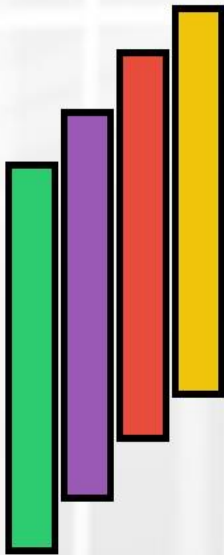


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BUSINESS

Senior High School Students' Purchase of Environment-Friendly Products

Charlene Meriam F. Dabuet, Hannah Leah T. Posecion, Lanz Eugene Ma. R. Constantino, Allan Benedict M. Lorzano, Danil Angelo G. Divinagracia

Abstract

The study focuses on the behaviors of the Senior High School students in St. Mary's College, Quezon City, specifically on purchasing environment-friendly products and being aware of their being eco-friendly. The study also aims to check on awareness of companies that market products to be eco-friendly and how students can recognize greenwashing, making it difficult to determine an environment-friendly product's benefit and authenticity. There were 60 respondents from Senior High School students of St. Mary's College, and they were selected through stratified random sampling. SHS students consider friendly products if they use recycled products, reuse materials, reduce reliance on natural resources, and use efficient materials. The likeliness of SHS students to purchase eco-friendly products for a lower price and lower quality is most likely, while the likeliness of purchasing them for a higher price and better quality is more likely. SHS students purchase eco-friendly products sometimes. Data shows that students purchase environment-friendly products based on quality over price and check legitimacy and authenticity. Manufacturers can consider creating sustainable and eco-friendly products as young consumers can be their target market.

Keywords: Environment-Friendly Products, and Business

SHS Students' Preferred Products and Advertisements for Business Simulation

Kurt Aquio, John Briones, Luis Colarina, Johnwil David, Miguel Caronan

Abstract

The topic of our study focused on Grade 12 Students that will conduct their Business Simulation. This review was significant not only to the Ignacia Marian Community but also Communities worldwide, for it allowed the researchers to help future entrepreneurs convince their target market to acquire their goods.

Quantitative research was used as the research produced a survey form through Microsoft Forms and sent it out using Microsoft Teams. Grades 11 and 12 of St. Mary's College Quezon City were chosen randomly using stratified random sampling. Researchers found that the students preferred Face to Face selling over Online Selling.

The students were much more interested when purchasing goods in physical stores than online shopping.

Keywords: Business Simulation, Entrepreneurs

ECOLOGY AND ENVIRONMENTAL SCIENCES

Determining the Preparedness of Grades 7 to 12 Students to Participate in Earthquake and Fire Drills

Ellabel Genestralin Gabriel B. Cacho, Josh Andrei O. Garcia, Zcharina Alexa G. Subo,
Martene Nicole A. Tiu

Abstract

Statista's Research Department (2022) states that the Philippines had 14 natural disasters in 2021. That same year, the country ranked as the fifth most disaster-prone nation in the world. With this data in mind, academic institutions should focus on improving their disaster risk readiness programs and stimulating a quicker response time from students and personnel. Other schools have made particular efforts to develop their disaster risk training curriculum. However, there has been limited research on the effects of school disaster preparedness seminars on the factors that influence the behavioral preparedness of students. Most papers used as a reference for our related literature only focused on primary-level students, college students, and rural areas within disaster risk zones. Conducting this study will be incredibly significant to both junior high school students and senior high school students located in urban areas as the research will cover how prepared they are in case of a sudden earthquake or fire and what they can do to lessen the impact from an objective standpoint. Since the researchers' goal was to determine the preparedness of grades 7 to 12 students in earthquake and fire drills, due to the limited amount of time and resources available in the current situation, utilizing a 27-item survey questionnaire as the data collection instrument was the most appropriate option.

The survey consisted of multiple-choice, rating scale (Likert Scale), and close-ended questions. The researchers conducted Pilot Testing among six members of the focused population and were asked to elicit feedback and recommendations before distributing them to the large population.

Q1. How prepared are students for Earthquake and Fire Drills?

- a.) Bringing Grab Bags and First Aid Kits
- b.) Evacuation Protocol

Q2. How do students assess themselves regarding preparedness for Earthquakes and Fire Drills?

Q3. What activities are conducted by the Center for Campus and Security Safety (CCSS) that help prepare the students for Earthquake and Fire Drills this School Year 2022-2023?

After the data gathering and interpretation, the study's results showed that students are prepared for earthquake and fire drills regarding the accessibility of their grab bags and first aid kits, knowledge and execution of the duck-cover-and-hold practices, and evacuation protocols. Regarding student self-assessment and preparedness for earthquake and fire drills, most students complete the drills without hesitation and immediately follow the evacuation protocols established by the school. Many were knowledgeable and intellectually capable of reacting appropriately during an earthquake or fire drill. According to the data presented, respondents strongly agree that the earthquake drills conducted by the Center for Campus and Security Safety are beneficial. It heightened the students' awareness regarding sudden phenomena such as the upsurge of an earthquake and how to survive during, before, and after this phenomenon. Students involved in the drilling process, with the support of their teachers, feel more confident and capable of handling any dangerous situation during an earthquake or a fire as they can identify the specific locations, room numbers, and windows where they will be positioned to help their fellow students escape. The Data reveals that the earthquake drills conducted by the Center for Campus and Security Safety are, in fact, beneficial, and students from grades 7 to 12 are knowledgeable enough in terms of preparedness for earthquakes and fire drills.

Keywords: earthquake drills, fire drills, disaster risk awareness, student preparedness, Grades 7 to 12

Disaster Preparedness in Dingalan, Aurora

Ruel Gonzales, Lalaine Albino, Imelda Macaraig

Abstract

A few years back, reports noted that Asia was the continent most often hit by natural disasters (40.7 percent), followed by the Americas (22.2 percent), Europe (18.3 percent), Africa (15.7 percent), and Oceania (3.1 percent). In the same year, Asia accounted for 90.1 percent of global disaster victims, followed by Africa (5.1 percent). Reducing the risk of disasters will be essential in increasing community well-being, and disaster preparedness has a significant role in their safety during disasters. Several studies have been conducted to assess the disaster risk reduction and management (DRRM) measures in Dingalan, with a focus on enhancing the community's resilience to natural hazards such as tropical cyclones, floods, rain-induced landslides, and storm surges, ground shaking, ground rupture, earthquake-induced landslides, liquefaction, and tsunami. These studies highlight the importance of participatory approaches in DRRM planning and implementation, involving the local government, civil society organizations, private organizations, volunteers, and affected communities. The research also emphasizes the need for effective communication and information dissemination, early warning systems, and integration of traditional knowledge into DRRM strategies. Furthermore, the studies suggest the importance of investing in infrastructure and facilities such as evacuation centers, flood control structures, and access roads to improve the community's capacity to cope with disasters. Generally, the research focuses on the critical role of DRRM in reducing the impact of disasters and promoting sustainable development in Dingalan, Aurora.

This study focused on thirty (30) respondents who reside in Dingalan, Aurora. The mixed research method was used with a set of questionnaires and the conduct of face-to-face interviews with focused group discussions. The gathered data were collated, analyzed, and interpreted based on Public Readiness Index to assess the impact of the current disaster preparedness in the locality, which intends to determine the efficacy of their preparedness. Results of the study show that most of the respondents are male, have a high exposure to hydro-meteorological hazards (flood, RI landslide, and storm surge), and with medium exposure to geological hazards (ground rupture, ground shaking, EI landslide, liquefaction, and tsunami). Half of the respondents' houses were built with light materials, and all had experienced a disaster in the past five years. However, the study reveals (according to Public Readiness Index) that all respondents from high-risk communities are not prepared for the worst-case scenario of a disaster. Most respondents are willing to perform the intentions toward their safety during disasters. Still, factors like their location and financial situation preoccupy them and suggest they are unprepared. The findings from the respondents revealed that many people in high-risk areas are also not yet prepared. The study ascertained that every high-risk community would become more resilient to disasters by improving the community disaster preparedness plan. A disaster-resilient community can only be achieved by proactive actions by the government and its entities and merely by the sincere cooperation of people in the community. This study discovered the effectiveness of Disaster Preparedness Behavior as Analysis Based Strategy in Disaster Preparedness. As a result, the following recommendation is at this moment presented: since the usefulness of Disaster Preparedness Behavior has been recognized, the implementation of this study as an Analysis Based Strategy in community disaster preparedness should materialize; the conduct of first-aid, CPR, and other related training not only for local responders but specifically to people in high-risk communities; the BDRRMC and local DRRM offices are encouraged to incorporate Disaster Preparedness Behavior into their disaster preparedness strategies and come up with community-participatory approach in improving the community disaster preparedness. The results were shared with the local government of Dingalan, Aurora-Disaster Risk, Reduction and Management office to improve their Disaster Preparedness Plan as one of the vital programs of LGU. Some findings are being utilized in the different high-risk communities for disaster preparedness.

Keywords: Natural disasters, Public readiness index, Disaster risk reduction and management, Disaster resilient community

EDUCATION

Exploring the Factors that Impact Grade 11 Students' Perception Toward Online Distance Learning

John Jefferson Briones, Miguel Caronan Johnwil David, Patricia Cating

Abstract

This qualitative study wanted to understand the impact of Online Distance Learning on Grade 11 students after being used to Face-to-face learning mode. Researchers interviewed Grade 11 students in St. Mary's College of Quezon City through Microsoft Teams. Results show that students bear with online classes because they have no choice and can't waste a year without learning. Because of environmental change, most students struggle to adapt from face-to-face classes to distance learning. Some students are happy because they kept learning despite the current situation regarding COVID-19.

Keywords: Learning Modality, Preference, Education, Online Distance Learning, Face-to-Face learning

Understanding the Experiences of Working Students in Metro Manila During the Pandemic

Lanz Eugene Constantino, Jessa Mari Dela Rosa, Danil Angelo Divinagracia,
Daphne Paula Cortes

Abstract

The study is focused on the journey of working students. The researchers focused on various causes. Work is needed to gain income to pay for daily necessities, and the researchers wanted a deeper understanding of how the lives of working students take part in this role amidst a pandemic. They wanted to observe and understand why these students do what they do, as not all are financially struggling. Some voluntarily work as they wish to gain experience and make extra income, while their schools guide some through On-the-job-training. Various online platforms such as Zoom and Google Meet were highly utilized to conduct interviews with a specific sample population. The population involved in this study was Senior High School and College students around Metro Manila. However, for a specific sampling, the researchers were looking for working students who were either financially struggling or were working for experience and income. The researchers did not interview any working students that work under OJT, for it doesn't fall under the selection criteria in the research paper. The results show that the working students did gain experience from their work and benefitted from it as their work aligned with their courses in their schools. Another benefit they received was income. They were able to provide for themselves and their families, and they were also able to buy their wants and needs. Although they are still struggling, especially with time management, having work helps them financially. This study can claim that working while studying amidst a pandemic is not simple. Even with advantages, people must be disciplined in time management. A variety of employment available may be suitable and from which people may learn and earn. Various flaws in this study were the lack of observational methods and the data on the working student's grades, as it would support the research highly.

Keywords: Working Students, Financial struggles, Time Management, Pandemic

The Effectiveness of Gadget Utilization as a Learning Tool in the Face-to-Face Modality of the Senior High School Students of St. Mary's College Quezon City

Max Lorenz Dela Peña, Mykaela L. Alvarez, Czarina Jasmine R. Del Valle,
Charlize Marynette S. Elcano, Kaesey Xandra S. Mejillano

Abstract

Learning through advanced technology drastically changed the educational landscape. The recent shift to blended learning as the learning modality due to the CoViD-19 pandemic prompted academic institutions to incorporate devices into the educational system. However, little attention has been given to the student's perspective on gadget utilization for academic activities. This study investigates the perspective of Grades 11 and 12 students from St. Mary's College Quezon City on gadget utilization as a learning tool. In this study, the researchers conducted an online survey among 60 SHS Students to determine the effectiveness of mobile phones as a learning device in the face-to-face learning modality. The researchers utilized Stratified Random Sampling for a larger population to ensure that the results would be based on many different perspectives of students. Results indicate that Senior High School students at St. Mary's College of Quezon City favor using gadgets during face-to-face classes. Most of them use cell phones, while a small number use tablets. The average mean of the usefulness of gadgets when performing school activities is 4.41 out of 5. However, students also admit to being distracted by the devices. The results were consistent with research by Sheng Yu (2013). Students have found the usage of mobile phones to be beneficial, perhaps due to their portability and user-friendliness.

Keywords: Gadget Utilization, Online Distance Learning Learning Tools, Tablets, Smartphone

Senior High School Students: The Study on The Different Factors that Impacts a Student's Choice of Course

Josh E. Caasi, Patricia Pauline A. Cating, Mikaela Liana B. Gabuna,
Sophia Isabelle B. Paypon, Reine Lindsey B. Villanueva

Abstract

The researchers have observed that senior high school students must carefully choose what career path they want to take to prepare for college. The K-12 curriculum has enhanced and lengthened education, allowing students to learn and earn the basic skills they need to learn for work and employment. This study will help the community understand why some students are undecided about their course and assess the analytics of the undecided and decided student population. It will also give tips to help the students and their peers and show personnel what to do and how to help these students. This research uses a descriptive research design to analyze the data and uses stratified random data sampling to gather data. The target population for the study was students in grades 11 and 12 at St. Mary's College, Quezon City. The randomly chosen respondents from grades 11 and 12 answered an appendix the researchers gave through Microsoft Teams. The researchers prepared their study beforehand and used surveys and questionnaires to gather accurate and valid data. The research found that 28 of 33 respondents have decided on a college course, with 88% finding the availability of the course to be influential. Affordability and cost are also influential, while Skills and Interests are highly influential. Social groups and friends are less influential, and students consider it essential to choose a course that complements their skills. 29 (91%) stated that they need more programs and events regarding career tracks and college courses. The survey found that 88% of Senior High School students in St. Mary's College Q. C. have decided which course to take but still need more programs and events to help them understand which track they should take for college. Factors such as availability, affordability, and the influence of family and social peers have all impacted their choice.

Keywords: Indecisiveness, Availability, College Course, Skills and Interest

On/Off: Exploring the Perception of the Senior High School Students on the Utilization of Cameras in Online Distance Learning at St. Mary's College, Quezon City

Juan Lucas Antonio Buenaflor, Ryan Arnold G. Gerardino, Lorenzo Ma. Noel D. Poresores, Paolo Justin P. Sison

Abstract

The COVID-19 global pandemic led to the implementation of Online Distance Learning, which St. Mary's College, Quezon City, adopted as the new modality for learning. When ODL was first implemented at SMCQC in 2020, a problem that a teacher would encounter daily would be students who could not comply with the prescribed enabling of cameras, which was deemed to reduce the opportunity for classroom interaction and participation. The problem, which has been at the forefront of virtual learning ever since shall be what this study aims to understand while exploring the perception of SHS students on the utilization of cameras in ODL. This study used qualitative research and utilized Phenomenology as its research design. It involved five Senior High School students and a school administrator from St. Mary's College, Quezon City, for School Year 2021-2022. Findings showed the students' awareness of the different policies implemented in the school and the reasons for their implementation, the problems encountered by the students, and the willingness to comply with the camera guidelines. Students know that compliance with the policy on enabling cameras is essential. Still, students opt not to comply with the policy due to various struggles they encounter when attempting to do so. Struggles included technical issues and the student's home environment. Students also consider presentability and appearance before enabling cameras. Personal awareness, conscience, and character prompt students to utilize cameras. Motivation from teachers and strategies of teaching were cited for effective participation.

Keywords: Online Distance Learning, Cameras, Student Compliance, Discipline, Basic Education

Program Evaluation of Teacher Education (Bachelor of Elementary Education) Program in St. Mary's College Quezon City

Ruth A. Salazar, Charisa C. Dumlao, Dr. Gloria A. Peralta, Dr. Imelda A. Macaraig, Ms. Lina Mercado

Abstract

Due to the Philippine K-12 Curriculum, Teacher Education Programs were revised. He was referring to the CHED Memo Order No. 74 s. 2017, the Bachelor of Elementary Education (BEEd) now has 152 units.

Changes in the curriculum are only part of the Teacher Education Program at St. Mary's College Quezon City. Inactive for more than two years, partly due to the COVID-19 pandemic, it would be interesting to know the current status of the BEEd program.

The College Department may use the research output to improve the BEEd program. Other colleges and universities may also gain insight from this study. A mixed method of qualitative and quantitative research was used. Patton's UFE checklist was used in the evaluation of the BEEd program. Respondents were the faculty members, students, alumni, and stakeholders. Survey questionnaires were developed and encoded in MS 365 Forms for easy online dissemination. Students were asked about the relevance and adequacy of the subjects in the BEEd program. Some considered NSTP 1, NSTP 2, PE (Social Dance), Electives, and Teaching Multi-grade classes relevant to some extent or somewhat inadequate. The student respondents highly recommend Digital Technologies to replace irrelevant and inadequate subjects—Community Engagement, Teaching Blended Classes, and Teaching in the New Normal. The third subjects are Teaching Online Distance Learning, Assessment in Blended Classes, Assessment in Online Classes, and English Plus. The fourth group of subjects are Home School Partnerships and Personalized Learning.

Internet disruptions were also encountered.

Keywords: Mixed methods research, Qualitative research, Quantitative research, Patton's Utilization-Focused Evaluation, Online Learning, Blended Learning, Elementary Education, Teacher Education, Preservice

A Qualitative Study of the Use of 10-Minute Breaks in Face-to-Face and Online Classes

Rans Jacob Z. Tarun, Jade Irish R. Maquinto, Loreen Jea S. Silverio

Abstract

St. Mary's College, Quezon City, introduced Online Distance Learning at the start of the school year 2020-2021 to their students. With the new and adjusted way of learning, St. Mary's College, Quezon City, decided to implement a 10-minute break, to help students to have a screen break. At the beginning of the school year 2022-2023, St. Mary's College Quezon City resumed offering face-to-face classes to its students, and these 10-minute breaks were retained. Thus, this study aims to determine if the 10-minute break is being appropriately implemented and its effectiveness in face-to-face and online learning. The researchers utilized Microsoft Teams to gather data and conducted an online interview on the said online platform. The researchers then chose purposive sampling among the Senior High School students at St. Mary's College, Quezon City. They could interview 4 Senior High School Students; two came from Grade 11 and two from Grade 12, 2 Teachers, and 1 Administrator at St. Mary's College, Quezon City. The method of triangulation was used to understand and validate the data. With all the gathered data, the researchers found that the students and the teachers have a different perspective regarding implementing the 10-minute break. While the teachers' perspective on its effectiveness remains positive, the participating students perceived otherwise due to the inconsistency of the teachers' implementation. With this, the 10-minute break's purpose and effectiveness remain open for discussion.

Furthermore, all the informants found the 10-minute break helpful, considering that students and teachers use it to rest and prepare for the next class. The 10-minute break allows individuals, students, and teachers to maximize and utilize it accordingly. The proponents of this study found that teachers consistently implemented the 10-minute break and deemed it practical, while students found the implementation inconsistent. However, students and teachers used the break in helpful ways, and there was no significant difference in its implementation between online and face-to-face classes. The study also clarified the purpose of the 10-minute break and its part in the schedule, which is self-paced learning.

Keywords: 10-Minute Break, Face-to-face Learning, Online Learning

Analyzing the Adjustments from Online Distance Learning toward Full Face-to-Face Learning as the Updated Learning Modality for SHS Students of SMCQC

Juan Lucas Antonio Buenaflor, Ryan Arnold G. Gerardino, Jose Antonio Miguel T. Lopez, Lorenzo Ma. Noel D. Poresores, Paolo Justin P. Sison

Abstract

St. Mary's College Quezon City complies with the released DepEd Order No. 34, s. 2022 mandating all public and private schools to transition to Full Face-to-Face instruction led the researchers to conduct this study. The change in learning modality for Senior High School students has brought various considerations necessary to adjust to the new learning environment smoothly. This study will consider the adjustments made by the students from Online Distance Learning toward Face-to-Face Learning. The study operated through a quantitative approach, precisely, a descriptive design using a survey method. The study involved 80 students, with 40 students coming from Grades 11 and 12 levels selected via stratified random sampling. Data showed that students had adequate knowledge of essential announcements and were initially prepared to comply. In addition, the students considered factors that require financial or material resources rather than psychosocial and geographical factors as they transitioned toward the updated learning modality. Though highly motivated, the students found difficulty adjusting to participating in school activities and socialization and saw improved academic and daily performance.

Keywords: face-to-face learning, learning modalities, online distance learning, learning styles

Preferences of Grade 12 Students on Note-taking

Jewell Margaret A. Juan, Jaden Bruce Khryler E. Madrid, Arianna Marie B. Negranza, Jade Samantha Clarisse A. Tan

Abstract

Note-taking during each lecture helps you remember vital information and is a practical requirement for academic success. The conventional way to take notes is on paper, but as technology develops, more options, such as digital notes on online platforms, become accessible.

The study's primary goal is to use survey data to assess students' note-taking preferences based on their overall usage, which includes the frequency of notebook usage for handwritten notes and device usage for digital notes. Whether students opt for these note-taking methods for their convenience and motivational effect depends on how well they adjust to the return of in-person teaching. This study used descriptive quantitative research to highlight particular study frequencies, trends, and categories using a variety of statistical tests of the learners' preferred note-taking methods, whether handwritten, digital, or both. The survey included 70 Grade 12 students. The researchers used statistical techniques such as frequency counts and mean. The results showed that 67% of respondents preferred traditional note-taking, while 16% preferred digital. The traditional approach excelled in motivational impact through comprehension, comfort, concentration, convenience in revision, and note interpretation. However, there was an improvement in productivity and ease of access and navigation. With only 4% of respondents favoring digital note-taking and 41% favoring both modes, most respondents still favor traditional note-taking. The study confirms Mueller and Oppenheimer's 2014 findings that handwritten notes were preferred by students over digital notes, with traditional note-takers writing less than those who used a laptop or other device.

Keywords: handwritten note-taking, digital note-taking, study habits

Understanding the Perceived Impact of Online Distance Learning (ODL) on Student's Academics

Josh E. Caasi, Geneir Martin S. Espada, Sophia Isabelle B. Paypon, Reine Lindsey B. Villanueva

Abstract

The study focuses on the different habits and perspectives of Grade II students from each strand following and before the implementation of Online Distance Learning in St. Mary's College Quezon City. It aims to reveal the effects of online distance learning on how students handle their academics, study habits, grades, and even their class participation. Five students from each strand were chosen for the interview. The researchers used a questionnaire as a guide for interviewing the respondents. The respondents were asked for their consent to undergo the interview and to be recorded. The whole interview process was done through MS Teams via voice call. The study shows that most students struggled to adjust to the newly implemented online distance learning. In terms of their academics, study habits, grades, and even class participation, the results show that the implementation of online distance learning had some good and some harmful effects on the different aspects of their education. The study results showed that this implementation has opened the way for students to be skilled and knowledgeable in digital art and has helped them overcome their fears or become more confident and comfortable in class. On the other hand, the expected workload has made some students burn out. Some became less inclined to do their academics due to easy Internet and social media access.

Keywords: Online Distance Learning, Habits, Face-to-Face, Academics, Perspective

Impact of Parental Involvement in Students' Homework

Agnes Aso, Maria Imakulata Gowa

Abstract

Parents are often involved in their children's education through homework which can be a powerful tool for telling parents what their child is learning. This study is focused on understanding why parents are involved in their children's homework and what strategies they employ in the engagement process. The study used a survey questionnaire that focused on the impact of parental involvement on students' homework issues. Survey questionnaires were distributed to the parents, students, and teachers through MS Teams and e-mail. The result reveals that parental involvement affects students' learning. It also suggests that parents engage in students' homework because they believe their involvement will make a positive difference and help their child's academic performance. Parental involvement activities take many forms, from building structures for homework performance to developing student learning. The recommendations focused on the process and the outcomes of parental homework engagement offered for their children, as well as suggestions for school practices to increase the effectiveness of parental involvement in students' homework.

Keywords: Impact, Parental Involvement, Homework

A Comparative Study of the Academic Performance of Intermediate Grade Learners in a Group Study and Personalized Learning Approach

Kim Cyris M. Dapito, Mary Joy B. Marin

Abstract

Different approaches to learning have a vital role in students. Some learners prefer to study in groups where they can experience collaboration and brainstorming with their peers. Some are more comfortable when it comes to studying by themselves. It is essential to know the preferred approach of the students for the teachers to quickly accommodate what they need and what should be focused on. This research holds significance to intermediate learners, for they are involved in experiencing group study approach and personalized approach. This study was conducted to determine the difference in the academic performance of intermediate-grade students using individual (personalized) learning and group study approach. A descriptive research design was adopted utilizing a researcher-developed questionnaire. Data collected were analyzed using frequency, percentage, ranking, and weighted mean. The forty-five (45) survey respondents were learners of St. Mary's College, Quezon City, school year 2022-2023. Data analysis revealed that respondents see group study as a collaboration of a group of students learning together to improve their social skills. At the same time, the personalized approach aims to develop the learners' skills, needs, interests, and talents or more on self-assessment and self-development. The majority of the respondents prefer to study in groups. They find themselves more confident in sharing their ideas with their group mates. With this, students are encouraged to continue to engage in group work. The teachers must give more exciting and relevant group activities and continue guiding the students. At the same time, the parents need to guide their children and give them support and assistance in monitoring their learning.

Keywords: Academic performance, personalized learning approach, group study approach, learners

The Effect of Online Classes on the Physical Health of Students

Leonarda Ita

Abstract

In 2019, everything changed due to the COVID-19 virus. The education system drastically changed, and students and teachers were asked to do the learning and teaching process online. This study aims to determine the effect of online classes on the student's physical health. It uses the descriptive research method with college students who are members of the Missionary Sisters of the Blessed Sacrament (MSBS) as the respondents. A survey questionnaire explores the difference between online and face-to-face classes, their advantages and disadvantages, and their effects on students' physical health. The study results reveal that online and face-to-face classes differ in student participation, contact hours, expenses, and workload. The study also shows that in face-to-face classes, discussion occurs in a restrictive environment of a physical classroom. In online classes, homework, research papers, labs, etc., are typically submitted to the instructor in person. Lastly, online classes, which requires students to stay in front of a computer for long hours, make students suffer from headache.

Keywords: Online class, Physical health, lifestyle, pandemic

EDUCATIONAL MANAGEMENT

Determining the Student's Time Management

Jed Bangayan, Marriel Soriano, Paolo Serrano, Daniel Tan, Aedan Legarte

Abstract

This study aimed to understand the preferred learning modality of Senior High School Students in St. Mary's College Quezon City regarding their time management. After two years of Online Distance Learning, the change in learning modality, from online to in-person learning, may affect the students' time management skills as they adjust to the new learning modality. The data gathering was conducted on October 11, 2022; 60 respondents were divided into two, acquiring 30 respondents from Grades 11 and 12 Senior High School students. The Senior High School Students in St. Mary's College Quezon City imply that most of them often manage their time., However, they also said they delay their schoolwork due to low motivation. Most Senior High School Students prefer face-to-face more than Online distance learning. Most Senior High School Students can manage their tasks and meet their deadlines, but with the changes around them, they face obstacles that affect their time management.

Keywords: Learning modality, Pandemic, Time Management, Motivation

Teacher's Perspective on their Compensation and Workload at SMCQC

John Vincent P. Samson, Lorenzo Ruiz Sangalang, Amador Trazo Jr
Jose Mateo Rafa

Abstract

Studies often focused on underpaid public school teachers, and only a few have tackled private school teachers, even though there are almost 300,000 private school teachers among the 800,000 teachers of the Department of Education (Mark Anthony Llego, 2020). Thus, the researcher aims to identify or determine if private school teachers, specifically teachers from St. Mary's College of Quezon City, are also underpaid. The study's sample consisted of six (6) teachers from St. Mary's College of Quezon City who have three or more years of service as a teacher. Qualitative interviews were done to gather their insights. It was found that some teachers felt that they were not adequately compensated as their salaries did not keep up with the inflation rate. Others mentioned that their workload was reasonable if they worked within the stipulated time frame. Informants also suggested that the government should provide more support to private schools to ensure that teachers receive salaries comparable to those in other professions. Teachers' compensation is enough to keep up with daily living costs, and SMCQC compensation is higher than most private schools. However, a teacher usually works overtime and beyond the schedule because of the workload.

Keywords: Education, Private School Teachers, Workload, Compensation, Salary

Grade 12 Students' Opinions on the Possible Implementation of the Mandatory ROTC

Justin Joel A. San Pedro, Carlo Adrian M. Soberano, Tristan Aaron C. Te,
Jerome O. Fernandez

Abstract

ROTC is military training for reservists or civilians that will be called upon during wars or emergencies. Different government officials are set on reviving the implementation of mandatory ROTC, so it is vital to know the opinions of Grade 12 students at St. Mary's College Quezon City who may become affected by it.

In an article from ABS CBN news, President Ferdinand "Bongbong" Marcos Jr. also aims to revive the mandatory military training for senior high school students stated in his State Of The Nation Address in Congress. The Philippine Defense Department spokesperson, Arsenio Andolong, stated, "The proposed revival of Reserved Officer Training Corps (ROTC) in Senior High School will greatly enhance our efforts to orient and prepare our youth for national defense preparedness and disaster response." Sixty-Eight (68) respondents answered a short survey through MS Forms and used a link to distribute the form. All the Grade 12 students during SY 2022-2023 of St. Mary's College, Quezon City, could join the survey. Very few respondents agreed with the possible implementation of mandatory ROTC in schools, while most strongly disagreed or disagreed. The remaining few were undecided.

All students would agree that mandatory ROTC will have drawbacks. Given what happened and how mandatory ROTC was a source of violence, it is inevitable. The study demonstrates that the controversial history of the mandatory ROTC program continues to haunt students until this day. Recommendations include applying for the NSTP program instead of mandatory ROTC, so the acts of service towards the country are kept while not forcing students to a mandatory ROTC program they do not wish to participate in.

Keywords: ROTC, primary education, military training, youth

Face-to-Fear: Understanding the Views of Students, Parents, and Teachers on the Return to Face-to-Face Classes During the Pandemic

Jaden Bruce Khryler E. Madrid, Maria Eloisa V. Sapaula, Zcharina Alexa G. Subo, Jade Samantha Clarisse A. Tan

Abstract

Online Distance Learning (ODL) became the new normal for schools amid the COVID-19 pandemic. After adjusting to this learning modality for a year, the Department of Education (DepEd) considered the resumption of face-to-face (F2F) classes. This study aimed to reveal the readiness and understanding of students, teachers, and parents in resuming F2F classes. Phenomenological Qualitative research was utilized to provide an in-depth understanding of students' and parents' and teachers' experiences in ODL and F2F classes and to measure the pandemic's impact on the educational system. One-on-one interviews were conducted with two students, two parents, and two teachers from St. Mary's College Quezon City's (SMCQC) Senior High School Department via Microsoft Teams meetings. Findings showed that students and teachers are more inclined to F2F classes in terms of education, while parents prefer ODL to monitor their children more closely. This shows that parents' priority is their children's safety. For the school administration, it was recommended to investigate the educators' teaching competence through both learning modalities and to consider further developments in monitoring the mental well-being of both students and educators.

Keywords: COVID-19 pandemic, face-to-face classes, learning modality, online distance learning, Senior High School

Understanding the Perceptions of College Students on Life During and After a Pandemic

Justin Joel A. San Pedro, Carlo Adrian M. Soberano, Tristan Aaron C. Te,
Jerome O. Fernandez

Abstract

It has been observed that because of this, Filipinos can't wait for the pandemic to end, as people began making the most out of their recent time going out after the loosening of the Covid restrictions in early November 2021. As seen by going outside and the recent news item of November 2021, things are slowly returning to normal, with people often going out with their whole family doing Christmas shopping or conducting family gatherings in different public places. The study aims to understand more about the perception of students on their life after the Covid 19 Pandemic and to be more conscious of their perspective on what the future holds for them.

The study was conducted last January 8-15, 2021. Six students were selected with purposive sampling with the criteria of being a college student. Interviews were the means of gathering information. Results reveal that each college student had an amicable life before the pandemic. The researchers better understood how college students adapted to the new normal. Each participant had acquired a skill or made a realization amidst the Covid-19 pandemic. When asked about their life before the pandemic, an observed commonality among the participants is that they would prefer the old normal to the new normal. The participants also miss the old setting of being around people, able to interact with others physically, not only through an online setting.

The study was able to help the community, for it gave way to a better understanding of the experiences and views of students on the situation during and life after the pandemic. It could be recommended to instill activities for the school that could help build bonds and relationships among students amidst the struggle of the current situation. The learning modality of face-to-face classes is necessary to have holistic development and uplift the spirit of learning among students.

Keywords: Prediction, Situation after Pandemic, Social Interaction, School

Analysis of the English-Speaking Skills of College Students of St. Mary's College, Quezon City

Angel Meche B. Lugnasin

Abstract

English is the universal language to communicate with people. It is learned all over the world, including the Philippines. Learning English includes listening, speaking, reading, and writing skills. Speaking is one of the most necessary skills that must be learned and mastered by students. This study aims to discover the students' speaking skills at St. Mary's College, Quezon City. Using the descriptive quantitative research method, the research describes and analyzes the students' capabilities in speaking English, their everyday problems, the factors and causes of their difficulties, and their fluency in speaking. The results of the survey responded to by 38 college students show that college students can communicate using the English language. The common problems they encounter are grammar mistakes, fear of making mistakes, and lack of confidence. Factors and causes of English language difficulties include grammar problems, lack of vocabulary, and use of code-switching in class or public settings. Solutions or strategies offered by the respondents to help students cope with their speaking difficulties or improve their speaking skills include more reading time to enhance vocabulary and oral reading to develop pronunciation. These findings show that students still have many problems in speaking English. Therefore, teachers must consider practical strategies to help students overcome difficulties and enhance their speaking skills.

Keywords: Speaking skills, Speaking difficulties, Fluency, Code-switching

**Performance of the Graduates in the Licensure Examination for Teachers
of St. Mary's College, Quezon City**

Dr. Gloria A. Peralta, Dr. Archieval L. Rodriguez

Abstract

This study determined the performance of the Education graduates in the Licensure Examination for Teachers. The descriptive design was utilized to describe the performance of the Bachelor of Elementary Education and Bachelor of Secondary Education graduates. This research also used documentary analysis since the study determined the LET performance of the BEED and BSED graduates who were first-timers in taking the LET. To answer specific questions raised in the statement of the problem, mean, T-test, and ANOVA were used for data analysis. The results revealed that the school's average passing rates were higher than the National Passing Rates from 2014-2022. Thus, effective delivery of the curriculum was evident.

Keywords: Performance, documentary analysis, passing rate, delivery, curriculum

Part-Time Job: Academic Skill Enhancer Among College Education Students

Phan Thi Mai Houng

Abstract

The purpose of this study was to investigate the experiences of working while studying. This study used the descriptive research method and survey research design to gather the needed information. The participants' responses on their perceptions about working while studying confirmed that financial support, self-development, and internal motivation to integrate theory and practice were among the driving forces of working while studying. The findings also showed the participants have a cheerful disposition and effective time management. Moreover, it showed that the effective ways of having a part-time job while studying are through good time management, improved academic skills, and self-reflection.

Keywords: Part-time job, Skill enhancer, Working students, Time management

**Assessment of the Utilization of MS Teams in the College Department
of St. Mary's College, Quezon City: Basis for an Improved Virtual
Classroom Experience**

Roel P. Masongsong, Jomarie P. Encluna

Abstract

This study employs an action research approach to critically evaluate the utilization of Microsoft Teams within the College Department of St. Mary's College, Quezon City, to identify opportunities to enhance the virtual classroom experience. The problem statement of this research is centered on determining the effectiveness of Microsoft Teams as a tool for virtual instruction. The study addresses four sub-problems: the identification of which MS Teams features are utilized by the college faculty, the frequency of use of these features, the level of proficiency in utilizing MS Teams, and the overall effectiveness of MS Teams in virtual instruction as perceived by the college faculty. The research employs a descriptive quantitative methodology gathering data from twenty-eight (28) college faculty through a questionnaire. The data are analyzed through frequency distributions and weighted mean calculations. The study shows that the college faculty primarily use MS Teams features that facilitate communication and collaboration between students and teachers and promote sharing of information and materials. This finding informs decisions about implementing and integrating technology within the virtual classroom.

Keywords: Utilization of MS Teams, Virtual classroom, integration of technology

HEALTH AND SCIENCE

**The Relationship of Body Mass Index and Screen time of Junior High School students
in St. Mary's College Quezon City of SY 2022-2023**

Jared K. Cuevas, Joshua C. Montano, Riese P. Rivera, Jose E. Tena

Abstract

Technology has increased over the past century, from machinery to human health. With that came the modern digital world and the internet. The traditions of playing outside have been replaced with the Internet. With that, the discussion of health-related effects of such, especially those born during immense technological advancement, has also increased. Much lengthy research about the correlation of Physical activity to Screen time exists. Many such face different results, whether there is a correlation or not. The Research Design utilized is Exploratory. The Research Instruments used are Microsoft Forms, Consent Forms, and Microsoft Teams. Population and Sampling Fifteen (15) students were selected from each Grade 7 to 10-grade level of St Mary's College Quezon City. All informants were chosen through purposive sampling, and all agreed to be respondents by signing the consent form in the survey. Reaching/messaging of participants was done using Microsoft Teams. The average BMI of a JHS student is 22.375, which sits within the scale of 18.5 to 24.9; the average Screen time hours per day of a Junior High School student is 10.58 hours. Grades 7 and 10 coefficient results were remotely the same; however, results for Grade 8 were different because it was shown in the results that there were negative or no correlations at all, meaning that (Higher BMI = Lower Screen Time). In Grade 9, I Was the opposite. Their coefficient results were higher than average (Higher BMI = Higher Screen Time). However, after averaging all the coefficient results, In (Figure no. 15), we can see that the overall coefficient result of the entire JHS of their BMI and ST hours resulted in 0.085504523; it shows that there is a positive to no correlation because the number is closer to zero that it is close to positive 1. The average BMI of the JHS is 22.37, with an average ST hours of 10.58 hours. It is seen that the coefficient result of the entire JHS's BMI and ST hours is 0.085504523, which shows a slight positive (closer to positive 1) correlation yet a closer digit to 0 which shows that the correlation of BMI and ST of the JGS students shows little positive to no correlation at all.

Keywords: BMI, Screen time, Physical Health, Adolescent

Understanding Junior High School Students' Experience and Perception of the Pandemic after Receiving COVID-19 Vaccination

Joshua Clarence C. Montano, Ahron Pocholo P. Cruz, Justin Angelo B. De Mesa, Ian Joseph Estanislao

Abstract

Vaccination plays a vital role in improving and maintaining public health. With the rise of COVID-19 cases, researchers composed a study on the experiences and perceptions of Junior High School students after receiving their vaccines. Researchers used students' experiences to help the government and barangay officials establish better protocols. Given that many individuals are vaccinated, and COVID-19 cases are still increasing, the perception of individuals about the vaccine must be determined to imply extra precautions. The participants were interviewed using Microsoft Teams, and the researchers also asked the informants for their Vaccination Cards to check their validity status during the interview.

Informants stated that the reason for obtaining the COVID-19 vaccine is to reduce their chances of catching the virus. Having the COVID-19 vaccine provided them peace in terms of transmission. Informants anticipated that high-level lockdowns would be reduced after getting the COVID-19 vaccine and availability to face-to-face classes would continue. On the other hand, the informants' perception of the COVID-19 virus is that they were more confident that the COVID-19 vaccine would benefit them. The gathered information about students' experiences can develop the systematic vaccination distribution process.

Keywords: Vaccine, Covid-19

**Perspectives of Senior High School Students, Parents, and
Personnel on the School Health Protocols During Face-to-face
Classes**

Joseph Len Benedict C. Silva, Maria Lorraine C. Constantino, Ciara Sophia M.
Gascon, Shannia Louise A. Ramirez, Chanel G. Taylor

Abstract

After two years under the Online Distance Learning modality in the Philippines, students are finally returning to schools amidst the pandemic, and schools have implemented protocols to ensure the safety of learners. With face-to-face gradually being implemented in SMCQC, the school's protocols must be effective. This research aims to find out the perceived effectiveness of the protocols. This study focused on the various health protocols implemented in St. Mary's College Quezon City during the return to face-to-face and hybrid learning for the school year 2022-2023 in dealing with the COVID-19 pandemic. The study was conducted through interviews with six informants chosen by the researchers through purposive sampling, specifically two students, two personnel, and two parents of the SMCQC community. The researchers had the following criteria: The informants must have experienced COVID-19 during the school year, whether close contact or a confirmed positive case. The informants must also be in the Senior High School area, such as students in Grades 11 to 12, or closely involved with the SHS, such as parents and personnel. The study found that the informants mostly had a positive outlook on school health protocols. All the informants gained access to the information regarding the protocols in many ways, leaving none of them unaware of the situation and guidelines applied. One issue involved was upholding the protocols through the Health Declaration Survey, which personnel struggled to track and informants needing help complying with. Overall, The informants expressed that the health protocols made SMCQC safer and felt that most measures implemented effectively dealt with the pandemic. The guidelines SMCQC implemented were deemed to effectively respond to the pandemic, making the school a safer learning environment. A study before this found concerned parents on face-to-face modality's safety, contrasting this study's result of positive feedback from parents who have experienced it. A limitation found in the study noted having a small sample size. Future research on the topic could reach out to more informants, especially to other grade levels, once they also partake in the modality.

Keywords: Health Protocols, School Safety, Face-to-face Classes, Pandemic, Senior High School

**COVID-19: The Preferred Method of Testing of Senior High School Students,
Parents/Guardians in St. Mary's College, Quezon City**

Charmaine C. Castro, Ella Katrina A. Ladines, Ariane Faye B. Lee, Bea Laurrainne T.
Tabuso

Abstract

Most studies conducted about COVID-19 testing methods mainly focused on the medical and scientific aspects, but only a few explored the awareness and preferences of individuals on it. This research will assess which testing method is worth the cost of COVID-19 testing in the community, particularly in schools with full face-to-face classes. This study will be significant since it aims to improve the regulations of facilities with close physical contact regarding which COVID-19 testing method should be utilized as clearance. Respondents for the study were the parents/guardians of Senior High School students in St. Mary's College, Quezon City. The stratified random sampling represented at least half (50%) of the targeted population. The data collection was done by researchers from October 7 to October 14, 2022. It was discovered that most of the respondents are aware of both the RT-PCR testing method and the nasal Ag-RDT method. Most respondents used the nasal Ag-RDT and RT-PCR or only the nasal Ag-RDT. The cost rating of the RT-PCR testing method is somewhat expensive compared to the nasal Ag-RDT method, which is somewhat affordable. For the parents/guardians, the perceived effectiveness of both COVID-19 testing methods is moderately effective. For availability, the nasal Ag-RDT method is available most of the time, while the RT-PCR testing method is available some of the time. With 60% of the total responses, the RT-PCR testing method was the preferred COVID-19 testing method of the respondents. This study aims to benefit parents/guardians, schools, the Department of Health, and future researchers.

Keywords: COVID-19 testing methods, RT-PCR, Ag-RDT, parents, school

LANGUAGES AND LINGUISTICS

Understanding the Politeness Approach of Cebuano Millennials

Danielle Banal, Sheema Bautista, Shawn Ng, Myca Pascasio, Maegan Soriano

Abstract

It has been observed that Filipino cultural practices, particularly the use of *po* and *opo*, are still present in the twenty-first century in the younger generation, also known as Gen Z, which are children born in 2000 or later (Galupo, 2019). Practicing the use of *po* and *opo* is known to be part of ethical communication to show politeness to older individuals and deemed impolite to be younger and not use the words *po* and *opo* when speaking to elders or in authority (Cafe, 2022, p. 102). However, not every Gen Z Filipino use these polite expressions, especially since these may not be part of their dialect, such as the Cebuano dialect. The research aimed to discover how Cebuanos show politeness even without *po* and *opo*. The data gathering used was a semi-structured interview that worked with open-ended questions and probing questions to explore their responses further. Six (6) Cebuanos aged 11 to 26 years old were interviewed as they are considered part of Gen Z. The findings of this research is similar to the study of Cabanding & Varua (2014), in which they found that the Aeta community may also not be using the practices *po* and *opo* and doesn't have any equivalent terms of it, but they have other polite terms they use which is "ma'am" or "sir" when approaching someone. Most respondents felt obliged to use these expressions when talking to non-Cebuano speakers. Some said they have not yet experienced being called out, although some have been scolded for not using these words. Cebuanos have a different way of addressing or expressing politeness to other people compared to other regions, such as the people from Luzon. However, due to the influence of the media, internet, and relatives, some Cebuanos still manage to practice *po* and *opo*.

Keywords: Politeness, Language, Po & Opo, Practices, Zillennials

WiFi Connected! (Connected through the Filipino Language): The Causes and Effects of the Utilization of the Filipino Language in Social Media of Selected Grade II Students from St. Mary's College, Quezon City, School Year 2021-2022: A Qualitative Study

Max Lorenz Dela Peña, Charmaine C. Castro, Ariane Faye B. Lee, Bea Laurrainne T. Tabuso

Abstract

Simula noong magkaroon ng pandemya, ang paggamit ng hatirang ay naging laganap. Sa pag-usbong ng makabagong teknolohiya, nagkakaroon ang mga tao ng kalayaan at kaalaman dahil sa aktibong paggamit nito. Ang wika ay nakatulong sa komunikasyon upang mapagbuklod at mahikayat ang mga tao upang makapagpahayag ng damdamin at maipakita ang pagiging malikhain. Sa pamamagitan ng pananaliksik na ito, maisisiwalat ang mga dahilan kung bakit ginagamit o hindi ginagamit ang wikang Filipino ng netizens, partikular ang kabataan, tuwing nagpapaskil o nakikipagtalastasan gamit ang hatirang pangmadla. Ang mga mananaliksik ay nangalap ng datos sa paggamit ng kwalitatibong pamamaraan. Ang pananaliksik na ito ay gumamit ng purposive sampling sapagkat nakabatay ang pagpili ng mga tagatugon sa mga pamantayan ng mga mananaliksik. Ang mga datos ay nakalap sa pamamagitan ng paggamit ng Microsoft Teams Video Conferencing at Microsoft Forms. Ang mga mananaliksik ay nagbigay paalala gamit ang consent forms na ang mga nakalap na impormasyon mula sa mga tagatugon ay para lamang sa naging kabuoan ng pananaliksik. Panghuli, walang anumang bias ang naganap sa pagkalap ng mga datos at impormasyon sa gawaing pananaliksik na ito. Mula sa mga datos na nakalap, nahahati sa wikang Ingles at wikang Taglish ang nakitang wika na nakapaskil sa mga hatirang pangmadla ng mga tumugon. Karamihan sa mga tumugon ay kadalasang gumagamit ng wikang Ingles kaysa sa wikang Filipino. Ayon sa mga tumugon, ang pangunahing dahilan kung bakit nila ginagamit ang wikang Filipino ay dahil sa kasanayan, pagiging komportable sa wikang ito, paggamit ng madla at kausap, at pakiramdam ng pagiging Pilipino. Sa kabilang banda, ang hindi pagkakaroon ng kaalaman sa paggamit ng wikang Filipino at pag-unawa nito ang karaniwang dahilan ng hindi paggamit ng mga tagatugon ng wikang Filipino sa ang hatirang pangmadla. Ang mga datos mula sa mga tagatugon ay nagpapakita ng hati ng opinyon sa paggamit ng wikang Filipino sa hatirang pangmadla. Ang paggamit ng alinmang wika ay nakadepende sa sitwasyon na kinabibilangan nito at ang mga salik na nakakaapekto sa kung anong wika ang gagamitin ng tagatugon na maaaring personal o epekto ng kapaligiran na kanyang kinabibilangan.

Keywords: Wikang Filipino, Wikang Ingles, Hatirang Pangmadla, Makabagong Panahon, at Pakikipag-ugnayan

SHS Students' Usage of Paraphrasing Applications for Academic Activities

Louise Jaina L. Vicente, Portia Trisha B. Gamiao, Carmela Mae M. Tizon,
Hilary Mikyla Keith L. Josef

Abstract

Studies have shown that technology can be beneficial for literacy development. Online paraphrasing services are in high demand in producing academic outputs and demonstrating fluency in writing and research.

However, if used frequently, humans may become reliant on them. Enago Academy warns that the future of academic integrity is jeopardized when electronic tools are programmed to supplant authentic academic writing.

In this study, the researchers aim to discover how SHS students use paraphrasing software for academic activities/requirements. The study operated through a quantitative approach and made use of statistical analysis.

Stratified random sampling was utilized in this study. 80 Grade 11-12 students of SMCQC for S.Y. 2022-2023 were involved in the study. They were branched into: Users and Non-users of paraphrasing applications. It was found that users use paraphrasing apps almost always, particularly in English and Research activities. Reasons for their use, among others, were centered on producing quality outputs. However, some have experienced disadvantages and risk factors in using these apps. They were confident in producing outputs without paraphrasing applications in the face-to-face setting.

For non-users, it was found that issues concerning unfamiliarity, fear of academic misconduct, and wanting to hone their writing skills were the respondents' reasons for not using these apps. Some have pointed out the disadvantages and risk factors that influenced their decision. When asked about their willingness to use the apps, most said they were somewhat willing. They were also very confident in producing outputs without paraphrasing applications in the face-to-face setting. The study conducted among SHS students revealed that these tools are used to assist with research, presentations, essays, and other writing activities. Most students prefer traditional learning materials and online paraphrasing tools to improve their writing skills and vocabulary and express their understanding of sources.

Keywords: paraphrasing, academic integrity, artificial intelligence, plagiarism

The Benefits of Oral English Communication on the Academic Performance of Foreign MSBS Students

Nguyen Thi Hong Thuy

Abstract

This paper investigated the benefits and effects of oral English communication in the student's professional life and academic endeavors. It also tackled problems encountered by the respondents, composed of international students from the Missionary Servant of the Blessed Sacrament (MSBS) Congregation. The data collected was statistically analyzed. The findings reveal that the respondents' significant problems in oral English Communication relate to low income, environment, and psychological factors that affect confidence in English communication. The need for language support after admission and the selection and delivery of course materials are discussed in conjunction with the research findings. This leads to recommendations for institutions whose primary goal in using English is to increase proficiency.

Keywords: Communication, Academic performance, Academic promotion

MARKETING

SanaAll: Perspectives, Reasons, and Sentiments of Staying in SMCQC of Selected Students in Grades 7 and 11, Academic Year 2021-2022: A Qualitative Research

Juan Lucas Antonio Buenaflor, Ryan Arnold G. Gerardino, Lorenzo Ma. Noel D. Poresores, Paolo Justin Sison

Abstract

Ang batas ng pamahalaan na K to 12 Curriculum ay kung saan nagkaroon ng ika labing-isa at labing-dalawa na baitang sa buong institusyong pang-edukasyon na tinatawag na Senior High School. Saklaw ng batas na ito ang pampubliko at pribadong paaralan na naglalayong mabihasa pa ang mag-aaral at naglalayong makasabay sa curriculum na base sa international standards. Ang St. Mary's College, Quezon City ay isa sa mga pribadong institusyon na sumunod sa pagsasagawa ng K to 12 Curriculum. Dahil sa kurikulum na ito ang mga estudyante na nakapagtapos ng JHS ay mamimili sa academic track tulad ng STEM, ABM, HumSS, at GAS na syang napagdesisyunan ng paaralan na syang maging strand ng mga mag-aaral sa SHS. Ang disenyo ng isinagawang pananaliksik ay sa paggamit ng penomenolohiyang uri ng pananaliksik na kung saan pinagtuunan at pinag-aaralan ang mga karanasan, salik, at pananaw ng mga mag-aaral at magulang ukol sa pagpili at pagdesisyon ng mananatili ng kanilang mga anak na nag-aaral sa SMCQC. Naglalayong maanalisa at makita ang kanilang pananaw na nakakaapekto sa mga desisyon ng mga tagatugon sa pananatili sa nasabing institusyon. Ang layunin ng mga mananaliksik ay makahanap ng malinaw na kasagutan kung bakit mas magandang manatili sa nasabing institusyon.

Pamantayan na ang mga mag-aaral na napiling pagtuunan ng pananaliksik ay ang mga nasa ika-11 baitang na kasalukuyang nag-aaral sa St. Mary's College, Quezon City sa pununurang taon 2021-2022. Sila ang napiling tagatugon sa kadahilang sila ang maaring makinabang sa kinalabasan ng pananaliksik at ang kanilang mga kasagutan ay maaring maiparating o maipahiwatig sa susunod na panuruang taon. Batay sa natapos na panayam, ang kalidad ng edukasyon sa SMCQC ang pangunahing dahilan kung bakit nanatali ang mag-aaral at naniniwala ang ibang respondante na praktikal ang desisyon manatili sa SMCQC. Dagdag pa rito, maganda ang kasalukuyang kalagayan ng mga mag-aaral sa kadahilanan na mas nalilintang ang kanilang kakahayang gumamit ng makabagong teknolohiya at naging saksi sa mga magaganda at makabuluhang programa ng SMCQC. Sa nakalap na datos ng mga mananaliksik, naipaliwanag ang mga pananaw, dahilan, at saloobin ng pananatili sa SMCQC ng ilang piling mag-aaral. Bilang karagdagan, nabigyang pansin ang kalagayan ng mga tagatugon at ang mga rekomendasyon nito upang mas makahikayat pa ng mga mag-aaral at magulang manatili sa SMCQC.

Keywords: K to 12 Curriculum, penomenolohiyang, marketing and promotion Saklaw,

MASS MEDIA

A Qualitative Study of Understanding Misinformation in Senior High School Students

Dianne Jane Bertos, Bianca Maurize Ronquillo, Clyde Dexter Villota, Aanish Kamal

Abstract

The researchers aimed to learn how misinformation is spread and to know the possible answers to how it may be stopped. The research is beneficial, especially to today's generation, as they would learn more about the methods used to spread misinformation. Informants were (6) Senior High School Students from St. Mary's College Quezon City who have been social media users for at least 2 years and experience being a victim of misinformation. The researchers found out in the study that the Senior High School respondents were misinformed in their younger years and were naïve and lacking research skills. As they grew older, they developed skills in fact-checking and verifying information on social media.

The researchers recommend that the students apply research lessons as it would benefit them and help them figure out misinformation on social media. This would not make them a victim of misinformation. Fact-checking and researching credible sources are also recommended.

Keywords: Misinformation, Social Media, Senior high

The Senior High School Strands and Their Connection to the Chosen College Courses of St. Mary's College Alumni

Daphne Paula Cortes, Jessa Mari Dela Rosa, Ma. Angelique Oronce, Justin Angelo
Toscana

Abstract

The implementation of the K-12 program allows students to have a background of their chosen college course due to its specialization. It also allows students to have a better understanding of the field. Yet, only some students have their college courses connected to their strands due to the different factors influencing their decision-making. The study used correlational design to investigate the relationship between the Senior High School academic strands and the college courses. It utilized stratified random sampling and selected three batches with three different strands from each group. The criteria for the selection were: an alumnus of St. Mary's College Quezon City from batches 2019, 2020, or 2021, had STEM, ABM, and HumSS as their strand, and currently studying a course in a college school or university. The survey found that 52 out of 58 respondents have their courses correlated with their previous strands by asking which strand they took and if it correlates with their college courses. The findings also state that personal factors such as interest in the subject, belief in one's ability to succeed in the profession, the program's reputation, and access to better work possibilities were the most influential. Scholarship offers and recommendations from friends and family had little to no impact. A further study can help students decide on what SHS strand to take in the future by expanding on the problems faced by college students who picked an unrelated college course.

Keywords: Senior High School strands, College courses, K-12, Factors that influence the choice of college course

**Understanding the Baby Boomers' Process in Assessing the Credibility of Digital News Outlets
in the Philippines**

Patricia Elizabeth Naui, Ma. Angelique Oronce, Hannah Leah Posecion, Justin Angelo
Toscana

Abstract

This study explored the connection between select Filipino baby boomers' perception of whether a news outlet is credible and the factors contributing to this perception. This study aimed to discover why older audiences prefer one news outlet over another and whether technology literacy affects their credibility assessment among news outlets. Five Filipino participants, aged 58 through 76, were interviewed about which news outlet they trust the most and why they believe it is a credible source of information. The informants could share their inputs regarding the importance of credibility, such as having fearless news, being accustomed to the news outlet, and perceived impartiality. Informants chose the news outlets based on impartiality and fearlessness. The most favored news outlet by the participants is GMA, while Rappler, Inquirer, and Philstar were also mentioned because the three news outlets are not afraid of anything. Age has nothing to do with the participants' frequency of reading news, but a better rating system for news reading frequency might have presented a better connection between the two groupings.

Keywords: Assessing Credibility, Baby Boomers, Media Preference

MATHEMATICS AND STATISTICS

A Study on SHS Students' Reliance on Scientific Calculators and Their Learning Competencies

Clarence Joshua T. Bernardino, Rizelle Bhea B. Laudit, Clay John Kyle S. Rojas,
Maria Eloisa V. Sapaula

Abstract

With the frequent use of scientific calculators in classroom settings, students have become dependent on the gadget, and this caused their basic numerical skills to deteriorate over the years. This research was developed to understand students' current calculator dependency and assess their knowledge of basic mathematics, particularly in absolute numbers. The researchers utilized self-evaluative questionnaires via Microsoft Forms for the respondents to rate themselves according to their confidence in their mathematical performances. Several equations per topic in real numbers were given, and the students were asked to rank six (6) sub-topics of natural numbers from easiest to hardest.

The sample population included the Non-STEM Senior High School students from St. Mary's College Quezon City, which consists of fifty-eight (58) students. Findings suggest that the respondents have low confidence in their numerical skills, with a mean of 2.30, equivalent to "Disagree" on the arbitrary scale. They expressed their need for a scientific calculator to solve the equations given in the survey. For the ranking of difficulties, respondents ranked "Estimation of Square Roots" as the hardest, followed closely by the sub-topic "Describing Principal Roots" and "Writing in Standard and Scientific Notation" as the third hardest sub-topic. The researchers recommend that the students practice solving equations manually and that math teachers and the Department of Education (DepEd) find a way to maximize calculator utilization in classroom settings.

Keywords: Calculator dependency, Numerical skills, Self-evaluation, Real numbers, Mathematical confidence, and Overcoming calculator dependence

MENTAL HEALTH

Uncovering the Mental Health Issues of Grade II Students while in Online Distance Learning

Mykaela L. Alvarez, Charlize Marynette S. Elcano, Czarina Jasmine Del Valle,
Kaesey Xandra S. Mejilliano

Abstract

One of the common issues our country faces right now is the mental health stability of the people, specifically the students. It is salient to pay attention to students' mental health so that people will be aware of the reality regarding the situation of students during this new setup.

Many people underestimate what students experience, such as stress, breakdown, anxiety, and depression. With the help of this research, it will give understanding to individuals that the students are experiencing such circumstances. Through the use of purposive sampling, the researchers have selected a total of six (6) informants. The population of this study involved five (5) Grade II students and one (1) Grade II adviser in St. Mary's College, Quezon City, in the School year 2021-2022. The perceived triggers of mental health issues in the online learning setup among students are heavy workloads and deadlines, loss of physical and social interactions, internet instability, the learning environment, and the country's current situation.

It was also found that online distance learning has made the students more responsible and organized in their work, but they are still getting used to it in the second year of online learning. Informants also mentioned feeling mentally and physically exhausted and anxious due to the sudden change in the educational environment.

The school provided support through the different CLDC webinars and OIG activities. But despite the said activities, some also stated that these might need to be more helpful as many hide their true feelings. Based on this study's findings, many factors affect students in the online modality that can lead to mental health issues that deserve attention from the parents, teachers, and administrators.

Keywords: Mental Health Issues, Online Learning, Senior High School

Discovering the New Ways Students Socialize during ODL at St. Mary's College Quezon City

Silas M. Carzon, Arianna B. Negranza, Jose B. Tena, Jared K. Cuevas

Abstract

This study focused on the effects of the COVID-19 pandemic on the socialization and coping mechanisms of new students transferring to schools in a virtual setting. The study employed a qualitative approach using inductive thematic analysis. Five informants were transferees to St. Mary's College Quezon City. Most of the new students have experienced struggles with socializing with their classmates. They have encountered difficulties in socializing in the ODL setup. Participants were hesitant to connect with their classmates or initiate a discussion, and new students found it hard to fit in with their classmates. They feared social rejection and miscommunication, wherein students will feel self-doubt and insecurity.

Furthermore, the students' coping techniques for dealing with their struggles in the new normal are diverse. It depends on how they feel and their experience. The study suggested that teachers should continue providing group activities and interactive opportunities for new students to socialize with their classmates and become familiar with the school climate. For future researchers, it is suggested to gather data from various educational institutes to understand how different school cultures can affect one's socialization, to investigate if gender influences the way new students socialize during online distance learning, and not to restrict the age of interviewees to understand better how socialization develops over time.

Keywords: Socialization, Online distance learning, New students, Classmates, Coping mechanisms, coping

A Qualitative Study Understanding Perception of Prayer as Aid for Mental Health

Clarence Joshua T. Bernardino, Max Lorenz Dela Peña, Riese Leigh P. Rivera, Clay John Kyle S. Rojas

Abstract

Since the 1900s, people have considered mental health a severe aspect of human lives, deeming it as crucial as physical health. But recently, a significant increase in people developing mental health issues was observed. The most common are anxiety, depression, burnout, and mood disorders. However, limited options are available to aid said problems. Faced with this issue, the researchers thought of exploring prayer as an aid for mental health, analyzing the different perspectives of informants on prayer, and seeing how effective it is. The scope of this study focused on people who fulfilled the given criteria and priests for triangulation. The research procedure is divided into 4 phases: the preparation of the interview questions, selection of informants, gathering of the data, and analysis. This study identified three common themes regarding how the informants view the effectiveness of prayer: (1) it is practical, (2) prayer only causes delays, and (3) we should focus more on solving the issues, thus making prayer ineffective, and informants think that prayer is not for everyone; therefore, other options may be explored, such as meditation or journaling. Results show that many people find prayer helpful. However, not all who are experiencing mental health issues are spiritual. This is why there are alternative options such as; journaling, meditation, and spending time with family and loved ones. Informants felt relieved to have shared their burdens without being judged. While some disagreed that prayer was helpful, stating that they feel like they should face the problem head-on to solve it or ask help from others rather than relying on prayer to solve the problem, they still said that prayer is still worth trying. The prevailing situations were confirmed and attested via triangulation. Mental health issues should first be assessed for proper diagnosis and intervention. For cases where no medical intervention is needed, some measures on how mental health issues can be addressed. While prayer is a suitable coping mechanism, overcoming depression or any mental health situation is a personal decision.

Keywords: prayer, mental health, anxiety

Exploring the Experiences of the COVID-19 Survivors and Their Families

Charmaine C. Castro, Jewell Margaret A. Juan, Ella Katrina A. Ladines, Ariane Faye B. Lee, Bea Laurrainne T. Tabuso

Abstract

The sudden outbreak of SARS-CoV-2, or COVID-19, first recorded in December 2019, escalated into a global pandemic concern. Studies conducted about the COVID-19 pandemic mainly focused on individual-level such as patients and healthcare workers, but only a few explored the experiences of the COVID-19 survivors, including their families. This research is significant as it will serve as a guide and eye-opener to various individuals and sectors about the situation of different families who have experienced one of their members contracting COVID-19. Informants of the study were members of six families who have contracted and survived COVID-19. The data gathering was executed from December 22 to 29, 2021. In terms of the financial impact of COVID-19, many informants agreed that although they had expenses of the illness, they were not financially burdened as they contracted COVID-19 due to different factors such as savings and type of work. Some stated that there was no impact financially.

Most COVID-19 survivors and family members generally mentioned that they experienced psychological disturbances such as fear, anxiety, and paranoia. Some felt thankful, cared for, and loved, while others were unaffected.

Praying and taking extra precautions became the coping mechanisms of the families when a family member contracts COVID-19. All informants experienced changes in their lifestyle after surviving COVID-19. This includes taking extra precautions and cherishing their lives more. Further improvement in the interview questions is recommended by having follow-up interviews that still need to be done due to the limited time.

Keywords: COVID-19, financial impact, psychological impact, coping mechanisms, changes in lifestyle

Faith in the Time of Crisis in the MSBS Community

War War Lwin, Juliet De Phaw

Abstract

This research presents how faith is affected during a crisis. It has significance to aspirants, postulants, novices, and sisters, for they are under formation. It is also important to religious people struggling with their faith due to the COVID-19 pandemic. Using purposive sampling, twenty-five members of the Missionary Servant of the Blessed Sacrament (MSBS) Congregation were chosen to respond to a survey questionnaire prepared by the researchers. The data gathered were analyzed and interpreted through frequency, percentage, and mean. The results revealed that the COVID-19 crisis had strengthened the respondents in terms of their spiritual life. This includes the respondents' expression of their faith in God in meditation, reflection, adoration, Gospel sharing, modular class, prayer, and celebration of the Holy Mass. The study shows that to be a missionary. There is no complaining. One walks with God and trusts in Him. The respondents entrust their life to God through serving and loving others. Their only desire is to know God, love Him, and make Him loved by all men.

Keywords: Faith, Crisis, Formation, Meditation, Reflection, Adoration

PSYCHOLOGY

Understanding the Experiences of Working Students in Metro Manila During the Pandemic

Lanz Eugene Ma. R. Constantino, Jessa Mari Dela Rosa, Daphne Paula A. Cortes, Danil Angelo G. Divinagracia

Abstract

The study is focused on the journey of working students. The researchers focused on various causes. Work is needed to gain income to pay for daily necessities, and the researchers wanted a deeper understanding of how the lives of working students take part in this role amidst a pandemic. They wanted to observe and understand why these students do what they do, as not all are financially struggling. Some voluntarily work as they wish to gain experience and make extra income, while their schools guide some through On-the-job-training.

Various online platforms such as Zoom and Google Meet were highly utilized to interview Senior High School and College students around Metro Manila. However, for a specific sampling, the researchers were looking for working students who were either financially struggling or were working for experience and income. The researchers did not interview any working students that work under OJT, for it doesn't fall under the selection criteria in the research paper.

The results show that the working students did gain experience from their work and benefitted from it as their work aligned with their courses in their schools. Another benefit they received was income. They were able to provide for themselves and their families, and they were also able to buy their wants and needs. Although they are still struggling, especially with time management, having work helps them financially. This study shows that working while studying amidst a pandemic is not simple. Even with advantages, people must be disciplined in time management. A variety of employment available may be suitable and from which people may learn and earn. Various flaws in this study were the lack of observational methods and the data on the working student's grades, as it would highly support the research.

Keywords: Working Students, Financial struggles, Time Management, Pandemic

Effectiveness of Online Counselling in the Residential Facility

Josephine Ordaniel

Abstract

People worldwide became more connected to the digital world when the Covid-19 pandemic hit in 2019. The digital space became the venue for people to connect to their loved ones. The internet became essential as it helped people to be productive even at home. The Covid-19 pandemic posed a significant challenge to many Filipinos, most notably their mental health. Based on the study conducted by The Borgen Project, the number of calls for mental health assistance has increased along with higher reports of depression and suicidal thoughts. Online psychological consultation is timely and relevant to address the rising issues of mental health of all ages in the Philippines as one of the impacts of the pandemic. Child-caring agencies are highly affected, too. Some child-caring agencies, including CRIBS Foundation Inc., did not allow their volunteers and therapists to go inside the facility and interact with the children. CRIBS has residential-based programs that include two residential facilities for different categories of abandoned babies and young female survivors of sexual abuse. The focus of this study is the New Beginning Program. Girl victim-survivors of sexual abuse ages 7-17 are accommodated in a residential care facility where they are provided with services for healing and recovery and prepare for eventual reintegration with their respective families and communities, independent living arrangement, or other alternative parental care. One of the needed interventions to help these girls process their trauma is psycho-social services. A team of social workers, psychologists, houseparents, and teachers collaborates closely in addressing the psychological issues brought about by the trauma of abuse and other past or environmental experiences of each child. Due to the pandemic, the psychologist conducts online counseling to continue providing this service to the girls. Online counseling became an alternative to continue addressing the psychological need of the girls.

This study focuses on young female survivors of sexually abused ages 7-17. They are currently staying at the residential facility of the New Beginnings Program of CRIBS Foundation, Inc., located in Antipolo City. This research involves a questionnaire with Likert scale questions and open-ended questions. Most of the respondents were youth when the research was conducted. The study reveals the following: 100% of the respondents have been receiving counseling sessions; providing a secure environment even online while disclosing one's story added to the psychological safety and comfort to express; empathy truly exists even if the counseling sessions are conducted online based on the outstanding score rated by the participants; trust in the counselor, conducive environment, good internet connection, and proper equipment are factors affecting desire to express or share effortlessly with the psychologist. Poor internet connectivity hinders the online session. Shifting to online counseling as an alternative in providing psychological interventions to the clients of the New Beginners Program of CRIBS Foundation, Inc. during the pandemic is indeed effective. No study has evaluated the effectiveness of online interventions, comparing them with face-to-face counseling interventions.

It is recommended that the children and youth under the care of a residential facility: pay attention during the session and continue sharing stories with the right and trusted people; create plans together for helpful ways to prepare for an online session, and bring art materials or toys during the session; apply helping strategies in dealing with emotions, avoid visiting other websites, and conduct online safety regularly. Counselors/psychologists are recommended to continue paying close attention to the words and emotions of the client and convince the client that she is being heard and understood; painting, writing, music, or another favorite medium is helping clients to express emotions. For social workers, teachers, and houseparents: provide feedback regularly to monitor the client's progress; keep an open mind when a counselor suggests a different approach; remind the client to focus on sessions and avoid visiting other websites. For non-government organizations: strengthen the programs and services about psychological first aid; provide training on telemental health services to promote effective coping and resiliency. For the Department of Social Welfare and Development: strengthen online mental and psychosocial assistance through social media; encourage professional therapists/social work counselors to volunteer online counseling; promote emergency hotline numbers focusing on psychological first aid. The research results were shared with CRIBS Foundation, Inc. for its continuity and improvement of the services as one of the interventions in case management.

Keywords: Counseling, Effectiveness, Online platforms, Psychological safety, Intervention, Residential facility, and Digital space.

Social Media: Its Impact on Family Relationships

Kristel Ann M. Cajayon

Abstract

Social media is viral and has become integral to people's lives. It is used in social interactions, information access, and many other aspects of human life, especially in family relationships. This importance of social media leads to this study. Using a descriptive survey, it answers questions on the impact of social media on family relationships regarding communication, behavior, and time management. The research data come from the respondents, who are thirty college students at St. Mary College, Quezon City, and their parents, who answered a researcher-constructed survey questionnaire. The findings reveal that social media influences family members' behavior, especially regarding the treatment of one another. The findings also show that connecting always with the family helps provide a healthy balance between the use of social media and family relationships. This shows that the guidance of parents is vital in maintaining a healthy relationship in the family despite the growing addiction to social media. With these findings, it is recommended that students learn to be more responsible in using social media and that parents must guide their children in their social media use.

Keywords: Social media, Family relationship, connectivity

Understanding the Use of Social Media as Platform for Students' Opinions about Politics and Elections

Irvine Gabriel Bautista, Jonel Nicko Bautista, Aerol Negranza, Laurence Oñate

Abstract

Universities have decided to bring back the College Admissions Test (CAT) for incoming first-year students as the country recovers from the COVID-19 pandemic, compared to when these universities would only require the applicants' previous grades. The researchers aimed to identify the perceptions, sentiments, and level of preparedness of Grade 12 students towards CATs. This descriptive study can gather information for more in-depth studies like possible issues, perceptions from college students who had taken CATs, and possible alternatives for assessing one's academic aptitude. The quantitative descriptive research design is utilized. Respondents were 30 Grade 12 students from St. Mary's College Quezon City who will be incoming freshmen for A.Y. 2023-2024. The study utilized stratified random sampling for the strands: 15 from STEM, five each from ABM, HumSS, and GAS. Based on the survey, all 30 respondents will apply for college for A.Y. 2023-2024, although one will not partake in the CATs. The mean of 2.4 represents that these students are "somewhat prepared" for CATs. The overall mean of 4.01 suggests they "agree" on the four negative sentiments, while 3.41 suggests they feel "neutral" on the positive ones. The study found a significant difference between the confidence levels of STEM and non-STEM respondents based on their strand. The data implies that these students are somewhat prepared for CATs. Respondents' sentiments include stressed, anxious, pressured, scared, optimistic, and motivated. This means that the respondents have neutral to negative perceptions of CATs. Statistics showed that STEM respondents have more confidence than non-STEM respondents (ABM, HUMSS, GAS). This study can be purposed to understand and provide the needs of incoming first-year students' preparations for CATs (i.e., support from parents, teachers, and schools).

Keywords: College Admission Tests; Students; Readiness; Perceptions

Understanding the Mental Health Assistance Experienced by ODL Students through the CLCD Programs and Activities

Ellabel Genestralin Gabriel B. Cacho, Josh Andrei O. Garcia, Rizelle Bhea B. Laudit, Martene Nicole A. Tiu

Abstract

The unexpected pandemic impacted everything, including the standard of living, education, and, most importantly, students' mental health and well-being. The Center for Life and Career Development offers a variety of mental health-related programs and activities to address these issues. This qualitative study aims to determine if the school counseling at St. Mary's College Quezon City is effective in helping students' mental health in Grades 10 to 12. At the end of the study, the researchers gathered relevant data from nine (9) participants. The findings showed that students had experienced at least one of the many CLCD services and activities. According to the research's findings, most participants perceived the CLCD as helpful and reliable, while a few perceived the CLCD as unhelpful or lacking in some areas. Although there were some issues in terms of communication and the seminars, the participants claimed that the CLCD could help them through webinars, consultations, personal messages, forms, and daily checkups. Students have recommendations and opinions on how the CLCD could be better, such as implementing projects that specifically cater to the mental health problems that students have mentioned in the conducted interviews. The researchers used a qualitative interview guide to conduct semi-structured interviews via Microsoft Teams with nine purposively selected grade 10 to 12 students from St. Mary's College Quezon City. Data was recorded through audio and video recordings, transcriptions, and note-taking. Four female and five male students participated in the study. The interviews were conducted from January 4-5, 2021, and lasted 10-20 minutes. The study employed member checking to ensure validity.

Grade 10 to 12 students reported that CLCD assists them with their mental health through webinars, consultations, personal messages, forms, and daily checkups. The shift to online learning has affected communication with CLCD facilitators, with internet problems cited as a potential hindrance. Participants generally had positive experiences with CLCD facilitators and found them approachable and easy to talk to. Student's mental health issues during online learning include adjustment, academic pressure, depression, anxiety, low self-esteem, LGBT community dysphoria, stress, burnout, and time management. The study focused on how the Center for Life and Career Development (CLCD) in St. Mary's College Quezon City provides mental health assistance to students during online distance learning. Most grades 10 to 12 students are satisfied with the CLCD's programs and services. Still, some suggested improvements, such as better promotion of webinars and more specific projects targeting students' mental health issues. The study recommends gathering data from a larger sample size and spreading mental health awareness.

Keywords: mental health, school counseling, online distance learning, mental health assistance, Grades 10 to 12, Center for Life and Career Development

Exploring the Students' Decision-Making Process on Being Vaccinated against COVID-19

Jed A. Bangayan, Charlene Meriam F. Dabuet, Paolo Lorenzo E. Serrano,
Marriel Laney J. Soriano

Abstract

The government has announced that the country will soon receive its first vaccine doses from Sinovac. Moreover, as of December 2, 2021, with 2,833,038 COVID-19 cases, the coronavirus was still active and has killed at least 48,712 people. With that, developing and distributing vaccines would enable us to reduce the rapidly increasing COVID-19 cases in the Philippines. However, many Filipinos still need to be more hesitant to take the COVID-19 vaccination. This study aims to understand and explore the factors affecting students' decision-making regarding vaccination amid the pandemic. This study used the Qualitative approach and a Phenomenological design. This method enabled the researchers to explore further and analyze the lives and experiences of the selected informants for the needed data.

Furthermore, the sampling procedure chosen for this study is purposive sampling with six selected vaccinated informants. The findings suggest that the hesitancy of vaccines is still a significant problem in this country. It was revealed that family and peers influenced some, while some had self-made decisions. Social media also played a significant role in disseminating vaccination-related information—moreover, most of the selected informants mentioned having Pfizer as a type of vaccine they had. Nonetheless, despite taking the vaccination, no health concerns were mentioned regarding the vaccines. The findings shed light on the possible motivations and reasons that can convince people to be vaccinated.

Keywords: Pandemic, Vaccination, Decision-making, Vaccine hesitancy, and Health

Motivations and Gratifications of College Students in Online Game Playing

Almie S. Mollona

Abstract

Attending college is one of the students' most rigorous phases of academic life, as their challenges are not only about studying but also about the extra responsibilities of becoming an adult and being fully independent. In today's context, learning has become more stressful since instruction has been taken online to adapt to the new normal. Adjusting to learning virtually and complying with academic tasks using technology is challenging. There are problems with internet connectivity, financial troubles in buying gadgets, and difficulties collaborating online to complete tasks. These problems can affect the students' mental health, especially for college students who are more pressured to complete their degrees. This study determines how online games give motivation and gratification to the students in St. Mary's College, Quezon City. It covers the profile of the respondents, gaming behavior, motivations, and gratification from playing online games. It utilizes a quantitative research method with a researcher-developed questionnaire to get answers to the identified problems. The survey results reveal that most respondents are between 22-23, female, taking up a Bachelor of Science in Social Work, and prefer to play Mobile Legend. Respondents believe, as they have experienced, that online games help students to relax and be entertained, develop their critical and analytical skills, and aid them in coping with their stress. Seeing that the respondents experience online gaming as helpful to them, students are encouraged to be positively engaged in these games. Teachers are also encouraged to use online games to make learning fun and interactive.

Keywords: Motivations, Gratifications, Online game, Gaming behavior

Tiger Parenting, a Necessity During the Pandemic

Herlina Sea Mary

Abstract

The COVID-19 pandemic has confronted many aspects of people's lives, including parenting. Many parents faced challenges like keeping their children engaged and overseeing their studies. Some parents embraced tiger parenting in fulfilling their duties and responsibilities to their children. This study determines the impact of tiger parenting on children and the family. The study has a descriptive design, and it has thirty (30) respondents who are faculty and students of St. Mary's College, Quezon City, and members of the Missionary Servants of the Blessed Sacrament (MSBS) community. Frequency, percentage, and mean are used to interpret the data gathered. The results reveal that tiger parenting influences the children's behavior and collaboration capability. The children need to be guided and followed up on their tasks. Tiger parenting helps children become more attentive in their studies and learning management, especially regarding self-discipline. This parenting style leads children to be mature and responsible in their tasks.

Keywords: Parenting, Pandemic, Tiger parenting, Learning management

PUBLIC HEALTH AND COMMUNITY MEDICINE

Vaccine Hesitancy Among Filipinos in Quezon City: Reasons and Experiences

Lindsay Kyle R. Gayon, Regina Clare B. Laguda

Abstract

COVID-19 spread to all seven continents, which experienced severe effects, including isolation and death, but it was due to the development of vaccines that somehow prevented further loss to the country. However, even when the infection rate was effectively reduced due to the additional protection provided by vaccination (Philippine Medical Association, 2021), hesitation, resistance, or anxiety about getting vaccinated still exists. This study's population and sampling are comprised of non-vaccinated Filipino citizens based in Quezon City, and the informants are chosen through purposive sampling, where non-vaccinated participants are selected in the sample for their shared characteristics. According to the data, the Filipinos' experiences and other influencing factors play a role in their decision to be unvaccinated citizens. Fear of side effects to existing health conditions, fear of side effects, existing health conditions, prior vaccine failure, and vaccine brand reluctance were the leading causes of Filipinos' vaccine hesitancy. Influencing factors, including family, the media, and health professionals, are the root of everything. These unvaccinated citizens nevertheless take precautions by adhering to new standard rules. Filipino residents of Quezon City may be afraid to receive the COVID-19 vaccines, but they recognize its importance for the future. The non-vaccinated citizens still took preventive measures, such as following COVID-19 protective protocols to protect themselves from the virus. Some still opted for traditional and religious approaches to care.

Most importantly, the experiences of the unvaccinated Filipinos have driven them to be hesitant to take the vaccine. Non-vaccinated citizens claimed that vaccines had health issue implications. It gradually built distrust among the mass population, making some Filipinos hesitant towards vaccines.

Keywords: COVID-19, Vaccine, Vaccine Hesitancy, Pandemic

RISK AND SAFETY SCIENCE

Perception of High School students about their safety during Face-to-Face Classes

Raymond Rafael S. Reyes, Hanz Gabriel P. Uy, Jan Brein S. Bernabe,
Elijah Emmanuel M. Caintic

Abstract

This study aims to thoroughly examine the efficiency of implementing hybrid learning and to understand whether students are still uneasy despite efforts to return to the old normal. The students interviewed for this research study are high school students at St. Mary's College, Quezon City. These students have been in face-to-face classes and know the measures and protocols given in school. Six different informants, grade levels 7–12, were interviewed to get a variety of unbiased perspectives regarding their safety with COVID-19 in school. The sampling method was purposive, and data was gathered through face-to-face interviews. The researchers concluded that the informants have confidence in the school's safety measures and protocols. The researchers also found that the informants' perception is that they remain fearful of getting infected with COVID-19, but they're not as afraid as they were in the past. The students of St. Mary's College, Quezon City, are still willing to continue the hybrid learning system maintained by the school, knowing COVID-19 is a severe threat and should not be taken lightly because of its potential risk.

Keywords: Hybrid Learning, Face-to-Face, Protocols, COVID-19, Safety Measures

SOCIAL SCIENCES

Evaluation of the College Department Implemented Programs and Services to SMCQC Partner Community: Basis for an Enhanced Community Extension Program

Dr. Imelda Macaraig, Dr. Nicamil Sanchez, Ms. Lucia Felix

Abstract

Social transformation is a long-term change process in social norms, levels, and relationships of social structure (Werakoon & Murray, 2021). This process is geared towards sustainable development. Development effort for social transformation encourages people to examine their lives critically and take action to change social conditions. This social transformation aims to develop people's capacity for social change through a collective problem-solving approach emphasizing participation, reflection, and critical analysis of social problems. It enables people to locate opportunities for strategic action in constructing the desired transformative change. Among these social transformation efforts, one organization that actively extends help through development efforts and services is the school. Several schools have developed community involvement or extension programs through community partnerships to empower people toward social transformation and community development. The purpose is to link the students, faculty, and volunteers with marginalized people. This is what St. Mary's College, Quezon City, is doing to actively participate in the development efforts to help uplift the conditions of the people in the partner community. The mixed method of research was used, which primarily evaluates the programs and activities conducted by the students and faculty of SMCQC, and how these have impacted the community. Randomly selected beneficiaries of the programs answered a questionnaire checklist, and focus group discussions were conducted with the youth and adult sectors. Part one dealt with the demographic profile and evaluation part two dealt with learning and takeaways on Education and Training, Entrepreneurship, Environment and Cleanliness, Health and Wellness, and Spiritual Formation/Programs.

Thirty-four (34%) respondents belonged to the 43-52 age bracket. Most of them were female (84%), high school graduates (52.28%), married (73%), and Catholics (80%). The majority are earning less than the minimum wage, as most of them are vendors who do not have a stable income. Palosapis and Lawaan community members are grateful to SMCQC for the programs and activities. They participated in most of the activities and programs SMCQC volunteer students, faculty members, and alumni conducted. There had been a physical and social transformation in the community. Community members are now more aware of their responsibilities and are mindful of each other through regular monitoring of their tasks and regular meetings. In the Focus Group Discussion conducted with the youth sector, they shared the following: discovered their talents and became more confident in doing their tasks and responsibilities; learned about sustainable leadership; appreciated and lived out the values of unity, discipline, cooperation, and trust; actively participated in programs and projects of the barangay; inspired to take up BS in Social Work. In the Focus Group Discussion conducted with the adult sector, they shared the following: learned to decide as a team and consider the opinion of others; learned new skills in different livelihood projects; became aware of their responsibilities in the community and in looking after one another; appreciated and live out the values of unity, cooperation, and respect; adults became more supportive of the young; learned from the seminars/webinars, training, and other programs and services rendered by the volunteers and helped them become equipped as leaders and as community members. However, some activities have been put on hold because of the pandemic, including the Sacraments of Baptism and Matrimony; Slam Dunk Junk Legacy Project for the youth. Based on the discussions, the programs given to the community were enough to help its people become empowered. Continuing the programs and services in future community engagement would be good.

The following are suggested to be continued during the phase-out process: Entrepreneurship/livelihood; Mental Health and Wellness Program; Environmental Program (Waste Management

Program); Education Program. The results were shared with the community's key leaders, and agreed on a well-designed Community Development Program wherein resources, both human and materials, were utilized for its implementation from September 2022 to December 2023.

Keywords: Community, Social transformation, Extension, Evaluation, Empowerment, and Development

Voter Registration and Selection of Candidates in the Election

Kurt Aquio, Luis Colarina, Aedan Legarte, Jhazmeen Escala

Abstract

The study focused on first-time voters (aged 18-22) during the 2022 elections. This review aimed to elaborate further on how aware the youth of their civic duties and their ways of involving themselves in their role as voters.

Qualitative research was used for interviews among five (5) first-time voters in St. Mary's College Quezon City. The profile of informants was verified by asking for identification and confirmation of intention to vote. Inductive thematic analysis was done on the transcriptions of the interviews.

Researchers found that first-time voters faced many problems during registration, such as completing requirements and locating the registration venue.

Aside from that, first-time voters also encountered pressure from parents who give their children names to vote without considering their preferences. They also intend to check candidates' profiles before deciding who to vote for.

The youth are interested in becoming part of the process of selecting leaders in the government. They also know about the candidates' backgrounds and recognize the need to be discerning in their selection.

Keywords: First Time Voters, election, youth

**Evaluation of the Implementation of the Gender-Responsive Basic Education Policy
among the SHS Students of SMCQC**

Therese Antoinette L. Arroyo, Althea Jewel D. Ronquillo, Katrina Gabrielle D.Y.
Gerona, Jahzmeen Rae A. Escala

Abstract

The Gender-Responsive Basic Education Policy was released in 2017 and reiterated in August 2022 by the DepED. It has been observed that the policy may only be visible to some educational institutions. Though it may be visible in some, there may be room for improvement.

This act was created to protect children from gender-based violence and promote equality. That is why it would help to evaluate how the school is implementing the policy and if the students think that changes should be made for the betterment of not only the students but also the entire school community. Sampling was randomly stratified with 30 respondents each from Grades 11-12 sections. The Basic Education Department Office provided the lists of students needed. The majority of the respondents needed to be made aware of the policy. Almost half of the respondents said that the policy is moderately implemented. More than half of the respondents said the policy could be implemented better by holding informative programs, allowing students to wear their preferred uniforms, and recognizing their preferences. Although the policy was implemented, many students must know its existence. UNICEF highlights the importance of conducting such research as little is on this topic. Recommendations are to widen the sample size and define implementation methods.

Keywords: Gender-Responsive, Gender-Responsive Basic Education Policy, Preferred Pronouns, Equality, Basic Education

Understanding the Use of Social Media as Platform for Students' Opinions about Politics and Elections

Irvine Gabriel X. Bautista, Jonel Nicko B. Bautista, Aerol John B. Negranza,
Laurence M. Oñate

Abstract

Social media is known for many things, like sharing posts, advertising, marketing, and online communication. That said, due to the severity of the pandemic, more people are using social media, including the youth. The researchers have observed a sudden rise in political posts online. The study tackled the phenomenon's connection to the upcoming 2022 Philippines elections and politics in general. The qualitative research involved six politically active Senior High School students selected through purposive sampling. The informants' age ranged from 16 to 18 years old. They should be constantly posting, sharing, and expressing their opinions about the upcoming 2022 elections or anything relating to politics on any social media platform. The researchers discovered that the students used social media to convey information and facts about politics, especially with the upcoming 2022 election. The informants' desire provides this for social change, as they do multiple actions representing their values as politically active students. The researchers noted that students tend to engage in debates to educate the opposing, especially in an era of "fake news" and political misinformation. The researchers noted from the informants that there could be repercussions when posting their own opinions on social media sites. The informants stated to have formal and healthy discourse between opposing netizens on social media to have a meaningful impact. The researchers noted that students tend to post on Facebook and Twitter for its user-friendly interface, and it reaches a larger demographic. These findings showcase how the youth nowadays have clear and everyday thoughts on their capability to make a difference in the community, with increased engagement in social and political issues through more accessible online platforms.

Keywords: social media, politically active, student engagement in politics

**Preferences of Grade 11 & 12 Students of St Mary's College Quezon City When Taking Tests:
Digital Devices or Pen & Paper**

Justin De Mesa, Ahron Pocholo P. Cruz, Silas Carzon, Ian Estanislao

Abstract

Taking tests is vital to check the understanding and learnings of students during class. Using pen and paper to answer tests has been a tradition for many years. However, technological advancement has dramatically affected students' lives nowadays due to its convenience in doing tasks. Based on the data, most students are more satisfied inputting answers in tests using digital devices, with an average mean of 4.3. The data shows that 51.67% of students chose to have the digital device as their preference for taking the different tests. 48.33% of students chose Pen and Paper as their preferred way of taking the tests. The researchers used Microsoft Forms to provide sixty (60) respondents from senior high school with a 7-question survey containing questions based on the Effectiveness of Utilizing Mobile Phones and Tablets During class on Senior High School Students' Academic Performances. Data Gathering: Submission and approval of the research title was conducted on September 2-7, 2022, followed by revising the research title and writing the introduction on September 8-14. After the guide is approved and given the distribution signal, a survey will be conducted. The survey questionnaire was then distributed October 3-7. Data gathering, encoding, and analysis started on October 10, 2022, and ended on October 14, 2022. As a result of the data gathered, compared to tests administered on pen and paper, senior high school students are more satisfied with the appearance and structure of tests administered on digital devices, and pen and paper received an average mean score of 3.82.

In contrast, digital gadgets had an average mean of 4.35. The data gathered by the researchers has shown students' preference for taking tests. Based on the data, most students are more satisfied inputting answers in tests using digital devices, with an average mean of 4.3. The data shows that 51.67% of students chose to have digital devices as their preference for taking the different tests. On the other hand, 48.33% of students chose Pen and Paper as their preferred way of taking the tests.

Keywords: tests, digital devices, pen and paper, education

Understanding the Factors that Govern the Perception of Registered and Non-Registered Voters About their Role in Society

Louise Jaina L. Vicente, Portia Trisha B. Gamiao, Hilary Mikyla Keith L. Josef,
Carmela Mae M. Tizon, Phoebe Katie A. Ciriaco

Abstract

As the 2022 National Elections drew near, researchers wanted to understand how Grade 12 students at SMCQC perceived their role in voting as part of their social responsibility.

They aimed to uncover the factors influencing their decisions and motivations to register to vote, including social media's role in their decision-making processes. The study sought to understand how the youth's perceptions affected their political discourse and whether registering to vote led to greater civic engagement. The study operated through a qualitative approach and utilized Inductive Thematic Analysis as its research design.

The researchers interviewed six (6) informants, which included three (3) registered voters and three (3) eligible non-registered voters (those at the age of 18 but not registered). Factors were mentioned regarding their motivations for whether to push through or postpone their registration process: 1) the Influence of Araling Panlipunan teacher, 2) the influence of parents, 3) the current political landscape, 4) restrictions brought by COVID-19 pandemic, and 5) migration to another country.

For the informants, the role of social media in voting registration is to 1) Provide credible sources of information, 2) allow platforms for discourse, and 3) guide the registration process. In summary, the informants believe that voting is a Filipino citizen's social responsibility to practice democracy and create change in the community.

Although some eligible people are yet to register, they know that voting is a social responsibility that citizens have in line with the democratic process. Social media has become a political tool, providing space for discussion, guidance, and empowering the youth with accurate information.

The study's sample size suggests that further research is needed to understand the youth's perceptions and roles. Still, it is relevant for future research on the youth's potential.

Keywords: Youth Voters, Civic Engagement, Social Responsibility, Elections

WOMEN'S AND GENDER STUDIES

Open Up: A Study of the Experiences of Transgender Students in a Conservative Religious School Setting

Katrina Gabrielle D.Y. Gerona, Therese Antoinette L. Arroyo, Jose Antonio Miguel T. Lopez, Mikaela Liana B. Gabuna

Abstract

Transgender students are being misgendered or misunderstood in school daily, making them feel unaccepted. This study discloses the struggles they experience in a conservative and religious institution. Researchers intend to promote equality, not superiority. They are promoting a pleasant place for learning where all feel safe and secure. This matter might not be relatable to everyone. Still, it is an essential matter that all should be aware of to avoid making prejudiced judgments towards each other, and all of us may discover ourselves in our best states in life. Researchers selected six transgender students aged 14 to 16 from private Catholic schools in Metro Manila. For this qualitative research, an interview guide was utilized. Personal experiences and aspects were included in the research as the primary instrument for data collection reasons exclusively. The everyday struggles faced are dissatisfaction with how respondents are treated by classmates and teachers, uneasiness during religious subjects, and a tendency to concealment with the majority, only revealed to other members of the LGBTQIA+ community. They are misnamed and misgendered, which escalates their gender dysphoria. Other individuals reported feeling accepted and welcomed by a few peers. Students were functioning better than they used to since they'd become accustomed to hiding themselves in their conservative backgrounds. Researchers could not uncover related research precisely connected to this topic as it has been scarcely discussed. Triangulation is recommended for future studies to extract additional data from several perspectives. The study's implications for future practices and regulations include the passage of the SOGIE bill.

Keywords: Transgender, Misgendered, Facial Dysmorphia, Gender Dysmorphia, LGBTQIA+, SOGIE bill



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