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Research Conference Abstracts**



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4th SIMP-AAG-UCC Joint Multidisciplinary Research Conference Abstracts

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BUSINESS

A Review on the Unsustainable Operations of Major Fast-Food Chains in the Philippines

Michael Angelo Alejandro
(Adviser: Dr. Glenn Cabacang)

Abstract

Employee engagement activities mostly affect the employees' satisfaction and efficiency at work. It also resolves problems encountered by the management and its suggested improvement and solutions. The study mainly focuses on the degree of relationship between employee engagement and performance of the faculty members from the selected six (6) State Universities and Colleges (SUCs) in the National Capital Region. The researcher identifies the following gap of this study: there is limited studies found by the researcher related to faculty members, State Universities and Colleges, and sector and industry of the study; there is insufficient studies and researchers pertaining to significant differences of faculty's profile and performance; and there is also lack of understanding about the importance of employee engagement programs in the academic sector. The survey instrument underwent an ethical assessment through the University Ethical Board of Polytechnic University of the Philippines.

The study used the descriptive method of research to fulfill the objective of this study. To get the relevant data needed, the researcher utilized a survey questionnaire. There were 353 faculty members who participated in the survey. To interpret and analyze the data collected, the researcher used Frequency Distribution, Percentage, Weighted Mean, Pearson R Correlation, Estimation of Parameters, t-test, F-test, Analysis of Variance and Scheffe test.

The finding shows that there are opportunities for the institutions to improve their communication, professional and personal growth, mentoring and coaching, and rewards and recognition for their faculty members.

The researcher suggests that the state higher education officials and administrators should be encouraged to create more employee engagement activities to increase morale and motivate their faculty members.

Keywords: employee engagement, satisfaction, efficiency, performance, involvement

Engagement Practices and Performance of State Universities and Colleges Teaching Personnel in the National Capital Region

Krisffer Aeviel Cabral Kirsten Day Grageda Roger Carlo Jr. Ongsitco
(Adviser: Dr. Glenn Cabacang)

Abstract

Fast-food chains hold massive market shares in the Philippines, and they actively respond to the massive demand for cheap and easy to acquire food. Nonetheless, they also pose various problems due to poor working standards and promote unhealthy eating habits. Their operations also involve unsustainable practices related to plastic usage and waste disposal that have contributed to the environmental degradation in the country. Hence, this study aims to analyze how the unsustainable practices in the operations of major fast-food chains in the Philippines can be addressed. This includes identifying and understanding the short-, medium- and long-term implications of the unsustainable practice and its possible relationship to the operations management of fast-food establishments. To address the problems found in the mentioned food industry, the researchers recommend specific potential mitigatory solutions. To conduct this study, the researchers apply the mixed-method design that consists of content analysis, survey questionnaires, and interviews with experts. The descriptive method of research that illustrates and explains situations is also used. Moreover, the 30 participants with related backgrounds to the topic (e.g., fast-food chain consumers and experts in food services) are picked through the Random Sampling technique. To ensure the confidentiality of gathered responses and privacy of the respondents, the researchers employ various ethical considerations in conducting the study. In terms of the customer psyche, this research finds out that there is a correlation between the values and practices of fast-food restaurants concerning the preservation of the environment. Customers perceive an establishment that utilizes unsustainable practices such as single-use plastic straws as a profit-driven business. This happens because most of the consumers now are against such environmental-damaging habits. This is intertwined with the finding that there is a growing belief that businesses need to practice social responsibility, especially toward environmental concerns. Furthermore, this supports the direct correlation between the awareness of unsustainable practices of fast-food chain buyers and their consumption patterns.

Additionally, unsustainable activities are strongly linked to the operational management of fast-food chain industries. This is primarily rooted in the market commodity nature of food, wherein food is exchanged on a commercial basis and free competition. Despite food being survival sustenance, food purchases are reduced to a customer footprint within a capitalistic market. Hence, the food's market commodity nature and the competitive market of the food industry have resulted in unsustainable behaviors in all aspects of the food system. Nonetheless, the findings reveal that the company can implement specific practices to more sustainable practices. The researchers create various recommendations to ease the problems mentioned earlier, such as rewarding customers for bringing their own set of utensils, sourcing locally made products, and improving communication between consumers and co-workers. It is concluded that environmental awareness and sustainable practices are essential in the operations of the fast-food industry, and it can be achieved through various means.

Keywords: unsustainable practices, fast-food chains, operational management, sustainability, environment

EDUCATION

Play-based Kindergarten Worktext

Melanie E. Cadingpal, MAED
(Adviser: Teofilo B. Damoco, MAED)

Abstract

Friedrich Froebel's Theory of Education explains that "every child should be treated as an individual, and their unique abilities should be encouraged to grow." This belief founded the growth of kindergarten education, which follows the principle that play-based instruction is an effective and efficient strategy in developing children's different domains of development. Along with these claims, this study surveyed the status of play-based kindergarten instructional materials in the Bagulin District as the basis for developing a Kindergarten Play-based Learner Worktext. The study utilized the descriptive-developmental research design, which involved all the kindergarten teachers in the district. This research adhered to the responsible conduct of research by observing the protocols established at the beginning of the study. A weighted mean was used to treat the data gathered. The findings showed that while Bagulin District possessed highly adaptable and very highly utilized classroom-based instructional materials, these were moderately adequate. Furthermore, these instructional materials are purely for motor skills development, as there was no identified play-based worktext. A validated play-based learning worktext was recommended for the adoption among Kindergarten learners of the Bagulin District for more productive and enhanced learning experiences.

Keywords: Play-based worktext, kindergarten, learning material development

Comparison of Prototyped and Contextualized Learning Module: Basis in Developing Localized Learning Material

Mark Gil A. Fusilero

Abstract

This study compares the performance of grade 10 students in Bangbangolan National High School who utilized prototyped and contextualized learning modules during the conduct of distance learning brought by the pandemic. The study's result became the basis for developing localized learning material that can be used as supplementary material in teaching Science 10 First Quarter Competencies. The study employed a quasi-experimental method to determine the percentage increase in students' performance and to determine the mastery level of students in both learning modules. The materials being used in the study and likewise the localized learning material as the output of this study went through an assessment and evaluation of five (5) experts in the field of science to identify its level of validity and usability. It was found out in the study that students who used contextualized learning modules created a significant difference in the mastery level of first quarter competencies in Science 10 compared to the students who used prototyped learning modules. In addition, there was also a more significant increase in performance for the students who used contextualized modules. In relation to this, localized learning materials were crafted based on the result of the study and the feedback of the evaluators. The localized learning material, which became the output of the study, remarked with high validity in terms of content and very high usability in terms of its learnability. Students who utilized contextualized learning modules showed a better understanding of the competencies than those who used prototyped learning modules. Therefore, contextualized learning materials provide relevant and experienced-based learning for the students. Students who utilized contextualized learning modules created higher mastery on the first quarter competencies than those who used prototyped learning modules. Therefore, the activities in the contextualized learning materials offered higher retention of competencies for the students. As an output of the study, the evaluated localized learning material offers relevant and higher-order thinking activities that will help students improve their performance and increase their mastery level of the subject matter.

Adversity Quotient of Grade 7 Learners of Integrated Schools

Margie V. Galvez
(Adviser: Dr. Marilou L. Agustin, Ph.D.)

Abstract

Adolescence is a transitional stage between childhood and adulthood. The ability of an adolescent to cope with the adverse challenges and changes in the environment plays a vital role in learning how to be resilient and confidently face all the challenges in life as they prepare themselves to be a responsible and productive member of society. The study assessed the level of adversity quotient of Grade 7 learners as the basis for formulating a Strategic Intervention Plan. The questionnaire, divided into three parts, was used as the primary tool coupled with Focus Group Discussion (FGD) as secondary means of gathering data. The gathered data were analyzed using frequency counting and percentages, arithmetic mean, weighted mean, Pearson Product-Moment Correlation Coefficient, and Analysis of Variance (ANOVA) with Tukey post hoc analysis. The findings revealed that the Adversity Quotient of the respondents in all dimensions was low. Among the coping strategies, developing social support and investing in a close relationship is considered an effective way to help learners deal with adversities. Social support from the teachers, the school, and the community helped learners increase their adversity quotient, help bridge the real success of a better teaching and learning process, and help learners transition and continue development towards adolescence. Thus, a Strategic Intervention Plan for Grade 7 learners was designed and recommended for adoption in the Integrated Schools in the City of San Fernando.

Keywords: transitional stage, adversity quotient, coping strategies

Kindergarten Blended Learning Material

Francis H. Marzo
(Adviser: Dr. Marilou L. Agustin)

Abstract

With the new normal form of education, school leaders mandate teachers to develop appropriate instructional materials to facilitate learners' learning and resolve the dilemma of adjusting to the new normal educational system. This study used the descriptive-developmental research design and formulated a blended learning material for kindergarten to adapt to the new normal form of education. The learning material followed the four phases: analysis, design, development, and evaluation based on the ADDIE Model. The Learning Resources Management & Development System (LRMDS) Evaluation Rating Sheet by the Department of Education (DepEd) was also adopted to determine the level of validity and acceptability of the kindergarten blended learning material. There were minimal modifications to the item format to better align with the purpose of the study. The researcher engaged the Department of Education experts for the external evaluations and Union Christian College experts for the learning material's internal evaluations. The researcher used a weighted mean to ascertain the level of validity and acceptability of the proposed material. Based on the assessment, the different experts found the kindergarten blended learning material very highly valid along with the (a) general soundness of printed materials, (b) social content guidelines, (c) language, (d) layout and format, and (e) non-print materials. Since the blended learning material complied with the developmentally appropriate learning material requirements for kindergarten learners, the researcher highly recommends its adoption for the UCC Preschool for whom it is intended.

Keywords: kindergarten, blended learning, ADDIE model

Socio-Emotional Well-being of Kindergartners

Alma Mae Beverly R. Nisperos
(Adviser: Dr. Marilou L. Agustin)

Abstract

Early childhood is crucial for learning how to react to stress, make friends, handle conflict, care for others, wait patiently, and follow the rules. A positive social and emotional development is vital to child growth. The ongoing health crisis preventing kindergartners from socializing with their peers as this is believed to be effective in developing their well-being prompted the researcher to advance this study, particularly to determine the socio-emotional well-being of kindergartners in San Fernando North Central School as input to a kindergartner's socio-emotional program. A descriptive-developmental research design was used to gather the needed data from the 67 kindergarten parents during the school year 2020-2021 through an adopted and validated survey questionnaire. As monitored by the Ethics Review Board of the College, the researcher strictly observed the outlined research protocols to ensure that the well-being of the respondents was assured and to achieve the trustworthiness of the gathered data. Descriptive and inferential statistics were used to treat the gathered data. The findings showed that the kindergarten pupils generally had a very high level of socio-emotional development. Grouping the seven dimensions of socio-emotional development, the respondents' kindergartners were rated highest in optimism, self-connectedness/belonging, and social skills and lowest in emotional regulation, self-concept, social responsibility, and self-regulation. Furthermore, the seven dimensions were all significantly interrelated in the socio-emotional development of the kindergartners. Based on the findings of this study, the preschoolers have very highly developed socio-emotional constructs as rated by their parents and guardians. Their different constructs were also highly related to each other. Despite the high level of the constructs, the preschoolers still need guidance, support, and information from their significant others as dictated by the high relationship of the different constructs, which shows that the development of the other constructs impacts the well-being of an individual. This leads to conceptualizing a development program by integrating activities in the module as essential ways to help preschoolers imbibe values while learning the lessons. Given this, the researcher strongly recommends adopting the developed kindergarten socio-emotional development program to sustain the rounded socio-emotional development of kindergartners.

Keywords: Kindergarten, socio-emotional development

Open Source Education Platform for Grade 5

Violeta Villano-Julio
(Adviser: Manelyn I. Cacho, Ph.D.)

Abstract

The COVID-19 pandemic drives schools to use Open-Source Educational Platforms as they greatly help maintain quality education. This situation encouraged educators worldwide to promote the development and modification of educational platforms. As an educator, the researcher conducted this study to assess the status of an open-source educational platform of a specified school as to adequacy, utility, adaptability, and relevance of the curriculum. The study utilized a developmental design. The respondents were grade 5 teachers in the Bagulin District, as they are knowledgeable about open-source educational platforms for grade 5 pupils in the district. To gather data from the respondents, questionnaires were handed to them. Evaluation tools were also given to the members of the panel for validation. The statistical results showed that the open-source educational platform for grade 5 pupils in Bagulin District was highly relevant in the curriculum. Unfortunately, online educational resources were poorly utilized. The school websites that the pupils can access and download resources were not also adequate. These results imply that teachers need to create or design more online open-source educational platforms to address the needs of learners. Alibangsay Elementary School Library through Kolibri, an open-source educational platform specially designed to provide offline access, was then created to help learners learn better during this pandemic time.

Keywords: Open-Source Educational Platform, Bagulin District, Remote Learning

EDUCATIONAL MANAGEMENT

Financial Management Skills of Teachers and its Effects on their Socio-Economic Conditions

Jackielyn G. Calderon
(Adviser: Adela C. Libunao, Ed.D.)

Abstract

The study assessed the financial management skills of teachers and their effects on their socio-economic conditions in the public secondary schools of Aringay District during the school year 2019-2020. The study used the descriptive comparative research design to ascertain the status of financial literacy of the respondents and to determine whether they comparatively differ on this aspect by the different factors. The questionnaire checklist was used involving one hundred (100) teachers and six (6) school administrators. The majority of the teachers are married females who belong to the age bracket of 36 to 40 years old, master's degree holders, served as teachers for 16 to 20 years, holding Teacher III position, and have 5-6 dependents in the family. The financial management skills of teachers were perceived as "very satisfactory." There was a "great effect" of the financial management skills of teachers on their socio-economic conditions. The strategies in enhancing the financial management skills of teachers were perceived as "highly effective." The problems encountered in enhancing the financial management skills of teachers were perceived as "moderately serious." There was no significant difference in the perceptions of the teachers and school administrators on the different variables under study.

Keywords: Financial Management Skills, Socio-Economic Status, Public Elementary Schools, Intervention Strategies

Graduate Research Disseminations: The UCC Experience

Teofilo B. Damoco, Research Coordinator
Dr. Marilou L. Augustin, UCC Graduate School Dean

Abstract

The university's educational structure culminates in graduate study. As a result, it highlights the university's most outstanding academic and intellectual products and processes. It needs to be structured to improve higher education's quality, efficiency, and effectiveness by assuring its relevance and responsiveness to the education system's development needs and regional and national development thrusts. Graduate education improves the quality of universities and Philippine higher education toward global competitiveness and world-class scholarship. With these, the researchers assessed the profile of the Union Christian College Graduate School research along with the field of the study, program, and focus of the study, and the extent of dissemination of these studies conducted from the School Year 2015-2016 to School Year 2019- 2020. The study utilized the descriptive method of research with documentary analysis. The findings showed that during the covered school years of the study, a total of 93 graduate theses were successfully conducted at Union Christian College, including 42 from the Master of Arts in Education major in Teacher Education; 24 from the Master of Arts in Nursing; and 17 from the Master of Arts in Education major in Preschool Education. As to the focus of the study, the MAED theses accounted for the following: the top three focuses included localized and contextualized instructional material development (highest), instructional performance evaluation, and educational program development, while the lowest focuses included home-school relations and evaluation of value-education initiatives in schools. From the MAN Program, the research studies focused on evaluating community health practices (highest), nurses' professional development, and evaluation of healthcare services. In contrast, the lowest focuses included evaluating social and healthcare programs and assessing the status of the nursing career in the private and district hospitals in La Union. Along with the documented dissemination programs for the graduate research studies, in terms of dissemination in print, local printing of research journals registered the highest in both programs, followed by online journal publications. In terms of research presentations to conferences and colloquia, local, national, and international presentations shared an equal aggregate. Finally, MAED Teacher Education registered the highest research dissemination (highest), followed by MAED Pre-School Education and the MAN program. Both are fairly satisfactory. Given the above scenario, it is concluded that the UCC Graduate Programs have taken off in disseminating its research findings in the knowledge community. This take-off must be sustained, and evaluating the status of research utilization is sought to further research culture.

Keywords: graduate research culture, research dissemination, Union Christian College

Para Teachers' Initiatives

Ma. Concepcion Reyes
(Adviser: Cherrel G. Ignacio, PhD)

Abstract

Kindergarten education provides a strong foundation for learners to achieve better later in life. With the ongoing health crisis due to the COVID 2019 pandemic, the Department of Education adopted the Basic Education Learning Continuity Plan (BE-LCP) for the SY 2020-2021, which demands a holistic approach and stronger partnership among schools, households, and communities and necessitates the complementary and broader roles of parents, guardians, and other households' partners and members of the community to support the learning process of the students at home. This study determined the instructional competence of the kindergarten para teachers of Candon City Division as a basis for developing para-teacher empowerment initiatives. Specifically, it looked into the level of instructional competence of para-teachers in teaching kindergarten along with a.) Teaching Language Literacy Skills b.) Mathematical and Scientific Thinking c.) Learning Through Play d.) Application of Kindergarten Principles and the significant difference in the para-teachers instructional competence when grouped according to their profile. It utilized the descriptive developmental method of research with the researcher-made questionnaire to gather data from 202 respondents. The data gathered were treated statistically using frequencies, means, and percentages. It was found out that the para teachers are highly competent in all areas. Still, there are indicators per area that needed enhancement to make them more ready and equipped in facilitating their children's learning. Hence, the Para Teachers Empowerment Initiatives are recommended. The primary data gathering tool of the study was a researcher-constructed questionnaire, which was validated by education supervisors, school heads, and master teachers who are experts in research and kindergarten education. The data gathered was treated with descriptive and inferential statistics. It was found out that the para teachers are highly competent in all areas, but there are indicators per area that need enhancement to make them more ready and equipped to facilitate their children's learning. Furthermore, the highest educational attainment of the respondents was found to be a significant factor in the para teachers' teaching competence. Hence, the Para Teachers Empowerment Initiatives are recommended for adoption.

Keywords: Kindergarten, covid 19 pandemic, empowerment initiatives

HEALTH AND SCIENCE

Pandemic Preparedness of Healthcare Team and Healthcare Facilities in La Union

Marinor A. Borja

Abstract

In the last several decades, pandemic preparedness has not been this urgently and widely needed. Amu & Nyarko (2016) states that healthcare professionals' preparedness for emergencies is indispensable in quality health care. Staff and healthcare facilities play an essential role in emergency preparedness and response efforts for all incidents. Healthcare services must be readily available during an emergency or disaster to meet the demand surge (premiersafetyinstitute.org). The Corona Virus disease 2019, discovered in Wuhan, China, in 2019, is a new strain of the virus and an infectious disease caused by severe acute respiratory syndrome (covid19.gov.ph). Descriptive-developmental design 58 or 24.68% are aged 31 to 35 years old, 82 or 34.89% are nurses, 175 or 74.47% are college graduate, 111 or 47.23% are 5 years below in service, and 164 or 69.79% has 1 to 3 recent training. The level of preparedness of the healthcare team during a pandemic along the areas of Knowledge, Skills, Attitude, and Working Relations are categorized as Very Adequate. The level of preparedness of healthcare facilities in all areas is categorized as Very Adequate. Position and Highest Educational Attainment have a significant relationship to the level of preparedness of the healthcare team. The profile of the respondents has no significant relationship to the level of preparedness of the healthcare facility. The level of preparedness of the health care team is significantly related to the level of preparedness of healthcare facilities. Nurses are needed in every part of healthcare. The highest educational attainment is very important for professional preparedness. Training is important to employees to improve their productivity and performance. When you have a good attitude you can easily work together with the team, when you know, you have the skills to perform it. If healthcare teams and facilities are adequate, they are well-prepared and equipped during the pandemic.

Keywords: Pandemic Preparedness Program, Healthcare Team, Healthcare Facility

A Nightingale's Vision: The Lived Experiences of Nurses During Covid-19 Pandemic

Joanne S. Fangonilo
(Adviser: Dr. Jeffrey B. Julian)

Abstract

The Covid-19 pandemic has transformed the lives of nurses who have provided exceptional care to Covid-19 patients despite the limited and inadequate resources of the healthcare system. When called to the forefront, nurses face insurmountable challenges and unimaginable experiences toward the healthcare system in general and the patients. Their efforts are commendable, and their contributions are worthy of recognition; hence, the people must learn to value and understand their role in the healthcare system. This study explores the experiences of nurses as front-liners during the Covid-19 outbreak. This study utilizes the interpretive method of phenomenology as a research design. The Ethics Review Board examined and approved the study before data gathering. Ethical Considerations are strictly followed in conducting qualitative data. Purposive sampling was used in the selection of participants. Unstructured interviews and zoom meetings were employed to collect the data. The Van Manen method of interpretation was used in analyzing the data gathered. Three themes unfolded from the study: These themes are, (1) Once in Constantinople (the challenges and fears they have experienced) with four related sub-themes, (2) the lamp (their coping mechanism, motivations, inspirations, desires in doing their job as a front-liners, including their organizational responsiveness and collegiality) with four related themes, and (3) the valiant-white patriot (their realizations as staff nurse during Covid-19 pandemic). This study will help the healthcare system, especially the hospitals, improve and enhance their policies and services concerning a pandemic response.

Keywords: front-liner, challenges, Covid-19 pandemic

Infection Control Practices in the Hemodialysis Units

Kristine May Fernandez
(Adviser: Pilar Ruby Buenaventura)

Abstract

Infection control practice is a very crucial factor in the healthcare industry. Healthcare workers are given opportunities to grow and boost their knowledge on infection control through seminars, training programs, conferences, and conventions both locally and internationally. Implementation of learned knowledge through practices comes next to strengthen current policies and guidelines. This study investigated the knowledge on infection control of 42 healthcare workers working in six private dialysis centers in La Union. The study used a descriptive-developmental research design. The validity of the self-made questionnaire was computed using Cronbach Alpha had a value of 0.822. Approval of the Ethics Review Board (ERB) was sought before the conduct of the study to ensure that the study is in accordance with the guidelines and principles outlined in the Research Ethics Code. . The data gathered was treated using descriptive and inferential statistics, while a Post Hoc Analysis was done for variables that showed significant differences. The findings showed that respondent healthcare workers, 1) are very highly knowledgeable in all areas of infection control and always practiced infection control measures and standards. 2) There is a significant difference in the level of knowledge and practice on infection control between the three groups of respondents; 3) there is a significant relationship between knowledge and practice on infection control. The healthcare workers in the dialysis unit know the proper means of waste disposal and segregation of wastes. However, some dialysis centers have limited supplies and lack auditing tools. There are significant differences among the healthcare workers due to a lack of proper training and knowledge. In addition, there are noted a significant difference in the level of knowledge and practices on infection control.

Keywords: Infection control, knowledge, healthcare workers

Teachers' Health-Related Behaviors: Basis for A Health Promotion Program

Abigail M. Libunao
(Adviser: Dr. Marites B. Cadam-Ur)

Abstract

Health-related behavior refers to habits, practices, activities, or personal attributes that enhance or put at risk the overall functioning of an individual. Examples of health behaviors that enhance health are exercise and a healthy diet, while those that put people at risk are smoking and alcohol consumption. Health-related behaviors are important risk factors for major non-communicable diseases. Chronic, non-communicable diseases are currently the leading causes of death, disability, and disease worldwide, accounting for 41 million deaths per year globally. Risk factors for NCDs can either be modifiable or non-modifiable. Modifiable risk factors can reduce the incidence of many NCDs by changing one's lifestyle, such as cutting tobacco use, harmful use of alcohol, unhealthy diet, and physical inactivity. Non-modifiable risk factors cannot be changed; however, they can be controlled and their effect reduced by making changes to one's lifestyle. It includes age, ethnic background, and family history of NCDs. There were an increased incidence of premature diabetes and high blood pressure cases in teachers, which was linked to their everyday challenges in their workplace. Also, another study found out that there is an increased incidence of cancer and heart disease among teachers due to the high volume of workload. Literature on teachers' health behaviors is scarce and inconsistent. For this reason, the researcher has come up with this study to identify secondary teachers' health-related behaviors, which will provide a basis to design a health promotion program to promote overall health for teachers and improve their well-being. Research Design: Descriptive-developmental Research Participants: 211 junior and senior high school teachers of selected public and private high schools of the City Schools Division of San Fernando, La Union Data Gathering Tool: researcher-made questionnaire adapted from WHO STEPwise Approach to Chronic Disease Risk Factor Surveillance (with a validity of 4.875 - Very Highly Valid, and Reliability (Cronbach's alpha) of 0.80 to 0.97. Data Management: The profile of teachers was analyzed using Frequency and Percentage. The extent of the practice of teachers' health-related behaviors was analyzed using Weighted Mean. Correlation between the profile of teachers and extent of practice was analyzed using Pearson Product Moment Correlational Coefficient Results of the study found that secondary school teachers in the City of San Fernando, La Union are female, married, and young, belonging to the age bracket of 20 to 29 years old, beginning teachers with one to five years length of service in the teaching profession, have permanent employment status, have no medical history of NCDs but have a family history of NCDs. Teachers rarely practice health-related behaviors and medical check-ups but always practice health-related behaviors along with tobacco avoidance and alcohol abstinence. Moreover, the researcher found that among the modifiable risk factors, marital status, type of school, and years of teaching have a significant relationship to some extent with teachers' health-related behaviors. Regarding non-modifiable risk factors, age and medical history have a substantial relationship with the extent of the practice of teachers' health-related behaviors. Based on the quantitative analysis of the data gathered in this study, it can be concluded that there is a correlation between the teachers' profile and the extent of the practice of health-related behaviors. Results also indicate that even though participants are non-smokers and non-drinkers, there are some lifestyle factors (like giving attention to medical check-ups, physical activity, and sleep and rest) as well as the presence of risk factors, both modifiable and non-modifiable, that may jeopardize their health, perhaps towards the later years of their lives. This study can therefore help control non-communicable diseases as it identified the health-related behaviors of teachers, which is the most important risk factor for NCDs. The results of this study were used to design a health promotion program for teachers.

Keywords: health behaviors, high school teachers, health promotion program

LANGUAGES AND LINGUISTICS

Targeting the Goal: Overcoming the Struggles towards Conversational English Fluency of TVL-HE Learners

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Abstract

The study determined and analyzed the struggles of the TVL HE learners in their communicative skills. This utilized the qualitative method of research, particularly the phenomenological approach. The one-on-one interview was used to gather data. The participants were 12 grade 12 TVL HE learners of DEGMNHS during the SY 2019-2020. It was found that negative feelings caused the struggles of the grade 12 in communicating using the English language. It is concluded that negative feelings of the learners hinder them from being well-versed in their use of the English language. Engaging in meaningful and purposive communicative activities addresses the poor performance of the learners. The Code-switching strategy used by the learners to be understood does not help them be proficient in using the English language. The enhancement activities help the learners develop their communicative skills. The Enhancement Model towards Conversational English Fluency for Grade 12 Learners should be considered for implementation in the TVL HE strand for the Senior High School.

Keywords: language competence, language anxiety, TVL Home Economics Students, Don Eulugio de Guzman Memorial National High School

SOCIAL RESEARCH AND POLICY

Factors Influencing Marketability of Overseas Filipino Workers in Thailand

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Abstract

With the rise of globalization, the migration of resources from one country to another has become more accessible, including the movement of human labor in search of job opportunities. In the Philippines, the flow of labor from within the country has contributed to the nation's growing prosperity which ten percent of the population represents work outside the country. This idea may change over a lifetime as circumstances change. Still, some specific factors will weigh on your decisions, abilities, skills, knowledge, and lifestyle choices. The researcher, an OFW, was prompted to study and determine its relativity to the marketability of Overseas Filipino Workers in Thailand. The study employed the descriptive method of research. The survey questionnaire was the primary data gathering tool in the study, and it employed descriptive and inferential statistics to treat the gathered data. Findings showed that the respondents were of legal age and mature enough to face life outside their country and family; the majority were females, singles, and holders of their respective academic degrees. They receive salaries in different brackets and prefer to work in ASEAN countries. Furthermore, the educational attainment, age, sex, culture preference, salary package, and civil status of the OFW respondents are highly influential to their marketability, having educational attainment and age as the strongest significant predictors of the respondents' marketability in landing a profitable career outside the Philippines.

Keywords: Overseas Filipino Workers' marketability, OFWs in Thailand, employment research

SEAS Extension Program Implementation

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Abstract

As an instrument of social and cultural transmission and as an agent of change, the school requires the development of social conscience among its students and personnel through awareness, concern, and involvement in community development. This study aimed to evaluate the sustainability of the conducted extension activities of the School of Education, Arts, and Sciences of Union Christian College and the impact on the core values formation of the implementers as the basis for an enhanced SEAS-EP. This research utilized a descriptive- evaluative research design. The participants of the study were the SEAS students and faculty who participated in the extension program of the department from the School Years 2016-2017 to 2020-2021. The researchers adhere to the responsible conduct of research in the institution by observing the protocol set in this study, duly approved by the Ethics Review Committee, and commit and uphold the soundness of the data gathered. Findings revealed that the status of the SEAS-EP is highly implemented in all areas. Moreover, the extension program has a very high impact on the student-implementers in terms of faith, integrity, responsibility, excellence, and service. Meanwhile, the ANOVA analysis on the differences between the implementation of the program and its impact on the development of FIRES of the respondents revealed that it was not significant. Further, the regression analysis on the impact of the extension program of the department on the development of the core values of the respondents showed that community knowledge and community relations are not significant factors in the development of faith, integrity, responsibility, excellence, and service domains of the respondents. In comparison, social awareness concerns and community involvement were revealed to be important factors in the development of the FIRES domains of the respondents. Based on the results of the study, it can be concluded that the department's extension program is implemented with a sustainability factor. The activities conducted under the said program are significant features of the departments' training their faculty and students along FIRES. Therefore, it is recommended to review the program as mentioned earlier to associate it with the improvement of its implementation, particularly community knowledge and relations.

Keywords: extension program, Union Christian College, impact evaluation

SOCIAL SCIENCES

SBS Experiences in Synchronous and Asynchronous Learning

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Abstract

The drastic modification of the educational landscape due to social emergencies such as the COVID-19 pandemic disturbs the flow of educational processes, which is detrimental to the well-being of the educator and the learner. As classes resumed for AY 2020-2021 despite clamors for an academic freeze, the experiences shared in classes, and the monitoring of outputs by instructors prompted the researchers to advance this study to obtain concrete feedback on the conduct of remote learning in the School of Business Sciences of Union Christian College. The descriptive research design was utilized to ascertain the status of student experiences in the synchronous and asynchronous classes and determine whether significant differences occur with the interplay of various profile variables. 126 SBS students voluntarily responded to the survey from July to September 2021. The main data gathering tool of the study was adopted from a validated survey questionnaire by the UCC's Center for Research Development, Extension, Productivity, and Service-learning. Adherence to the Institutional ERB was observed during the study period. Meanwhile, descriptive and inferential statistics were used to treat the gathered data. The result of the study indicated that more of the respondents are aged 17-19, mostly female with a declared family income of PhP10,000.00 and below; more are freshman and BS Accountancy students. In terms of their experiences in synchronous and asynchronous learning, the respondents indicated that they were encouraged by the family, peer and social support (highest), and teacher/school support they felt but were restrained by their capability to manage distance learning (lowest), technological resource learning support, and coping techniques. In terms of differences in these areas as determined by the profile variables, the younger respondents felt family, peer, and social support significantly better than the older respondents. The sophomores felt the teacher and school support significantly better than the junior respondents. The rest of the profile variables were not determinants of the respondents' experiences in synchronous and asynchronous learning. Based on the findings, it is concluded that SBS students need further support to enable them to be well-adjusted in any variety of learning modalities by providing avenues for them to gain better personal capabilities in managing to learn and in their coping mechanisms and to sustain further the support they receive from their families, peers, teachers, and school. Meanwhile, outsourcing can aid students with difficulty in technological learning support.

Keywords: remote learning experiences, business sciences students, UCC School of Business Sciences

Life Adjustment Towards an Optimistic New Normal

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Abstract

The ability to adjust to different life circumstances impacts one's quality of life in any given period. This concept underscores one's adversity quotient, which measures one's ability to overcome these challenges and transform every problem into an opportunity for personal accomplishment. In light of this premise, this study aimed to determine the status of the life adjustments of the students and faculty of the School of Education, Arts, and Sciences (SEAS) of Union Christian College in the City of San Fernando, La Union, as the basis for the development of a psychosocial program. It utilized a descriptive research design, employing comparative and correlational techniques. SEAS students and faculty voluntarily participated in the study, indicating an effect size of 0.8; 85% achieved power with a 0.05 margin of error. The questionnaire was a modified adversity quotient scale by Stoltz with Tagalog translation adopted from the UCC-CRDEPS validated and pilot tested tool used in the Graduate School thesis. The data gathered were treated with descriptive and inferential statistics to yield appropriate analysis and interpretation. The researchers strictly observed the protocols of the study responsive to the ethical and responsible conduct of research in the College. The findings showed that the two groups of respondents registered below average in their general adversity quotient, average in Reach, and below average in Ownership, Control, and Endurance (lowest). Meanwhile, they have rated that the factors (personal, family, and social) highly affected their adversity quotients, personal being the highest and family the lowest. On the test of differences between the two groups of respondents, the results showed significantly better control of adversaries among the student-respondents than the faculty-respondents. Still, no significant difference existed between them in the other dimensions or their general AQ and the extent of the effect of the factors on their AQ. Furthermore, the identified factors did not significantly predict the respondents' AQ. Based on the findings, the researchers concluded that both groups of respondents exhibited poor adjustments towards life adversaries, with the younger group, as represented by their roles (faculty or students), having better control of these occurrences; hence, the need for SEAS to develop psychosocial programs or strengthen any existing programs to promote better life adjustments among its students and faculty.

Keywords: adversity quotient, psychosocial well-being, SEAS, Union Christian College, life adjustments

Holistic Wellness of the JHS-SEAS student and faculty of Union Christian College

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Abstract

An integral part of UCC's institutional vision and mission is Whole-Person Education, a large part of which is subsumed under holistic wellness. The researchers determined the level of holistic wellness of JHS students, SEAS students, and faculty pre-pandemic and during the pandemic and compared the level of holistic wellness among these three groups as well as in terms of sex, religious affiliation, type of community, and family income. . The study used cross-sectional research design as it described the status of holistic wellness among the respondents and determined their differences in the phenomenon being studied, given the different profile variables. The respondents of the study were students and faculty members from the Junior High School and the School of Education, Arts, and Sciences. The main data gathering tool was an adopted questionnaire from Smith (2008). The data were treated using the total scores of the respondents to determine health status, a paired sample t-test to compare pre-pandemic and during pandemic holistic wellness, and ANOVA and Kruskal-Wallis to compare the three groups for significant differences, including significant differences in terms of gender, religious affiliation, type of community, and family income. . Overall, the respondents had a good health status in terms of their general well-being. Also, they fared well in the different dimensions, such as mental and emotional (highest), spiritual and social, and physical and environmental (lowest). The respondents had a significantly better wellness status before the pandemic than during the pandemic. The faculty was significantly higher than the SEAS students in terms of mental and emotional health. There were no significant differences among the three groups in terms of general well-being and the other specific dimensions of health. There were no significant differences in the level of holistic wellness in terms of sex, religious affiliations, type of community living in, and family monthly income. The researchers recommend revisiting the continuity plan for both schools to explore how the holistic wellness of the junior high school students, pre-service teachers, and faculty members can be supported and enhanced. Furthermore, the coverage of the study is recommended to be expanded to the entire College to develop an enhanced institutional wellness program for all stakeholders.

Keywords: Furthermore, the coverage of the study is recommended to be expanded to the entire College to develop an enhanced institutional wellness program for all stakeholders.

Implementation of Continuing Professional Development Seminar: Input to CPD Provider Enhancement

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Abstract

In today's modern era, the educational system demands continuing research, training, and seminar to meet professional needs. It showed a direct influence on the continuing advancements in modern clinical pedagogy. Continuing Professional Development (CPD) in nursing aims to improve and assimilate the praxis learned from theoretical knowledge into real-life clinical situations. Nurses need to undergo intensive training to function efficiently in delivering holistic care. On the contrary, developing effective methods to prepare and enhance their skills and clinical performance remains pedagogical. Hence, this study determined the implementation of CPD seminars as an input to CPD provider enhancement. The research utilized the quantitative descriptive research design. A purposive sampling method was utilized, and there was a complete enumeration of respondents who met the inclusion and exclusion criteria. A self-made evaluative tool was used to gather data regarding the implementation of the CPD seminar and tested for its validity and reliability. The responses of the respondents on the discussion of the importance of OBE and entrepreneurship in the nursing profession were excellent, along with content (80%), relevance (80%), and application (64%). Answers on the discussion of the importance of rubrics and table of the specification were also excellent, along with content (80%), relevance (87%), and application (64%). Moreover, results on the importance of OBE and entrepreneurship in the nursing profession along with content (84%), relevance (89%), and application (78%). For the venue or the physical set-up, the sound system and ventilation were rated as excellent (78%), followed by the registration procedure and participation of the delegates who evaluated it as satisfactory (62%). Participants value the contents of the seminar for it can help them in their future endeavors, and the topic covered was relevant and useful to broaden their knowledge and skills development throughout their career. Data revealed that the seminar is significant, and it created an impact on the participant's careers, for they can put the theory learned into praxis. Considering the preceding conclusions, the researchers have cited recommendations to include inferential statistics in its data analysis—a relatively increased number of participants who can have the chance to participate in the study. And to further warrants stakeholders, health authorities, and health workers to devise flexible CPD seminars for nurses to ensure sustainability and efficacy of such CPD program providers.

Keywords: Continuing Professional Development, Outcomes-Based Education, Rubrics, Table of Specification, Nursing Entrepreneurship

Traversing the Ridge: Experiences of Nurses on their Licensure Examination

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Abstract

The sole purpose of a licensing examination is to identify persons who possess the minimum knowledge and experience necessary to perform tasks on the job safely and competently--not to select the "top" candidates or ensure the success of licensed persons. This study explored the lived experiences of nurses on their licensure examination, guided by the question "What are your lived experiences as a nurse on your licensure examination the study utilized qualitative research, specifically, Husserlian phenomenology. The sixteen participants were chosen through criterion sampling with the approval of the Ethics Review Board before the gathering of data. The data were collected from March 2021-April 2021. Giorgi's method of interpretation was utilized in analyzing data and was simultaneously done with data gathering. The themes that emerged from this study were the terrain, the narrow ridge, and the peak. The participants stated that taking the NLE can be compared in traversing a ridge. They have mentioned that there is no shortcut to experience, and the more time they have spent preparing for the ridge traverse beforehand, the greater their chance of success. Likewise, prior knowledge of key sections plays in their favor and helps them reach their peak. Therefore, it is recommended that nurse educators and curriculum planners make a positive contribution toward minimizing the stress of student nurses who will take the NLE. Furthermore, it is important that parents spend quality time with their children because this ascertains their physical and emotional availability. In addition, this, in turn, will help them succeed in taking the NLE.

Keywords: Nurses Licensure Examination, anxiety, hope, success



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