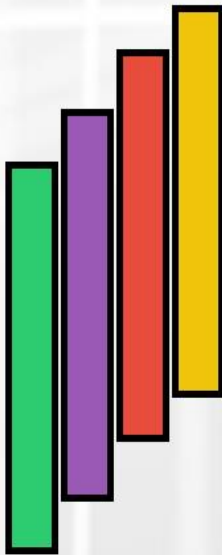


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## 3rd SIMP-AAG-SMCQC Multidisciplinary Research Festival Abstracts



**SINGAPORE INSTITUTE OF  
MULTIDISCIPLINARY PROFESSIONS,  
ASCENDENS ASIA GROUP AND  
ST. MARY'S COLLEGE, QUEZON CITY**



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# 3<sup>rd</sup> SIMP-AAG-SMCQC Multidisciplinary Research Festival Abstracts

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## BASIC CHEMISTRY

## Orange as an Alternative Source of Electricity

Amante Victoria  
Alyza Magpantay  
Jennie Banta

### Abstract

Energy cannot be created nor destroyed but can only be transformed from one form to another. Batteries are common energy sources that convert chemical energy to electrical energy. Most of the gadgets and electronic devices we have today use batteries. It is important to be resourceful and think of innovative ways to create electrical energy. One way is to create a battery out of readily available fruits like oranges or even locally available fruits like pineapples. The objective of the study is to create an alternative source of energy by using oranges. The study aims to identify the properties of an orange that makes it a good source of electricity. 1. Carefully squeeze the orange using your own hands to contain juice inside. 2. The nails were inserted into the fruit, approximately 2 inches apart. Both ends (sharp tips) of the nails were positioned in the center of the orange without touching both tips. 3. The insulation around both ends of the LED bulb wires (the leads) was removed to expose the wire underneath (about 1") using a pair of scissors. 4. One of the exposed wires was wrapped around the head of the galvanized (zinc) nail. 5. The other exposed wire was then wrapped around the head of the copper nail. 6. Electrical tape was used to strengthen connections. 7. Three other oranges were obtained, and the same procedure (1-6) was done for each. 8. All of the oranges were then connected to one another. 9. With both wires securely wrapped around the nails, the LED light bulb instantly lighted up. The battery is made up of two different metals (the zinc nails and the copper nails). These are called electrodes, which are the parts of a battery where electric current enters or leaves the battery. The electrodes are placed in a liquid containing an electrolyte, which is a solution that can conduct electricity. The copper nail served as the cathode, while the zinc nail acted as the anode. "The terms cathode and anode are used to refer to terminals of a polarized electrical device. Using oranges, a simple battery was created, which powered an LED light. In the experiment, an orange battery was created using four oranges, zinc nails, and copper nails. The juice in the orange served as the electrolyte, while the zinc and copper nails served as the anode and the cathode, respectively. After connecting all of the single orange batteries together with wire from the light bulb, it produced enough voltage to power an LED light.

Keywords: LED light, cathode and anode

# BRAIN SCIENCE

Assessment of Cerebral Dominance Theory among Senior High School Students of La Consolacion  
University Philippines

Ferrer Catherine  
John Paolo Isip  
Jay Mark Santos  
Maria Jesusa Castro  
Meizl Ann Fercia  
Albyra Bianca Sy Tamco  
Edna Dayao  
La Consolacion University Philippines

**Abstract**

The study aims to determine and suggest possible strand which would later lead to a baccalaureate program using the cerebral dominant theory with respect percent dominant of one's hemisphere. The survey questionnaire was distributed to 400 ± (0.05) students from different senior high school strands of La Consolacion University Philippines. 300 out of 400 students who accomplished the questionnaire completely were considered in the study. A declaration was attached with the research instrument regarding storage, use, and reproduction of the data (inform-consent form). The study used instrument with ten (10) item brain dominance survey (BDS) Cronbach Alpha = .82 which seeks to cascade the percent dominance of one hemisphere to another. The study shows that students in Grade 12 Senior High School have a different choice when it comes to choice of brain lateralization; there is no significant proportion between the dominance with regards to gender; Overall students are more Right Brain. Implications were drawn based on the result of the study.

Keywords: cerebral dominance, senior highschool, assessment



# EARTH SCIENCE

## Green yet Polluted: Demonstrating the Growth of Algae in Common Causes of Eutrophication

Salem Evelyn  
Leonila Ofrin  
Lorena Robert

### Abstract

Eutrophication is a common problem in most areas of the country, like the case of Laguna de Bay, where excess nutrients pollutions from its sources have caused the decline of its biological productivity. This study is important because it will generate information about the local community, particularly those surrounding our school, and will provide results that can help to prevent pollution of the nearby freshwater ecosystem. This study aims to demonstrate the growth of certain algae in pollutants that are commonly found in the Filipino community. Collection of the water samples was done within the vicinity of the school. Water samples were divided evenly into 4 bottles. Baker's yeasts (2mg) were supplied to all samples and will supply carbon dioxide for algae's photosynthesis through fermentation. Pork Broth (2mg) is supplied as a protein source. Test substances were added (5mg), these were fertilizer (F), detergents (D), and poultry manure (M). One set up remained controlled (C). Observation was done every Friday for 5 weeks. Microscopy was done to identify algal species using the LPO and HPO. Identification was done using a field guide of freshwater algae. Ulothrix, Oscillatoria, and Euglena was found to be dominant in the set ups. Oscillatoria is a known algae that is bloom-forming. Images are under the High Power Objective (40x magnification). After the 5 observation weeks, the control set up (C) became slightly green, but still, no clumps or greenish mats were observed. The set up M remained cloudy and greenish. The green clumps got bigger and are all suspended on the bottom of the bottle. The set up F turned even greener and more clumps were observed. The set up D turned greenish and numerous green clumps were observed. The results supported the claim that the common sources of eutrophication (fertilizers, detergents, and manure) are responsible for the rapid growth of algal species. Using microscopy after the last observation, it was determined that Euglena is present in all of the water samples. Oscillatoria is very dominant in setups F and D. Set up M is characterized by a mixture of protozoans together with Euglena and Ulothrix. The control set up apparently has the least algal growth. This supports the idea that excessive nutrients cause rapid growth of these organisms, and if not controlled, blooms are more likely to occur.

Keywords: eutrophication, algae, algal blooms

## EDUCATION

## Students' Perception on the Use of Homework for Learning

Perez, Rachelle Anne P.  
Reyes, Denver Arex L.  
Urquico, Lance Jonathan L.  
Vicente, Hans Christian D.  
St. Mary's College of Quezon City

### Abstract

Homework, or an additional or supplemental work after, above and beyond, class lectures, seat work, and recitations are an essential and necessary part of the learning process of education, to be guided and controlled by the syllabus and course outlines from preschool to college, even masteral or doctoral. Homework is defined as out-of-class tasks assigned to students as an extension or elaboration of classroom work. It is the school work that a student of a school is required to do at home (Cooper, 1989). For this study, qualitative research was utilized. The researchers took advantage of inductive thematic analysis for it tells us the experiences expressed by the participants from the population of Junior High School students of St. Mary's College Quezon City. The study had a total of ten informants, with 2 informants per level from Grades 7 to 10. One informant was chosen because he/she does homework religiously, while the other does not. The profile of the informants were identified through a pre-interview. Based on the responses, a mix of positive and negative feelings that the informants have regarding homework are seen. Some of the informants said that homework helps in recalling the lessons, while others said that doing homework is tiring. Based on the responses of the informants, the kinds of homework that they do appreciate more are the outputs that require them to use their creativity like drawings, powerpoint presentations, poetry writing, and such. In contrast to that, an occurring amount of responses from the informants pertains to them not wanting to do homework involving mathematical problems. Based on our informants, most of the responses said that doing homework is really tiring and requires a lot of effort, but some also said that it is very beneficial to them. The majority chose not to agree with the proposed No Homework Policy because they think that with homework, they have the chance to improve themselves academically. Students perceive homework as a helping tool for them. It is a helping tool that benefits their skills and learning that can be applied and used for their future and also for their growth as a person. Junior High School students have different kinds of homework that teacher give and based on the data that the researcher's gathered, it may be questions about the next topic or a recap about the past topic, usually, a math problem solving and creative outputs such as reflections, drawings, poster slogan, flyers, brochures, and handcrafted projects. Students appreciate homework that is more into creatively made like drawings, slogans, and handcrafted projects rather than answering questions given by a teacher that requires inquiring and also Mathematical problem solving. Students do not prefer homework that are question based or problem solving based. In the grasp of the students, homework's purpose is to benefit their own welfare in aspects such as for their studies and also for preparing their own being for their future. Students' outlook on homework in different aspects, first as a task that contributes the students positively such as an application of their learning and a training for their future not just complying for the school's requirement. Second, as a task that contributes the students in a negative way, such as an extra work load that hinders them. It is verified that homework becomes a burden when students do not see its purposive and reasonable meaning. The student's stand towards the proposed No Homework Policy shows that they do not agree with the implementation of the proposed bill for them as a student for it contributes to their skills development and growth as students that need to be prepared and ready for their future but teachers should take note that teachers should provide homework that is purposive and reasonable.

Keywords: perception, homework, learning

## College Students' Use of Productivity Applications

Almazan, Francine Dominique M.

Balao, Janeane I.

Pabuna, Hana R.

Uy, Nicole Denise A.

St. Mary's College of Quezon City

### Abstract

Since the use of technology is rising, there are applications that can be used by a person to be more productive. For college students, smartphones are essential to survive. With just a cellphone, students can easily communicate, know and learn. But does the use of cellphones really help to be productive by using such applications? Our study focuses on the use of different productivity apps by college students and their experiences in using productivity applications. For this study, qualitative type of research will be used since the study is about the experiences of the college students about the use of productivity applications, also to know its effect by the use of productivity applications which in a way qualitative researchers seek to make sense of personal stories and the ways in which they intersect (Glesne & Peshkin, 1992). The researchers choose phenomenology in this type of qualitative research because it is the study of human experience and of the ways things present themselves to us in and through such experience (Sokolowski 2000, 2), which is inclined in the researchers' topic. Findings indicate that the use of productivity applications is very useful and helpful for college students in their daily lives. It makes them more productive and makes it easier to do their academic work. College students use productivity applications for accomplishing their school tasks and academic works quickly and easily. These productivity applications give them convenience and help them to gain more knowledge. The study reveals that productivity applications are beneficial to college students, especially on academic works. These productivity applications have helped them accomplish their work much faster. Overall insights on their use of productivity applications are mostly positive. With this, efficient use of productivity applications should be encouraged among college students. Make the most out of these applications in helping students accomplish tasks easier, including academic works. In this way, technology is used to make life easier for human beings, and hopefully, not a distraction from completing tasks.

Keywords: productivity applications

Perception of High School Students on the Role of Robotics as a Tool for 21st Century Learning

Aureada, Jeremiah Kobe M.  
Dalusong, Angelo Antonio C.  
Gonzales, Jeiram Marje M.  
Ocampo, Johan Mari C.  
Pagayon, Axel Joshua T.  
St. Mary's College Quezon City

**Abstract**

Schools in the Philippines are now implementing robotics subject in their K-12 Curriculum for the students to learn the concepts of programming robots, including St Mary's College Quezon City which started having robotics in SY 2016-2017. Thus, it will be significant to find out the students' perceptions on robotics as a tool for learning. The researchers will use phenomenology as their research design. The research includes purposively chosen informants who have varied experiences in robotics. Three (3) informants have competed in a robotics competition. Three (3) informants have taken the subject but have not competed in a robotics competition. One (1) informant is a teacher of the Robotics subject. A semi-structured interview guide was used to gather relevant data. The informants deem that they had acquired these 21st century skills: a) Critical Thinking; b) Collaboration; c) Creativity; d) Technology Literacy; e) Leadership; f) Social Skills; g) Communication; h) Productivity, through robotics classes. The informants also believe that robotics enhanced their 21st century skills because they are able to use the skills that they develop and acquire in robotics in their daily lives. Struggles include the limited slots in the robotics training program - only for students who excel and meet the standards of having a gold medal in robotics from the previous year. Thus, other students are not able to fully experience the beauty of robotics. The Robotics program was the school's innovative program to make sure that students are at par with global standards. Based on their feedback, Robotics has helped them improve their 21st century skills and learned something they can apply in their daily lives. However, the school should also consider offering the program to interested students who would like to have the same opportunities as those who have higher skills in robotics.

Keywords: online, food delivery, job satisfaction, drivers

## Filipino: Senior High Students' Perceptions on the Removal of Filipino Subject in College

De Mesa, Richard Raphael O.  
Pagtalunan, Jon Jake F.  
Salvaleon, Carl Luigi B.  
Valderas, Lorenzo Rafael R.  
St. Mary's College of Quezon City

### Abstract

The implementation of Commission on Higher Education (CHED) Memorandum Order No. 20 series of 2013, also known as the "General Education Curriculum Holistic Understandings, Intellectual and Civic Competencies," promotes *Filipino and Panitikan* as no longer a mandatory or core subject in the college curriculum. This has been debated since 2013. The news elicited varying reactions from the Filipinos, particularly the students and teachers who are part of the academe. Some were worried about how the removal of the Filipino subject would affect the students' learning and their appreciation of Filipino, as well as weaken the integrity, pride, and identity of the nation and the Filipinos as a whole. Thus, it is imperative to look at the opinions of the SHS students, who will be directly affected by this move as incoming college students. The method of research that we used is descriptive-quantitative. The purpose of this quantitative research is to find out the total number of Grade 12 students that agree or disagree with the removal of the Filipino subject. The respondents were Grade 12 students of St. Mary's College Quezon City, School Year 2019-2020. Initially, the majority of the students are aware that CMO No. 20 is about the removal of the Filipino subject from the college curriculum. Out of 85 students, 73 (85%) answered that it is the removal of the Filipino Subject, 4 (4%) answered that they know it is already implemented, 2 (2%) know that it is the discretion of the school, and 6 (7%) have no idea about it. The first question gathered 2 (Disagree) as the weighted mean, the second question gathered 2.27 (Disagree), the third gathered 2.32, the fourth gathered 2.65, fifth 1.87 (Strongly Disagree), sixth 2.65 (Disagree). The majority of the respondents disagree with the said memorandum. However, the respondents also acknowledge that there are advantages if the said memorandum will be implemented. Almost half (43%) of the respondents disagreed that the school expenses or tuition fees will drop when the subject is removed from the college curriculum. Also, 45% of the respondents agree that the workload of the college students will decrease. Based on the study, most students are already aware of and disagree with the memorandum. Thus, students still recognize the need to be honed in the Filipino subject. In case this will be completely implemented, school officials should also create opportunities to enhance students' skills in the Filipino language in the absence of a formal subject. The said memorandum must be reviewed and rechecked for its effects on the students – particularly the SHS students who will be the ones to experience this proposed change. Hence, it would be useful to do a follow-up study on a wider scope to include more students and sources. Another research can also focus on identifying deeper effects on students as well as the teachers and the nation.

Keywords: perception, Filipino subject, removal

Scholastic Aptitude, Occupational Preference, and Academic Track Inclinations as Bases for a Comprehensive Career Pathing Program

Mr. Victor Carlos A. Mallare  
Ms. Angel L. Badilla  
Mr. Jeffrey T. Benesisto  
Center for Life and Career Development  
St. Mary's College, Quezon City

Abstract

For the past six years, the K-12 Program was implemented in the Philippines, causing students to choose various senior high school tracks for their education after junior high school. Students are about to choose one career track, but some may find it difficult to select a career path due to several factors. Hence, the administration of the National Career Assessment Examination (NCAE) provides students options in choosing the appropriate career path. The main purpose of this study was to determine the scholastic aptitude, occupational preference, and academic track inclinations of the students as the basis for a proposed career pathing program for their current grade level. The researchers utilized quantitative descriptive design applying frequency and percentage distribution and ranking as statistical treatments in identifying the scholastic aptitude, occupational preference and academic track inclination of the grade 9 students of school year 2017 – 2018. A convenience sampling method was used to select the Grade 9 students of school year 2017-2018. Eighty nine (89) students composed of forty six (46) male and forty three (43) female students were able to take part in the study. The scholastic aptitude, occupational preference and academic track inclination were identified through the National and Career Assessment Examination (NCAE). The results showed that the majority of the students from the STEM strand fall under the excellent level. Moreover, students from the ABM and HUMSS strand fall under the above average and average levels. Lastly, the majority of the students from the GAS strand fall under the above-average level. With regards to the ranking of highly preferred occupations, science was ranked highest in the STEM and GAS strands. Business and finance / commerce was ranked highest in ABM strand and arts was ranked highest in the HUMSS strand. Moreover, both male and female respondents' academic track inclination fall under above-average level. The study found that the majority of the grade 9 male students' scholastic aptitude belongs to the above-average level, whereas the majority of the scholastic aptitude of grade 9 female students falls under the excellent level. In addition, science was ranked the highest preferred occupation by male respondents, while arts was the highest-ranked among the female respondents. With regards to the academic track inclination of the respondents according to their track, the majority of STEM and HUMSS students fall under the above-average level while the majority of ABM and GAS students fall under the average level. This study can be used by educators in providing career guidance and support to students needing career advice.

Keywords: scholastic aptitude, occupational preference, academic track inclination, K-12 program



## Socio-Economic Status and Its Effect on the Grade One Learners Participation in English

Natividad Rose Ann  
Sharon Barquilla  
Flora Luz Gumapac

### Abstract

To further concretize the claim that the economic status of students highly affects their performance in classrooms, this study was conducted. The results of the study will provide concrete data based on actual students, thus making the result juiced out from primary information. The purpose of this study is to determine the factors affecting the learning ability of Grade One pupils from lower socio-economic status and to know the possible reasons why the pupil do not excel in English subject. In order to determine the factors affecting the children's performance in the English subject, a set of questions was given to the pupils to answer. They were asked individually. This was done because group discussion involving their personal life may alter the information or may cause discomfort to the students. This study focused on the performance level of pupils in English language of Balele Elementary School. It is limited to 26% of the total population, equivalent to 43 pupils out of 166 Grade 1 of BES this academic year of 2018-2019 were diagnosed with reading difficulties in the English Language. The study will provide knowledge on how children from lower socio-economic status affects their learning ability. Children from low-socioeconomic environments acquire language skills more slowly, exhibit delayed letter recognition and phonological awareness, and are at risk for reading difficulties. It is clear that the educational process reflects many elements such as the native and acquired skills of the teachers, the development of new teaching techniques, the advances in textbook and reference materials, and innovative devices and patterns. All of this has contributed to the progress of education. In this research, several rough estimates as to how a student in lower sections of pupils posted a partial grade in English and the relationship of these scores to the different factors that may affect their learning experience. It has to be noted that the sampling pool (total number of students is enough to make a fair conclusion from the statistics gathered) have satisfied the number needed to make a normal distribution, thus the patterns observed as the data was compared indeed gave a clear idea in further understanding a clear behavior of learning across different social status of children. It is recommended, however, to further the research using the more comprehensive yet easier survey to grasp the information about the students' socio-economic status.

Keywords: socioeconomic status, learners, reading difficulties

## Self-Determination of Senior High School Students in Culiat High School

Salazar Ruth  
Culiat High School

### Abstract

This research study was patterned after Hoffman, Field, and Sawilowsky's (2004), Self-Determination Assessment Battery. Field and Hoffman (1994) defined Self-Determination as "the ability to identify and achieve goals based on a foundation of knowing and valuing yourself." Its model has five major components: Know Yourself and Your Context, Value Yourself, Plan, Act, and Experience Outcomes and Learn. The respondents were grade 12 students of Culiat HS during the 1st Sem of 2019-2020, from ABM, HUMSS, and TVL. Permission from the school principal was obtained. Survey questionnaires were used to gather data. The self-report instrument consisted of 92 items where the respondents had to answer with a 4-point scale. The data were encoded in MS Excel. An average value was assumed for the missing data. IBM SPSS was also used. This study is descriptive due to its large sample size of 100. Quantitative in approach, through the use of survey questionnaires and statistical data analysis. It was found out that 1) There is no significant linear correlation or relationship between academic performance (GPA) and self-determination dimensions (SDD). 2) The SDD account only 17.3% of the variations in the general average (GPA). Plan (D3), Act (D4), and Experience Outcomes and Learn (D5), can predict the academic performance of the Grade 12 students. D3 and D5 have inverse relationship with academic performance. 3) No significant difference between the male and female students in their academic performance. 4) No significant difference between the male and female Grade 12 students in self-determination dimensions. 5) Lastly, there is a significant difference in the birth order, specifically the middle and the youngest siblings, when it comes to the SDD of Plan (D3). Further tests can be done to other grade or year levels. The author is also conducting the same research study on college students enrolled in SMCQC. Additional statistical treatments, if applicable, can still be done. Outliers should also be checked and excluded. More practice with IBM SPSS and a thorough understanding of statistical treatments should be made. Random sampling is also recommended. The number of respondents should also be increased. Grades or report cards may be requested or inquired through the school registrar. Grades per subject area should be obtained to be able to run the Chi-square test and Regression analysis. For birth order, the total number of siblings should also be obtained.

Keywords: self-determination, senior high school, quantitative research

**Service Learning Project: Connecting Classroom Experiences to Community Needs**

Nanquil Luisito  
Bulacan State University

**Abstract**

One of the mandated functions of a higher education institution is community extension. This area is also being evaluated by accrediting bodies for an upgrade of standards or levels. Schools have different and similar ways on how they extend community services; but, the task itself may not be a slice of cake. There are specific elements, tools, and procedures to be observed by people who would be involved in the process itself. This is where the direction of this study comes from. Its main purpose is to describe and analyze the purpose of a particular service-learning project and how it connects the classroom to community needs. The design of this paper is qualitative in nature. Moreover, the specific approach to be employed is ethnography. There are 10 participants who are involved in the study, and the reflections of both the researcher and participants contribute to the development of the ideas leading to insights. In the selection of the participants, purposive sampling is used. The teachers are handling Purposive Communication for Tourism and Hospitality students, which is a general education course in college. Two instruments are used to collect textual data, reflective essay, and field observation. Content analysis helps the researcher analyze and synthesize the data that will be transformed into conclusions or insights. In concluding the study, the researcher found out how participants conduct service-learning project, and with their critical reflections, a new definition of service-learning is put into shape.

Keywords: service-learning project, classroom teaching, community, ethnography, content analysis

## The Use of Constructivist Approach and its Impact on Students' Satisfaction in Learning

Santos Jay Mark  
Ma. Jesusa Castro  
La Consolacion University Philippines

### Abstract

The main objective of this study was to assess the impact of using a constructivist approach to the students' satisfaction in language learning. Teachers, nowadays, must help students develop mindful practices while reading, which, in turn may lead to more effective language learning. In the constructivism approach, the academic tasks will be designed to foster students' awareness of their ability to learn as they learn and apply language concepts and ideas. In addition, this approach aims to hone students' higher-order thinking strategies (HOTS), such as interpreting, criticizing, synthesizing, and creating as students go through the stages of learning. Taken in sum, understanding and teaching these practices can help students become better communicators and language users. This study made use of the descriptive-correlational method of research that utilized standardized questionnaires as primary data gathering tool. The respondents of the study were first year and second-year college students at La Consolacion University Philippines. The selection of the participants for the study was based on random sampling. The results were analyzed and interpreted using statistical tests such as mean and regression analysis in determining the impact of using the constructivism approach on the students' satisfaction in language learning. The utilization of constructivism and students' satisfaction in language learning was quantified using frequency counts and weighted mean procedures. Using the aforementioned procedures, the findings of the study showed that teachers utilized the said approach "often" during classroom instruction, activities, and assessment. In addition, the students' satisfaction in language learning was satisfactory, as exhibited by the general weighted mean score. And lastly, it was revealed that the use of the constructivism approach has no impact on the level of satisfaction in language learning. A number of implications were drawn based on the findings of the study that can be used in the utilization of constructivism in relation to language satisfaction. A number of implications were drawn based on the findings of the study that can be used in the utilization of constructivism in relation to language satisfaction.

Keywords: constructivism, language satisfaction, pedagogy

# EDUCATIONAL MANAGEMENT

### Tracking the ABM Alumni's Chosen College Program

Alegre, Frances Eunice M.  
Herman, Ma. Bianca C.  
Palomo, Denise Frances Anne O.  
Roque, Rodina Jewel D.  
St. Mary's College of Quezon City

#### Abstract

Senior High School (SHS) refers to Grades 11 and 12, the last two years of the K-12 program that DepEd has implemented since 2012. There are different strands that a student can apply to, such as Accountancy, Business and Management (ABM), Science, Technology, Engineering and Mathematics (STEM), Humanities and Social Sciences Strand (HumSS), General Academic Strand (GAS) etc. (Formoso, 2016). The implementation of Senior High School is to enable the students to be more prepared for their aspired college programs and to have background knowledge about it. Finishing Senior High School also allows students to study general education subjects for them to be familiarized with the specialization if they decide to pursue higher education (*A Brief Overview of Senior High Strands in the Philippines*, n.d.). The researchers used quantitative research in this study to acquire quantifiable data and to analyse it using a statistical technique, specifically the frequency count, because the researchers' objective is to determine the number of ABM alumni who took college programs that are related to their Senior High School strand and those who did not. The researchers used their own survey questionnaire to gather the data needed. The researchers distributed the survey questionnaires via Google forms wherein a link to the survey was individually sent to the respondents via Messenger. The Accounting course was the most commonly picked college program by the ABM alumni, with 11 respondents (26%) out of 42 currently taking it right now, followed by 6 respondents (14%) taking Marketing. Most of the respondents (85%) took a strand-related college program, while only 6 of the respondents (15%) took a non-strand related college program. Out of the target population of the researchers, which is 70 (100%) respondents, only 42 responses (60%) were received. 85.71% of the respondents took college programs that are related to the ABM strand. On the other hand, 14.26% is the population of the respondents who took college programs that are not related in the ABM strand, which shows that the majority of the respondents took college programs related to their strand.

Keywords: tracking, college program

### 3-Year Comparative Analysis on Discipline Offenses in St Mary's College Quezon City

Cuyong, Sean Matthew  
Paterno, Angelo R.  
Torralba, Timothy Lance A.  
Erfe-Mejia, Kathia Challae I.  
St. Mary's College Quezon City

#### Abstract

The Discipline Office exerts efforts to ensure adherence to the rules and regulations of the school. It will be relevant to discover which offenses are repeatedly done and which levels commit more offenses than the others. With this, a partnership between the Discipline Coordinators and student researchers was formed in order to analyze the existing data from the Office. This study is a 3-year comparative analysis on offenses committed by students of St. Mary's College Quezon City from school years 2016-2017, 2017-2018, and 2018-2019. This research aimed to show if students' offenses increased over the years and which offenses are commonly committed by the students. The 3-year data was already prepared and documented by the Discipline Office, with details from the Grade School, Junior High School and Senior High School level students of St Mary's College Quezon City for the academic years of 2016-2019. The researchers' role was to conduct statistical analysis and look for patterns that can help improve the services of the Office. For the past three years, the Discipline Office has recorded all types of offenses that students have committed. It can be noted that GS and SHS students committed more offenses in SY 2018-2019; meanwhile, fewer offenses were committed for all levels during SY 2017-2018. The highest frequency of offense for the JHS and SHS students is the bringing of mobile phones, while cheating was the most frequent offense for Grade School. The results of the study may serve as a basis that can benefit both the institution and students in it. With cheating and bringing of mobile phones as leading offenses among the students, Discipline Coordinators should conceptualize ways on how to curb such incidences. Stronger warnings and reminders may be done by the administrators and teachers regarding these offenses. Further research may also be implemented to check on the reasons by which students commit such offenses, even with the sanctions that go with it.

Keywords: *school discipline, basic education, offenses*

**Ready, Set, College! Preparedness of Grade 12 Senior High School Students of SMCQC in Entering the University**

Lu, Angel Michael A.  
Canlas, Samantha Louise M.  
De Guzman, Ann Jhudiel T.  
Montorio, Czarina Joyce S.  
St. Mary's College of Quezon City

**Abstract**

Future thinking can simply be about foresight training, helping individuals and organizations with new competencies and new skills. According to the Student-Parent Handbook of St. Mary's College, Quezon City for School Year 2018-2019, Marian graduates are contemporary Ignacian Marian leaders who continuously grow in faith and life in the context of their cultural heritage in dialogue with other peoples and cultures. They are service-oriented and committed to excellence. (Student Parent Hand Book, 2018-2019). For Senior High School (SHS) students, preparing for college is crucial for it is the next step to higher education. Data gathering was conducted by sending a link to the Google forms containing the self-administered survey form questionnaire created by the researchers; however, due to the busy schedule, not all respondents were able to answer the survey. The researchers have identified how the Senior High school graduates of Batch 2017 – 2018 were able to prepare for entering a university. Convenience sampling was conducted, with only available alumni able to participate. There are different programs that St. Mary's College, Quezon City offer to the students inclined to their preparation in entering college. Most of the respondents found the Curriculum, Organization, and Career Exposure to be Very Helpful, while Robotics was ranked as Neither. Aside from the activities offered by the school, there are also other voluntary off-campus activities that the Grade 12 students have done in their preparation for college. In general, the students ranked the preparation of one's self a very helpful way by means of attending/ enrolling in review and reviewing using practice test booklets. In pursuing a study similar to this, the researchers recommend probing more and adding more questions to gather more data to achieve 100% of the population. Administrators may also consider improving the activities of the school in accordance with the wants and needs of the students based on the data provided. The study showed that there are activities in the curriculum which are more helpful for those who have finished SHS already, thus, these more time and focus can be given to these activities.

Keywords: preparedness, university



**A Survey on the Capability and Willingness of the Teaching and Non-Teaching Personnel to Conduct Research**

Mr. Jeffrey T. Benesisto

Mr. Justine Paulo T. Juan

Ms. Roselle E. Caras

Center for Research and Professional Development

St. Mary's College, Quezon City

Educators play an important role in the holistic educational development of every individual. The school where the educators hone students must be equipped with relevant and effective tools for educational developments. School workers employ varied and meaningful learning opportunities to ensure that learners are acquiring relevant skills and abilities necessary for their physical, mental, and psychological development. Educators as innovators and researchers ensure that effective strategies are employed in order to attain the educational goals and expectations. Educational research as an effective tool to initiate teaching and learning innovations and development help educators provide quality learning experiences. Educators' ability to produce quality research output depends on their capacity and willingness to initiate the study. Hence, the researchers sought to determine the extent of capability and willingness of the teaching and non-teaching personnel to conduct research in St. Mary's College, Quezon City. It specifically identified their research capability as evidenced by their research experience, willingness to do research, and the perceived constraints in doing research. Results of the study are used as a basis in providing relevant research training and development for the teaching and non-teaching force of the institution. The researcher employed a Quantitative Descriptive Survey Design to determine the capability and willingness of the teaching and non-teaching personnel. A total of 10 College Faculty, 94 Basic Education Faculty, and 56 Non-Teaching Personnel were purposively selected using the total population sampling. A three-part survey tool composed of items on demographics, research capability skills, expressed willingness to conduct research, and research training needs was utilized as the main instrument of the study. Frequency and percentage distribution, and mean were employed to treat, analyze and interpret the data. The survey on the extent of capability and willingness of the teaching and non-teaching personnel to conduct research in St. Mary's College, Quezon City, unravels the current disposition of these educators in pursuing educational research and innovation. The study exposed that despite their capability to conduct research as evidenced by the number of previously conducted researches, a greater number of the Teaching and Non-Teaching Personnel expressed unwillingness to conduct research. On the other hand, when grouped according to educational qualifications, those Teaching and Non-Teaching Personnel with MA/ EdD/ PhD units and MA/ EdD PhD Graduates are the only ones willing to undertake research work. Furthermore, the study reveals that workload and lack of time are the most common reasons for the Teaching and Non-Teaching Personnel not being able to commit themselves to the conduct of research. The researchers offered the following recommendations to address the arising research concerns: (1) The Center for Research and Professional Development, in partnership with the different department/ unit administrators, should employ creative strategies to motivate the teaching and non-teaching personnel to engage/ initiate department/ unit/ area/ institutional research. (2) The school administration may consider creating a group of researchers composed of Teaching and Non-Teaching Personnel with MA/ EdD/ PhD degree who will serve as mentors/ inspirers of other personnel to engage/ participate in various research undertakings of the institution. (3) The school administration may revisit its research policies and consider the identified research constraints as a basis in providing relevant development program for the Teaching and Non-Teaching Personnel.

Keywords: educational research, research capability, willingness to conduct research, survey research

## Numeracy Teaching Program for the Fourth Year Students of Lucena City National High School

Veluz Lianne Mariz  
Lucena City National High School

### Abstract

Numeracy Program is a plan designed to assist teachers in identifying where students' solution methods in mathematics are breaking down and provide explicit guidance to move the student beyond the identified hurdle. One way to improve the numeracy level of students is to create a program that will cater to the ones who need special attention when it comes to learning basic mathematics. Basic numeracy skills consist of comprehending fundamental mathematics like addition, subtraction, multiplication, and division. If one can understand a simple mathematical equation, then one would be considered possessing at least basic numeric knowledge. Implementing a numeracy program in every school in the country is one of the first steps towards the country's goal of producing globally competitive citizens. This study was conducted at Lucena City National High School, School Year 2013-2014. This study used an experimental method of research using one group pretest-posttest design. The respondents underwent the numeracy program. Pretest and posttest were given to the respondents. The researcher obtained the respondents' diagnostic test scores in mathematics. She used the validated numeracy test of the Division of Quezon. Five (5) lessons with the inclusion of activities were prepared for teaching the respondents of the numeracy program. The study was conducted from August 2013 to December 2014. The respondents had remedial classes for the numeracy program twice a week from 10:30 to 12 noon. In order to determine the efficacy of the numeracy, the validated pretest/posttest was used. Based on the result of this study, the majority of the students are emergent in terms of basic mathematics skills. It only means that most of the students learned only a limited part possessing basic mathematics skills but not enough to perform complex topics in mathematics such as problem solving. Only a few students are capable of performing such skills efficiently wherein they possess thorough and comprehensive knowledge of mathematics in which they are involved. The ultimate goal of the program is to empower the students to recognize, comprehend and employ the ideas about basic mathematics skills. To attain the essential goals, five basic topics in mathematics were discussed in the program leading in the students' point of view as they accomplish systematically a wide variety of activities for comprehensive learning and concept mastery.

Keywords: numeracy, numeracy level, numeracy program

## Understanding Teachers who Transfer from Private to Public Schools

Bergas, Andrea Joy D.  
Abus, Alyssa Nicole J.  
Casyao, Rafaella  
Gonzales, Sofia Faye V.  
Manuel, Michelle T.  
St. Mary's College Quezon City

There are many circumstances in which teachers transfer from one school to another due to various personal or environmental grounds. Thus, the researchers want to further elaborate on the possible reasons as to why teachers transfer from private to public, resulting in the understanding of a teacher's experience, current situation, and explain the huge gap in numbers for employment between the two institutions. For this study, qualitative research is done through Phenomenology, as research questions can be answered regarding the teacher's past experiences and courses of actions resulting in the transfer for their place of work. The study's sample included 10 teachers purposively selected because he /she is a teacher who lives in Metro Manila, is currently working in a public school with at least 1 year of teaching experience and transferred from private to public school. Common reasons of teachers as to why they transferred from private to public schools are Financial Problems, wherein public schools provide greater salaries and benefits than the government; and Job Satisfaction, wherein public school teachers feel less burdened with their workload as compared to their former private schools. Some of the teachers teach in Private Schools to gain experience in their profession before deciding to transfer to Public Schools. Form of Gratitude is also deemed as a factor since some of the informants want to teach in public schools since they were graduates of the said institutions. Facilities and Supplies is not a reason since facilities are better in private schools. Based on the findings, school administrators should consider taking a closer look at the workload, salary, and benefits being given to the private school teachers and monitor if such affects the decision of teachers to transfer to public schools. This research can be expanded by doing more detailed quantitative research among teachers.

Keywords: teacher, transfer, public school, private school, benefits

# ENVIRONMENTAL CONSERVATION

**Assessment of the Compliance of Grades 4-12 Students to the Residual Waste Limit**

Burga, Michael John  
Francisco, Patrick John A.  
Padua, Abraham B.  
Ramos, Ynna Ysabelle P.  
Ruiz, Angela Jane J.  
St. Mary's College, Quezon City

In SY 2018-2019, the Environmental Management Committee of St. Mary's College, Quezon City aimed to achieve the maximum residual weight limit per day of 30 kilograms, but this was not regularly achieved with the amount of trash collected daily. Thus, the researchers wanted to know the factors that directly affect this phenomenon, specifically the students' awareness of the residual limit, their knowledge of residuals, among others. The researchers conducted descriptive quantitative research. This non-experimental type of research seeks to describe the current status of an identified variable which is the school's 30-kg Residual Weight Limit by the Environmental Management Committee. The researchers made structured questionnaires in order to answer and satisfy the research questions of the study. Data gathering was conducted from September 16 to 29, 2019 that took place inside the respondents' classrooms in St. Mary's College, Quezon City. Due to the lack of time and availability of the respondents, the researchers also conducted online surveys from September 20 to 29, 2019, for those students who have not answered the surveys in school. The researchers distributed questionnaires to the advisers and presidents of each class from Grades 4 to 12 in order to collect the needed information that will answer the research questions of the study. The results show that students are often aware of the policy of the school and often know how to classify residuals. They usually strictly follow the waste management system in school and try their best to limit their residuals. The respondents were also tasked to answer a test revealing if they are knowledgeable about residuals or not. Their test scores show that some students have a difficult time distinguishing residuals from other trashes and mistake non-residuals as residuals. The respondents checked the wastes they have thrown inside the campus since June of SY 2019-2020. The most commonly thrown residual waste is crumpled paper which was checked by 201 respondents out of 288. The least commonly thrown waste inside the campus were specified by the respondents themselves as they have checked the box indicating "others" from the questionnaire. Such findings can be helpful to the Environmental committee of the school for they can target the common residual wastes that are still commonly thrown by the students in the school community. Programs and stronger information dissemination may help lessen these common wastes and improve the frequency of participation to the Residual Waste Limit program.

Keywords: residual waste limit, school campus, environmental awareness

***World Without Waste: Determining Plastic Reduction Practices of Older Children and Adolescent Students***

Balahadia, Hannah Marcelle M.

De Vera, Christine L.

Domingo, Chrizzle Mae

Lechuga, Janella Denise P.

Lee, Reem Guada Y.

St. Mary's College, Quezon City

**Abstract**

People are more inclined towards purchasing various products made of plastic because of its favorable characteristics. The Philippines, which consisted of public places such as malls, schools, and workplaces, generates 2.7 million tonnes of plastic waste and 20% or half a million tonnes annually (Vila, 2019). Because of this, the researchers aim to understand the different practices of older children and adolescents within the school community through conducting this study. This is a quantitative research study wherein it used a cross-sectional research design. Moreover, it also used predictive research design to forecast the outcome and results. The study was conducted at St. Mary's College, Quezon City. The participants were from Grades 4 to 6 for older children and Grades 7 to 12 for adolescents, in which proportionate stratified random sampling was employed. To gather data, the researchers conducted a survey, then later on encoded to MS Excel and used statistical tests for more comprehensive analysis of the results. The mean ratings on the different practices of older children and adolescents towards plastic waste reduction showed that the majority of the respondents always perform the different practices, and a minority of them have never done the practices to reduce plastic wastes. The results revealed that there is no significant difference between the practices performed by older children and adolescents concerning the plastic waste reduction. The results founded on t-test were interpreted and evidently have shown that the null hypothesis is accepted and the alternative hypothesis is rejected. The researchers found out through t-test that there is no significant difference between older children and adolescents in terms of their practices towards plastic waste reduction. However, the findings of this study can be beneficial to different establishments, especially schools, and can also contribute to the betterment of the community since it aims to understand the practices of people within their area. Lastly, the researchers recommend adding other perspectives such as the attitudes and behaviours on the different practices of plastic waste reduction.

Keywords: adolescents, older children, plastic, waste reduction

## HEALTH SCIENCE

## Assessment of Students' Knowledge and Awareness on Reproductive Health

Balatibat, Ralf Michael  
Hernandez, Sean Rijeun  
Felipe, Ysabel Ruth  
Silva, Elveanne Nicole  
St. Mary's College Quezon City

### Abstract

The issue of Reproductive Health exhibits a degree of importance, but society still has a level of stigma attached to it, and its discussion is rather ignored. Because of this, the researchers were prompted to conduct a study that assessed the knowledge and awareness of students from the Grades 9 to 12 levels. The study is a quantitative research as its goal is to assess the knowledge and awareness of grades 9 to 12 students of St. Mary's College Quezon City (SMCQC). Reproductive health topics include concepts related to human sexual anatomy, sexually transmitted diseases and its prevention/s, and proper approaches to sexual intercourse. To ensure the comprehensive nature of the study, the researchers have chosen the research to be non-experimental, cross-sectional, descriptive research design. A non-conventional 3-part survey questionnaire which includes a standardized test as well as a Self-Concept was used as the tool for data collection. (The standardized test is sourced from "Reproductive Health Lessons: A Supplemental Curriculum for Young People" by the International Youth Foundation (IYF)). For the Self-Concept portion of the survey, a 5-point Likert Scale was utilized. Most students from the Grades 9 to 12 students have insufficient knowledge on effective contraceptives to prevent pregnancy and STI's although half of the respondents are aware of how the process of pregnancy works. Most students are knowledgeable on how to prevent sexual threats and which common substance abuse should be avoided. Majority of the respondents are aware of the importance of RH (Reproductive Health) and how it impacts themselves as an individual. They are also earnest and open for discussions regarding RH. Most of the students somewhat agree that they are receiving proper education on RH from media, school, their families, and peers. Most of the students also somewhat agree that they give time to understanding topics regarding RH because they consider it to be a substantial matter for them to focus on. It can be said that most students are aware of the importance and the impact of reproductive health in their lives, though there was noted insufficiency knowledge on contraceptives. Future research may consider measuring how such low knowledge on contraceptives are affected by their culture or the institution the respondents are from.

Keywords: reproductive health, RH, junior high school, education



# MANAGEMENT

Profiling Online Banking Use among Senior High School Students and Personnel of St. Mary's College QC

Baliola, Martin Miguel T.  
Fulgencio, Lorenzo Paolo C.  
Rosa, Kean Ryan B.  
Rosal, Emil Leandro P.  
St. Mary's College of Quezon City

Abstract

Conducting financial transactions has become more convenient and accessible with the aid of online banking platforms. Online banking, or internet banking, also enables the user to avail of services traditionally offered in physical banks, such as bill payments, deposits, and transfers. Online banking has the best interest rate in transactions, such as whether you are looking for a certificate of deposit, a high yield checking account, or deposit account with high interest, such as a money market account. It is also easier to sync online banking information with other money applications, making it easier to budget one's finances (Csiszar, 2018). The researchers used the *descriptive* quantitative method for it is used to describe characteristics of a population or phenomenon being studied. According to Cynthia Joy (2014), descriptive research is a method that aims to accurately and systematically describe a population, situation or phenomenon; it involves the description, recording, analysis, and interpretation of the present nature, composition or processes of phenomena. Stratified Random Sampling was used by the researchers to achieve the expected data and results of the sampling. The results show the majority of the Senior High school students and the teaching Personnel do not use online banking since they are not familiar with online banking, afraid of possible threats and still prefer to manage their finances through their local bank. Nonetheless, both groups have recommended its use because of the belief that utilizing the technology would be more efficient and convenient on the user's end.

Keywords: profiling, online banking

## SHS Students' Opinions on Online Shopping

Dela Cruz, Francis Miguel C.  
Del Mundo, Angelo  
Susano, Christopher C.  
Sy, Aaron Denzel A.  
St. Mary's College Quezon City

### Abstract

As long as consumers have access to the internet and a trusty device that can connect to the internet, you can shop without leaving the house. There's no more walking around the mall to look for that best item for the customer's satisfaction. Thus, it would also be good to find out the opinions of the SHS students of SMCQC when it comes to online shopping and possibly help in the development of online stores targeted to their needs. The sampling used by the Researchers is quota sampling because the number of online shoppers within the population is unknown. During data gathering, the Senior High School Students were asked if they are shopping online; students who said yes will be given a questionnaire. In every classroom, 10 questionnaires were distributed. Out of 192 SHS students in St. Mary's College Quezon City, almost half (42%) were able to participate in the survey, with 40 from Grade 12 and 40 from Grade 11. The researchers created a survey questionnaire, which was pilot tested and approved for the study. This graph shows the preferred online stores of the SHS students, with Shopee leading the pack at 74%. Other preferred online stores are Lazada (61%), Instagram (36%), Facebook (28%), Carousell for (24%), Zalora (18%), Beauty MNL (3%), Grab (3%), Titan22 (1%), Twitter (1%), Amazon (1%), and Sulit (1%). The SHS respondents are mostly satisfied when shopping on their preferred online store. Website Design and Pricing had the most answers under Very Satisfied, while Product Quality had the highest number in the Dissatisfied rating. Among the SHS respondents, the most preferred online store is Shopee, followed by Lazada and other social media applications like Instagram and Facebook. Respondents also find themselves happy with the services of these online stores, with most ratings under Satisfied for Delivery Speed, Authenticity, Product Quality, Pricing, Customer Service, and Website Design. Hence, it can be said that the potential for online shopping among SHS will continue to thrive. Schools may also consider online shopping as a profitable means for parents and students to purchase their needs.

Keywords: online shopping, senior high

## Determining Job Satisfaction of GrabFood Delivery Drivers

Quitlong, Karl Matthew M.  
Tabas, Ajay M.  
Bacolod, Pfyefer Trish D.  
Paganao, Sheanne Pauline R.  
St. Mary's College Quezon City

### Abstract

Today's generation is very fond of using online delivery services. Not only are these applications very useful, they are also fast and reliable. However, we cannot deny the fact that customers have the tendency to order impulsively and then cancel it, which causes losses or stress among drivers. Thus, the researchers executed a Descriptive Study to determine the Job Satisfaction of GrabFood Delivery Drivers to further understand their experiences in terms of their income, incentives, benefits, losses, difficulties, and work relationships using statistical analysis. The study was conducted in the Quezon City area, particularly in Districts I and IV. District I had a total of 37 barangays while District IV had 38 barangays. In each district, fifty (50) respondents were chosen purposively, taking into consideration their permission and acceptance to do so. A self-administered survey questionnaire was used to collect data from the 100 respondents. In summary, the factor that most contributed to the GrabFood drivers' Job Satisfaction was their income, with 98% of respondents selecting it. On the other hand, the factor that contributed most to the Job Dissatisfaction of GrabFood drivers coming from the two districts was the work challenges/struggles that they experience each day, with a total tally of sixty-five (65) respondents. Next in line was the employee benefits. Those who wish to work at GrabFood should consider investing their time and effort working in the said company as the results indicate that it can satisfy and support their financial needs. The GrabFood management should look into some of the issues concerning the job dissatisfaction of the GrabFood delivery drivers, particularly on the lack of basic or standard benefits such as SSS, Philhealth and Pag-ibig. If possible also, it would be beneficial to them if they can at least receive monthly salaries or allowances for food, gas, and motor maintenance so that they may be encouraged to provide better services and promote quality online ordering system.

Keywords: online, food delivery, job satisfaction, drivers

## The Perceived Effectiveness of the Promotional Strategies of DTI SME Roving Academy In Selected Areas In Rizal

Mabiasan Mina Rica  
Polytechnic University of the Philippines

### Abstract

In the face of a changing business environment and shifting economic trends, developing nations need to seize the opportunities and cope with the threats of globalization by preparing themselves for a more resilient domestic economy. These countries recognize an important ally in the presence of Small and Medium Enterprises (SMEs) that provide a valuable economic backbone that is necessary for the stability of any developing nation (Rahman, 2002). The Philippines, as a developing nation, recognized SMEs as an important ally that supports the stability of its economic status. Based on the 2015 data provided by the Philippine Statistics Authority (PSA), formerly National Statistics Office (NSO), there are 900,914 establishments in the Philippines, 99.5% or 896,839 are micro, small, and medium enterprises (MSMEs). Thus, the country, through its Department of Trade and Industry (DTI), helps MSMEs to further develop and improve their business strategies. In this study, the DTI SME Roving Academy (SMERA) was evaluated through the perceived effectiveness of the SMEs. SMERA is one of the programs implemented by the DTI that help the SMEs in further developing their business. Quantitative research design and descriptive research method through the use of self-made questionnaire were used to evaluate the perceived effectiveness of SMERA. Fifty-two (52) SMEs from different parts of Rizal were asked to participate in the study. The main data gathering tool will be the interview questionnaire that will evaluate program effectiveness in communicating to the participant's adaptability to SME Roving Academy in sustaining SMEs in Rizal area selected through a trace study from DTI Region IV's database of participants to the program. The questionnaire would focus on how the respondents implemented Marketing Communication concepts as acquired from the DTI SME Roving Program as a tool in promoting their products or services. The results revealed that the DTI is successful in implementing the program in some areas, such as mounting of SMERA. However, they failed at documentation and diagnosing aspect. The result from determining the sources of information regarding SMERA 73% knew about DTI SMERA project, LGU Plays a big role in disseminating information to the public. DTI is effective in mounting the SME roving academy as the resource speaker invited are effective in terms of delivery of messages.

Keywords: promotions, small and medium enterprise

## POLITICS AND GOVERNANCE

**Vote Wisely: SHS Students' Preferences in Choosing a Mayor**

De Guia, Jose Roberto Q.  
Platero, Jan Lucila E.  
Ponce, Hannah-Gazelle Gabrielle M.  
Tena, Graceilla Felise B.  
St. Mary's College Quezon City

**Abstract**

Results of the 2019 mayoral elections created quite a stir with a new breed of mayors winning against formidable dynasties. Such changes seem to reflect a new perspective among the voting public. And looking at first time voters, the researchers sought to know the standards set by the Senior High School students on the characteristics and capabilities of a leader within their community, to raise awareness on knowing who they vote by thorough assessment, considering one's background and qualities of an electoral candidate. The researchers utilized the Descriptive Research Design. The respondents were 106 Senior High School students of St. Mary's College Quezon City. Data was collected in the respective classrooms of each academic strand which consists of four (4) in levels of Grade 11 and 12, namely STEM, ABM, HumSS, and GAS. The data used in the gathering of this research covered fifty-five percent (55%) of the 192 Senior High School Students. The Senior High School students were chosen to be the respondents since they are considered as the next generation of voters, specifically for mayors, in the next election. Data gathering was conducted from September 17 to 30, 2019. The researchers used self-administered survey questionnaires to collect the needed data. The following skills were "highly considered" by the Senior High School Students in looking for a mayor: courage, forward-thinking, honesty, inspiring, intelligence, educational foundation, and political background. Among the top measures they do to evaluate the candidates, 3 of 4 respondents said they base on own conscience, while 71% of respondents will be careful of what he or she reads and believes. Study shows that SHS students can be critical of the qualities they prefer in a mayor. This implies that the next generation voters have a set of standards before they support a public official. Thus, it will be beneficial to reach out to this next batch of voters and provide them with a good foundation on selecting their mayor. School teachers, especially in the Araling Panlipunan area, can take this as an opportunity to mold the youth into being more sound and conscientious voters. The researchers suggest to future researchers to expand the scope of the study to include political and social views of other groups. The study only exhibits the preference of Senior High School Students without comparison, thereby making it open for future and upcoming studies relative to political and social topic.

Keywords: senior high students, mayor, election, engaged citizenship

# PRINCIPLE OF INFORMATICS



The Effects of Using Technology Device in the Classroom of Junior High School in Culiat HS for the  
2nd Semester 2018-2019

Seguis Olaso  
Avancena Tanggulan  
Quanico Salibad  
Hapita Elaine  
Ladechell Erika Maryjoy  
Ruffa Mae Jemaica Jessalyn  
Ruth Salazar  
Culiat High School

**Abstract**

This paper investigates teachers' and students' perceptions concerning the impact of using tablets, devices for teaching and learning purposes. An explorative focus group study was conducted with teachers (n=18) and students (n=39) in a secondary school that has implemented tablet devices since 2012. The general findings of this study show that the use of tablet devices in this classroom impacts both teaching and learning practices. The results suggest that teachers can be divided into two categories, innovative teachers and instrumental teachers. Innovative teachers attempt to shift from a teacher-centered approach. They have changed their teaching style by transforming how instrumental teachers seem to use the device as a book behind glass. The distinction between the two groups has consequences for both ways courses are given and how students experience them. In general, the introduction of tablet devices entails a shift in the way students learn, as the devices provide interactive, media-rich, and exciting new environments. The results of this study indicate that policymakers should consider introducing technical and pedagogical support in order to facilitate both teachers' and students' understanding of the full potential of this kind of technology in education.

Keywords: junior high school, technology device, tablets, teachers, culiat high school, learning, teaching, educational technology

# PSYCHOLOGY

## Perspectives of Victims of Bashing in Social Media

Bongon, Janina Alexia  
Burgos, Theresa Marie B.  
Leones, Ma. Natasha Nicole S.  
Tanyag, Roshan Adelisse D.  
St. Mary's College of Quezon City

### Abstract

Bashing is defined as severe criticism thrown at an individual or a group. This issue continues to grow given the fact that technology continues to evolve and be more accessible to every person. People all over the world can now voice out their thoughts and occurrences in their everyday life comfortably. This can be used for beneficial and inspirational use but with some others, they abuse this power. People will have the ability to wield negative comments behind the screens, which will negatively impact the victim and others since it can be accessed by anyone if it is displayed in public. Thus, people in online communities tend to fail to observe that words can psychologically and emotionally damage a person's being. For this study, qualitative research is used, and the research design used is phenomenology as this study is aimed to understand the different experiences of bashing on people through conducting interviews with people who have been a victim of bashing in Quezon City this 2019. Phenomenology is the study of how people find their experiences meaningful, and its primary goal is to make people understand their experiences. (Baraceros, 2006) The research design uses more narrative interviews, procedures of coding, and content analysis (Flick, 2006). The bashing victims' experiences can be classified into three clusters, namely: Mental Health, School Performance, and Relationships. The majority of the informants stated that the bashing heavily affected them, which caused them to obtain depression, a mood disorder, and lower self-esteem. However, on top of the negative experiences, there were also positive experiences. Informants gained newfound perspectives and confidence. The bashing has also affected their performance in school. The bashing made an impact on the victim's academics, wherein they lost their focus and motivation in school. It affected their relationships with people; many went through isolation because of the way their peers have changed their opinions of them. Informants stated that they developed trust issues and were disrespecting their parents. Bashing does more harm than good, depending on how one is able to perceive the experience and cope with it. It leads to mental exhaustion, poor academic performance, and struggling relationships but also newly found experiences and confidence. Other studies show almost identical results in relation to this research. The research only took a population sample within Quezon City in the year 2019. Moreover, the research was somehow predictable, considering that it talks about bashing experiences, which would obviously give negative results. Most bashing victims go through the same phase when they get bashed, which makes results already evident from the beginning. The study also did not meet the standard in making a good research. From the given flaws, the researchers recommend going further to the study, focusing on the psychological effects caused by bashing, like a study on the comparison of men and women from being bashed. The researchers suggest doing a study in a different or a wider range of location in a different year. The study might need constant revisions and updates, because humans are evolving, and there would obviously be changes in the environment, society, and technology.

Keywords: perspective, bash, social media

## Pet Dogs: A Student's Best Friend

Advincula, Ysac Blu L.  
Cacnio, Joaquin Iñigo D.  
Cuarentas, Hans B.  
Alfonso, Melarey Anne V.  
Apacible, Kirsten Angel T.  
St. Mary's College of Quezon City

### Abstract

As they say, a dog can be called a man's best friend. Many dog lovers attest to the emotional attachment they develop with their pets because they have invested their time in caring and loving their tail-wagging pets, which in turn gets to shower their owners with their sweet gestures as well. In turn, caring for pets became a way to cope with emotional difficulties. With this, the researchers believe that maybe students can reduce their stress in simple ways. For this study, qualitative research was used. The study utilized phenomenology as its qualitative research design for it has an inductive approach which will discuss the experiences of selected participants that own a pet dog in the Junior and Senior Highschool of Saint Mary's College, Q.C. Denzin and Lincoln (2005) defined, "Qualitative research as a multifaceted research method involving an interpretative, naturalistic approach to the subject matter." The descriptive nature of qualitative research enables readers to understand the meaning attached to the experience, the distinct nature of the problem, and the impact of the problem. Based on the data gathered, pet dogs can truly help lessen the stress of their owners in various ways. The majority of the eight students that the researchers interviewed said that dogs can be heartwarming and provide companionship. But in fact dogs can really relieve the stress of oneself. Based on the data gathered, there can be positive and negative experiences in owning a dog. Informants said that they can have a better connection with other people through their dogs. The students can also have their connection by relating with each other on their experiences of taking care of their dogs. Based on the data gathered, selected students from JHS and SHS said that they bought a dog for companionship and a stress reliever. Owning a dog can be tedious. So before having a dog, one must ensure that they are capable and ready for the responsibilities of taking care of a dog. A dog's life span isn't as long as humans', so if one is planning on having a dog, they must also prepare themselves for loss or complications regarding their dogs along the way. Pet dogs can truly help lessen the stress of their owners in various ways, like playing with them or simply making them feel missed after a long tiring day. The researchers can connect their findings through a study that was conducted in 2003 by J.S.J Odendaal, which showed that when humans pet dogs, their bodies release oxytocin, a hormone associated with not only happiness, but bonding and affection as well. The researchers conducted their research on a small group of students in St Mary's College Quezon City and dog owners. For future researchers, interview with the interviewees alongside their dogs to observe their overall emotions, to experience what they're feeling at the moment. Since we have used students as our informants, we would like to see future researchers conduct interviews on adults as well.

Keywords: dog, tail-wagging pets

Assessing the Awareness of Grades 7 & 8 Students about Mental Illness

Lopez, Lance Gerard R.  
Gonzales, Reese Julianne D.  
Ronquillo, Rashel Drew E.  
St. Mary's College of Quezon City

Abstract

Mental health is a concept that has been stigmatized since the early days, and has only received positive affirmation in the last decade. When speaking of mental health, it often refers to the well-being of an individual's mind, including their emotional and mental states. Mental health is considered a neglected area in developing countries. Mental health problems can affect one out of every four people during their lives, by altering functioning, behavior, and thinking patterns. Awareness and knowledge about mental illness are shaped by personal knowledge about mental illness, knowing and interacting with someone living with mental illness, cultural stereotypes about mental illness, media stories, and familiarity with institutional practices and past restrictions (DOH "mental health", 2019). Random sampling of Grade 7 and Grade 8 students of St. Mary's College Quezon City was done to come up with 80 respondents. A standard survey questionnaire was used to assess mental health awareness among the respondents. Permission was sought from the source of the questionnaire. Fifty-one (51) respondents out of 80 strongly disagreed that mental illness should be ignored. One of the reasons, perhaps, for this response, are school programs that cater to the mental wellness of individuals. Many respondents, for example, strongly disagree that terms like "maniac" or "psycho" should be used to refer to mental illness. This shows that they are sensitive to name-calling and labelling. The respondents know that those who have mental situations will be hurt when called by slang names as well. They are also aware that the condition is not contagious, although a minimum number is unsure whether mental illness is biological or if it is caused by parents. A more thorough study of mental awareness should be done, including the other levels. Since there are misconceptions and uncertainty in terms of mental illness causes, it will be helpful to have information and dissemination campaigns within the school to make the students more aware about mental illnesses and ways to have mental wellness. Students, teachers, and personnel may consider undergoing a "mental wellness" seminar or forum to understand the issue better and collectively come up with policies and procedures to address the matter.

Keywords: awareness, mental illness

## Determining Stress Levels of Senior High School Students for Each Day of the Week

Andal, Aidan Raphael  
Bautista, Jonel Andrei  
Encarnacion, Stephen Mary  
Eugenio, Renz Angelo  
Tan, Kristian Andrei  
St. Mary's College, Quezon City

### Abstract

As the Senior High School students face the school week ahead, they experience tremendous amounts of stress from academics such as assignments, performance tasks, tests, and deadlines (Cuerpo, 2017). Aside from academics, students have to deal with various things such as athletic trainings, extracurricular activities, college preparation, and even their transportation from school to home. These activities reduce the time students have available for themselves, the time they allot for their personal growth. This can be very stressful for the student as the activities accumulate and overwhelm them. Weekends, therefore, can be seen as their salvation from their work. Weekends grant people a better mood and a stronger sense of vitality (Joiner, 2019). According to Andricks (2018), weekends allow us to take a break and unwind from our work. It provides us with time to recharge and take care of our needs. The researchers have utilized surveys as an instrument in order to quantify the stress levels experienced by the target respondents and the factors that contribute to it. Consequently, the data gathered from the surveys were analyzed in order for it to provide a concrete answer to the questions of this research. There are various factors that contribute to the stress level per day. During Sundays, the completion of requirements is the leading factor. From Mondays to Thursdays, lack of rest/sleep is the leading factor. On Fridays and Saturdays, the leading factor becomes the completion of requirements. Aside from "Others", extracurricular activities are the least common factor except for Wednesdays, wherein the least common factors are the personal factors. The stress level during Sundays is 2.82, meaning that the students are approaching "Moderately Stressed" from "Slightly Stressed." It then peaks on Mondays, having a mean stress level of 3.62, meaning that the students are between "Moderately Stressed" and "Stressed." It then continues to be stressful for the students up until Fridays, wherein the mean stress level drops to 2.61, meaning that the students' stress level is between "Slightly Stressed" and "Moderately Stressed." The stress level sinks to its minimum during Saturdays, wherein the mean stress level is 2.37. Based on the data gathered, Mondays are the most stressful day for the respondents, having a mean stress level of 3.62. On the other hand, Saturdays are the least stressful, having a mean stress level of 2.37. There are various factors that contribute to the stress level of the student. From Fridays to Sundays, the completion of requirements is the leading factor. On the other hand, the days of Mondays to Thursdays are led by the factor of lack of rest/sleep. In total, lack of rest/sleep is the most common factor, affecting the respondents 384 times over a week. The least common factors the extracurricular activities, affecting the respondents 150 times over a week, and the factors classified as "Others," affecting the respondents 39 times over a week.

Keywords: stress, stress factors, stress levels, days of the week

*kNOW Bag?* Perspective and Behaviors of Students and Teachers in Bringing a Grab Bag

Antonio, Miguel Ian D.  
Banaag, Kristan Jonas M.  
Luyun, Monica Kyla P.  
Santos, Michelle Catherine A.  
St. Mary's College, Quezon City

**Abstract**

In St. Mary's College, Quezon City, members of the community are called on the bringing of Grab Bags wherein for the past four years, random checking and reminders were done. According to the Campus Security and Safety Coordinator, the number of students who brought the bags decreased monthly in the last school year 2018-2019. From 89 students, it was decreased to 24, then to 21 and to 14, and finally to 6 students only during the period of June-November 2018 and January 2019. The researchers used a Descriptive design in gathering the quantifiable information needed in order to describe the perspective and behaviour of students and teachers in bringing a Grab Bag. Self-administered survey forms were then utilized and acted as the primary instrument for garnering answers that will satisfy the questions of the study. Respondents were randomly chosen considering the fact that they are students and teachers coming from the grades 6 to 12 levels. The theory used in this research is the Theory of Planned Behaviour which supports that both students and teachers bring their Grab Bag because they see it as something important and beneficial. Moreover, they bring their Grab Bag because it is required by the school and the frequency of it varies depending on either it is brought all the time or in selected venues only. These factors all lead up to their intention of bringing the Grab Bag. Thus, the data reflected that most of the selected population bring their Grab Bag. The students and teachers agree that they bring their Grab Bag all the time and the most frequent place that they bring it is in the laboratory and quadrangle. They strongly agree that the reason for bringing it is for emergency preparedness and because it is a requirement in school. Both respondents strongly agree that Grab Bag is beneficial, important and the school's implementation on it is effective; thus, they are aware of the school's guidelines toward it.

Keywords: grab bag, emergency preparedness, students, teachers

## Social and Emotional Competencies of the Grade II Senior High School Students: Basis for Proposed Personal Enhancement Program

Ms. Janelle I. Balao  
Mr. Jeffrey T. Benesisto  
Center for Life and Career Development  
St. Mary's College, Quezon City

### Abstract

Adolescence is the stage of development when an individual changes physically and psychologically. Adolescence is the stage where one's identity is established, one's career is planned, and one's philosophy in life is formed. As a result of the dramatic changes brought about by puberty and the new challenges from society, adolescents usually experience a number of confusions, anxieties, self-doubt, and crises. The primary purpose of this study was to identify the level of social and emotional competencies of the Grade II SHS students in terms of (1) interpersonal and (2) intrapersonal functioning, (3) stress management, (4) adaptability, and (5) general outlook in life. The results of the study were utilized as the basis in formulating a personal enhancement program leading to improvement of the students' social and emotional competencies. The participants in this study were Grade II Senior High School students of St. Mary's College, Quezon City for school year 2018-2019. The researchers employed a purposive non-probability sampling to gathering a total of 77 students composed of 34 female and 43 male subjects. The BarOn Emotional Quotient Inventory: Youth Version was used as the main instrument in obtaining the social and emotional competencies of the subjects. Frequency and percentage distribution and measures of central tendencies, specifically the mean was utilized to store, analyze and interpret the data. The respondents' profile reveals that there were 43 (55.84%) male and 34 (44.16%) female students from STEM, HumSS, ABM, and GAS strands who participated in the study. The majority of 35.06% of students came from the STEM strand. Results of the assessment reveal that both male and female students were in the **Effective Functioning Level** as indicated in the overall mean scores of 95.86 and 89.71, respectively. Further, when students were grouped according to strand, data show that ABM, HumSS and GAS students fall under the **Effective Functioning Level** with 98.48, 92.75 and 91.29 mean scores, respectively. On the other hand, STEM students obtained the lowest mean score of 89.37 or **Area for Enrichment Level**. Moreover, results show that when grouped according to gender and strands, students' Interpersonal, Intrapersonal and Stress Management Skills fall under the **Effective Functioning Level** as indicated in the mean scores. Likewise, adaptability of both genders and students in STEM, HumSS and ABM fall under the **Effective Functioning Level** while students' adaptability skills in GAS fall under the **Area for Enrichment**. Results on the general mood indicate that male students are in the **Effective Functioning Level** while female students fall under the **Area for Enrichment**. Meanwhile, general mood of students in the STEM strand fall under the **Effective Functioning Level** while students in HumSS, ABM and GAS were in the **Area for Enrichment**. The social and emotional competencies of the participants composed of their ability to understand oneself and others, cope with the daily demands of life, adjust to changes and outlook in life were assessed in order to provide a background for the development of a holistic and comprehensive personal enhancement program. Generally, the participants manifested effective functioning in most areas of their social and emotional competencies. However, their optimism level or general outlook in life was noted as an area for enrichment. With this, the researcher develop a personal enhancement program focusing on the enrichment of the students' social and emotional competencies, especially their level of optimism.

Keywords: social and emotional competencies, interperdevelopsunctioning, intrapersonal functioning, stress management functioning, adaptability and general mood



*Love Yourself: Female Marians' Frequency of Exposure to Beauty Advertisements and Their Perception of Beauty*

Tupas, Anthony Lance N.  
Go, Antoinette B.  
Herrera, Maica R.  
Mingoa, Catherine V.  
St. Mary's College of Quezon City

**Abstract**

Teen People Magazine (2019) reported that over 25% of the girls felt that media advertisements pertaining to skincare regimens make them feel pressured to have a perfectly shaped and flawless body. Also, 69% of girls concurred that models found in magazines, which portray a role for make-up advertisements, had a major influence on their concept of what a perfect "Ideal woman" should look like. According to Sands and Wardle (2002), the socially represented ideal body refers to the influence that media portrays, which results in a psychological stereotyping from important people in one's life. To ensure the comprehensive nature of the study, the researchers classified the study as a "Descriptive Correlation" and used "Stratified Random Sampling," which is a type of probability sampling for their data gathering. The primary sources of data for the research study were online websites, library books, and the information gathered from the distributed surveys. These surveys were carefully formulated and approved in order to gather data that would answer the research questions. These surveys were distributed from September 24 to October 3, 2019 with 10 females randomly selected from each section of Grades 7 to 12 of St. Mary's College, Quezon City SY 2019-2020 using Microsoft Excel. The respondents were mostly exposed to make-up and skincare advertisements found in billboards, television and online television series, films/movies, and the various social media platforms indicated. This data shows that they are mostly exposed to the kinds of media that mainly portrays more make-up and skincare advertisements nowadays; unlike, radios and newspapers that are less used by Generation Z. Also, the data gathered shows that although there is a difference between the age intervals of all the respondents, there is only a NEUTRAL level of average response from the data gathered. This shows that truly there is no significant difference among their responses. The respondents are mostly exposed to make-up and skincare advertisements in Broadcast media and Social media, as well as billboards from the Printed media. There is no significant difference in early, middle, and late adolescence perceptions. This as well is evident in the computed mean rating of the respondents' answers which all show a neutral level of perception.

Keywords: exposure, advertisement, perception

**Like and Subscribe: Perceptions of High School Students on Social Media Influencers**

Enriquez, Juan Miguel M.  
Fernandez, Francis Czigar V.  
Bohol, Ma. Gwen Stefani E.  
Cortez, Lori Jolene P.  
St. Mary's College of Quezon City

**Abstract**

Social Media Influencers have dominated the internet for a long time, with eye-catching content that people are fond of. To be one is to be considered a person of credibility and status, being paid huge amounts depending on the growth of their status as an influencer. The goal of this study is to determine how students perceive different Social Media Influencers and the impact on students. Descriptive cross-sectional design was chosen with Stratified Random Sampling for it allowed the researchers to get data from smaller groups from divided population. The study was conducted within the campus of St. Mary's College Quezon City during the school year 2019–2020. The comprehensive survey was given to students from Grades 7 to 12. Pilot testing was given beforehand to validate the efficiency of the questionnaire's delivery of instructions. Out of the 172 respondents, 138 students (80%) are following a Social Media Influencer, which are mostly YouTubers (46%). They chose 'relatability' (43%) as the biggest appeal and the 'spread of misinformation' (34%) as the biggest downside. Students revealed that they are most influenced by a Social Media Influencer's Choice of Products (34%). Study shows that students are fond of content creators whom they can relate with and see as their own friends, which is the uniqueness of being a Social Media Influencer. Although they see being an influencer as appealing, they are aware of its downside of possibly spreading misinformation because of Social Media's accessibility and the instantaneous methods it provides.

Keywords: perception, social media influencers

*Netflix and Chill: Exposure of Adolescent Learners to Sexual Content via Mass Media and their Permissiveness on Sexuality*

Cuevas, Aleli K.  
Inacay, Elijah Erwin M.  
Daguno, Paul Lawrence C.  
Villagracia, Akeem  
St. Mary's College of Quezon City

**Abstract**

As adolescents age, they become aware of changes in sexuality, thus, according to Corpus, Lucas, Borabo, & Lucido (2010), they undergo a “period of exploration and adjustment” (p. 302). To realistically attend to their concerns, Swanson, Edwards, & Spencer (2010) have stated that “knowledge about the stages of normal sexual development and allowable degrees of variation is needed” (p. 344). According to Strasburger (2005; as cited in Strasburger, Wilson, & Jordan, 2009), the primary source of sex education in the United States has debatably become television and other media due to “the absence of widespread and effective sex education in homes and schools” (p. 212). The study aims to identify the relationship between the exposure of adolescent learners in St. Mary’s College, Quezon City to sexual content through different types of media and their views and permissiveness on sexuality. The study utilized a cross-sectional predictive research. The research was conducted among the students of St. Mary’s College, Quezon City. The study involved the adolescent students of St. Mary’s College starting from the Grade 7 level up to the Grade 12 level for a total of two hundred sixty-three (263) respondents. Stratified Random Sampling was used. Thirty percent (30%) of the population in each stratum (grade level) were selected as sample. Surveys were done on the respondents through self-administered questionnaires. The questionnaire consists of items regarding the demographics of the respondents, the frequency of their exposure to sexual content in mass media, and their permissiveness in sexuality. Questions related to sexual activities and reproductive health were based on the Sexual Attitude Survey (Hendrick & Hendrick, 1987) and Contraceptive Attitude Survey (Black & Pollack, 1987). The students have a moderate average permissiveness on sexual activities and reproductive health and a low average permissiveness on human genitalia and private parts and sexually suggestive jokes and remarks. They are seldom exposed to sexual content in print media and in terms of human genitalia and private parts. The students are also sometimes exposed to sexual content in broadcast media, new age media, and in terms of sexual activities, reproductive health, and sexually suggestive jokes and remarks. The study has found that there is no correlation between frequency of exposure and sexual permissiveness in terms of sexual activities, reproductive health, and sexually suggestive jokes and remarks among the adolescent learners from St. Mary’s College, Quezon City. There is, however, a weak positive correlation between frequency of exposure to human genitalia and private parts and permissiveness on human genitalia and private parts. The little to no correlations can be explained by the presence of other factors affecting sexual perceptions and behaviors such as parental involvement (Brown et al., 2006; Collins et al., 2004), being religious (Brown et al., 2006), having good mental health (Brown et al., 2006), personal desires (Collins et al., 2004), having good grades (Collins et al., 2004), and being in a religious school (Corpuz et al., 2010). The direction of the correlations is very weakly supported by the Cultivation Theory, that higher exposure is associated with the adoption of media representations.

Keywords: sexuality, sex education, media, sexual content, sexual attitude survey

# PUBLIC ADMINISTRATION

**Assessment of the Implementation of Student Fare Discount**

Hwang, John Yong P.  
Tabada, Brian Gerard G.  
Guiiao, Sophia Hyacinth Q.  
Somera, Gabrielle Anne Louise A.  
Villanueva, Karisha Dianne  
St. Mary's College of Quezon City

**Abstract**

Last July 15, 2019, The Student Fare Discount Act or Republic Act No. 11314 was signed by President Rodrigo Duterte. This law states that all students will get a 20% discount on all forms of transportation, during their entire school year, including weekends and holidays. The purpose of the study is to determine the availability of student fare discounts among the Junior and Senior High School students of St. Mary's College Quezon City. The researchers used quantitative research design particularly, cross-sectional research design because it allows researchers to collect data at a single point of time through the use of survey questionnaires. The target respondents came from all the student commuters of Junior High School and Senior High School students of St. Mary's College Quezon City. Stratified Random Sampling was performed to ensure an equal representation of the variables for the research. The researchers randomly select students each section per grade level until the required number of participants are obtained. The most common discount is the transportation. Based on the ratings of the students regarding the implementation, discount was observed the highest in the *jeepneys*, while *Grab* got the lowest. Only a few students have experienced refusal of the student discount. The most common reason for the refusal they experienced is when they do not have a student ID and when the driver does not give a discount. Students should be able to demand their rights, because it's for their own benefit and accept no refusal from all public transportation drivers. They must report it to the LTFRBB or to the government if they experienced refusal. Officials should monitor the strict implementation of student discount and take proper actions for those who violate the law. Also, they must make sure to give penalties for those who will not follow. They must make sure that students will benefit from the student fare discount. Drivers should consider the implementation of student fare discount by all means and not hesitate to follow the law. They must not disregard the rights of the students in availing the student fare discount.

Keywords: implementation, fare discount

**Assessment of Conditional Cash Transfer on the Economic Status of Its Beneficiaries for Improved Quality of Life: Bases for an Enhanced Program**

Michelle A. Gonzales  
Eduvijis C. Laudiza  
Joyce A. Mulingbayan  
St. Mary's College, Quezon City

**Abstract**

This study entitled The Impact of Conditional Cash Transfer on the Economic Status of Its Beneficiaries for Improved Quality Of Life: Bases for An Enhanced Program involved 50 CCT grantees in Sitio Bugarin Barangay Halayhayin Pililla, Rizal which are selected randomly with the use of convenience non-probability sampling. The descriptive method of research was used in this study because of its appropriateness to the present research work since the primary purpose of this study is to gather information on the existing condition and to examine the experiences of the beneficiaries through the descriptions that are provided by the people involved. The researchers made use of a questionnaire checklist to be answered by fifty randomly selected CCT's grantees. The instrument is divided into two parts. Part one dealt with the profile of the respondents in terms of sex, age, civil status, household composition, educational attainment, employment status, sources of income, household monthly income and asset. The second part is the household economic condition of the beneficiaries in respect to education, employable skills, employment, income, social security membership and housing condition. The respondents will rate them according to the degree of how they feel or perceived on the subsequent statements based on the Likert scale. The data gathered were tallied, tabulated and interpreted with the use of frequency and percentage distribution, mean and standard deviation. The findings of the study were as follows: With regard to the profile of the respondents in terms of sex, majority of the respondents were female. In terms of age, greater part of the respondents aged 41-50 years old. In terms of civil status, greater numbers of the respondents were married. In terms of household composition, the respondents choose to have a small family with 2 children per family for them to be able to send their kids to school with the help of 4Ps. In terms of educational attainment, greater numbers of respondents are elementary and high school graduates. In terms of sources of income, the respondents were not stable. In terms of household monthly income, greater numbers of grantees fall below the poverty line. In terms of assets, the majority of the respondents rent a house and possess common household appliances and smartphones that are most useful for everyday living. In terms of a number of years being a member of 4Ps, the majority of grantees are member of CCT for 2-5 years. With regard to household economic condition of CCT's beneficiaries with respect to education, the respondents are able to read, write and count. They have the capacity to send their children to school from elementary to high school with the help of Pantawid Pamilyang Pilipino Program. With respect to employable skill, the respondents have the capability to work and to perform a job that requires technical and agricultural skills. With respect to employment, the respondents do not have a permanent job to support the needs of the family. With respect to income, the income is not sufficient for the needs of the family. With respect to social security membership, that the respondents did not possess any social security assistance such as SSS, Pag-Ibig, and GSIS since most of them are not employed in any government or private sector. With respect to housing condition, the respondents have a decent house to live in.

Keywords: Pantawid Pamilyang Pilipino Program (4Ps), CCT (Conditional Cash Transfer, Impact, Economic Status

# SAFETY SYSTEM SCIENCE

*Ped Xing: Understanding the Use of Pedestrian Lanes for Public Safety*

Oriarte, Alexis D.  
Pegtuan, Kaye Lauren G.  
Solomon, Raymund Lorenzo T.  
Yusingco, Patrick  
St. Mary's College of Quezon City

**Abstract**

Many signs have been put up around the city to remind pedestrians to use the proper pedestrian crossing, such as the cryptic "Ped Xing" and the morbid "*Bawal tumawid dito, nakamamatay.*" Indeed, pedestrian crossings are vital for the safety of commuters, as well as drivers who are expected to slow down upon approaching one. However, accidents and even deaths still continue to happen amidst the reminders, and commuters continue to find difficulty in crossing the streets safely. Thus, a qualitative research study would be helpful to identify the views and opinions of the people concerned. The study features qualitative research via in-depth interviews. Researchers interviewed multiple participants for this study to learn what they think about the pedestrian lane. The study included interviews with 15 informants: 4 commuters who reside in Quezon City, 4 drivers (2 public utility vehicle drivers and 2 private vehicle drivers), 3 MMDA traffic enforcers (with duty at the EDSA Congressional area) and 4 barangay officials (Brgy. Laging Handa and Brgy. VASRA). The interviews were conducted from September 20 to 22, 2019 at Tomas Morato and EDSA corner Congressional areas. The major findings the researchers found the commuters, MMDA officer, barangay officials, public utility drivers, the researchers found that the pedestrian crossing very useful for them and that they could see the worth of the pedestrian crossing safety-wise and to maintain traffic laws, but there are participants who said that there is need for improvement, like there are areas in our city that have no or misplaced pedestrian crossings and malfunctioning traffic lights which could put lives at risk. Findings indicate that the pedestrian crossing is very helpful for commuters to keep them safe and secure while using the streets. Commuters rely on it to safely travel from one point to the other. Researchers would like to recommend that the DPWH install more signs in appropriate places so that all drivers and pedestrians can notice the presence of pedestrian crossing. Furthermore, it is recommended that DPWH fix the malfunctioning lights so as to lower the risk of accidents for drivers and commuters.

Keywords: pedestrian crossing/lanes, public safety



## SOCIOLOGY

*The Road Not Taken: Understanding the Motivation of Student Leaders in their Involvement in Student Government Organizations*

Balahadia, Marc Gabrielle M.  
Oreta, Angeline I.  
Ortiz, Audrey Isabel C.  
Tupas, Terisse Joy N.  
St. Mary's College of Quezon City

**Abstract**

Student government organizations are considered essential to a school community. They hear and address the concerns, interests, and ideas of the student body, and because of this, they are considered the voice of the students (Texas Association of Student Councils, 2019). As part of the Student Activity Program, St. Mary's College, Quezon City offers its students the opportunity to participate in one of the two student governing bodies of the institution: the Marian Student Council and the Scout Community Leaders. These governing bodies would not be possible without the students who give their time and effort to participate and involve themselves in these organizations. Thus, this research will focus on exploring and understanding the reasons behind the involvement of students in these organizations. The study utilized a qualitative research design. This research design would benefit the study as it aims to understand people from their own point of view and experience their own realities. The study will follow a phenomenological design as phenomenology studies several kinds of experiences from a subjective point of view as well as the implications and conditions of these experiences. Data will be collected through one-on-one interviews. This will permit the narration of experiences and motivations that cannot be observed. With these designs and methods, the researchers will be able to provide an in-depth analysis of the phenomena being studied. Twelve (12) student leaders are purposively sampled from the Marian Student Council and Scout Community Leaders of St. Mary's College, Quezon City during School Year 2019-2020. In addition to these students, the moderators of each club were also interviewed for further triangulation of the data. To maintain the comprehensive nature of the research, the researchers made use of triangulation. Aside from the selected student leaders, the club moderators were also interviewed by the researchers. According to the students, they strive to be paragons of discipline, diligence, passion, and grit. They serve the school community without expecting anything in return but to inspire the community to grow as one. This is proved by the statements of the moderators vouching for the student leaders as selfless and hardworking students who excelled not only in leadership but also in academics. The student leaders' motivators differ greatly and can be defined as unique from each one. Though most of them are only motivated by one aspect of McClelland's Human Motivation Theory, there are few who are motivated by all three. This is not to say that those with only one motivator are far less effective than those who are motivated by all three aspects, but we can conclude that all of the respondents find meaning in these motivators and in the pursuit of their involvement in student government organizations.

Keywords: student government organizations, motivation

## Determining the Motivation of High School Students in Joining Sports and Varsity Activities

Alvarez , Denzel Anthony Z.  
Bundang, Ralph Austyn Q.  
Jagorin, Kent Cedric C.  
Luna, Emjay B.  
Nacabuan, Mark Joseph.  
St. Mary's College Quezon City

### Abstract

Motivation is a very important aspect of a student's academic and extracurricular learning process. The progress of the student performances depends on their motivation. By doing so, joining in different extracurricular activities would help students actively participate in every activity of the school, and Sport is one of them. According to Ormrod, J. E., Anderman, E. M., & Anderman, L. H. (2019), it is what drives students to attain that goal. Thus, it has a big impact on a student's participation also in their academic performance. The study involved students from Grades 7 to 12 with a population of 462 and a target sample of 137 Junior and Senior High School students participating in various sports clubs. It was conducted using printed survey questionnaires and physically going to classrooms and club facilities throughout the campus. The researchers identified what motivates the Senior and Junior high school students to participate in their respective sports clubs. We employed the use of a 4-point ordinal scale to rate their Intrinsic and Extrinsic Motivations. Most respondents gave high agreement ratings for the motivations given by others in joining the varsity and sports activities. Among the extrinsic motivations, the respondents said they strongly agree on the competitive atmosphere, skill enhancement, fun and enjoyable environment, encouragement from parents and friends, and how it allows to gain new friends. They also strongly agree to intrinsic motivations such as being physically fit, challenging the self, commitment to the sport and rewards, while they only a rating of 3.38 (agree) to desire for recognition. The study reveals that both extrinsic and intrinsic motivations can be a factor for the students to join sports activities, particularly the competitive atmosphere, skill enhancement, keeping fit and to challenge oneself. Thus, sports and student activity coordinators should consider exposing the students more to trainings, tournaments, and contests that will further motivate them to be involved. Appreciation of the players through incentives and subsidies will also inspire them to play and be committed to the work and discipline.

Keywords: motivations, sports, varsity, high school

## Identifying Incidences of Sexual Harassment towards Male Teachers and SHS Students of SMCQC in Public Places

Adrineda, Vianca Ann G.  
Lee, Jasmin Medea B.  
Marquez, Mara Judith G.  
Sawaumi, Haruka B.  
St. Mary's College of Quezon City

### Abstract

In every place, men and women have the tendency to be sexually harassed. Walking along the streets can be terrifying and dangerous due to the possibility of getting harassed by predators, not only for women but for men also. The research focused on identifying incidences of sexual harassment towards male teachers and male Senior High School students of SMCQC in public places, which encompasses reasons, forms, and effects of this act as given by the respondents. Thus, the research provides an insight into how sexual harassment happens not only to females but also to males. The descriptive research design was used in the study to aid the researchers in determining the occurrence of sexual harassment amongst male students and male teachers in public places. A survey questionnaire was used as a tool for data gathering. The study was conducted at St. Mary's College Quezon City during School Year 2019-2020. There were 153 respondents, with 130 (100%) male students of Senior High School and 23 out of 24 male teachers. No sampling was performed because all-male teachers were able to answer except one who was unavailable; meanwhile, all-male SHS students were able to participate. The researchers distributed the survey forms to the respondents to know if they have experienced sexual harassment or act of lasciviousness in public places. The data gathered showed that 49% of male students had been sexually harassed, and 51% were not. Meanwhile, 54% of male teachers also experienced sexual harassment. Most of the male respondents answered that the commonplace where sexual harassment occurs is on the streets. The male victims of sexual harassment answered that other men are the ones who initiated the act to them. Physical appearance is one of the most common factors why an individual is experiencing sexual harassment, and the least factor is gender identity. Only half (45%) of the male students who are victims of sexual harassment reported the incident, and male teachers (54%) reported the incident of sexual harassment whether experienced or witnessed. One of the possible effects of sexual harassment on the victims is anxiety, and the second is having lower self-esteem. The researchers found out that male students and male teachers have experienced being sexually harassed in public places. The study's implication might help the public officials and administrators address incidences of sexual harassment among male students and male teachers and recognize that such happen to other genders as well. The school administration can provide extensive seminars, talks, and campaigns regarding sexual harassment that would educate both the school's personnel and students. Society should recognize and take legal and fair action on the issue as male sexual harassment is just as grave as the sexual harassment of females.

Keywords: incidences, sexual harassment

## Exploring the Journey toward Successful Aging in the Philippines: A Mixed-Method

Nicamil K. Sanchez, PhD, RSW, MPM, Dip. Gen (Malta)  
St. Mary's College, Quezon City

### Abstract

Currently, there are no universally accepted definitions, dimensions or scales for measuring successful aging. Rowe and Kahn's (1977) three dimensions of successful aging, namely, wellbeing, physical functioning, and social engagement, have been adopted by most literature to measure successful aging. A review of the extant literature on successful aging revealed that most of the studies on successful aging have been conducted in developed western countries, despite the fact that most older persons live in developing countries like the Philippines. Additionally, studies on successful aging have been limited in their consideration of the sociocultural context in successful aging experiences and the factors that may facilitate or hinder the process. The purpose of this study was to explore the personal experiences of older Filipinos with successful aging and the association between sociodemographic variables and successful aging, using a mixed-methods approach. To achieve this purpose, the study was divided into two parts: Study 1 explored the association between sociodemographic variables of age, gender, marital status, educational attainment, place of residence, living arrangement, household head and classification, homeownership, group membership, social pensions, level of participation in older person's organisations, income and successful aging. Successful aging was measured using Rowe and Kahn's three dimensions of successful aging: wellbeing, physical functioning, and social engagement. Data for Study 1 were collected from 200 respondents between the ages of 65 and 93 living in poor rural and urban communities in the Philippines, using a structured questionnaire. Study 2 explored older persons' personal experiences of successful aging and the factors that either hindered or facilitated the process of successful aging. Data for Study 2 were collected through in-depth interviews with 75 participants who were selected from Study 1. Data in Study 1 were analysed using Chi-square, t-test analysis, and analysis of variance (ANOVA) for exploring the association between sociodemographic variables and successful aging. The findings of Study 1 revealed that 102 respondents (51%) did not attain successful aging, while 98 respondents (49%) attained the three dimensions of successful aging that were measured. The study also found that educational level, mode of income, living arrangement, perspectives on health, social participation, living above US\$1.25, and marital status were significantly associated with successful aging. When the sociodemographic variables were analysed against the three dimensions of successful aging, significant associations were found between household classification and wellbeing and physical functioning; and group membership was significantly associated with social engagement. In exploring age as an effect modifier, an age-stratified analysis revealed that there was a significant association between income provisions, living arrangements, homeownership, and social participation in organisations and successful aging among young-old to middle-old respondents (65 to 74 years old). Significant associations were also found between marital status and income provisions with successful aging among old-old to oldest-old respondents (75 years and above). Data in Study 2 were analysed using thematic analysis. In respect of successful aging, the findings showed that the participants used various terms, such as: being happy, dignified, healthy, productive aging, and being active. Further, the key themes that emerged in describing the factors that facilitated successful aging included: community and family harmony, healthy lifestyle, spirituality, participation and social position, and government assistance. Social isolation was most often referred to by the participants as a hindering factor in the attainment of successful aging, followed by health problems and financial security. It is hoped that the findings of this exploratory study will be useful in informing social welfare policies and programs for economically disadvantaged older persons in the Philippines. It will also be useful in contributing to the literature on successful aging and in the development of research-led social work knowledge for practice with older persons in the Philippines.

Keywords: successful aging

*Behind a Student-Leader: Experiences of High School Student Government Officers in Quezon City*

Avelino, Erika  
Barlaan, Marielle Loie A.  
Cornejo, Heleina Maxine G.  
Ebojo, Wealthea Marie S.  
Perez, Miguel Josh C.  
St. Mary's College of Quezon City

**Abstract**

Leaders of different student organizations are tasked to spearhead a vast range of programs, activities, and initiatives around the school as their primary goal is to serve their constituents. Student governments differ from each institution, having their own structure, set of positions, committees with specific purposes, and procedures they follow. These factors may be affected by the educational institution's religious affiliation (Hine, 2014) or gender difference by the different student-leaders (Amiranzadeh, 2012). Certain characteristics of each organization make them distinct from others and would often be considered their best feature. Thus, the research will be focused on executing a study to differentiate High School student governments in Quezon City. This study used the qualitative research approach because it involves the systematic collection of data regarding an empirical work that allows further understanding and clarifications of different observations (May, 1997). It gives the capacity to gain deeper meaning of a social phenomenon based on analysis of text or content as well as direct communication with the participants. The researchers have specifically chosen Phenomenology as it gives meaning and value to a human person's experiences, which is highly applicable to this study of the experiences of student government leaders in connection to their council's organizational structure. According to Creswell (2003), phenomenology is effective in studying a small number of sampling – in this case, 9 participants - to distinguish the essence of their experiences with the phenomenon. Joining student governments has helped individuals develop and form bonds with their co-members, and constituents which have taught them the value of camaraderie. Although they experience difficulties, they easily overcome them with constant communication. They serve because they genuinely desire to be of assistance to their respective communities. It is recommended for student officials and administrators to sustain constant communication. The inclusion of the perspectives of other students involved is also necessary. The researchers recommend that students be part of these organizations for personal development and have a better understanding of leadership that they can incorporate within themselves. The student government structures in Quezon City are somehow similar in terms of the set of officers making up the council. Each student government consists of a highest-ranking student official followed by lower positions. Despite each officer title of schools' student governments being different, their functions with regards to their rank in the hierarchy are more or less the same. Projects implemented by the different student governments are categorized into out-of-campus or in-campus affairs. Being courageous and passionate are the main characteristics that make an organization unique. Experiencing difficulties are hindrances to every organization. Through collaboration with the other student government organizations, leadership skills were developed and strengthened.

Keywords: student-leader, student government officers

## Embracing the Nations: A Case Study on the Life and Works of Filipino Missionaries in a Foreign Land

Kakilala Rowena  
Polytechnic University of the Philippines

### Abstract

The study focused on the lives of Filipino missionaries who had served in foreign countries for at least five years. It is descriptive in nature and utilized Case Study as its Tradition of Inquiry. The Narrative Paradigm Theory was used, and a framework was established. The narratives focused on the missionaries' basic profile, their life testimonials, the specific circumstances that they encountered in the field, and the coping mechanisms they employed to overcome the challenges. One-on-one in-depth interviews were conducted using a basic questionnaire as a guide and a voice recorder. Informants were selected based on two major profiles: they should be Filipinos and have served in the mission field for at least five years. Recorded interviews were transcribed and used as a basis for analyzing results. The initial analysis focused on the general profile of Filipino missionaries in the field based on (1) Gender, (2) Marital Status, (3) Educational Background, (4) Religion – prior to conversion, (5) Mission Field, (6) Length of service in the mission field, and (7) Training. The study revealed that Filipino missionaries in a foreign land had distinct experiences that led them to make a decision to leave the comforts of their home country and settle in a strange land. Conversion from one faith to another was evident in the informants. They also encountered similar challenges in the field in the areas of language, culture, emotion (loneliness), and finances but sustained themselves through various coping strategies. The main coping mechanism is faith coupled with building good relationships with people. These missionaries fully understand their vocation, and this helped them stick to their calling and fulfill the tasks they believed they were destined to accomplish. It was also evident that undergoing a full-scale cross-cultural missionary training program with language acquisition, and resource mobilization skills will equip them with the necessary tools that will make them more effective in their chosen vocation. Missionaries in a foreign land do not just fulfill their perceived higher calling, but they also serve as Overseas Filipino Witnesses (OFWs) who influence the residents of their chosen field about Filipino culture and way of life. They need to be consistently supported by the government, the sending church, and their families.

Keywords: calling, faith, Filipino, foreign land, missionaries







Ascendens Asia Pte. Ltd.  
287 Tanglin Road, Singapore 247940  
[www.ascendensasia.com](http://www.ascendensasia.com)