interviews. The researchers used audio and video recording, transcription, and note-taking as instruments for recording data. The researchers requested the participants' consent through a letter before any collection of data, and their names were also not disclosed. During the interviews, the researchers followed a qualitative interview guide for their questions, and also added follow up questions for clarification. After transcription, the researchers coded the data to search for patterns and themes in the respondents' accounts. Themes were derived and were compiled in the researchers' codebook. These codes were used as the primary means of analyzing data and allowed for the information to be broken down into several sub-categories, thereby allowing a more thorough analysis. Most of the non-Catholic students chose SMCQC with the religious affiliation of the school as a non-factor in the decision to enroll. Positive and negative experiences were mentioned about attending their past schools with different religious affiliations. The respondents claimed that in adaptation, they comply with the practices and regulations of the school in order to adjust. They also declared that the environment does not affect their learning, but some believe otherwise. Their relationship with others was noted to be sensitive and respectful of their beliefs. Furthermore, the religious environment enabled them to gain insights and to feel a sense of inclusion in the community. With the identified results, this study claims that there were varied factors affecting the experiences of non-Catholic students in SMCQC. However, in the overall evaluation and interpretation, non-Catholic students feel a sense of inclusion among the school community. It is relevant to note that the results can be used by the school as reference for future studies, policy improvements or changes, and the basis for implementing desired Marian values.

Keywords: communion, non-Catholic students

School Philosophy and the UPIS Elementary Curriculum

Ruth A. Salazar, St. Mary's College Quezon City

Abstract

The Philosophy of a school is an essential factor in determining the institution's foundations and beliefs about learning. The school philosophy must be a significant consideration in any curriculum development activity in serving as the guiding principle of educational institutions. This study determined the internalization of the school's philosophy by interviewing the administrators and faculty members of the University of the Philippines Integrated School (UPIS) and aimed to examine whether the school's philosophy of education is reflected in the intended elementary curriculum. It explored how the school philosophy is echoed in the UPIS elementary curriculum and determined the teachers' perceptions and interpretations of the importance of school philosophy. This qualitative research utilized document analysis and key informant interviews (KII) among administrators and seasoned faculty members of the UPIS elementary school. Purposive sampling - 6 female UPIS administrators/teachers. The available document was subjected to curriculum mapping to check the alignment of goals with the graduate attributes and indicators which were culled from the school philosophy. The KII was examined using the Concept-Construct-Theme (CCT) analysis, which allowed the researchers to classify similar concepts and constructs, as well as develop overarching themes using the respondents' utterances. The study showed that UP Integrated School philosophy and core values are embedded in the general goals of the school, as well as in the different curricular, co, and extra-curricular programs. The philosophy as embodied by the attributes is introduced and applied, as foundation competencies are taught at the elementary level. The school further provides their students with opportunities to achieve the desirable attributes and core values mainly through thematic content and contextualization of topics, use of learner-centered and values integration strategies, and other classroom or school activities. Accordingly, the teachers believe that the integration of the philosophy, as embodied by the core values, is essential in molding UPIS students to serve as active agents in the fulfillment of the school philosophy, which is the transformation and promotion of a just and humane society. A more in-depth document analysis of the alignment of the program and instructional goals vis-a-vis the school philosophy should be done to generate more insight and evidence on how the philosophy is translated in each subject.

Keywords: philosophy, education, curriculum, elementary, UP Integrated School, qualitative research, learner-centered

Moral Discourses on the Honor Killings of Women in Pakistan and Feminist Christian Contributions

Ma. Nazia Javed, St. Mary's College Quezon City

Abstract

Doing theology from the margins and for the margins compelled the researcher to pursue rendering her epistemic privilege for the powerless victims of historical oppression in Pakistan known as an honour killing. The researcher became socially conscious about the said problem at the age of ten when she watched a teleserye on the plot of Sindhi folk tale "UmarMarvi" which exposed the dreadful cultural tradition called karo-kari in Sindh, Pakistan. Karo-kari is the local name of honour killing. Almost twenty-three years after, last July 15, 2016, the researcher saw on the timeline of her Facebook account, a beautiful model named Qandeel Baloch, killed in the name of honour by her very own brother. Realizing the deep-rootedness and prolonged existence of this shockingly stark reality, the researcher was particularly disturbed over its moral aspect. This prompted the researcher to investigate and uncover the moral discourses on honour killings in Pakistan and glean on the contemporary feminist perspectives that can render voice to the victims. The research employs the See-Judge-Act method. "See" stage analyzes the situation, "Judge" entails analyzing the case through the lens of Scriptures and Church Teachings and finally the "Act" stage compels to propose relevant actions. According to Aurat Foundations in Pakistan, the number of females that were killed in the name of honour were 557 in 2010, 604 in 2009, and 475 in 2008. Criminal law act 2004, which is also known as honor killing act, protect all the citizens, especially young girls and women. However, despite anti-honour killing laws, religious laws are still being invoked. Honor killing is deeply rooted in a culture which considers female as object and commodities. Therefore, mostly women are the target victims. The published statistics of honour killing cases are unreliable since this issue is underreported because of the inherent social stigma and fear of losing honour. The surviving victims are forced to forgive their perpetrators who are mostly family members under the laws called Qisas (forgiveness) and Diyat (compromise). The judicial laws to protect the surviving women are weak. The study reveals that there are strong moral justifications among Pakistani Society that killing can restore the lost personal, communal, and tribal honour. Honour killing is a global phenomenon predominantly practiced in Islamic countries. There is no exact agreement as to when this practice of honour killing started. It is considered a cultural phenomenon with religious underpinnings. The study hopes to provide contemporary reflections on societal violence, cultural and religious oppression, and empowerment of women victims of honour killing in the light of the postcolonial liberation and feminist theories.

Keywords: moral disclosure, feminist theory, honor killings

Preached and Directed Retreats: An Assessment

Regino A. Malundas, Zenaida R. Roferos, Vea Ronizze P. Morales, & Jennifer M. Garcia, St. Mary's College Quezon City

Abstract

This study aimed to evaluate the Annual Preached and Directed Retreats of St. Mary's College, Quezon City for SY 2012-2013. As part of the institution's spiritual formation program, all personnel are encouraged to participate and undergo spiritual retreats. In the school year 2012-2013, two (2) different types of Retreat were offered to staff -the Preached and Directed Retreats. The participants were surveyed as regards their perception and impression of the program implementation. A descriptive survey was employed as a method of research. A total of two hundred thirty-seven (237) respondents were involved in this study. An evaluation tool was utilized as its instrument. Frequency distribution, percentage, and mean scores were used as statistical measures in treating the data gathered. Data revealed that the most number of participants for the Annual Preached Retreat were female. The age bracket of 20-30 years old has the highest number of participants for the Preached Retreat while the age bracket of 51 years old and above has the highest number of participants for the Directed Retreat. The Grade School Faculty has the highest number of participants for the Preached Retreat. The highest number of respondents for the Annual Preached Retreat are those who served St. Mary's College, Q.C. for 1-5 years; followed by those who served for 6-10 years and lastly by those who served for 21-30 years. The expectations were met, the objectives were attained, and the retreats were well-organized and well-managed for both the Preached and Directed Retreats as evident in the over-all evaluation rating of 4.62 and 4.91 or Outstanding respectively. Based on the gathered data, the respondents' showed positive disposition on the Annual Retreat. Indeed, the Annual Retreat of Personnel is an excellent opportunity for personnel to become closer to God, to know themselves and others more deeply; and to make decision and actions with the help of prayer and spiritual guidance. Based on the results of this research, it is recommended to sustain the Annual Preached and Directed Retreats Program of St. Marys' College, Quezon City. Likewise, the Center for Ignacian Formation and Community Ministries is suggested to continue the implementation of the Retreat Program of St. Mary's College, Quezon City to deeply experience God through the varied activities prepared by the retreat facilitator.

Keywords: preached, direct retreat

PLANT PRODUCTION & ENVIRONMENTAL AGRICULTURE

The Effectiveness of Nehemiah Fertilizer for Farmers

Juan Miguel Mata De Guzman, New Christian Academy

Abstract

The prime objective of this study is to develop and validate the effectiveness of Nehemiah Fertilizer for farmers by planting a plant to have a good crop. Improving the soil nutrients are essential for sustainable agriculture. Animal manure is an excellent source of supplying nutrients such as organic matter that can help enhance the production of the plant. Animal manure provides higher organic matter to the soil and hence impact soil quality in the long-term. The present study was conducted to assess the impacts of manure application on soil quality under a patchay, eggplant, okra, etc. A range of soil quality indicators uses in this study that includes soil organic carbon (SOC), biodegradable materials, fertile soil, natural decomposer(maggots) water retention, and soil penetration resistance. Specifically, this study aimed to attain the following objectives to develop the effectiveness of Nehemiah Fertilizer and validate of this fertilizer to use by the following pre-test result of the respondents, gained scores of the experimental and control group and effectiveness to users. Lastly is to draw implications of Nehemiah fertilizer result from this study showed that the addition of organic manure significantly improves the soil properties. Result for this study will be helpful for management practices by providing information about the impact of different manure and fertilizer application rates on soil quality.

Keywords: Nehemiah fertilizer, farmers

PRINCIPLE OF INFORMATICS

The Effect of Modernization in Animation to Grade 12 Senior High School Students of Culiat High School S.Y. 2017-2018

Dexler B. Magno & Nour Jaya Panda, Culiat High School

Abstract

The process of animation is putting illusion to a model, image, and symbol to create an illusion of movement to bring them to a state life or liveliness. In the past, they were made possible by physically manipulating the objects by photographing them, compiling and putting them in a frame to make them look moving. Nowadays, animation due to the introduction of new technology has also developed modernized creation methodologies. This research aspires to identify if the modernization in animation has positive effects on Grade 12 senior students of Culiat High School, S.Y. 2017-2018. The animation will be defined briefly, including the introduction of new technologies. We used both qualitative and quantitative types of research in our study. Qualitative because we intend to give inputs on how the development in animation "affect" the students and the discipline itself. Quantitative because numbers were used as a basis as to how these "effects" impacted its constituencies, using statistics - graphs, percentages, and other numerical data. The research used a ten-item questionnaire to gather data and obtain information on the effects of modernization in animation. Also, we interviewed selected students to support the research. We identified commonalities and differences in the answers and concluded as hypothesized by the researcher. Based on the chart, the majority of them replied affirmatively to the ten (10) questions.

Keywords: animation, modernization

The Effects of Anime Cartoons to TVL Grade II Students of the Culiat Senior High School 2nd Sem. S.Y. 2017-2018

Vher Neil Rey, Nasser Kusain, Joshua Dequina, Xedric John Ycaza, Abdulatip Edizhar, & Roel Tumali, Culiat High School

Abstract

Anime are Japanese animated productions. The word is the abbreviated pronunciation of "ANIMATION." This study aims to find out: 1. What is the specific effect of watching anime cartoons? 2. What are the particular anime cartoons frequently viewed by the student? 3. How do the students appreciate watching anime? The researchers surveyed Grade II students of Culiat Senior High School during the 2nd semester of S.Y. 2017-2018. This study will help grade II students of Culiat High School to understand the effects of watching anime cartoons. Secondly, this paper will be beneficial to the readers because they will be aware of the common effects of watching anime on school performance. Lastly, the study will benefit the student, teacher, parents and future researchers regarding the effects of watching anime cartoons by knowing the impact of watching anime to study habits and school performance, by identifying the cause of the students' failing grades and poor performance. Thus, they will be able to guide their children in watching anime programs. This study can also be used as a reference to researchers in their related studies. We used both qualitative and quantitative types of research in our research. Qualitative because we intend to give inputs on how watching anime cartoons "affect" the students and their appreciation in watching it. Quantitative because numbers were used as a basis as to how these "effects" impacted its constituencies through the use of statistics - graphs, percentages, and other numerical data. Data analysis will be a descriptive using percentage. The research instrument used was a survey questionnaire aimed at gathering the needed data and obtain information on the effects of watching anime cartoons to Grade II TVL Senior High School Students of Culiat High School. We also interviewed selected students for this research study. There are fifty respondents among Grade II TVL students, age ranging from 16-20 years old. There are more male respondents (29 males) than female respondents (21 females). The adverse effects of watching anime cartoons according to the respondents are: I assume they exist in reality, I tend to dream, I believe in magic, and I imitate their character. On the other hand, the positive effects of watching anime cartoons are a stress reliever, always feeling young, a reflection of one's attitude, and enlightening the day. Moreover, the students frequently watched Slam Dunk, One Piece, Naruto, Dragon Ball, Pokemon, Hunter x Hunter, Kuroko, and One Punch Man. Students also appreciate watching anime because it is a stress reliever or relaxing. Some enjoy anime by imitating the attitude (of the characters) or costume. The researchers, based on the data gathered, could conclude the following: 1. Grade II TVL students of CHS also watch and appreciate anime cartoons. 2. There are positive and negative effects of watching anime cartoons. 3. Students frequently watched Slam Dunk, One Piece, Naruto, Dragon Ball, Pokemon, Hunter x Hunter, Kuroko, and One Punch Man. As already mentioned, part of the students' habits is known, such as watching anime cartoons. Students from Culiat HS (Grade II Senior High), age ranging from 16 to 20, appreciate watching anime cartoons. However, there are also adverse effects on watching anime cartoons as well as positive results. The adverse effects can be detrimental to the student's study habits and eventually to their school performance. On a brighter side, since the students greatly appreciate watching anime cartoons, teachers may consider developing lessons using the creative format of anime cartoons. They can check online (through the Internet) for some free anime cartoon maker such as Powtoon. Teachers and parents can guide the students on the proper selection of materials in an anime format that could contribute to their school performance. Other related studies that could improve this research will be beneficial to animation, to the people who are involved in the industry, and other fields that support the best interest of animation and animators.

Keywords: anime, animation, senior high school, study habits, effects of anime cartoons

PSYCHOLOGY

Social Media and Behavioral Change Among Selected College Students

Maureen Martine, St. Mary's College Quezon City

Abstract

The phenomenal rise of social media has increased and fundamentally changed the way people communicate in the past years. Social media is the collection of online applications dedicated to communication, collaboration, and content-sharing. The human person has been programmed to be socially active to a certain extent. Some people are more engaged, while others are less so. However, people have always been looking for ways to connect and network with each other. And, in this age of digitization, people have found ways to be socially active on the internet, which is possible with the advent of the numerous apps available on the internet. It is a shift in how people discover, read, and share information; it supports the human need for social interaction. Social media has been the companion of many. It helps individuals to connect to people near and far. It has also been the faithful companion of college students, from socialization, entertainment, trendings, and current events to education; everything will be served in just a click. Students are most likely the users of this media they can access to all available online platforms. However, to effectively use social media, students must be fully conscious of its positive as well as its adverse effects.

Keywords: social media, internet, social networking sites, behaviour

The Prevalence of Fear of Public Speaking Among College Students

Jenylyn Castello & Joy Gonzales, St. Mary's College Quezon City

Abstract

This study aimed to provide a view to our readers, most especially College students who have a fear of public speaking, and the reasons behind it to effectively overcome such feeling. The research was conducted through a survey questionnaire given to fifty (50) randomly selected respondents from the College Department of St. Mary's College Quezon City, both male and female. The weighted mean was computed from the responses that were provided by the respondents. Interviews were also utilized to validate the answers. Findings revealed that the students were agreeable that they have a fear of public speaking. Based on the enumerated reasons, lack of confidence contributes to a significant factor why fear is noted in front of an audience. The researchers recommend that a workshop and training about public speaking be conducted to help the students develop self - confidence and practice their skills.

Keywords: public speaking, self – confidence, performance

Determining How Cognitive Style Affects the Perception of Stress of the SMCQC College Students

Michaela Mae Lee, Justine Paulo T. Juan, Angelu Jae B. Fajardo, Ma. Inah Carmina B. Magat, & Justine A. Rangandap, St. Mary's College Quezon City

Abstract

The researchers wanted to determine how cognitive style affects the perception of stress. The researchers gathered 30 respondents who were currently enrolled in SMCQC. The results of the instruments used were analyzed using Analysis of Variance (ANOVA) to determine the relationship between cognitive style and stress. The results yielded a significant relationship between the cognitive style, planning, and stress scale scores. No significant relationship was found with the cognitive style creating and knowing, and the stress scores of participants. Also, the researchers found a significant relationship between academic performances and stress scale scores.

Keywords: stress, cognitive, perception, relaxation, psychosocial

The Effectiveness of the Student Handbook in Developing Social Behavior to Grade 10 Students of St. Mary's College Quezon City

Ruth A. Salazar, St. Mary's College Quezon City

Abstract

The primary purpose of the student handbook is to provide students with information, guidelines, and policies that will enhance their adjustment as part of the community of their school. According to George Fox University (2015), "One of the key documents that outline the students experience is the Student Handbook. This defines our community who we are, what we're about, what we believe, how we live and journey together, and the expectations for those who have chosen to become members of our community," and stated that "the students handbook is important for student to read and understand, so they can fully engage in all facets of being a student." This research study determines the effectiveness of student handbook in developing the social behavior of students in St. Mary's College Quezon City (SMCQC). Specifically, this research sought to answer the following questions: 1. How useful is the student handbook in developing the social behavior of Grade 10 students in SMCQC? 2. What is the importance of having a student handbook to Grade 10 students? 3. Is the student handbook useful in developing the social behavior of Grade 10 students of SMCQC?. Data were collected by providing questionnaires to the respondents. The respondents were the Grade 10 student of SMCQC SY 2017-2018. Ten (10) boys and ten (10) girls were selected to answer the questionnaires. Tabular percentage analysis was used in this descriptive research. Majority of the respondents' age range from 14 to 17 years old who read only the policies (80%), rules and regulations (50%), student rules of conduct (20%), honors, awards, and requirements (20%), and grading system (10%). It was also found out that students read their desired part of the student handbook once a month only. Therefore, the student handbook falls short of its effectiveness since its being read only once a month and focusing only on the policies and rules and regulations. The part on student rules of conduct comes next to students' focus. Thus, character formation is fully grounded. It is recommended that the school provide the students with a more exciting student handbook, devise better approaches that would help in improvement of the student handbook in developing the social behavior of their students, provide an orientation at least twice (2) a month regarding the student handbook so that the students will be updated on its essential parts, and enhance the creative design of the student handbook to gain the attention of the students in using it.

Keywords: student handbook, St. Mary's College QC, college, student behavior, Grade 10, SY 2017-2018

“YA RLY? C U L8R”: How Social Network Sites Influence SMCQC High School Students Real Life Social Behaviour

Micheal Emil H. Aldeguer, Paolo Jonathan P. Añana, Joshua O. Macanaya, & Jan Patrick G. Singson,
St. Mary's College Quezon City

Abstract

The main focus of the study was to determine how today's youth make Social Network Sites (SNS an essential part of their daily lives and aspect of real-life social interaction. This holds with a teenager's relationship with his/her family. Based on the study, SNS in itself was not a bad thing was a vibrant, engaging platform for catching up and keeping in touch with friends and relatives. When a teenager treated the use of SNS as a substitute or a replacement for the intricacies and nuances of face-to-face (FtF) communication, this preference warrants a more comprehensive study. Creating awareness of this phenomenon contributed to a better understanding of the consequences of over-exposure to SNS. This benefitted not only the teenagers of SMCQC. The quantitative research methodology was used. The weighted mean formula was used to describe the influence of SNS to the respondents. Social Network Sites have a significant effect not only on teenagers' social behaviour but also on how they balance their priorities. They may not know it or may not even admit it, but SNS has become part of their lives.

Keywords: social network sites, social communication, exposure

The Learning Preferences of the Adolescent Children of Migrant Workers: A Basis for a Proposed Differentiated Psycho-Education Session

Victor Carlos A. Mallare, Angel Badilla, Russell Roi B. Tuazon, & Janelle I. Balao, St. Mary's College Quezon City

Abstract

The Philippines appears to be a significant contributor to other countries when it comes to migrant workers. Parents leave their children behind to assist them and support their needs. As a result, their migration leaves an impact on the children that they leave behind in different aspects. The primary purpose of this study was to determine the learning preferences of the adolescent children of migrant workers as the basis for the development of a proposed differentiated psychoeducation system. The participants in this study were the children of migrant workers from grade 7 and 10 levels of St. Mary's College, Quezon City. The researchers employed a quantitative descriptive method utilizing frequency and percentage distribution, standard deviation, and the mean as statistical treatments to identify the learners' learning preferences. A total of twenty-eight (28) students composed of fourteen (14) male and fourteen (14) female students were the respondents of the study. Their learning preferences were identified through the use of the Interest & Study Habits Inventory (ISHI) as it will serve as a basis for the development of psychoeducation sessions. The results showed that the most prominent learning preference of both the male and female respondents was Musicality. Additionally, students aging seventeen (17) were identified to have kinaesthetic as their most prominent learning preference. Moreover, Musicality was identified in the students aging from fourteen (14) to sixteen (16). Self-awareness was identified in terms of the students aging 13 and Naturalist in the students aging twelve (12) as their most prominent learning preference. It was recommended that approaches to further in line with the learning preferences that will best suit the adolescent children of migrant workers. The study found Musicality as to where the children of migrant workers can learn best. The result is somehow related to the previous research of Simonelli (2003) and Reyes (2008) where learning opportunities for the same focus group can include arts and another short-term basis program such as drama, play, or workshops. The study can be used in planning for effective methods in assisting the focus group in educational and developmental aspects. Future researchers may use another basis such as personality or aptitude that may help in devising a psychoeducational session for children of migrant workers.

Keywords: learning preferences, kinaesthetic, interpersonal, intrapersonal, visual arts, musicality, linguistic, logicity, naturalist

Whistle Blowers: A Qualitative Study on the Experiences of Women Victims of Street Sexual Harassment in Quezon City Upon the Implementation of the Anti-Catcalling Ordinance

Jansen Carlos C. Montano, Marie Antoinette G. Cabuños, Marianne Victoria T. Gonzales, & Sarah Marbella Grace O. De Leoz, St. Mary's College Quezon City

Abstract

Sexual harassment is defined by the Stop Street Harassment Organization (2015) as “unwanted comments, gestures, and actions forced on a stranger in a public place without consent and are directed at them.” According to the United Nations in the Philippines in February 2016, 3 in 5 women experienced sexual harassment. In May 2016, the Quezon City Local Government introduced an ordinance against street sexual harassment in Quezon City (QC) – “Anti-Catcalling Ordinance.” With this, people expect it to lessen, but a year after the implementation, two cops were accused of catcalling while patrolling in November 2017. A qualitative design was used to ensure the phenomenological aspect wherein the selected respondents narrated the details of experiences about street sexual harassment, thus utilized purposive sampling. The study involved 14 women ages 13-24 years old, currently residing and employed/studying in QC and was victims of street sexual harassment that occurred within QC. The research started by a collection of documents through sources like studies, books, journals, etc.. Thus, one-on-one interviews were also conducted and recorded by the use of recording devices that were transcribed and encoded. The research problems suggested categories that were used for coding and analyzing the data, namely Experiences of Women on Street Sexual Harassment, Awareness of the Anti-Catcalling Ordinance, Victim's Response, Victims who Reported and did not. Under these categories is a different theme that corresponds to the answers of the respondents. The victims experienced forms of Street Sexual Harassment like catcalling and wolf-whistling, which they experience almost every day. They were aware of the ordinance through tarpaulins/posters on the streets of QC, while some aren't. The victims felt no change in their level of safety and deem it as not potent. According to the victim that reported, the authorities assisted her and were very helpful in solving the case, while for those who didn't, they felt it was insignificant, there were no authorities, fearing the comebacks of the harassers, assumed that onlookers will blame the victim, and is part of the nature of men. Street Sexual Harassment was experienced by women, who are used to it, and aware of the simple details of the ordinance. The respondents mentioned that the effect of the ordinance isn't potent, and there's no change in the level of safety. Most of the victims don't report for various reasons, while the victim who reported said the Authorities were helpful since they were affected by the media. The researchers recommend the victims to approach the authorities and report their experiences. That the LGU of QC will review the ordinance to increase potency, and the future researchers to focus on the experiences of other genders.

Keywords: anti catcalling, city ordinance

The Factors that Motivate the Grade 12 Students in St. Mary's College Quezon City in Their Chosen College Program

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Abstract

The implementation of the enhanced K-12 Basic Education Program in the Philippines has decreased the total population of the tertiary students during the years 2015 to 2016, and 2016 to 2017. It was also mentioned by the Inquirer.net (2017) that the results from the selected colleges that offer education for low-income students have seen that college readiness is only evident to only 2% of the high school graduates of the Philippines. This research is quantitative, cross-sectional, and descriptive research. The survey was used in gathering data from the Grade 12 students batch 2018-2019 of St. Mary's College of Quezon City. The sections are Josefa Llanes Escoda (HumSS), Jesus Antonio Villamor (GAS), Miguel Cuaderno Sr. (ABM) and Fe Del Mundo. (STEM). It includes 16 students from the GAS, 39 from the ABM Strand, 17 from HumSS (excluding the researchers) and 29 from the STEM Strand which makes 101 students overall. The research targeted 100% of the population. Data was gathered last September 11- 12, 2018. A pilot test proper was conducted before the actual data gathering. Transcription of data was done for precise coding of data using MS Excel. Themes and sub-themes were based on the respondents' answers. The researchers applied this process in the interpretation of data and categorization of factors that motivate the Senior High School students in their choice of program for college. The most significant factor of the Grade 12 students of St. Mary's College Quezon City is Personal Interest which garnered a total of 54.46% of the population, followed by Academic Profile which has a total of 31.86%. The third most significant factor is Family/Relatives, which garnered a total of 8.91%. Next is Salary, which has a total of 7.92% votes. The second to the last most significant factor is given to Affordability, which has 6.93% of the total votes and the least significant factor is Peers/Friends, which garnered a total of 3.96%.

Keywords: motivation, college program preference

A Survey on High School Students' Perception of Depression and Anxiety

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Abstract

In the Philippines, one in five people suffers from a mental health problem. In a country with a population of 100 million, there are presently only 700 psychiatrists and a thousand psychiatric nurses (Magtubo, 2016). The World Health Organization estimated that globally, over 450 million people suffer from mental disorders. Currently, mental and behavioral disorders account for about 12% of the global burden of diseases. The study aims to determine the high school students' perception of mental health problems, specifically depression and anxiety. The researchers also assessed the extent of the knowledge of high school students toward the topic. The researchers believe that mental health plays a massive role in a student's well-being. Therefore, their perception and knowledge of the matter are crucial. The study utilized a descriptive research design. It was conducted in St. Mary's College Quezon City, with 383 total respondents surveyed from grades 7-12. The leading cause of depression as perceived by students is stress, followed by family conflict, followed by the school. The most common symptom of depression is lack of energy followed by both less sociability and change in attitude at a tie, then a change in sleeping pattern. The leading effect of depression is suicidal tendencies, followed by self-harming, followed by lack of motivation. The leading cause of anxiety as perceived by students is stress, followed by school, and the environment. The prominent symptom of anxiety is fear, accompanied by discomfort, and uneasiness. The leading effect of anxiety as perceived by students is depression, followed by social phobia, and powerlessness. The leading source of understanding depression is social media, followed by school, peers, and family. The leading cause of understanding anxiety is social media, followed by the school, peers, family, and others.

Keywords: depression, anxiety

A Survey on IMTC SY 2018 – 2019 Members' Opinions and Attitudes Towards Their Participation in a Theater Group

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Abstract

Extra-curricular activities and academics have been related to each other for many reasons, but they all revolve around the life of the average student. According to the American Alliance for Theatre and Education, "A 2005 Harris Poll revealed that 93% of the public believes that arts, including theatre, are vital to a well-rounded education." Numerous studies have demonstrated a correlation between drama involvement and academic achievement. The benefits of being a member of the theatre are shown in all schools or companies from all around the world. In St. Mary's College Quezon City, the Ignacian Marian Theatre Company is created with the cooperation of teachers and students that share the same interests and value towards theatre. Many have their own opinions regarding extra-curricular activities, whether it's better to take an extra-curricular or just focus on the academics. The study needs sampling since 100% of the Members (28 members) of the IMTC SY 2018 – 2019 participated in the survey. We were able to request the list of members from the secretary of Ignacian Marian Theater Company. A cross-sectional design was used in the study because the study answers the beliefs, perceptions, and experiences of the IMTC members in joining the theatre group. The attitude which IMTC members had the highest mean score is showing respect to their mentors and those who influenced them in theatre. Next is their acceptance in constructive criticism for their shoddy work and still accepting humility in accepting praise in good work. Next is displaying their spirit of enthusiasm during their rehearsals and performance. While most of them have an equal agreement on practicing time management to balance academics and theatre requirements, and sometimes tend to prioritize theatre more than their academics. We also include that out of 12 questions. The IMTC Members agreed that they learned to appreciate the beauty of drama, while most of them disagreed that they have become socially aware of the daily news that is happening both nationally and internationally.

Keywords: IMTC member, theatre group, attitude

Am I Okay?: A Quantitative Study on Self-Diagnoses Conducted on Mental Health Issues by Senior High School Students of St. Mary's College Quezon City, S.Y. 2018-2019

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Abstract

President Rodrigo Roa Duterte signed into law the "Philippine Mental Health Law." The law would secure the rights and welfare of persons with mental health needs.

College of Medicine professor Dr. Lourdes Ignacio (2017) stated, one in every three Filipinos has a mental health problem. Recent studies show that the prevalence of depression and stress were significantly higher among grade 12 students. This study determines the number of Senior High school students in St. Mary's College, Quezon City, who perceived themselves as at risk of having mental health issues through self-diagnosis, and other means. The students will be informed of mental health issues within their groups, avoid trivializing mental health, and will realize that they will eventually seek professional help when they perceive that they are at risk. Guidance offices will be informed of the mental health issues among the Senior High School students, their need for assistance, and to recognize the likelihood for students to be affected by mental health issues. The study used a descriptive quantitative design. The study utilized surveys for data collection. The data was gathered from the total population of 189 Senior High school students of St. Mary's College Quezon City. Nominal scale and descriptive statistical frequency count was used for analyzing data. 110 out of 189 Senior High school students perceive themselves as at risk of having mental health issues through self-diagnosis. The most common problem, as self-diagnosed by the students, is Anxiety with 76. The students' basis of assessment for their self-diagnosis is Self-Perception. The most significant factor that affected the students' self-diagnosis is Psychological Knowledge. The prominent way of managing one's health is sharing one's problem. This study concludes that the majority of the Senior High School students perceived themselves as being at risk of having a mental health issue. The Senior High School students indicated that their most common perceived mental health issue is Anxiety, which was also mentioned in the study of Michaud (2005). The most common factor that affected their self-diagnosis was Psychological Knowledge, based on the study of Samuel et al. (2017), which indicated that their knowledge in psychology encouraged them to self-diagnosis. The researchers recommend future researchers to have a bigger sample size with junior high school students. Furthermore, focusing on how managing one's mental health affects their mental health.

Keywords: mental health, self-diagnosis

A Quantitative Study on the Reasons for Tardiness of Senior High School Students of St. Mary's College Quezon City of School Year 2018 – 2019

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Abstract

In the book entitled "Teaching English Online," it states that tardiness causes a child to "miss out" and may have trouble catching up to the teacher's activities and lessons. The student may be left behind and struggle to cope up with the missed lessons presented by the teacher. As stated, tardiness causes adverse effects on the student committing them. Through this research, the researchers will know the main reasons of tardiness of the Senior High School students in St. Mary's College Quezon City and to provide some answers to help the students get to school on time. The participants of this study are Senior High School students of St. Mary's College Quezon City. The researchers will use stratified random sampling. The kind of research the researchers will use is descriptive quantitative research. The researchers will get 117 respondents, 57 from Grade 11 and 60 from Grade 12. The researchers will distribute questionnaires to Senior High School students. The researchers will ask the respondents to provide their age, gender, year level, and section. The names of the respondents will be optional, and it will remain confidential due to ethical reasons. Most of the students are aware of the sanctions in regards to tardiness. The effect of the first level of sanctions is not as effective as compared to the other levels. Oversleeping is the 1st main reason, and Traffic is the 2nd main reason for tardiness. Laziness is a reason the researchers did not expect as it was not mentioned in the Review of Related Literature as a reason for tardiness. For the Senior High School in St. Mary's College Quezon City, It shows that studentw who are tardy have valid reasons, and the most common reason is oversleeping and traffic. The researchers recommend the students to manage their time properly and to "wake-up early" as suggested by the respondents. The researchers would also like to recommend the teachers and administrators to be more considerate about the reasons for tardiness and to improve the sanctions provided. The researchers also suggest future researchers to improve on the study by providing more reasons for tardiness and to expand the population and sample size. Behaviorism is a theory related to tardiness, and it supports the findings of the study.

Keywords: tardiness, SMCQC

SAFETY SCIENCE SYSTEM

An Awareness Study of Selected Marian Students and Personnel on the Proper Response in an Emergency Situation

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Abstract

Due to its geographical location, the Philippines is more vulnerable and prone to disasters. Thus, the different natural disasters put the life of each individual in the country at risk. To avoid casualties, the national government conducts earthquake and fire drills to help the individuals be more aware and prepared in times of natural disasters. This research paper focuses mainly on the awareness of the Grades 10, 11, 12 students, and school personnel on the proper response to the different emergencies. This research is significant to know the awareness of the students and staff towards the appropriate response when it comes to various emergencies. The scope of this research focuses only on the Grade 10, 11, and 12 students and personnel of St. Mary's College, Quezon City. This type of research is quantitative; therefore, the respondents answered a knowledge type questionnaire that was made by the researchers. From the Grades 10 - 12 students, 15 students coming from each section were selected. A total of 110 respondents answered their questionnaire was based on their knowledge. In the different disasters stated above, seventy-six percent (76%) of the students, eighty-eight percent (88%) of the Non-Teaching Personnel, and seventy percent (70%) of the Basic Education Department Faculty answered the correct answer in question number one. The following items are about the General Evacuation Procedures from the Emergency Preparedness and Crisis Management Manual of St. Mary's College, Quezon City. The respondents will rank the following items from A-I and the students got a low score with twelve percent (12%), sixteen percent (16%), seventy-one percent (71%), seventeen percent (17%), twenty-nine percent (29%), sixteen percent (16%), thirteen percent (13%), eighteen percent (18%), and twenty-six percent (26%) of the correct answers respectively. The following questions are situational analysis that measures if the respondent knows what to do during a particular situation. For the first item, seventy-one percent (71%) of the students, ninety-four percent (94%) of the Non-Teaching Personnel, and ninety percent (90%) of the Basic Education Faculty got a correct answer. For the following items, the student respondents got a score ninety-seven percent (97%), ninety-four percent (94%), seventy-three percent (73%), and ninety-nine percent (99%) of items 2, 3, 4, and 5 respectively. The data gathered states that the students and the personnel of St. Mary's College, Quezon City, is aware of the following emergency procedures. The test was analyzed and interpreted by the researchers leading to a conclusion that answers the research question. From this study, it is recommended to be a source for future studies as it determines the level of awareness in terms of the different emergency procedures.

Keywords: emergency, proper response

The Pacific Ring of Fire: A Survey on the Awareness of High School Students and Personnel of St. Mary's College, Quezon City for S.Y. 2018-2019 on the Different Disaster Emergency Hotlines in the Philippines

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Abstract

Recently, the government is giving attention to the disaster readiness and risk reduction strategies of the communities. One of the ways to reach government responders to disasters is to call their designated emergency hotline. In line with the Free Mobile Disaster Alerts Act or Republic Act 10639, in the event of an impending calamity, mobile phone service providers are mandated to send out alerts at regular intervals as required by the National Disaster Risk Reduction and Management Council (NDRRMC), other relevant agencies. The alerts consist of up-to-date information from the appropriate agencies and shall be sent directly to the mobile phone subscribers located near and within the affected areas. In quantitative research, the results are valid, reliable, and generalizable to a larger population. It is all about quantifying relationships between variables (Hopkins, 2000). A cross-sectional design was used since the data is collected at a single point in time. The study was conducted in St. Mary's College, Quezon City. A total of two hundred ninety-two (292) High School students and eighty-four (84) personnel from St. Mary's College, Quezon City for S.Y. 2018-2019. For verification, a survey form was given to the Coordinator of the Center for Campus Security and Safety (CCSS) of St. Mary's College, Quezon City. From the gathered data, the majority of the respondents are familiar with the disaster emergency hotline 911 or the national emergency hotline. The respondents usually get information on these disaster emergency hotlines from news and social media. Moreover, three hundred ten (310) of the respondents believe that it is essential to have enough knowledge of these different disaster emergency hotlines. Most of the respondents believe that it is very important to know the various disaster emergency hotlines so that they would know who to call for help in case a disaster emergency arise. The disaster emergency hotlines 911 and 117 are most familiar to the High School students and personnel. The respondents get the information regarding the different disaster emergency hotlines in the Philippines, mostly through news, social media, and text alerts received before and during disasters to inform people on the events on their surroundings. Most respondents would consider calling the different disaster emergency hotlines in the Philippines because it is helpful since the situation would be assessed by professionals trained for a specific situation, and for them to be aware of what is happening in their area. Most respondents believe that it is vital to know the different disaster emergency hotlines in the Philippines because the agencies will be the one the respondents would call for help in case of emergency and also for their safety.

Keywords: pacific ring of fire, emergency response

The Extent of the Implementation of Solid Waste Management in St. Mary's College, Quezon City: A Basis for a Clean and Healthy Environment

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Abstract

People around the globe are aware of the impact of improper waste disposal practices in school and at home, but the negative attitude of implementation gives rise to chaotic situations (Vivek et al., 2013). This study aimed to measure the extent of the implementation of solid waste management of St. Mary's College, Quezon City SY 2017-2018. There were thirty-two (32) Maintenance Personnel of St. Mary's College, Quezon City, for School Year 2017-2018 in this study. The respondent was selected for the reason that they are the ones who maintain the cleanliness and orderliness of the school, so they are the best subjects to start this study. All the maintenance personnel was used as respondents for this study, respectively. Based on the conclusions and recommendations, the level of awareness of the respondents was Very High on the matter of managing and segregating the waste in the school premises. Thus, the best practices for the respondents are the organization and segregation of school waste in the school grounds. Meanwhile, the extent of problems encountered by the respondents is Low Disagree and was governed on the proper waste collection in the school/Institution. With this, the researcher should administer various evaluations or waste audit to see the school's garbage, so that a plan can be made for reducing, reusing, and recycling, which the results of a waste audit can help determine what areas need work and how best to start a waste reduction program.

Keywords: solid waste management, SMCQC

SOCIOLOGY

An Assessment of the Life Expectancy and Life Satisfaction of Senior Citizens: A Basis for the Program of Senior Citizens in Cardona, Rizal

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Abstract

No one is born old, and individuals become unique as they grow older in part because of particular histories of life experience. During the life course, the repertoire of individuals is shaped by how the person invested time and energy. Every human being in this world will come to the point of aging. Nobody could ever stop the development from a straightforward organism to a more complex being. But we can be able to have additional years by living in full health. Scientists have been able to identify the average years that a human can live. It was coined as life expectancy or longevity. The purpose of this study is to identify the factors that affect the life expectancy of a person. This could help the community recognize the means to have longer lives. Furthermore, this could enable the researcher, as a social worker, to pinpoint the programs that are relevant in increasing the longevity of the elderly and improve the quality of life in her community. This could empower the clientele on how to live in full health and determine the benefits if they will live in full health. This study was conducted to assess the level of life expectancy and extent of life satisfaction of senior citizen in Cardona, Rizal as the basis for the proposed program in the school year 2018. This study used purposive sampling technique, wherein the experts content validated the questionnaire checklist, was distributed to the respondents and was retrieved for data treatment. Most of the respondents are mostly elementary graduates, female belonging to 66-70 years old, Roman Catholics, married and have a monthly family income of 9999. Different aspects of life expectancy affect the kind of living of the respondents. The respondents live with satisfaction and possess proper perspective to life. The personal backgrounds of the respondents are not contributory to their life expectancy and life satisfaction. Life expectancy and life satisfaction have positive and strong relationships with each other. The respondents' self-assessments on the quality of their life as senior citizens are generally positive or an above-average level of satisfaction with their household relationships, health status, community life and participation, access to programs and benefits, and financial security. Health is the result of many intertwining factors. The conditions in which people live affect their health status and contribute to the creation of a gap between socioeconomic groups. Socioeconomic inequalities concerning health status are observable to the statistical results. There has to be enhanced cooperation and support between the health sector and other sectors in the locality to create sustainable and efficient health care sector that would result in desired health outcomes that include longer life span. The MSWD along with its coordinating agencies in the town may enhance and continue the existing programs that enable and empower the senior citizens to be aware of the importance of caring for themselves and to their health status. Participation of senior citizens in recreational activities which enable them to be socially connected and be physically, mentally, and emotionally fit is highly suggested. The LGU, MSWD and the local policy-making body may craft innovative policies, plans, and programs that are anchored to the national implemented laws for Senior Citizens. The following are also recommended to be done for the senior citizens' welfare; better healthcare system, inclusive health, and wellness programs, quality social services for senior citizens, enabled and empowered senior citizens and healthy lifestyle awareness campaign to communities. The above recommendation should be part of the larger initiative to integrate concern related to aging in LGU and national development plans and programs. This will require a broader perspective and more holistic analysis and response to social welfare issues (or social issues in general) in view of aging and differing needs through time as a factor. Further researches on the quality of life of the elderly and active aging in the country, particularly on non-physical health dimensions of household dynamics in the context of globalized cultures, socioeconomic issues, and community participation and leadership, should be done. Another area of research is on the gendered dimensions of aging and realities of the elderly.

Keywords: life expectancy, life satisfaction, senior citizen

A Qualitative Study on the Perspective of Generation Z about Victim Blaming in Rape Cases

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Abstract

Lots of people nowadays judge quickly in terms of who is to blame or not in a specific case particularly rape that happened in a community, without even knowing why; most of the ones being blamed is the victim that may be in terms of their clothes, alcohol intake, etc. This is what we call "Victim Blaming," which is very evident nowadays in social media. That's why the Generation Z, as the upcoming leaders and influencers, should manifest a proper mindset towards things that'll truly establish a transformative society. So again, who is to blame? The researchers will be executing a Qualitative Study about this topic to address its concerns further. Qualitative research was used entailing Phenomenology as it encompasses an individual's perceptions towards an experience that are important to understand. The study was conducted in areas along Quezon City, Philippines. The study involved selected students of SMCQC as they are part of Generation Z (ages 14 - 23). Non-Probability Sampling was used as informants were selected based on age and location. Data gathering was done from September 18-29, 2018. Researchers conducted interviews, gathered data in social media. The instruments used were the researchers; they used cameras and phones to record. Victim blaming could stem from a failure to empathize with victims and a fear reaction for self-preservation. In particular, this fear can be difficult for some to control. But then we ask ourselves, who is to blame for the action that was already done and is not irreversible? At the end of our study, the researchers were able to gather data about the informants' awareness of the terms "rape culture" and "victim-blaming," including the different manifestations of victim-blaming found in social media and the news. According to our findings, participants' blame victims mostly based on clothing, the setting of crime, and alcohol intake; some believed that victims made certain choices which led to their assault. In conclusion, the majority of the respondents were against victim-blaming, strongly agreeing that rape is unjustifiable and inexcusable. There were a few who blamed the victims outright and directly. Nevertheless, the research showed a more significant reaction against victim-blaming. A few respondents were able to explain the term "rape culture"; the majority had little background regarding it. The majority was able to observe victim-blaming in society; some were able to observe it in conversations and government. Continuing, the researchers recommend a larger population, interview with other age groups, more extended time periods, and it'll be beneficial if interviews with actual rape victims will be done.

Keywords: rape cases, victim blaming

Ashtrays and Heartbreaks: The Early Exposure of Adolescents to Smoking and Alcoholism

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Abstract

It is statistically proven that the consumption rate of alcohol and tobacco have been at an uproar. It is estimated that 5 million Filipinos drink regularly and 39.9% on an irregular basis (DARA Thailand), and 28% or 17.3 million Filipino adults age 15 years and older are current tobacco smokers, according to the results of the 2009 Global Adult Tobacco Survey (GATS). The study aims to explore the impact of the early exposure of alcohol and cigarettes to adolescents along with the perception they have on those who retort to the habit and the influences which brought them closer to the habit. For this study, qualitative research was used with the research design Phenomenology. The study was conducted in St. Mary's College Quezon City with purposively sampled students from grades 7-12; the researchers interviewed users and non-users. The perception of adolescents which are users of these vices varies from the perception of the non-users. Half of the users saw alcohol as a "normal" tool for celebrations and stress relief while seeing cigarettes as a menace to the health of people around, the other half of the users accept cigarettes and those who use them. The perception of the non-users was mostly negative towards the subject. The factors which mainly influenced both the user and non-user adolescents to retort to vices such as alcohol and cigarettes consist of their family, their first role models, their peers which accompany them throughout a significant part of their lives, and the society itself or the environment they live in because it shapes their mentality at a daily basis with how frequent they are exposed to it. The impact of alcohol and cigarettes toward the mentality adolescents varied from the experience of the users from the experience of the non-users. Mentally, the adolescents who were users experienced temporary happiness, temporary confidence, temporary relief from stress and their problems, but most importantly, their usage of these vices led them further away from those they have relations with and to some, it increased difficulties due to the loss of control which they experience when intoxicated. The impact of the non-users was different, though; they preferred to distance themselves from the users to resist being tempted and become influenced.

Keywords: smoking, alcohol, adolescence

A Qualitative Research on Parent's Strategies in Monitoring the Gadget Use of Marians from Grades 4-6

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Abstract

Gadgets can be a handful for children if parents ignore this for obesity can have an effect that makes one into a couch potato once you have a device in hand. Playing a game or fiddling with a gadget makes you hungry, and you unknowingly begin to binge on food without moving an inch from the couch; thus, adding to the "pounds of weight" (Baptiste, 2014). Parental Monitoring techniques focus on how or what are the strategies parents use to keep a close eye on the gadget usage of their child/children. The research design used was qualitative research. One-on-one interviews with the parents were conducted by using a cellphone and note-taking to record the interview. This is for further processing of data and for the credibility of the information gathered from the actors. All of the informants said that they spend some of their time monitoring their child/children in their use of gadgets and checking to see if they are using it appropriately. Based on our respondents, they monitor their children on gadget usage by setting rules and restrictions in their usage of gadgets. They monitor their children by checking if they have any pending schoolwork to be done the next day. If they do have unfinished work, they usually take action for by removing their gadgets or limiting their children's use of it. All of the participants said that they had positive outcomes in using their parental monitoring techniques. They said that their child became more disciplined and knowledgeable of the proper of their gadgets. All of the participants said that after doing their parental monitoring techniques which specifically is towards their children's gadget usage, their children became more aware of the rules and regulations of using their gadgets and also the consequences if decided not to follow. Parents have stated that they are closely monitoring their children on their gadget usage because they are aware of their duties. They do this by setting rules for their children to obey and always keep an eye on their children's gadget usage to ensure that there is no misuse.

Keywords: gadget monitoring, parent strategies

The Perceptions of the High School Students of St. Mary's College, Quezon City on the Implementation of the Quezon City Anti-Junk Food Ordinance

Janine Patricia Balagtas, Joshua Vittorio Garong, Efren Voltaire Gamuyao, Theodore Mingao, & Joaquin Miguel Sapaula, St. Mary's College Quezon City

Abstract

With the newly implemented Quezon City Anti-Junk Food Ordinance, public and private school canteens and stores 100 meters from school premises are now prohibited from selling any food and drink merchandise that the ordinance considers as junk food. Based on the Stimulus-Response Model, changes in the marketing environment could affect the consumer's decision of buying a product or not. With changes being made to the food items in the canteens of St. Mary's College, Quezon City, the research's purpose is to know the perceptions and opinions of the high school students with these recent changes and to know if it would change the number of high school students buying in the canteen. A descriptive quantitative research design was used to be able to identify and describe the opinions and perceptions of the high school students from a broader range of respondents that will represent the whole population. Respondents were 192 high school students of St. Mary's College, Quezon City, from grades 7 to 12. The researchers distributed survey forms to the selected high school student as a means of data collection and constructed a codebook for the data encoding and analysis. In conclusion majority of the high school students of St. Mary's College, Quezon City are already aware of the Anti-Junk Food ordinance and agree with the changes made for the directive claiming that it is beneficial for their health. However, data has shown that the number of high school students buying in the canteen would decrease if more food items in the canteen are reduced. This is supported by the Stimulus-Response Model. The researchers recommend that the canteens of St. Mary's College, Quezon City to include in their food items healthier counterparts of the recently removed junk food items with lower prices to be able to accommodate also the high school students who are still adjusting to the changes in the canteen's food items. The researchers also recommend conducting qualitative research on the same topic to be able to have a more in-depth view and understanding of how the high school students reacted towards the ordinance.

Keywords: anti-junk food, SMCQC

An Assessment on the Extent of Implementation of the Institutional Outreach: Lingap, Abot-Kamay in Barangay South Triangle, Quezon City and Barangay Malanday, Marikina City as Perceived by the Volunteers

Regino A. Malundas, Gesila Agno-Misamen, & Angelee V. Pangan, St. Mary's College Quezon City

Abstract

This study aimed to determine the extent of the Institutional Reach-Out: Lingap, Abot-Kamay in Barangay South Triangle, Quezon City and Barangay Malanday, Marikina City as Perceived by the Reach-Out Volunteers for Academic Year 2012-2013. The research participants were the fifty-five (55) volunteer-personnel of St. Mary's College, Quezon City in the Institutional Reach-Out (IRO) Lingap... Abot-Kamay for Academic Year 2012-2013. These respondents came from the different departments of the school, namely: Grade School Department; High School Department; College Department; Non-Teaching Personnel and Maintenance Personnel. The study utilized the Descriptive Method. The data for this study were gathered from the different departments' and service units' evaluations. A survey questionnaire was designed as the primary tool for gathering needed data. Frequency and percentage distribution were used to treat the raw scores collected from the accomplished survey questionnaire on respondent's profile. Hence, mean was used to obtain the result of the study.

Keywords: abot-kamay, extension service

SUSTAINABLE & ENVIRONMENTAL SYSTEM DEVELOPMENT

A Study on Senior High School Students' Knowledge of Proper Waste Segregation

Charles Martin C. Cacatian, James V. Chongco, Andrei Elijah J. Dizon, & Josh Mikael L Leachon, St. Mary's College Quezon City

Abstract

In our country, improper allocation of waste is a widespread problem nowadays. In this study, the researchers focused on the senior high school students of St. Mary's College S. Y. 2018-2019, on their knowledge on proper waste segregation. This study aims to make students more aware and increase their knowledge of proper waste segregation. The researchers conducted this research to help inform the students on a significant issue that people need to discuss more to avoid the destruction of the environment where the people live. The design of the research is a Quantitative Research, targeting the whole population of Senior High School students. A cross-sectional study was used. The data gathering tool that the researchers employed is a knowledge-based questionnaire form. The study concludes that for every type of waste that there are most of the students already know what category/type of waste bin, it should be thrown. Majority of the population is already knowledgeable of the different kinds of waste and different containers to throw them, however not all the population had answered correctly. The study recommends that the school should have even more programs that are related to proper waste segregation to provide more knowledge to students in waste segregation. The researchers hope to not only increase the students' knowledge about appropriate waste segregation but also to encourage the school administration to provide more seminars or programs that help on the cleanliness of the school and for the environment.

Keywords: proper waste disposal, SMCQC

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