



Adventist University of the Philippines
Research Office

IRF

International Research Forum
PROCEEDINGS

April 18, 2024
via **zoom**

Theme

Confluence: Connect, Collaborate, Create

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Confluence: Connect, Collaborate, Create

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ADVENTIST UNIVERSITY OF THE PHILIPPINES
6th International Research Forum
April 18, 2024

Theme: “Confluence: Connect, Collaborate, Create”

The 6IRF aims to create a dynamic and inclusive environment that empowers researchers and participants to connect, collaborate, and create valuable contributions to their respective fields. Specifically, to share findings in various fields such as health and allied health, education, science, engineering, and theology while encouraging a spirit of cooperation across disciplines.

Objectives:

1. Facilitate meaningful connections among researchers, scholars, and professionals from diverse backgrounds and disciplines to encourage the exchange of ideas and perspectives.
2. Promote an environment that inspires and supports collaborative research initiatives, encouraging participants to pool their expertise and resources to address complex challenges.
3. Create a space where innovative and creative thinking would lead to novel ideas and solutions that contribute to advancements in various fields while embracing the Christian worldview.
4. Empower networking opportunities by providing a platform for participants to build professional networks, fostering short and long-term collaborations and partnerships that extend beyond the duration of the research forum.

PROGRAMME

8:30 – 8:35	OPENING PRAYER	PASTOR LOWEL J. DOMOCMAT <i>Dean, College of Theology, AUP</i>
8:36 – 8:45	PHILIPPINE NATIONAL ANTHEM	AUP AMBASSADORS “Lupang Hinirang”
	UNIVERSITY SONG	AUP UNCEASING CANTICA “Shine On, Dear AUP!”
8:46 – 9:05	INSPIRATIONAL MESSAGE	DR. JULIO C. AMURAO <i>VP Student Services, AUP</i>
9:06 – 9:10	WELCOME REMARKS	DR. ARCELI H. ROSARIO <i>President, AUP</i>
9:11 – 9:25	ROLL CALL OF PARTICIPANTS	DR. JOLLY S. BALILA <i>Director, Research Office, AUP</i>
9:26 – 9:30	MUSICAL RENDITION	THE EVANGEL CHORALE “With a Name Like His”
9:31 – 9:35	INTRODUCTION TO THE SPEAKER	DR. SUSY A. JAEI <i>AVP Academics-Graduate Studies</i>
9:36 – 10:05	KEYNOTE SPEAKER	Dr. JENNIFER J. HATZFELD <i>Regional Network Director, Meros Center</i>
10:06 – 10:10	VOTE OF THANKS	DR. RAYMOND C. CAAGBAY <i>Dean, College of Nursing, AUP</i>
10:11 – 10:15	CLOSING PRAYER	DR. CLINT C. LABORDE <i>Faculty, Public Health– Graduate Studies, AUP</i>

10:16 – 10:20	ANNOUNCEMENTS	MASTER OF CEREMONIES
10:21 – 10:30	BREAK	
10:31 – 12:10	PARALLEL SESSIONS I 10:31 – 10:50 First Presentation 10:51 – 11:10 Second Presentation 11:11 – 11:30 Third Presentation 11:31 – 11:50 Fourth Presentation 11:51 – 12:10 Fifth Presentation	
12:11 – 1:30	LUNCH BREAK	
1:31 – 3:10	PARALLEL SESSIONS II 1:31 – 1:50 First Presentation 1:51 – 2:10 Second Presentation 2:11 – 2:30 Third Presentation 2:31 – 2:50 Fourth Presentation 2:51 – 3:10 Fifth Presentation	
3:11 – 3:30	HEALTH BREAK	
3:31-5:00 AFTERNOON PLENARY SESSION		
3:31 – 3:35	OPENING PRAYER	DR. MIRIAM R. ESTRADA Dean, College of Health, AUP
3:36 – 3:40	MUSICAL RENDITION	AMBIENCE "Will You Love Jesus More"
3:41 – 3:45	INTRODUCTION TO THE SPEAKER	DR. ORLEX C. YLLANO Chair, Biology Department, AUP
3:46 – 4:05	KEYNOTE SPEAKER	DR. NOMAR E. WAMINAL
4:06 – 4:10	VOTE OF THANKS	DR. EDWIN A. BALILA Dean, College of Science and Technology, AUP
4:11 – 4:15	CLOSING REMARKS	DR. GRACEL ANN S. SABAN Vice President for Academics
4:16 – 4:20	WORDS OF GRATITUDE	DR. JOLLY S. BALILA Director, Research Office
4:21 – 4:25	CLOSING PRAYER	DR. GLENN JADE V. MARIANO Faculty, College of Theology, AUP
4:26 – 4:30	ANNOUNCEMENTS	MASTER OF CEREMONIES

MASTER OF CEREMONIES
DR. JEREMIAH C. FAMERONAG
Dean, College of Education, AUP

SCHEDULE OF PRESENTATIONS
6th International Research Forum
April 18, 2024

ARTS, HUMANITIES & SOCIAL SCIENCES

Parallel Session 1A

Session Chair: Ms. Cutie B. Canesares

TIME	PRESENTER	TITLE OF PRESENTATION
10:31 – 10:50	Romielyn T. Salazar	Efficacy of Narrative Group Intervention on Internalized Stigma And Self-Esteem Among Probationers
10:51 – 11:10	Princess Jane S. Cahig	Life Worth Living: Effects of A Bible-based Ikigai on Self-Compassion and Social Confidence among Junior High School Students
11:11 – 11:30	Marco D.M. Miranda	Effects of Existential Intervention on Death Attitudes of Adult Family Caregivers
11:31 – 11:50	Anabel O. Mondares	Effect of Mindfulness Meditation and Awareness Program on the Mental Health of High School Students
11:51 – 12:10	Nelsie B. Duhilag	Mental Health Literacy Interventions and Help-Seeking Intention of Adolescents: An experimental Study

ARTS, HUMANITIES & SOCIAL SCIENCES

Parallel Session 2A

Session Chair: Dr. Sheryll Ann M. Castillo

TIME	PRESENTER	TITLE OF PRESENTATION
10:31 – 10:50	Gaia P. Maglasang	Breathe in the Positivity Program: A Synergistic Effect of Meditation and Positive Affirmation on the Well-being and Self-esteem of Adolescents in Coastal Communities
10:51 – 11:10	Eden Geanette J. Relente	Effects of Rational Emotive Behavioral Therapy-Based Intervention on Psychological Distress among Lumads of Magkalungay, San Fernando, Bukidnon
11:11 – 11:30	Evangeline L. Navarro	Thriving in Solitude: Efficacy of Online Flourishing Program in Reducing Loneliness among Overseas Filipino Workers (OFW)
11:31 – 11:50	Justine T. Ramas	The Effects of Mindfulness-Based Intervention on the Mental Health of Abused Adolescents

ARTS, HUMANITIES & SOCIAL SCIENCES*Parallel Session 3A***Session Chair: Dr. Myrtle O. Grijalvo**

TIME	PRESENTER	TITLE OF PRESENTATION
10:31 – 10:50	Jelah T. Monta	The Efficacy of Skill Building Program in Enhancing the Quality of Life of the Out-of-School Youths in Poverty-Stricken Families in Davao City
10:51 – 11:10	Ivy Joy S. Concepcion	The Effect of Brief Cognitive Behavioral Therapy on Parenting
11:11 – 11:30	Donabel A. Agno	The Effect of a Strength-Based Approach in Enhancing Life Satisfaction Among Senior Citizens
11:31 – 11:50	Kefilwe P. Sivako	The Moderated-Mediated Influence of TikTok, Facebook, and Twitter Usage Alongside Psychological Factors on Academic Achievement among Botho University Students in Botswana: Examining the Role of Self-Regulation and Personal Profile

ARTS, HUMANITIES & SOCIAL SCIENCES*Parallel Session 4A***Session Chair: Dr. Levy M. Fajnilan**

TIME	PRESENTER	TITLE OF PRESENTATION
10:31 – 10:50	Ma. Clara Danisa C. Sorneo	Efficacy of Art Intervention on the Self Esteem and Social Skills of Teenage Girls in the Sheltered Housing
10:51 – 11:10	Jarah Abimael O. Dela Cruz	Effect of Mental Health Education on Mental Health Literacy Among First-Time Mothers of Selected Barangay of Occidental Mindoro
11:11 – 11:30	Aries Lady Dawn A. Nebato	Teen Reality: Effect of Identity Psychoeducation on Self-Esteem Of Teen Girls In An Adventist Academy
11:51 – 12:10	Ramil R. Rey	Effects of Stress Management Psychoeducation on the Stress of Palawan Mission Pastors

ARTS, HUMANITIES & SOCIAL SCIENCES*Parallel Session 1P***Session Chair: Dr. Rhalf Jayson F. Guanco**

TIME	PRESENTER	TITLE OF PRESENTATION
1:30 – 1:50	Jasmin M. Serato	The 3Gs Intervention Program: Its Effect on Resilience and Life Satisfaction Among Urban Slum Communities
1:51 – 2:10	Ivy Hope J. Balidiong	Fighting Through: An Intervention Program to Conflict Management Among Missionaries
2:11 – 2:30	Claire A. Nepomuceno	Napapagod Pero Di Susuko: The Effect of Resiliency Program on Work-Related Stress and Psychological Well-Being among Working Students
2:31 – 2:50	Marvin V. Lucas	Me, Myself, and I: The Effect of Self-Awareness Program in the Emotional Intelligence and Mental Well-Being of Sibuyanon Adolescents
2:51 – 3:10	Nanette B. Rigos	Effect of the Journey of Faith Program on the Anxiety and Resilience of the Working Mothers in Jakarta

ARTS, HUMANITIES & SOCIAL SCIENCES*Parallel Session 2P***Session Chair: Dr. Mylene S. Gumarao**

TIME	PRESENTER	TITLE OF PRESENTATION
1:30 – 1:50	Rodolfo C. Tangente	Ask Your Mind: Effects of Bible-based Mindfulness Intervention to Self-esteem and Spirituality Among Senior High School Students
1:51 – 2:10	Diana Jane D. Badua	Parental Support of Non-offending Parents: The Effectiveness of the RP3F Program in the Aftermath of Intrafamilial Child Sexual Abuse
2:11 – 2:30	Christianette Ann A. Ferrer	Effectiveness of Group Art Intervention in Reducing Stress and Burnout Among Public School Teachers
2:31 – 2:50	Noreen J. Jondonero	The Effect of Emotion Regulation Skills on Health-Related Anxiety of Menopause Women

ARTS, HUMANITIES & SOCIAL SCIENCES*Parallel Session 3P***Session Chair: Dr. Sheryll Ann M. Castillo**

TIME	PRESENTER	TITLE OF PRESENTATION
1:30 – 1:50	Ester P. Generale	The Effectiveness of Reality-Based Intervention on Academic Motivation Among College Students
1:51 – 2:10	Hannah Mae A. Vendero	Effects of Life Review Therapy on Hopelessness and Regrets Among Geriatric People in Home for the Aged
2:11 – 2:30	Maria April N. Lanot	Effects of Self-Compassion Program on Burnout of Caregivers of the Elderly

BUSINESS & GOVERNANCE*Parallel Session 1A***Session Chair: Dr. Lualhati P. Souza**

TIME	PRESENTER	TITLE OF PRESENTATION
10:31 – 10:50	Flomae B. Castueras	Establishing Malunggay Polvoron Manufacturing in Puting Kahoy, Silang Cavite: A Feasibility Study
10:51 – 11:10	Noreen Louise L. Madridondo	An Expansion of Adventist Hospital Davao, Establishing A HIV Treatment Center: A Feasibility Study
11:11 – 11:30	Ronalyn de Real-Cuasay	Establishing A Customized Jersey Sportswear Business in Barangays of Santa Rosa Laguna
11:31 – 11:50	Edwin E. Rivera	Moringa Soap Business in Silang, Cavite: A Feasibility Study
11:51 – 12:10	Kevin Wills Junior Sepang	The Influence of Destination Image and Social Media Use on the Travel Interest of Millennials in Indonesia: Basis for a Tourism Marketing Guide

BUSINESS & GOVERNANCE*Parallel Session 2A***Session Chair: Dr. Marta B. Macalalad**

TIME	PRESENTER	TITLE OF PRESENTATION
10:31 – 10:50	Alvin C. Andulan	Perceived Influence of Microfinance on Household Poverty Alleviation
10:51 – 11:10	Ryle Kyro B. Mabida	Influence of Good Governance on Employee Satisfaction in Faith-Based Higher Educational Institutions: The Mediating Role of Policy Management
11:11 – 11:30	Lezlie E. Galiza	Establishing Cupcake Business in Canubing 1, Calapan City, Oriental Mindoro
11:31 – 11:50	Kathleen Kay S. Gonzales	Establishing A Heated Pool with Waterpark in Brgy. Puting Kahoy, Silang, Cavite: A Feasibility Study

BUSINESS & GOVERNANCE*Parallel Session 3A***Session Chair: Dr. Evelyn G. Lintao**

TIME	PRESENTER	TITLE OF PRESENTATION
10:31 – 10:50	Patricia Peprah	Influence of Content Marketing and Resource Mobilization Strategies on Fundraising of Selected Not-For-Profit Organizations In Ghana.
10:51 – 11:10	Daphne R. Perona	Establishing a Water Refilling Station at Adventist Hospital - Davao: A Feasibility Study
11:11 – 11:30	Gieriz Ever C. Pueblo	Mental Wellness Center in Sta. Rosa, Laguna: A Feasibility Study
11:31 – 11:50	Kezan V. Vicencio	Event Venue Services in City of San Jose del Monte Bulacan: A Feasibility Study
11:51 – 12:10	Armand Leo S. Apalat	Adventist University of the Philippines Teaching Hospital: A GIS-based Feasibility Study

BUSINESS & GOVERNANCE*Parallel Session 4A***Session Chair: Dr. Lowena de Ocampo**

TIME	PRESENTER	TITLE OF PRESENTATION
10:31 – 10:50	John Joseph C. Estillore	Establishment of a Mobile Car Wash in Sta. Rosa, Laguna: A Feasibility Study
10:51 – 11:10	Marilou C. Ardeza	A Rehabilitation Center in Sitio Muzon, Silang Cavite: A Feasibility Study
11:11 – 11:30	Erjelyn S. Dela Cruz	The Feasibility Study of Installing Full Solar Photovoltaic Systems in Residential area of Brgy. Banus, Gloria, Oriental Mindoro
11:31 – 11:50	Lozano M. Momo	An Expansion of Services of Adventist Hospital-Davao Through Establishing a Cardio Clinic: A Feasibility Study

BUSINESS & GOVERNANCE*Parallel Session 1P***Session Chair: Dr. Marta B. Macalalad**

TIME	PRESENTER	TITLE OF PRESENTATION
1:30 – 1:50	Kabuyaya Yolande Masika	The Effect of Organizational Culture and Corporate Governance on Employee Retention as Mediated by Organizational Communication on Private Hospital in Congo DRC
1:51 – 2:10	Ezra Joy L. Deyto	Assessing the Viability of Tax Compliance Service Business in Legazpi City
2:11 – 2:30	Aimie Jean P. Ocaya	A Feasibility Study of Establishing a Worker's Boarding House behind Adventist Medical Center- Valencia City, Bukidnon
2:31 – 2:50	Rebecca D. Macanim	Adventist Medical Center Hospital OPD Pharmacy with free counseling Service
2:51 – 3:10	Nepthali V. Bacones	From Ink to AI: Influence of Awareness and Perceived Benefits on Stenographers' Adoption of Artificial Intelligence

BUSINESS & GOVERNANCE*Parallel Session 2P***Session Chair: Dr. Evelyn G. Lintao**

TIME	PRESENTER	TITLE OF PRESENTATION
1:30 – 1:50	Angelie B. Loreto	Establishing a Laundry Hub at Adventist Medical Center, Valencia
1:51 – 2:10	Kyi Htet Htet Soe	Establishing Tailoring Services for Women's Formal Attire in Puting Kahoy, Silang, Cavite: A Feasibility Study
2:11 – 2:30	Rey M. Mandalupa	Establishing a Hazardous Waste and Treatment Plant Facility at Adventist Medical Center Valencia City, Inc.: Assessing Market Demand, Operational Considerations, and Financial Viability
2:31 – 2:50	Divine L. Zuñiga	Establishing Sports Apparel Shop in Laurel Batangas: A Feasibility Study
2:51 – 3:10	Lea L. Casuga	Establishing an Eye Center in Valencia City: Assessing Market Demand, Operational Considerations, and Financial Viability

BUSINESS & GOVERNANCE*Parallel Session 3P***Session Chair: Dr. Lualhati P. Sauza**

TIME	PRESENTER	TITLE OF PRESENTATION
1:30 – 1:50	Judy Ann L. Belga	Establishing Eco-Friendly Events Planning and Services in Silang, Cavite: A Feasibility Study
1:51 – 2:10	Manix Mahamba Kakule	Determinants of Commercial Banks' Credit in the Democratic Republic of Congo
2:11 – 2:30	Airen S. Mar	Establishing a Pharmacy Business in Crossing Dabong Dabong, Mailag Valencia Bukidnon
2:31 – 2:50	Ailene Joy C. Mutsahuni	Establishing Childcare Center in Poblacion, Valencia City, Bukidnon: Assessing Market Demand, Operational Considerations, and Financial Viability
2:51 – 3:10	Stefanie Jennifer Nadine	A Guide for Managing Funds: Best Practices and Challenges of Successful Stock Investors in Indonesia

BUSINESS & GOVERNANCE*Parallel Session 4P***Session Chair: Dr. Edwin A. Balila**

TIME	PRESENTER	TITLE OF PRESENTATION
1:30 – 1:50	Hakizimana Phanuel	A Comparative Study on the Liquidity and Profitability of Selected Telecommunication Companies In Rwanda Before And During Covid-19
1:51 – 2:10	Germilyn R. Rabang	Establishing Laundry Business in Artacho, Sison, Pangasinan: A Feasibility Study
2:11 – 2:30	Jorem V. Torre	Establishing a Frozen Yogurt Shop in Barangay Burgos, Rodriguez, Rizal: A Feasibility Study
2:31 – 2:50	Jerald S. Sonsona	Establishing a Bakery at Adventist Hospital -Davao A Feasibility Study
2:51 – 3:10	Homell Jane D. Lucero	Mobile Change Oil Service: A Feasibility Study

EDUCATION*Parallel Session 1A***Session Chair: Dr. Cecil T. Ronia**

TIME	PRESENTER	TITLE OF PRESENTATION
10:31 – 10:50	Leonardo B. Dorado	Influence of School Governance on Teachers Retention in Selected Basic Education Private Schools in the Philippines
10:51 – 11:10	Janine Andrea M. Espinosa	Trighex: Gamification of Product and Quotient Identities of Six Trigonometric Ratios for Classroom Instruction
11:11 – 11:30	Maria Fe C. Montallana	Effect of Discourse Structure Graphic Organizers to Reading Comprehension
11:31 – 11:50	Kimberly R. Japon	Establishing Inclusion for SEN in Faith-based Schools in Thailand: A Case Study
11:51 – 12:10	Mary Jeramy M. Angeles	Influence of Principals' Instructional Supervisory Skills on Teachers' Classroom Practices

EDUCATION*Parallel Session 2A***Session Chair: Dr. Mary Grace L. De Guzman**

TIME	PRESENTER	TITLE OF PRESENTATION
10:31 – 10:50	Lerie Grace C. Paculanang	Lived Experiences in the Marriage and Family University Course: Implications for Curriculum Development
10:51 – 11:10	Princess Rhea C. Caberte	Silent Struggles: Exploring the Experiences of Deaf Adult Women Going Through Abortion
11:11 – 11:30	Federose E. Rea	Best Practices of Teacher-Awardees in Inclusive Classrooms: Towards a Proposed Instructional Design

EDUCATION & MATHEMATICS*Parallel Session 1P***Session Chair: Dr. Leonardo B. Dorado**

TIME	PRESENTER	TITLE OF PRESENTATION
1:30 – 1:50	Charmaine M. Yacon	Syntactic Error Analysis of Grade 8 Students' Written Discourse: Basis for an Enhancement Program
1:51 – 2:10	Ivy T. Baid	Influence of Inquiry- Based Learning (IBL) on Students' Engagement
2:11 – 2:30	Jian Jin	Student Perceptions of Online Learning in the Theology Program at a Faith-based College in Hong Kong
2:31 – 2:50	Hannah Masilamony	Gamification Pedagogy, Student Engagement, and Self-Efficacy Among Selected High Schools in the United Arab Emirates
2:51 – 3:10	Abraham P. Racca	Conformable Directional Derivative and Gradient Function

EDUCATION & MATHEMATICS*Parallel Session 2P***Session Chair: Dr. Michelle T. Collado**

TIME	PRESENTER	TITLE OF PRESENTATION
1:30 – 1:50	Mercedes M. Ibañez	Influence of Cooperative Learning to Academic Performance of Science, Technology, Engineering, and Mathematics Students
1:51 – 2:10	Sheila Ejurango-Relox	Influence of Random Calls on Communicative Competence among High School Students
2:11 – 2:30	Dayi Rao	Influence of Teachers' Strategies and Parents' Support Towards Children's Attitude in Music Practice
2:31 – 2:50	Kate Pauline B. Facto	k-LCM Cordial Labelling
2:51 – 3:10	Scott L. Gahum	A Constructive Approach to Essentially Riemann Integration

HEALTH & ALLIED HEALTH*Parallel Session 1A***Session Chair: Dr. Clint C. Laborde**

TIME	PRESENTER	TITLE OF PRESENTATION
10:31 – 10:50	Camille B. Domingo	Implementation of A Community-Based Family Planning Education Program, to Improve Knowledge, Attitude, and Practice of Family Planning Among Couples in a Rural Community
10:51 – 11:10	Gladdays C. Napigkit	Feasibility Study For The Establishment Of The Vickey Gonzales-Casuga Memorial Cancer Treatment Facility In Adventist Medical Center Valencia, Philippines
11:11 – 11:30	Xanthe N. Galera	Implementing Health Education Program To Prevent Suicide Among College Students In A Private School In Quezon Province
11:31 – 11:50	Arjohn C. Gangoso	Assessment of HIV Knowledge and Prevention Among College Students in a Private School in South Cotabato: A Basis for a Health Education Program
11:51 – 12:10	Mario C. Cabuena	Use of National Identity Card in Healthcare: An Assessment of the Perceptions of Care Providers in Assisted Living Care Homes

HEALTH & ALLIED HEALTH*Parallel Session 2A***Session Chair: Dr. Clint C. Laborde**

TIME	PRESENTER	TITLE OF PRESENTATION
10:31 – 10:50	Jenelyn C. Ramos	Establishment of Basic Nursing Care Services Clinic in the City of Dasmariñas: A Feasibility Study
10:51 – 11:10	Rachel S. Antwi	The Influence of Cultural Competence towards Ethical Sensitivity among Registered Nurses
11:11 – 11:30	Reynelyn C. Valencia	"Mind Cure": A Holistic Program to Promote Mental Health Among Depressed Patients in a Lifestyle Medicine Center
11:31 – 11:50	Eunice M. Carpizo	The Influence of Vaccine Confidence on Compliance with COVID-19 Minimum Health Standards Among Employees of Sectarian Institutions
11:51 – 12:10	Frangky Maupula	Effectiveness of a School-Based Smoking Prevention Program Among Adolescents in Indonesia

HEALTH & ALLIED HEALTH

Parallel Session 1P

Session Chair: Dr. Gladys Mae R. Laborde

TIME	PRESENTER	TITLE OF PRESENTATION
1:30 – 1:50	Virgilio C. Cabacang II	Stress Management Needs Among Local Government Units (LGU) Employees of Victoria, Northern Samar
1:51 – 2:10	Mary Anne Grace M. Dorado	Pre-clinical Simulation Skills Training of Medical Students, Satisfaction and Self-confidence Prior to Clinical Clerkship Exposure
2:11 – 2:30	Nelson G. Antonio	Let's Talk: A Stress Management Program Among Basic Education Teachers in Private and Public Schools in Nueva Ecija
2:31 – 2:50	Aime Fidele Ndayiragije Mvuyekure	Assessing Electronic Health Record Utilization in Gitwe Hospital: A Cross-Sectional Investigation of Nurse Experiences and Perspectives
2:51 – 3:10	Chiara Marie F. Bingcang	Caring Till Death: A Phenomenological Study

HEALTH & ALLIED HEALTH

Parallel Session 2A

Session Chair: Dr. Joyosthie B. Orbe

TIME	PRESENTER	TITLE OF PRESENTATION
1:30 – 1:50	Adrian P. Magahis	The Meaning in Life of Filipino Healthcare Workers and its Relationship to Stress Amid a Crisis Event
1:51 – 2:10	Mary Rose S. Valencia	The Use of Facebook Messenger in Patient Care-Related Communication, Teamwork, and Work Performance among Nurses in Public Hospitals
2:11 – 2:30	Luz F. Casas	Health Quest: A Lifestyle Medicine Intervention Towards Obesity Management in the Hospital Setting
2:31 – 2:50	Domingos Ximenes	Assessment of Electronic Medication Administration Record (eMAR) System Utilization: Nurse Experiences and Perspectives at Guido Valadares National Hospital (HNGV)

ABSTRACTS

The Effect of a Strength-Based Approach in Enhancing Life Satisfaction Among Senior Citizens

Donabel Alayon Agno

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ABSTRACT

A satisfied life varies from one person to another, across different age groups. Senior citizens need to pursue a life that will induce satisfaction throughout their senior years. This study aims to determine the effectiveness of the strength-based approach in enhancing the life satisfaction of senior citizens. Thirty-four senior citizens, 28 females, and 6 males, participated in the study. The quasi-experimental, one-group pretest-posttest study was utilized. Gathered data showed that many of the participants were, females (82.35%), 65-69 years old (41.18%), high school graduates (47.06%), married (50%), owned a house (91.18%), living with their family members (91.18%), no disability (97.06%) and all of them were not taking any psychiatric medicines. 82.35 % of seniors were satisfied with their lives. The life satisfaction index scale was administered for the pre-test and post-test. The data were analyzed using paired t-test, the analysis reveals a significant improvement, from the pre-test ($M = 26.85$, $SD = 5.55$) to the post-test ($M = 28.97$ $SD = 4.700$), scores among 34 participants ($t = -2.145$, $df = 33$, $p = .039$, Cohen's $d = 5.75650$). The effect size suggests a moderate impact of the intervention. The overall findings showed that a strength-based intervention program reported a significant improvement in the life satisfaction of seniors. This suggests that a strength-based approach can be a valuable tool in enhancing the life satisfaction of senior citizens.

Keywords: *strength-based approach, life satisfaction, strength-based Intervention Program, senior citizens*

Parental Support of Non-offending Parents: The Effectiveness of the RP3F Program in the Aftermath of Intrafamilial Child Sexual Abuse

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ABSTRACT

The issue of child sexual abuse has been a pressing concern in contemporary society. Quite often, the offender is someone close to the child. This constitutes the concept of what is now known as intrafamilial child sexual abuse (ICSA) - "any act of child sexual abuse that occurs within a family environment". Its occurrence creates lasting impacts on children victim-survivors as well as their non-offending parents (NOPs). This quantitative study focused on investigating the effectiveness of an intervention program designed for NOPs dealing with the aftermath of ICSA. This is based on the premise that their struggles impede their ability to provide adequate parental support to their children; hence, therapeutic intervention is necessary. The program involves five components: Recognizing the Need for Support (R), Psychoeducation (PI), Peer Counseling (PII), Parental Adjustment (PIII), and Follow-up and Reassessment (F); thus named the "RP3F Program". A one-group, pretest – posttest research design was utilized to compare the level of ability to provide parental support before and after the program implementation. The data was gathered from the ratings provided by 24 non-offending parents on the Parental Support after Child Sexual Abuse (PSCSA) Survey – Parent Version. This questionnaire consists of 16 items translated into Filipino language which were rated by the participants using a Likert scale. The pretest mean score ($\bar{x}=2.02$; $SD=0.44$) of the participants indicated an average ability to provide parental support while the posttest mean score ($\bar{x}=3.10$; $SD=0.33$) showed a high ability. Paired samples t-test revealed a significant difference between the pretest and posttest scores at $p<0.005$, with an effect size of 3.34. The result provided evidence for the effectiveness of the RP3F Program in enhancing parental support of non-offending parents.

Keywords: *intrafamilial child sexual abuse, non-offending parents, parental support, psychoeducation, peer counseling, parental adjustment*

Fighting Through: An Intervention Program to Conflict Management Among Missionaries

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ABSTRACT

Missionaries face unique challenges in their work. It includes the risk of conflicts that can hinder their effectiveness and even lead to their abrupt departure from the mission field. Hence, effective conflict management is crucial for mission success. This study aims to determine the effects of Fighting Through, an interpersonal skills training program, on the conflict management of missionaries and further reduce attrition due to conflicts and promote the overall success of the mission work. This study employed a quasi-experimental research design to determine the effectiveness of the program. The pre-test mean score of 3.58 (SD =.531) showed a high level of conflict management among participants in the experiment group, while the control group's pre-test mean score of 3.47 (SD =.565) indicated a moderate conflict management level. After the intervention program, the conflict management level of the experiment group increased, as evidenced by the mean score of 3.83 (SD =.392) while the control group's mean decreased to 3.45 (SD =.543). Further analysis indicated that there was a significant difference in the total gain score between the experimental and control groups in favor of the experimental group (p value $\leq .001$). This study concludes that the Fighting Through intervention program had a positive impact on the participants conflict management levels. The findings provide preliminary evidence that may encourage further studies to investigate other types of participants in groups with different life experiences. Further, this may encourage the establishment of a post-training interpersonal skills enhancement program so missionaries can complete their term in the mission field with greater efficacy.

Keywords: *conflict management; interpersonal skills, understanding conflicts, proactive communication, collaborative problem solving, managing emotions, conflict resolution; fighting through; missionaries*

Life Worth Living: Effects of A Bible-based Ikigai on Self-Compassion and Social Confidence among Junior High School Students

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ABSTRACT

A meaningful life is a common existential concern all people may encounter at a certain phase in their lives. It is directly associated with good social relationships. A sense of meaning, or the lack thereof, greatly affects the wellbeing of young people. It is fitting, therefore, that they are given tools to find meaning and improve their self-image and relationships. This study aims to determine the effects of the "Life Worth Living," a Bible-based Ikigai program, on the self-compassion and social confidence of junior high school students. It employed a the use of a one group pretest-posttest design with 35 participants. On the self-compassion scale, the pretest mean score of 2.60 (SD =.348) reveals that respondents' self-compassion was generally "moderate," but after the intervention, it increased, as shown by the post-test mean of 3.04 (SD =.399). The p-value (.001) indicated that there was a significant difference between the pre-test and the post-test. On the social self-esteem scale, a pretest mean score of 24.51 (SD = 3.868) shows a "high" level of social confidence among the participants. After the intervention, the social confidence scale increased, as evidenced by the mean score of 28.09 (SD = 3.293). The p-value (.001) indicated that there was a significant difference between the pre-test and the post-test. The study concluded that this psychospiritual program can be useful as an additional resource for the enhancement of the self-compassion and social confidence of students. Further studies may explore different age groups or assess its effects on various sectors and experiences.

Keywords: *meaning of life, ikigai, spiritual growth, self-compassion, social confidence, junior high school*

The Effect of Brief Cognitive Behavioral Therapy on Parenting Guilt and Perceived Stress among Firefighter Working Mothers

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ABSTRACT

A meaningful life is a common existential concern all people may encounter at a certain phase in their lives. It is directly associated with good social relationships. A sense of meaning, or the lack thereof, greatly affects the wellbeing of young people. It is fitting, therefore, that they are given tools to find meaning and improve their self-image and relationships. This study aims to determine the effects of the "Life Worth Living," a Bible-based Ikigai program, on the self-compassion and social confidence of junior high school students. It employed a the use of a one group pretest-posttest design with 35 participants. On the self-compassion scale, the pretest mean score of 2.60 (SD =.348) reveals that respondents' self-compassion was generally "moderate," but after the intervention, it increased, as shown by the post-test mean of 3.04 (SD =.399). The p-value (.001) indicated that there was a significant difference between the pre-test and the post-test. On the social self-esteem scale, a pretest mean score of 24.51 (SD = 3.868) shows a "high" level of social confidence among the participants. After the intervention, the social confidence scale increased, as evidenced by the mean score of 28.09 (SD = 3.293). The p-value (.001) indicated that there was a significant difference between the pre-test and the post-test. The study concluded that this psychospiritual program can be useful as an additional resource for the enhancement of the self-compassion and social confidence of students. Further studies may explore different age groups or assess its effects on various sectors and experiences.

Keywords: *meaning of life, ikigai, spiritual growth, self-compassion, social confidence, junior high school*

Effect of Mental Health Education on Mental Health Literacy Among First-Time Mothers of Selected Barangay of Occidental Mindoro

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ABSTRACT

Being a mother requires adjustment, which is a big step in a woman's personal development. A mother's mental health is crucial to the physical, mental, and emotional well-being of herself and as well as her children. The perinatal period is a time of increased vulnerability to mental health problems, however, only a small proportion of women seek help. Poor mental health literacy (MHL) is a major barrier to seeking help for mental health problems. This study was conducted among 30 first-time mothers ages 18-35 years old in a selected barangay of Occidental Mindoro. This study employed a quasi-experimental research design to determine the effectiveness of the program by giving a pre-test, followed by intervention, and then a post-test. On the level of mental health literacy, the mean score of 3.423 (Sd=3.370) reveals that respondents' mental literacy level was "moderate", after the intervention, the respondents showcased a "high" level of mental health literacy as evidenced by the post-test mean of 4.440 (SD=3.673). The p-value of .001 indicated that there was a significant difference between the pre-test and the post-test. This study concludes that the intervention program, the mental health literacy, had a positive impact on the participants. The findings provide preliminary data that may encourage further study in groups that are classified according to age and the duration of the program to give a balanced view of how groups of first-time mothers are oriented to the Mental Health Literacy program. Further, the study will encourage establishing mental health literacy programs in every Barangays as an avenue to promote mental health literacy with the help of mental health education among first-time mothers.

Keywords: *mental health literacy, mental health education, mental health literacy program, first-time mothers, mental health literacy*

Mental Health Literacy Interventions and Help-Seeking Intention of Adolescents: An Experimental Study

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ABSTRACT

About 10-20% of teenagers have mental health issues as estimated in the study of Batiancila et al. (2023). Additionally, mental problems during adolescence can lead to long-term dysfunction in adulthood (Zare et al., 2022). Despite the prevalence of mental health challenges, many adolescents hesitate to seek professional help due to various factors, including stigma, lack of awareness, and inadequate mental health literacy. Evidence suggests that good mental health literacy helps young people recognize mental health difficulties in themselves and in others and seek help for mental health problems. Improved help-seeking can allow for early intervention. This research aimed to investigate the effectiveness of mental health literacy intervention programs in influencing the help-seeking intention of adolescents. The participants of the study consisted of two groups composed of 30 students for the control and 30 students for the experimental group in which the participants undergo the program and process of intervention. The purposive sampling technique was employed in the selection of participants and was also based on the following criteria, namely: a.) 15-21 years old; b.) currently enrolled; c.) did not undergo or no history of psychological intervention d.) willing to participate in the intervention program. The results revealed that there was a statistically significant difference between the pre-and post-test results. The post-test mean increased significantly for the level of mental help seeking attitude and attitudes toward seeking mental health services after the intervention. In conclusion, this study supports the hypothesis that mental health literacy programs have a significant effect on the help seeking intention of adolescents. Results provide an understanding related to mental health literacy and help seeking intention. This enables us to maintain the experiences of individuals as the primary focus. To better care for ourselves and others, mental health literacy is essential.

Keywords: *help-seeking intention, adolescents, mental health literacy program*

Effectiveness of Group Art Therapy in Reducing Stress and Burnout Among Public School Teachers

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ABSTRACT

Despite their crucial role in society, the mental health of teachers often goes overlooked. Amidst a myriad of professional responsibilities, educators are expected to produce high-caliber pupils and serve as role models for the community. These obligations might be demanding and challenging to fulfill. Over time, educators may experience chronic stress and burnout at work. This study aims to assess the effect of group art therapy on teachers' levels of stress and burnout, aiming to enhance their mental well-being. Data were collected from 19 third-grade public school teachers before and after participating in the group art therapy sessions. Using a paired sample t-test, the findings reveal a significant reduction in stress levels following the intervention. Prior to the intervention, participants reported a mean stress score of 18.68421 (SD=3.65), which decreased to 15.5789 (SD=4.69) post-intervention with a p-value of 0.001. The intervention program is effective in reducing the stress level of the study participants. On the other hand, burnout was assessed across three dimensions: occupational exhaustion, depersonalization, and personal achievement. The results demonstrate a significant decrease in occupational exhaustion, with mean scores decreasing from 17.9474 (SD = 6.05) to 14.6842 (SD = 5.81) post intervention and a p-value of 0.013. Conversely, there was a significant increase in personal achievement, as reflected in pre-intervention mean scores of 26 (SD = 6.41), rising to 30.5263 (SD = 5.037) post-intervention and a p-value of 0.003. However, no significant difference in depersonalization was observed, with mean scores of 6.4737 (SD=3.37) and 6.3684 (SD=3.45) pre- and post- intervention, respectively. The p-value of 0.864 is higher than the conventional significance level of 0.05. These findings signify the effectiveness of group art therapy in reducing stress and mitigating burnout, particularly in enhancing personal accomplishment and alleviating occupational exhaustion among educators. These results suggest the potential for institutions to develop wellness programs with activities related to art to help improve the mental health of teachers. Additionally, this study offers a foundation for further research, including investigating different participant groups and exploring alternative art interventions to address depersonalization effectively.

Keywords: *group art therapy, stress, burnout*

The Effectiveness of Reality-Based Intervention on Academic Motivation Among College Students

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ABSTRACT

Academic motivation is the degree to which students perform and engage in their academic tasks and demands. Without academic motivation or the lack of it may affect largely the overall performance and outcome of the student's academic pursuit. Thus, using the Academic Motivation Scale for College (AMS-C 28), the current study investigated and identified students who have low levels of academic motivation in the survey. An intervention program followed and was conducted with a four-session series that lasted a duration of one month to determine the effectiveness of the Reality-based Intervention as an approach to increase the level of academic motivation of the participants. The study used a quasi-experimental one-group pretest-posttest which involved 32 college students from one of the state colleges in the Province of Davao del Norte, Philippines. The mean per each pair of intrinsic and extrinsic motivation indicated that there was a significant difference ($p\text{-value}=.001$) between the pre-test and post-test results of participants' level of intrinsic and extrinsic motivation. While the means for pre-test and post-test of amotivation showed no significance ($p\text{-value}=.073$). Based on these results, it can be concluded that except for amotivation, the Reality-Based Intervention Program is effective as it impacts significantly on the intrinsic and extrinsic motivation among college students. Applying the concepts of the Choice theory, this intervention program can significantly improve student's school engagements and academic progress. Furthermore, future research on the life-long impact of Reality-Based Intervention on Career growth among fresh college graduates is suggested.

Keywords: *academic motivation, intrinsic motivation, extrinsic motivation, amotivation, reality-based intervention*

The Effect of Emotion Regulation Skills on Health Related Anxiety of Menopause Women

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ABSTRACT

Menopause, typically occurring between ages 45 and 55, marks the end of a woman's reproductive years and brings about various physical and psychological changes such as hot flashes and mood swings. This study investigates the effects of emotional regulation on the well-being of menopausal women, particularly concerning common feelings like worry, mood swings, and health-related anxiety. The study utilized a quasi-experimental design, dividing menopausal women with health-related anxiety into experimental and control groups. The experimental group underwent training in emotional regulation skills, while the control group did not. Initial measurements were taken to establish the levels of emotional regulation skills and anxiety. For emotional regulation, there was a slight mean increase of 0.00667 (SD = 0.70859) from the pre-test to the post-test. However, this difference was not statistically significant, $t(14) = 1.854$, $p = .486$ (two-tailed), $p = .971$. The 95% confidence interval for the difference ranged from -0.38574 to 0.39907. Regarding health-related anxiety, there was a mean increase of 0.20667 (SD = 0.43172) from the pre-test to the post-test. This difference was marginally significant, $t(14) = 1.854$, $p = .042$ (two-tailed), $p = .085$ (one-tailed). The 95% confidence interval for the difference ranged from -0.03241 to 0.44574. These results suggest that while there was a slight increase in health-related anxiety scores post-intervention, it did not reach conventional levels of significance. Ultimately, the study aims to enhance mental health support for menopausal women in medical care and policies by investigating the relationship between emotional regulation and health-related anxiety during this life stage.

Keywords: *menopause, physical and psychological changes, emotional regulation, menopause women, health-related anxiety*

Effects of Self-Compassion Program on Burnout of Caregivers of the Elderly

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ABSTRACT

Despite the positive features of caregiving, caregivers continue to experience burnout, wherein it affects the physical and mental well-being of a person. It is often due to the prolonged exposure of the caregiver to stressors caused by tending to the elderly. This leads to emotional exhaustion and depersonalization. This study aimed to determine the effectiveness of a self-compassion program on caregiver burnout. Using a one-group pre- and post-test only research design and purposive sampling technique, 21 caregivers were given a pre-test followed by the conduct of the self-compassion intervention program, then the post-test. Established on the three subscales of burnout, namely Emotional Exhaustion, Depersonalization, and Personal Accomplishment, a 22-item Maslach Burnout Inventory-Human Services Survey, using a 7-level frequency scale, was adopted in this study. Findings show that after the intervention program, the participants' level of burnout was decreased as shown by the post-test mean score of the following subscales: low depersonalization, moderate emotional exhaustion, and high personal accomplishment. The means between the pre-and post-test of the two subscales and the level of burnout before and after the intervention program showed a noticeable change: emotional exhaustion (P-value= $\leq .001$); depersonalization, (P-value= $\leq .010$); and burnout, (P-value= $\leq .001$). The result of the study suggests that a self-compassion intervention program can help caregivers lessen burnout. Both formal and informal caregivers may benefit from this program particularly those who work in exhausting jobs. Also, creating a self-compassion program fitted for Filipinos may inspire other researchers to develop a locally made program to reduce burnout.

Keywords: *caregiver burnout, emotional exhaustion, depersonalization, self-compassion*

Me, Myself, and I: The Effect of Self-Awareness Program in the Emotional Intelligence and Mental Well-Being of Sibuyanon Adolescents

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ABSTRACT

Due to a lack of mental health practitioners, especially in rural areas, adolescents do not receive enough mental health services, even though they are very vulnerable to mental health issues. In Sibuyan Island, some of the mental health struggles of adolescents were: difficulty focusing during class discussions; low energy even when the class had just started; anxiety to be seen and called during class discussion; difficulty regulating their impulses, moods, and emotions, which resulted in the disturbance of class; and difficulty cooperating with teachers due to unclear reasons as they appeared to have difficulty expressing their thoughts and emotions. To address this issue, a self-awareness program was conducted to help adolescents better understand themselves and eventually express themselves in more healthy ways. Furthermore, this study aims to see the effect of self-awareness programs on the emotional intelligence and mental well-being of adolescents in Sibuyan. A one-group pre-test and post-test research design was utilized, and a purposive sampling technique was used in choosing the sample population. A total of 32 adolescents ($N = 32$), who grew up and dwelt in Sibuyan since birth and were the age of 13-17 years old, were referred by the teachers and completed the 3 days self-awareness program. Descriptive analysis was used for easier understanding and analysis of the raw data. In addition, a paired sample t-test was utilized to determine if there was a significant difference in the mean score of mental well-being and in the level of all domains of emotional intelligence before and after the program. The statistical analysis result demonstrated that the pre-test and post-test of one of the domains of emotional intelligence, which was "social emotional awareness" ($p\text{-value} = 0.018$), had a significant difference. Thus, it rejected the hypothesis, which stated that there was no significant difference in the level of all domains of emotional intelligence before and after the program. However, the result supported the hypothesis, which stated that there was no significant difference in the mean score of mental well-being of the respondents before and after the program ($p\text{-value} = 0.968$). In conclusion, self-awareness programs can somehow help in the improvement of the emotional intelligence of adolescents, but not that much in their immediate mental well-being.

Keywords: *self-awareness, emotional intelligence, mental well-being, adolescents, Sibuyan*

Breathe in the Positivity Program: A Synergistic Effect of Meditation and Positive Affirmation on the Well-being and Self-esteem of Adolescents in Coastal Communities

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ABSTRACT

The well-being of adolescents is at an alarming decline. A harmful effect of low levels of self-esteem and mental well-being can increase their chances of engaging in risky behaviors. Much more so for adolescents living in coastal communities, a separate sub-sector that occupies the majority of the Philippine archipelago. The aim of this study is to determine the levels of mental well-being and self-esteem of adolescents living in coastal communities and implement the Breathe in Positivity program, a meditation and self-affirmation-based intervention, on the well-being and self-esteem of adolescents in coastal communities. The study utilized a quasi-experimental research design through the use of pre- and post-tests before and after the intervention. A mean score of 13.93 (SD = 5.010) in the pre-test in the adolescent well-being scale showed "low" levels; a post-test mean score of 17.33 (SD = 7.563) after the intervention showed a significant increase while a pre-test mean score of 9.30 (SD = 4.308) and a post-test score of 10.70 (SD = 3.984) in the Rosenberg self-esteem scale showed "low" levels of self-esteem, and an increase after the intervention. The results indicated a statistically significant increase in the well-being score ($p < .044$, $t = -2.104$) yet a nonsignificant change in the score on self-esteem ($p < .253$, $t = -1.166$). The findings provide preliminary data that may be used to encourage further studies, such as exploring different age groups or other dependent variables.

Keywords: *well-being, self-esteem, meditation, self-affirmation, adolescents*

Effects of Existential Intervention on Death Attitudes of Adult Family Caregivers

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ABSTRACT

The topic of death within everyday conversations is normally met with awkwardness and discomfort. This study attempts to improve the death attitude of adult family caregivers, which consequently contributes to better delivery of care and improved relations to the person being cared for. Existentialism philosophy is the theme of the group process intervention. The approach is to initially look within the self, and eventually culminate towards interrelations which could highly impact other people. The Death Attitude Profile – Revised (DAP-R) is the assessment used to measure the death attitude profile of the participants before and after the intervention. This study involved twenty-six adult individuals who were informal caregivers to parents, relatives, partners, or close friends. The results shows that the intervention significantly improved the attitudes of the participants towards fear of death, death avoidance, neutral acceptance, and approach acceptance. The only dimension that did not have significant improvement was escape acceptance. The overall results from the pre-test ($M = 135.115$, $SD = 21.552$) and post-test ($M = 151.3462$, $SD = 22.082$) indicated that the group existential intervention resulted in significant improvements on the overall death attitude of the participants, with a p-value of < 0.001 . The outcomes of this study contribute to the effectiveness of using the existential intervention to manage the overall well-being of adult family caregivers, and not only limited with addressing issues arising from the fear and anxiety of death, but to the improvement on their roles of being a provider of care and being a significant person to the cared for, as well.

Keywords: *death attitude, death attitude profile, existential, group intervention, DAP-R*

Effect of Mindfulness Meditation and Awareness Program on the Mental Health of High School Students

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ABSTRACT

Stress is an inevitable phenomenon in people's daily life. People constantly must face, deal with, and adapt to many stressful situations. One of the most affected populations of stress are the students. Constant study, exam preparations, paper writing as well as boring lesson and other schoolwork's are the most substantial regular hassles of students apart from the external factors and situations they face outside school premises. It is vital to learn to cope effectively with stress to avert its complications when left unaddressed for a long time. The current study aims to determine the effect of mindfulness meditation and awareness program on the mental health of high school students. The participants are composed of 20 grade 10 students enrolled at a public school in Binondo, Manila. The study utilizes a pre-experimental research design that compares the stress level and mindfulness of the participants before and after the intervention program. Significant differences are found ($t=17.944$, $p<.001$), with a large effect size (Cohen's $d=3.0829$) for stress. The significant decrease in stress level of the students from pre-test mean of 22.165 ($SD = 2.6338$) lowering to post-test mean of 9.795 ($SD=1.7325$) reveals that respondent's level of stress drops remarkably from "moderate" to "low". Furthermore, results also shows significant differences ($t=-31.807$, $p<.001$), with a smaller effect size (Cohen's $d=.2521$) in mindfulness with a pre-test mean of 2.660 ($SD=.20735$) increasing to post-test mean of 4.453 ($SD=.17249$). These results indicate effect of the intervention program on stress and mindfulness. The findings provide preliminary evidence that may instigate future researchers to explore other types of participants or appraise its effect to various sectors and organizations.

Keywords: *stress, mental health, mindfulness meditation and awareness program*

The Efficacy of Skill Building Program in Enhancing the Quality of Life of the Out-of-School Youths in Poverty-Stricken Families in Davao City

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ABSTRACT

Out-of-school youths often encounter multiple challenges that hinder their quality of life. These challenges include limited access to education, compromised physical and mental well-being, constrained social connections, and unfavorable environmental circumstances. Despite facing financial constraints leading to incomplete formal education, there exists potential for improving the quality of life among these youths through skill-building interventions. This study employs a pre-and post-test research design with a 3-session intervention program. A needs assessment survey was conducted to identify specific domains of quality of life requiring attention among out-of-school youths, revealing that Environmental Health was an area of concern. Sixteen out-of-school youths were purposively selected to participate, answering pre and post intervention survey questionnaires using World Health Organization's Quality of Life Scale-BREF. The results indicated a slight increase from pretest to posttest in the quality of life and its dimensions. However, these slight improvements in the quality of life were not significant at .05 levels, which implies that the program is not effective in enhancing the quality of life of the out-of-school youths. The study findings suggest examining contextual factors involved such as distance to the venue of the program and financial constraints. Further study may explore a much longer duration of the intervention program and the utilization of training and workshops aimed at improving the quality of life by incorporating life skills with technical skills.

Keywords: *skill building program, quality of life, out-of-school youth*

Thriving in Solitude: Efficacy of Online Flourishing Program in Reducing Loneliness among Overseas Filipino Workers (OFW)

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ABSTRACT

Loneliness is the degree to which an individual is believed to be vulnerable at any time at any place. There may be a lot of factors to be considered, one of which is being away from home. Thus, the current study investigated the level of loneliness among OFWs to determine whether their loneliness affects their well-being. An intervention follows to help them build their positive coping skills to become resilient. This is a quasi-experimental. The study involved 24 OFWs who both received pre-test and post-test. The results from the pre-test ($M=2.86$, $S.D=0.22$) in the assessment before the intervention revealed that participants exhibited a high level of loneliness during the pre-test but after an intervention program was administered, the results from the post-test ($M=2.4$, $S.D=0.21$) shows that the level of loneliness decreases into moderate. The descriptive analysis with a t- test value of 4.2, with 23 degrees of freedom, and $p<0.000$ reject the null hypothesis and state that there is no significant difference, on average, on the level of loneliness among OFWs between pre-test and post test results. This signifies that the online flourishing program using positive psychological intervention (PPIs) resulted in a decrease in their level of loneliness. The decrease shows that the psychological program entitled Thriving in Solitude was effective. The findings provide preliminary evidence that may encourage young researchers to investigate other types of participants to compare the level of loneliness. Additionally, this may help their loved ones to encourage and support their family members in thriving amidst the challenges of being lonely and away from home.

Keywords: *loneliness, Overseas Filipino Workers (OFWs), positive psychological intervention (PPIs), positive coping skills, resilience*

Teen Reality: Effect of Identity Psychoeducation on Self-Esteem of Teen Girls In An Adventist Academy

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ABSTRACT

Adolescence is a time when teens see many physiological and psychosocial changes to themselves, which makes them feel stressed. The higher the stress level they experienced, the lower the value they placed on themselves. Studies show several interventions related to self-esteem conducted among different age groups and other categories in the past years. However, studies on self-esteem related interventions for teenagers are limited in number. Such a need is the main objective of the study of Teen Reality: Identity Psychoeducation and its effects on self-esteem among high school teen girl students. A quasi-experimental, pretest-posttest research design with a control and intervention group was used to examine the effect of identity psychoeducation on the participants. The Rosenberg Self-esteem Scale was administered to measure the self-esteem level. Twenty participants from the intervention group were subjected to the identity psychoeducation program, while 21 were in the control group. The intervention group t-test results showed a significant increase in self-esteem from a mean of 2.26 to 2.54 and a p-value of .004. Also, the control group results revealed an increase in the level of self-esteem from a mean of 2.29 to 2.40 and a p-value of .102, however, this is not statistically significant. Thus, the findings revealed that the Teen Reality: Identity Psychoeducation Program is an effective intervention to increase the self-esteem of female adolescents. It is recommended that this psychoeducation program be implemented to male teens to find out if the results are similar.

Keywords: *adolescence, self-esteem, identity, psychoeducation*

Napapagod Pero Di Susuko: The Effect of Resiliency Program on Work-Related Stress and Psychological Well-Being among Working Students

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ABSTRACT

Working students, who juggle the demands of employment alongside their academic responsibilities, constitute a significant and growing demographic within the educational landscape. The contemporary educational environment often necessitates that students seek employment to support their financial needs, leading to the prevalent phenomenon of balancing work and academics simultaneously. Central to this discourse is the issue of work-related stress and its implications for the psychological well-being of college-working students. This study addresses this gap by investigating the effectiveness of a resiliency program in mitigating work-related stress and promoting psychological well-being among college-working students. With the prevalence of work-study balance challenges faced by students, particularly due to financial constraints, the need for interventions to support their mental health and overall well-being is paramount. A quasi-experimental, one group pretest-posttest design was employed, involving 20 college working students aged 19 to 24, who participated in the resiliency program at the Merchant Marine Academy of Caraga, Inc. The program consisted of multiple sessions focusing on building resilience skills such as self-awareness, optimism, mental agility, self-regulation, and strengthening character. Before the intervention, participants reported a mean work-related stress level of 2.64 (SD = 0.46), which significantly decreased to 1.665 (SD = 0.402) after the program ($t(19) = 7.084, p = 0.000$). Similarly, the mean psychological well-being score increased from 2.49 (SD = 0.495) before the intervention to 3.13 (SD = 0.321) after the program ($t(19) = 4.713, p = 0.000$). These findings suggest that the resiliency program had a significant positive impact on both reducing work-related stress and enhancing psychological well-being among college-working students. Therefore, it is recommended to implement similar interventions tailored to the unique challenges faced by this population to promote their mental health and academic success. Further research could explore the long-term effects of such programs and investigate additional strategies to support the well-being of working students.

Keywords: *working students, work-related stress, psychological well-being, resiliency program, academic success, intervention, educational landscape*

The Effects of Mindfulness-Based Intervention on the Mental Health of Abused Adolescents

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ABSTRACT

Mindfulness has gained popularity among mental health practitioners over the recent years. Various mindfulness strategies have been utilized to promote general mental well-being. This study aimed to use mindful journaling to see its effect on the mental health of a very particular population: the abused adolescent. The participants are 16 adolescent girls, housed in a Home for Girls and are victims of abuse. The intervention involved giving them a journal and they are to write entries using the sample prompts attached in the journal cover for a period of one month. A pre-test and post-test were given to the participants using the Adolescent Mental Health Continuum-Short Form. Paired t-test, analysis suggests that there is no statistically significant difference between the two sets of data. The outcome may have been influenced by several factors such as: the tool that was used; use of free-style journaling instead of the recommended type of journaling; the IQ and educational levels of the participants; and their personal circumstances. This study has been limited to some degree by the number of participants, accessibility of the center, and confidentiality restrictions. The findings of this study may aid mental health practitioners to explore approaches, other than journaling to promote mindful behavior among the abused Filipino adolescent in addressing her psychological and emotional needs.

Keywords: *mindfulness, mental health, mindful journaling*

Effects of Rational Emotive Behavioral Therapy-Based Intervention on psychological distress among *Lumads* of Magkalungay, San Fernando, Bukidnon

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ABSTRACT

Psychological distress is a state of emotional suffering characterized by somatic symptoms. This may have a long-term negative impact on the Indigenous People communities' mental health. Mental health in indigenous communities is a relevant issue for the World Health Organization (WHO). Psychological distress can be alleviated with Rational Emotive Behavior Therapy (REBT)-based intervention, which identifies and rationalizes irrational thought. In this study, the REBT-based intervention was administered to 27 IPs of Magkalungay, San Fernando, Bukidnon. A paired-sample t-test was conducted to compare the mean differences between the pretest and post-test to determine the effects of the intervention. The mean pre-distress score was 25.63 (SD = 2.483), while the mean post-distress score was 13.56 (SD = 2.562) and the t-value obtained was 17.561, $df = 26$, $p < 0.001$, indicating a significant difference. This result implies a significant decrease in the psychological distress of the participants after the intervention program. The effect size, as measured by Cohen's d , is 3.57, indicating a large effect of the intervention on psychological distress. Overall, the results suggest that the REBT intervention had a statistically significant effect on the psychology among IP communities of Magkalungay, San Fernando, Bukidnon.

Keywords: *rational emotive behavior education; psychological distress; indigenous people*

Effects of Stress Management Psycho-Education on the Stress of Palawan Mission Pastors

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ABSTRACT

Everyone experiences stress, including pastors who deal with life and church-related challenges and even their own weaknesses. They are not exempted from stress. The purpose of this study is to determine the effects of stress management psychoeducation on the stress of Palawan mission pastors. The study used a pretest-posttest design to address the main objective of this study. Online questionnaires were employed as research instruments to collect data. The mean and standard deviation were used to describe the stress level, and a paired t-test was used to determine the effect of the intervention program. The study was based on Welford Performance and Demand Theory, which stipulates that whenever there is a departure from optimum demand that an individual is not able to cope with, stress emerges. The psychoeducation intervention was given to 22 pastors of Palawan Mission, which includes pre-interns, interns, and regular pastors. The results of the study showed that stress was low before and after the psychoeducation program in terms of psychological, emotional, physical, and overall stress levels. Further analysis revealed that there was no significant difference in the levels of stress before and after psycho-education among pastors. This suggests that the psychoeducation intervention could serve as a beneficial tool for maintaining pastors' stress management abilities over time. The study recommends continuing and/or providing programs for ministers to maintain and even reduce the low-level stress of the ministers in Palawan.

Keywords: *stress management, psycho-education, stress, pastors*

Effect of the Journey of Faith Program on the Anxiety and Resilience of the Working Mothers in Jakarta

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ABSTRACT

Motherhood involves a multitude of factors that create a complex experience of anxiety. Balancing work, family, and societal expectations generate significant stress as mothers manage childcare, homemaking, and careers. This can lead to overwhelming uncertainties and fears of not meeting expectations, contributing to maternal anxiety. The study employed a quasi-experimental research design to determine the effectiveness of the Journey of Faith Program by giving a pre-test, followed by intervention, and then a post-test among 25 participants. Statistical analysis reveals a significant reduction in anxiety from pretest ($M = 5.76$, $SD = 2.33$) to posttest ($M = 2.6$, $SD = 2.43$) and $t = 6.969$, $df = 24$, $p = 0.001$). These results indicate a shift from mild to minimal in anxiety levels, affirming the program's effectiveness. Additionally, resilience levels were measured pretest ($M = 75.76$, $SD = 11.45$) and posttest ($M = 78.24$, $SD = 7.88$) with no significant difference found $t = 0.975$, $df = 24$, $p\text{-value} = 0.339$. Future research could explore the sustainability of faith-based interventions in reducing anxiety and improving faith among working mothers while examining how different faith traditions impact resilience. Also, collaborative efforts between researchers, employers, community organizations, and health professionals could promote holistic approaches to support working mothers, with face-to-face interventions potentially deepening engagement by facilitating in-person interaction among participants.

Keywords: *working mothers, anxiety, resilience; journey of faith, women's faith*

Efficacy of Narrative Group Intervention on Internalized Stigma and Self-Esteem Among Probationers

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ABSTRACT

Individuals on probation frequently face problems related to social discrimination and their self-worth which causes difficulties in their reintegration into the community. The current study investigated the efficacy of the Narrative Group Intervention program as a holistic approach to addressing the internalized stigma and self-esteem of probationers in the Philippine criminal justice system. The study used a one-group pre-test-post-test design, which involved 42 participants under probation in the province of Bataan. The pre-test results revealed that before the intervention program, probationers exhibited a moderate level of internalized stigma ($M = 2.52$, $SD = .405$) and a low level of self-esteem ($M = 24.81$, $SD = 4.22$). The Narrative Group Intervention was then conducted in four sessions over two weeks. The post-test results revealed a notable decrease in the level of internalized stigma among probationers, with a mean score of 1.75 ($SD = .390$), while there was a substantial increase in their level of Self-esteem with a mean score of 31.24 ($SD = 3.36$). The mean ($p = .001$) per pair indicated that there was a significant difference between the pre-test and post-test results of probationers' level of internalized stigma and self-esteem. Based on these results, it was established that the Narrative Group Intervention has a significant effect on the internalized stigma and self-esteem of probationers. The intervention program has the potential to significantly improve probationers' psychological health by applying the concepts of narrative therapy and supporting the need for more inclusive rehabilitation approaches within the criminal justice system. The findings provide preliminary data that may encourage further studies into more varied participant recruitment to improve the generalizability of the results. Also, future research about the long-term impacts of the Narrative Group Intervention and the perspectives of probation officers is suggested.

Keywords: *Internalized Stigma, self-esteem, narrative group intervention, probation, community-based rehabilitation, criminal justice*

The 3Gs Intervention Program: Its Effect on Resilience and Life Satisfaction Among Urban Slum Communities

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ABSTRACT

Several studies have emphasized the positive effect of gratitude intervention programs on a person's well-being. Still, less attention has been given to its impact on resilience and life satisfaction, particularly among urban slum communities. With over 20 female participants of varying ages, the researcher examined whether a 4-week faith-based gratitude intervention program would prompt increases or improvement in how participants view life amid stress and life adversities. Participants were assigned to write gratitude letters to God, families, and friends. They were taught the importance of expressing their gratitude to God and to others and appreciating the things they have. Interestingly, the participants' resiliency level increased from 37.70 (SD=10.09) mean rating to 42.39 (SD=5.22). On the other hand, the participants' life satisfaction level increased from the mean rating of 24.87 (SD=7.55) to 27.48 (SD=4.15) following the intervention program. The pre-test and post-test results revealed that the intervention program favorably helped the participants manage their problems or stresses, resulting in increased resilience and life satisfaction. Although the statistical increase (0.05 level) in resilience and life satisfaction is insignificant, the researcher identified the limitations that may be improved in future similar studies. Hence, this study recommends that the delivery method of the gratitude intervention program be explored thoroughly. A longer duration of the intervention program may provide participants with a longer time to immerse in the program and a greater probability that they will have increased resilience and satisfaction with life.

Keywords: *gratitude, intervention program, resilience, life satisfaction, urban slum communities*

The Moderated-Mediated Influence of TikTok, Facebook, and Twitter Usage Alongside Psychological Factors on Academic Achievement among Botho University Students in Botswana: Examining the Role of Self-Regulation and Personal Profile

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ABSTRACT

The evolving digital landscape underscores the need to investigate the influence of social media on academic performance. This study examines the intricate relationship between social media use—specifically on TikTok, Facebook, and Twitter—and the academic performance of university students in Botswana. Exploring the roles of psychological traits, self-control, and individual profiles as moderators and mediators in this correlation, the research emphasizes the pivotal influence of these factors in shaping how social media impacts academic performance. The primary objective is to scrutinize both the direct and indirect effects of social media use on student performance, evaluating how self-directed regulation mechanisms can mitigate adverse effects. Employing a quantitative approach, the study analyzed survey data from 55 undergraduate students at Botho University in Botswana, recruited through convenience sampling. While the sample size was constrained by practical limitations, the study offers initial insights to be further explored in future research with larger samples. Utilizing descriptive statistics, correlation, and regression analysis, the research investigated usage patterns, perceived impacts, and self-regulation techniques. Findings reveal a robust link between extensive social media use and varied academic performance, influenced significantly by individual self-regulation skills and psychological traits. Notably, strong self-regulation techniques were associated with reduced negative academic consequences, highlighting the crucial role of human control in digital engagement. The study illuminates how social media can serve as both a distraction and a valuable teaching tool, shaped by individual characteristics. It recommends future research focus on specific interventions aimed at enhancing self-regulation abilities to maximize the educational benefits of social media while minimizing drawbacks. This research contributes to a deeper understanding of digital media's impact in educational settings, providing valuable insights for educators, policymakers, and students navigating the challenges of academic success in the digital era.

Keywords: *social media, academic performance, self-regulation, psychological factors, university students*

Efficacy of Art Intervention on the Self Esteem and Social Skills of Teenage Girls in the Sheltered Housing

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ABSTRACT

This study examines the efficacy of art intervention on the self-esteem and social skills of teenage girls living in sheltered housing. The quasi-experimental one-group pretest-posttest design is applied. The study comprised 20 teenage girls as selected participants who have been abandoned and neglected by their parents or lack caregiver responsibility, were removed from home due to a lack of adequate support and were orphaned by poverty or abuse at the Manila Girls Home in Parang, Marikina City. The results of the pretest mean score of 29.55 and the posttest mean score of 30.10 have a comparable effect on the level of their self-esteem. Although it was noted that there is an increase in the posttest assessment. In addition, the results revealed that there is no meaningful difference in the level of social skills among the participants considering the outcomes of the pretest and posttest. It shows that the pretest mean score of 37.30 is greater than that of the posttest mean score of 35.70. The findings determined that both variables do not lead to increase the level of self-esteem and social skills among the participants. Therefore, the hypotheses of this study are not confirmed.

Keywords: *self-esteem, social skills, teenage girls, art intervention*

Ask Your Mind: Effects of Bible-based Mindfulness Intervention to Self-esteem and Spirituality Among Senior High School Students

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ABSTRACT

Dealing with self-esteem and spirituality of adolescents is indeed challenging. Teenagers placed low self-esteem on themselves when they experienced higher levels of stress caused by physical and social changes. Also, reports about their declining religiosity and spirituality are indeed alarming. Studies find mindfulness-based programs as a solution to their existing problem. Many studies used mindfulness-based programs to improve self-esteem and spirituality; however, there was no available study that used Bible-based mindfulness as an intervention (BMI) program. This study aims to find out the effect of BMI on self-esteem and spirituality among grade 12 senior high school students. This is a quasi-experimental study. There were 42 sampled respondents, composed of 29 respondents in the control group (CG) and 23 participants in the experimental group (EG). Adapted instruments of self-esteem and spirituality were administered to both groups. The t-test results showed no significant difference in the level of self-esteem and spirituality of the CG after the pre-test and post-test were compared. However, the descriptive statistical results reflected a t-value of 2.107 with 22 degrees of freedom and p-value of .047 in self-esteem and a t-value of 2.086 with 22 degrees and p-value of .049 in spirituality. The findings revealed that the intervention program conducted on the EG was significantly effective. Therefore, Bible-based mindfulness interventions are an effective program in improving the level of self-esteem and spirituality of senior high school students. It is recommended to explore other age groups for individuals identified with low self-esteem and low spirituality.

Keywords: *Bible-based mindfulness intervention, self-esteem, spirituality, grade 12 senior high school students*

Effects of Life Review Therapy on Hopelessness and Regrets Among Geriatric People in Home for the Aged

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ABSTRACT

Old age has often been represented as a time of retrospection, when people reflect on their previous choices and experiences. This stage of life is frequently portrayed as a period of reflection, remorse, and depression. This study aims to investigate the effects of a life review intervention among geriatric individuals residing in selected nursing homes, examining its impact on processing their feelings of regrets and hopelessness. The researcher utilized the purposive sampling method and obtained 27 total elderly homes for the aged. Two standardized tests were used for the pre-test and post-test: the Beck Hopelessness Scale (BHS) and the Regret Elements Scale (RES). On the level of hopelessness among the participants, the pre-test garnered a mean score of 7.85 (sd=1.87) and post-test had a mean score of 7.22 (sd=1.76) both indicating a "mild" level of hopelessness. The result shows that there is no significant difference in the level of hopelessness after the intervention ($P=.085$). In contrast, after the intervention, the level of regret among participants lowered from 46 (sd=9.16 "high") to 30.33 (sd=12.3 "low"). The results suggest that the Life Review Therapy was successful ($p<.001$) in helping participants in processing and understanding of their regrets, which led to significant improvements in their well-being. In contrast to the significant reduction in regret levels, the intervention did not lead to a statistically significant decrease in hopelessness levels among the participants. Further studies on alternative strategies that may reduce levels of hopelessness could be explored to enhance the well-being of elderly individuals.

Keywords: *hopelessness, regret, geriatric people, home for the aged, life review therapy*

Perceived Influence of Microfinance on Household Poverty Alleviation

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ABSTRACT

Poverty impedes global economic and human development, and microfinance services try to address this problem as a developmental goal. Several studies have cast doubt on the efficacy of microfinance in reducing poverty, as many studies have not shown substantial effects. This study determined the perceived influence of microfinance on household poverty alleviation. The respondents of the study were 384 microfinance customers residing in 42 different barangays of Nasugbu, Batangas. The descriptive research method, purposive sampling, and sampling proportional to size were utilized in the study, with a survey questionnaire as the primary data-gathering instrument. The findings of the study indicate that customers of microfinance perceived that it has a positive influence on household poverty alleviation since access to microfinance services enabled families to invest in education and healthcare, increase their income, and improve their standards of living. On the other hand, this study also revealed that microfinance clients are not deemed multidimensionally impoverished before loan availment. Thus, the findings demonstrate that microfinance has a favorable and significant influence on reducing household poverty.

Keywords: *microfinance, poverty, household poverty alleviation, Nasugbu, Batangas*

Adventist University of the Philippines Teaching Hospital: A GIS-based Feasibility Study

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ABSTRACT

In line with the requirements of the Commission of Higher Education for medical schools to have their affiliated teaching hospital situated within the same geographic area, the Adventist University of the Philippines is aiming for the establishment of a 100-bed Level III teaching hospital on its campus. This feasibility study, aimed at assessing the project's sustainability, employed geospatial techniques using ArcGIS software in performing site suitability analysis, developing the proposed hospital's catchment area, and estimating the market share by means of the Huff gravity model. Supply and demand were derived using datasets from the Department of Health and the Philippine Statistics Authority, along with primary survey data collected from households residing within the catchment area in the provinces of Cavite and Laguna. Projected financial statements and key financial metrics were developed by analyzing revenue and cost data from industry sources and the financial data of select hospitals affiliated with the Adventist Church in the Philippines. Based on the study, a less than ideal average bed occupancy rate is expected for the first five years of operation, resulting in forecasted financial losses for the project and placing significant strain on the university's resources. In light of these findings, this study recommends considering alternative strategies such as temporarily scaling down operations as a Level I or Level II hospital for the first few years, allowing time for population growth and demand to increase. Alternatively, selecting a different site within Cavite with a more favorable competitive landscape could offer a more sustainable path moving forward.

Keywords: *healthcare planning, geographic information systems, GIS, spatial analysis, Huff Model, hospital market share*

A Rehabilitation Center in Sitio Muzon, Silang Cavite: A Feasibility Study

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ABSTRACT

Addiction in different forms is increasingly becoming a common global issue. However, according to statistics, rehabilitation centers are not enough to provide the needed services. The study aimed to determine the viability and feasibility of establishing a rehabilitation center in Sitio Muzon in Silang, Cavite. This rehabilitation center will provide treatment for different types of addiction, which include but are not limited to substance abuse and different forms of gaming. The study will be significant for businessmen, researchers, the Department of Health, and the community. Primary data was gathered through unstructured questionnaires and surveys. The population of 221,752 at the end of 2023, comprising individuals ages 10 to 59 years old, was used to determine the sample size. Of the 465 survey questionnaires distributed, 464 were successfully completed and returned. The result of the survey and analysis of demand and supply shows that there is a 10% and 67% unmet demand for outpatient and inpatient services, respectively. The business process includes consultation, assessment, and administration of treatment programs. It will be registered as a single proprietorship. The entity will employ twelve qualified individuals to provide valuable services. The financial analysis results in a payback period of two years and a breakeven point at a revenue of PHP 3.6 million. The researcher concludes that establishing an addiction rehabilitation center is a viable, feasible, and noble endeavor. This initiative may aid future researchers who will explore similar studies in other places.

Keywords: *addiction, rehabilitation, inpatient, outpatient, treatment program*

From Ink to AI: Influence of Awareness and Perceived Benefits on Stenographers' Adoption of Artificial Intelligence

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ABSTRACT

This study measures the influence of awareness and perceived benefits on stenographers' adoption of artificial intelligence in the Philippines. The researcher used the descriptive-correlational method for data conversion and analysis. A self-constructed questionnaire was used and went to validity and pilot testing to collect primary data from court stenographers and stenography educators in Region IV-A. The results obtained from 86 participants were then gathered and examined with absolute confidentiality through Microsoft Excel, Jamovi, and SPSS software utilizing the frequency count and percentage, mean and standard deviation, multiple regression analysis, and correlation through Spearman's Rho methods. Participants were found to be aware, perceived a high level of benefits, and had limited adoption of AI technology. In addition, the correlations revealed that there are positive connections between variables. While awareness correlates positively with both perceived benefits and adoption, its non-significant coefficient in the regression analysis implies that its direct impact on adoption is limited. On the other hand, perceived benefits significantly influence the adoption of AI technologies among stenographers. Moreover, it was discovered that stenographers tend to use AI less frequently as they get older. This shows that more has to be done to promote stenographers' broader adoption of AI. Additionally, it is imperative to focus efforts on assisting senior stenographers, giving them the tools and training they need to close the gap between generations and take advantage of AI in the workplace.

Keywords: *awareness, perceived benefits, adoption, artificial intelligence*

Establishing Eco-Friendly Events Planning and Services in Silang, Cavite: A Feasibility Study

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ABSTRACT

This study explores the establishment of an eco-friendly event planning and service business in Silang, Cavite, Philippines. Recognizing a research gap, the study examines the global event industry's shift towards sustainability, with a focus on the increasing consumer preference for eco-friendly practices. Descriptive and exploratory research methods were employed, utilizing survey questionnaires to a sample size of 398 households. It targets households within the 64 barangays, encompassing a population of 71,463, for occasions such as weddings, birthdays, and anniversaries. The analysis reveals an unmet demand for eco-friendly event services at 80.07%. The findings suggest a significant market demand in Silang for such services, aligning with the wider trend towards sustainability. The business capacity is projected to handle 157 events annually, capturing an average market share of 0.46%, and anticipating an average net income of PHP 5,763,396.45 in its first year. The researcher proposes an organizational structure with six employees that prioritizes minimizing environmental impact while maintaining profitability. With an initial capital investment of PHP 6,198,940.80, the projected return on investment is 93% in the first year, with a payback period of 2 years and 3 months. The research shows the viability and feasibility of establishing an eco-friendly event planning and service business in Silang, Cavite. Future research could extend similar studies to other municipalities within Cavite, thereby contributing to the broader availability of sustainable event planning and service businesses in the industry.

Keywords: *eco-friendly, event, feasibility study*

Establishing Malunggay Polvoron Manufacturing in Puting Kahoy, Silang Cavite: A Feasibility Study

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ABSTRACT

The study evaluates the feasibility of establishing malunggay polvoron manufacturing in Puting Kahoy, Silang, Cavite. The location was picked since it is foreign to the flavor of this product. The study is being conducted to be of great help to those who are exploring other flavors of polvoron and to those who are planning to start a business. The questionnaire featured registered stores that represented the prospective business's target market. It is revealed that out of 32 stores surveyed, 100% responded that they were willing to buy, with 66% preferring to buy weekly. Provided an annual demand of PhP 69,703,200 pesos and an average supply of PhP 44,000,278.82 with an average market share of 27% between 2024 and 2029. The planned business will be a sole proprietorship with four employees, requiring an initial capital investment of 2,000,368.41. The annual revenue for 2024 is PhP 5,222,400. This will rise by an average of PhP 5,659,207.38 over the next few years. With an internal rate of return of 116.44%, a reasonable return, an average rate of return of 11.51%, and a payback period of 1 year and 6 months, the proposed project is considered feasible.

Keywords: *malunggay, polvoron, foreign, nutritional*

Establishing an Eye Center in Valencia City: Assessing Market Demand, Operational Considerations, and Financial Viability

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ABSTRACT

This feasibility study addresses the establishment of The Eye Center within Adventist Medical Center in Valencia City, focusing on specialized eye care services. In response to the growing importance of eye health, the study aims to comprehend the local demand for eye care services, identify factors influencing individuals' choices, and analyze the supply dynamics for various eye conditions. By investigating frequency preferences for eye check-ups, the study reveals a proactive community, underscoring the necessity for flexible service offerings. The formulated marketing strategies, including comprehensive eye care packages, community engagement, affordability, and technological integration, are designed to meet the diverse needs of the population. Market analysis reveals a projected business capacity in both quantity and peso, spanning the number of patients, eye examinations, surgeries, eyeglasses sold, and contact lenses sold. Over a five-year period, the Eye Center is projected to experience steady growth in weekly and yearly capacities, with corresponding increases in revenue. By year five, the weekly capacity is anticipated to reach 1,429 units, translating to a yearly capacity of 74,143 units. Financial projections suggest a substantial increase in weekly and yearly capacities in pesos, with revenue projected to reach 37,154,000 pesos by year five. These findings highlight the potential for sustained growth and profitability of The Eye Center, underscoring its ability to meet the growing demand for specialized eye care services in Valencia City. The organizational cost breakdown offers a detailed financial understanding, ensuring efficient allocation of resources. The financial analysis outlines a strategic funding approach involving diverse sources such as investors, loans, and potential grants. In conclusion, The Eye Center emerges as well-positioned to cater to the varied eye health needs in Valencia City, aligning with local preferences and demands. Recommendations for future research involve continuous monitoring of market dynamics and evolving healthcare needs to ensure the sustained success of The Eye Center.

Keywords: *eye center, feasibility study, Valencia City*

Establishing A Customized Jersey Sportswear Business in Barangays of Santa Rosa Laguna

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ABSTRACT

Sportswear market expansion is driven by increasing popularity, particularly among men, with the men's segment accounting for 50% of the industry in 2021. This study determined the feasibility of establishing Quessentials, a customized jersey shop in Santa Rosa, Laguna, that will cater to personalized sublimated print jerseys for sports events. This research aims to offer valuable insights for establishing it, aiding the jersey sportswear industry, understanding consumer preferences, and assisting potential investors in boosting local economies. Data was collected through survey questionnaires and interviews with a sample size of 332, representing a population of 1,970. The researcher used the purposive sampling technique to identify the group of respondents whose ages ranged from 15 to 55. The 350 survey questionnaires were distributed to households in the identified barangays, and 336 were retrieved. The study revealed that the demand in peso value for the first year of operations is ₱3,186,000.00 while the supply is ₱3,026,700.00, with an average market share of 95% between 2024-2028. In this business, the processes involve designing, measuring and patternmaking, cutting, sewing, inspection, quality control, and packing. This project will employ 5 fulltime workers. The total capital investment in this business is ₱5,000,000.00. The financial aspect shows a return on investment of 9.62% during its first year of operation in 2024, with a payback period of less than 3 years; the project is deemed feasible. Further research is recommended to identify potential business opportunities, such as the sale of printing supplies for sublimation applications.

Keywords: *customized jersey, sportswear, printing supplies, sublimation*

The Feasibility Study of Installing Full Solar Photovoltaic Systems in Residential area of Brgy. Banus, Gloria, Oriental Mindoro

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ABSTRACT

This study aimed to determine the feasibility of installing a full-solar photovoltaic system in the residential area of Barangay Banus, Gloria, Oriental Mindoro. The worldwide proportion of people with access to electricity grew from 78% to 89% in the years 2000–2017; around 800 million individuals globally did not possess any kind of electricity access in 2017 (Moore et. al., 2020). Since power outages have been a persistent problem in the province of Oriental Mindoro, which affects the people who live there, their companies, and the region's general socioeconomic growth, installing a solar package system will be of great help. This descriptive study used data from 247 households that were surveyed through questionnaires. The results show that 95% of the target population is willing to avail of the solar installation, concluding the viability and profitability of the business. The business exists to provide high-quality solar panels and exceptional customer service while contributing to a sustainable future for generations to come. Through this study, the proposed business will be marketable with a sufficient market share during the initial year, have a stable workforce of twelve employees with reasonable compensation packages, be profitable in the next five years, and at the same time be socially responsible, providing benefits to the employees and giving back to its community.

Keywords: *electricity, solar photovoltaic*

Assessing the Viability of Tax Compliance Service Business in Legazpi City

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ABSTRACT

The complexity and frequent changes in tax laws highlight the need for specialized compliance services, especially for micro and small enterprises prone to fines, interest, and legal issues from non-compliance. This study aims to assess the viability of establishing a tax compliance service business in Legazpi City to aid these enterprises in meeting their tax obligations. The researcher chose Legazpi City, comprising many registered micro and small businesses, with 6,023 population at the end of 2023. This initiative aims to aid business owners in managing the complexities of tax compliance and deliver broader advantages to the local community by promoting a more compliant and financially robust business landscape. Employing exploratory and descriptive research methods and utilizing the Cochran method for sampling, 370 micro and small businesses in Legazpi City were included in the survey. The survey revealed a significant demand for such services, with 53% of enterprises underserved, and projected an attractive annual revenue potential of P22,425,756, indicating a promising market for such a service in Legazpi City. Achieving a 10% market share with a team of six in the organization suggests a viable business opportunity with a payback period of 1.82 years. This feasibility study paves the way for future research to explore expanding tax compliance services to other cities in Albay. This study underscores the economic promise of a tax compliance service and emphasizes its role in bolstering the local business ecosystem and financial health.

Keywords: *tax compliance service, micro and small businesses, unmet demand, annual revenue, feasibility*

Establishment of a Mobile Car Wash in Sta. Rosa, Laguna: A Feasibility Study

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ABSTRACT

This research presents valuable insights for those interested in launching a mobile car wash business. The findings can serve as a guide for future research and help explore the impact of car wash franchises implementing new car wash systems. The study's objective was to assess the feasibility of introducing a mobile carwash service in Sta. Rosa, Laguna, and its potential impact on the car wash industry. With a total population of 20,980, the study employed a descriptive research approach and surveyed 393 randomly selected households, which were distributed and retrieved. The mobile car wash service aims to provide customers with an innovative, sustainable, and efficient car washing experience. The study predicts that the service can generate sales of Php 30,861,968.52, capturing a 12% market share. Operational plans include hiring administrative personnel to manage the business operations and six staff members to provide the car wash service. Financial projections estimate a capital investment of Php 7,629,157.37, with an expected return on investment of 121% in 2025, an internal rate of return (IRR) of 126%, and a break-even point (BEP) of Php 4,855,665.30, representing 17% of sales. The payback period is expected to be eight months. The study emphasizes the importance of socio-economic responsibility in ensuring the sustainability of a business venture. The business must prioritize the well-being of both people and the environment. Introducing a mobile carwash service in Sta. Rosa, Laguna, offers customers an innovative and convenient carwash service while promoting socio-economic responsibility and proving to be a profitable and viable business venture.

Keywords: *mobile car wash, capital investment, break-even point*

Establishing Cupcake Business In Canubing 1, Calapan City, Oriental Mindoro

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ABSTRACT

Baked goods are a popular commodity worldwide, originating from countries such as the U.S., Asia, and the Philippines. The value is expected to grow by 1.6 times in the near future (Future Market Insight, 2017). This study aimed to assess the profitability of cupcake businesses in Canubing 1, Calapan City, and Oriental Mindoro. The objective of this research is to provide viability information for establishing a cupcake business. This study is significant to support cupcake businesses, expand consumer understanding, and benefit potential investors interested in launching businesses that stimulate community economic activity. The collection of data was done through survey questionnaires and interviews, which were administered to a sample size of 287, representing a population of 3,460. The demand in pesos has an average of 40,273,376 and the supply in pesos has an average of 32,529,420. The production process starts with preparing all the ingredients, baking the cupcakes, and then a quality control procedure. The market study shows that the product has a 65% average market share. Five staff members will be directly involved in the processing and selling of the product. The total capital requirement for the proposed business is \$2,103,190.99. The proposed project is acceptable with a recorded return on investment of 9.68% in its first year of operation, a payback period of 3 years, and a net present value of 4,163,370.85 php. After a thorough analysis and evaluation of the study's viability, it is recommended that the proposed business be implemented in 2025.

Keywords: *establish, cupcake, Canubing, market share*

Establishing a Heated Pool with Waterpark in Brgy. Puting Kahoy, Silang, Cavite: A Feasibility Study

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ABSTRACT

In today's fast-paced world, individuals seek ways to unwind and escape the pressures of daily life. As the municipality of Silang and its nearby urban areas develop, there's a growing need for family-centered recreational experiences. This study explores the feasibility of establishing a heated pool with a waterpark in Barangay Puting Kahoy, Silang Cavite. This will benefit students, researchers, entrepreneurs, and other business-minded individuals. A self-constructed questionnaire was validated by seven experts and seven laymen. The total household population is 5,194, and the sample size was derived with a 5% margin of error. The researcher distributed 371 survey questionnaires and was able to retrieve 100%. Interviews were conducted with operators and owners of swimming pool resorts. The marketing study indicates a 21% unsatisfied demand between the average quantity of 676,914 and the average supply of 536,719. The project has an average market share of 10%. The total capital investment needed for the project, considering all the necessary expenses, is ₱4,936,305.37. It will be registered as a sole proprietorship and will operate with eight employees reporting in two shifts in consideration of the 40-hour work week. It will be breakeven if it can cater to 6,820 guests in 2025. The proposed project is feasible financially as it projects a net present value of P434,433.57 and an internal rate of return of 12.28%. The project should start in the first quarter of 2025, given the necessary preparation.

Keywords: *heated pool, waterpark, business in Silang, Cavite, feasibility study*

Determinants of Commercial Banks' Credit in the Democratic Republic of Congo

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ABSTRACT

The banks' loans to the economy in the Democratic Republic of Congo (DRC) are among the lowest in the Sub-Saharan African countries. According to the report of the Central Bank of Congo (CBC), the banks' loans in 2019 represented only 8% of the Gross Domestic Product, while the average in Sub-Saharan African countries was 26%. This study aims to investigate the factors that explain this low level. The factors under investigation in this study are, namely, the rate, the banking inclusion, the banks' branches, savings, and deposits. To conduct this research, a quantitative approach was used to analyze secondary data collected from the annual reports of the CBC and the International Monetary Fund from 2010 to 2019. The EViews 9 software estimates the econometric model of factors such as banking inclusion, banking branches, deposits, and credit rates. As a result, deposits and savings, and credit rates significantly influenced the level of credit in the DRC, while banking inclusion and bank branches did not. The estimated model shows that the credits allocated by the banks positively increase with deposits and savings and negatively with the interest rate. Thus, the actions taken by the CBC as controller and supervisor, such as the level and structure of interest rates, should be examined to see if they increase or decrease the banks' loans to commercial banks. In addition, the next study would explore new marketing strategies to increase savings and deposits in banks.

Keywords: *credit, savings, credit rate, banking inclusion, gross domestic prod*

Establishing a Laundry Hub at Adventist Medical Center, Valencia

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ABSTRACT

In our fast-paced urban lifestyle, time management is a common challenge, with tasks like laundry posing difficulties. This study focuses on establishing a laundry hub to cater to the needs of busy Adventist Medical Center-Valencia (AMCV) staff, interns, watchers, and nearby residents. Utilizing descriptive and exploratory techniques, we gauged demand through validated questionnaires distributed among AMCV staff, and patients' watchers. Out of 280 respondents, 95% were aware of laundry services, with 45% currently using such services. Anticipating AMCV's laundry hub, 72% of 299 staff expressed a positive intent to avail themselves of its services. Financial analysis yielded promising results, with an average return on revenue of 7.87%, a return on investment of 5.54%, a return on equity of 5.24%, a return on assets of 5.23%, an operating margin of 7.87%, and a present value of 370,588.97 pesos, coupled with a 4.89-year payback period. These findings indicate the proposed business's profitability, recommending the establishment of an AMCV laundry hub to generate additional revenue and cater to the laundry needs of staff, patients' watchers, residents, and nearby workers and students.

Keywords: *laundry hubs, laundry services, feasibility*

Mobile Change Oil Service: A Feasibility Study

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ABSTRACT

Oil changes are essential for maintaining engine cleanliness and efficiency. They involve a safety check, including brake pads, tires, fluids, cabin, and oil filters. Mobile Change Oil Services offer a convenient alternative, but their additional planning and documentation may result in higher maintenance costs. Despite this, most initial needs are satisfied by mobile oil changes. A thorough feasibility study is required to evaluate the possibility of introducing specialized maintenance for Mobile Change Oil Service to address this issue and ensure that car owners can avail of convenient and cheap maintenance choices. To ascertain the viability of a business proposal on establishing a mobile change oil service in Brgy. 36, Pasay City, a feasibility study using descriptive design and statistical straight-line method sampling was conducted. Three hundred thirty-one households participated in the survey to determine the relevant information to establish a successful mobile change oil service in the area. Based on the study, it is not possible to establish market share because mobile change oil service is not yet available in the target location. With four employees and a Php 3,000,000.00 minimum investment, a sole proprietorship is the best option to establish the business. With an internal rate of return of 76.3%, a profitability index of 4.78, a net present value of \$11,336,924, and a payback period of one year and six months, the business is concluded to be viable and feasible. The proposed business will cater to the need for a convenient and affordable car services.

Keywords: *mobile, change oil, engine, cars*

Influence of Good Governance on Employee Satisfaction in Faith-Based Higher Educational Institutions: The Mediating Role of Policy Management

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ABSTRACT

The ever-increasing role of employee satisfaction in the survival and success of higher educational institutions points towards a strong emphasis on good governance. This study examined the mediating role of policy management in the relationship between good governance and employee satisfaction. Two hundred and sixty-eight respondents took part in the study, representing the population of Faith-Based higher educational institutions in the Philippines. Descriptive, correlational, regression, t-test, and structural equation modeling techniques were used to analyze the data. The results exhibit strong implementation of good governance, high levels of employee satisfaction, and effective policy management as perceived by the employees. Moreover, the study found a positive correlation between good governance, employee satisfaction, and policy management. It was also discovered that the sex, marital status, educational attainment, and salary of the respondents do not moderate the influence of good governance on employee satisfaction. Finally, the findings also revealed that policy management partially mediates the relationship between good governance and employee satisfaction.

Keywords: *employee satisfaction, good governance, policy management, Faith-Based Higher Educational Institutions*

Adventist Medical Center Hospital OPD Pharmacy with free counseling Service

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ABSTRACT

The Outpatient Hospital Pharmacy and Counseling Service is a comprehensive healthcare solution designed to streamline patient experiences by integrating pharmaceutical and counseling services. With a focus on patient-centric care, the service employs a systematic operational process, including patient registration, prescription verification, and counseling sessions with healthcare professionals to ensure patients receive detailed information on prescribed medications. This feasibility study utilized a sample size of 381, selected through a random sampling method. All 381 questionnaires were distributed to the targeted respondents, representing the entire sample size. Operating six days a week, the service aims for a daily maximum capacity of 800 units, projecting an annual capacity of 2,560,000 units. Located strategically near the hospital's Outpatient Department, the business combines manual, mechanical, and automated technologies for efficient production. Emphasizing responsible waste disposal, the service collaborates with licensed providers. Financially, the feasibility study estimates a capital investment of ₱4,974,000, with projected yearly revenues reaching ₱5,200,000. With cost and revenue analysis, a utility expense breakdown, and a five-year financial performance projection, the study anticipates steady growth, demonstrating promising opportunities for sustainable expansion in the healthcare sector.

Keywords: *healthcare, pharmacy, counseling, feasibility study*

An Expansion of Adventist Hospital Davao, Establishing a HIV Treatment Center: A Feasibility Study

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ABSTRACT

With 38 million global HIV cases and 6 million in the Pacific and Southeast Asia, the Philippines faces a rising epidemic despite a regional decline. To boost detection rates, enhancing HIV education is vital for expanding testing programs. The objective of this study is to raise awareness among community workers about HIV, which will help reduce stigma and encourage testing. The study focuses on various functional areas. It utilizes a descriptive approach, survey questionnaires, and interviews to gather data. There were a total of 3,775 HIV cases in Davao City in 2021. Four hundred survey questionnaires were distributed, but only 362 were retrieved, indicating that 80% of the respondents are willing to utilize the service. The study revealed that the HIV Treatment Center has an average total demand of 78%, with an average of 13% of unmet demands. Additionally, the gross profit margin of the HIV Treatment Center has increased by an average of 2% annually, reaching 77% in the fifth year from an initial 68% in the first year. The findings of this study offer a solution to the urgent need to reduce HIV cases while also presenting a profitable economic opportunity. It will greatly benefit those who are unaware of their HIV status and the importance of treatment, particularly those residing near the center. The proposed business aims to have a positive impact on both the Davao community and the Philippines as a whole by supporting the government's (DOH) HIV programs and providing medical assistance to prioritized barangays to promote community engagement.

Keywords: *HIV, stigma, HIV treatment*

Establishing a Hazardous Waste and Treatment Plant Facility at Adventist Medical Center Valencia City, Inc.: Assessing Market Demand, Operational Considerations, and Financial Viability

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ABSTRACT

This feasibility study explores the establishment of a hazardous waste disposal facility at Adventist Medical Center Valencia City, Inc. The study was conducted among 10 hospitals through their medical directors using survey questionnaires. The survey results indicate a substantial demand for hazardous waste disposal services, emphasizing the community's awareness and commitment to responsible waste management. Operational considerations highlight the pivotal role of the proposed facility in fulfilling environmental responsibilities, necessitating a well-designed business model for sustained financial performance. Market analysis among hospitals reveals a favorable environment, with consistent monthly waste generation, standardized pricing, and a unanimous willingness to engage with a new facility. Frequency and cost preferences underscore the importance of operational flexibility and strategic pricing for success in the competitive market. The study's marketing strategies emphasize the facility's comprehensive and eco-friendly waste management solutions, positioning it as a key player in the hazardous waste sector. Organizational and HR analysis aligns with a corporate structure, and the phased personnel increase demonstrates a strategic approach to human resource planning. The breakdown of organizational costs and financial analysis reflects a comprehensive plan for capital investment and sustainable funding sources. In conclusion, the proposed hazardous waste disposal facility is well-positioned to meet community demands while ensuring environmental responsibility and financial viability.

Keywords: *hazardous waste disposal, environmental sustainability, market analysis*

Establishing a Pharmacy Business in Crossing Dabong Dabong, Mailag Valencia Bukidnon

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ABSTRACT

Pharmacies are vital in granting communities access to necessary medications and pharmaceutical expertise. This study seeks to establish a pharmacy in Mailag, Bukidnon, to cater to the pharmaceutical needs of residents. There were 655 respondents from Barangay Mailag, Valencia, Bukidnon, who participated in this study and answered the survey questionnaires. Descriptive and exploratory techniques were both used in the study. Primary data were obtained from the survey questionnaires answered by the respondents, while the secondary data used were from books, published articles, websites, and other related studies to assess the demand for the envisioned pharmacy business. Descriptive statistics were applied to analyze profitability ratios, liquidity ratios, and return on investment. The findings revealed that 40% of the respondents expressed a willingness to support the proposed business. The financial analysis resulted in a profitability average of 36.00% on the internal rate of return, with a return on investment of 26% and a profit margin ratio of 14%. The present value of the proposed business is P6,193,028.99, and the payback period is 2.22 years. The financial analysis of the proposed business demonstrates its profitability. Therefore, it is advisable to proceed with establishing the proposed pharmacy business to address the pharmaceutical needs of the residents in Mailag, Valencia, Bukidnon.

Keywords: *pharmacy, mailag, profitability*

An Expansion of Services of Adventist Hospital-Davao Through Establishing A Cardio Clinic: A Feasibility Study

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ABSTRACT

The specific aim of this study is to provide information about a business proposal for establishing a cardio clinic at Adventist Hospital- Davao, particularly in the Bangkal area. The cardio clinic aims to provide patients with the information and education they require to effectively manage cardiovascular related diseases. The goal of the clinic is to offer services to people with cardiovascular related diseases in the community. The clinic will provide health education regarding cardiovascular diseases and how to manage them, conduct dietary counseling, help in monitoring the health of the patient, and provide written prescriptions for medication and supplies. The study also covers the marketing plan/analysis, the company's operations/service, market definition, potential and demand, competitors and analysis, and customer analysis. The researcher used a descriptive and exploratory qualitative research design to describe the various aspects of the cardio clinic processing business. Such as marketing, technology, and operations, organization and human resources; strategic management, financial, and socio-economic responsibility study. Data was taken from the primary source and was done with the aid of a survey questionnaire. The survey questionnaire was distributed to a sample of 320 respondents, and 316 were retrieved after the survey. The researcher found that there is a high demand for the service. For the year 2022, the supply is 80% of the total demand, thereby leaving an unmet demand of 28% for Nutritional/ and dietary counseling, 51% for cardiovascular health education, -25% for maintenance medicines, and 33% for heart screening. After a thorough analysis and evaluation of the viability of the study, it is recommended that the proposed business be implemented in May 2024.

Keywords: *cardiovascular disease, cardio clinic, cardio people, supply, demand*

Establishing Childcare Center in Poblacion, Valencia City, Bukidnon: Assessing Market Demand, Operational Considerations, and Financial Viability

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ABSTRACT

Market demand for child care services has been steadily rising due to socio-economic shifts, including more women participating in the workforce and the increasing recognition of the benefits of early childhood education. The research focused on the feasibility of establishing a childcare center in Valencia City, considering market demand, operational factors, and financial viability. The study considered the important areas of business management, which include marketing, technical, organizational and human resource, strategic, and financial. The target markets are married couples with children aged five and below who are financially earning. Primary data were acquired through a survey questionnaire that was distributed to households in Poblacion, Valencia City, Bukidnon. There were 385 who responded from the total population of 9,397. Furthermore, the advancement of the study was aided by relevant studies, literature, or published academic articles that served as secondary sources of information. The results were evaluated and analysed, which revealed an opportunity from the market's excess demand. The financial analysis showed favourable results from the projected five-year operation with Php3,997,865.72 average yearly revenue for 98 expected enrollees or children per year and a capital requirement of Php1,559,746. Thus, the overall result of the study concludes that it is feasible to establish a childcare center in Valencia City by 2025.

Keywords: *childcare center, feasibility, Bukidnon*

A Guide for Managing Funds: Best Practices and Challenges of Successful Stock Investors in Indonesia

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ABSTRACT

This study aims to create a guide for aspiring stock investors based on the practices of a successful investors in Indonesia. Investors aim for profit, but stock values can be unpredictable. Many investors face losses due to factors like choosing the wrong companies, following poor recommendations, and panicking during market downturns. The study uses a phenomenological approach and targets experienced stock investors in East Java, Indonesia. Interviews reveal that successful investors stress the importance of clear goals, discipline, knowledge, patience, and learning from mistakes. They emphasize understanding the companies they invest in and managing risks. The study aligns with the literature, highlighting that a lack of knowledge contributes to financial losses. Successful investors combine financial knowledge with disciplined stock selection, analyzing internal, and external factors. They caution against recklessness and emphasize the importance of continuous learning, staying informed, and maintaining a disciplined approach. Success for new investors involves self-preparation, distinguishing investing from gambling, and following essential guidelines like continuous learning and disciplined decision-making. The guide provides insights into navigating challenges in stock investing, encouraging resilience, adaptability, and a deep understanding of market dynamics.

Keywords: *managing funds, best practices and challenges, successful stock investors, Indonesia*

A Feasibility Study of Establishing a Worker's Boarding House behind Adventist Medical Center- Valencia City, Bukidnon

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ABSTRACT

Valencia City is the core of the province's geographical location. The commercial industry has been continually flourishing, aside from the major investors in the agriculture industry. Presently, it has big commercial centers such as the Robinsons Mall, Robinsons Supermarket, NVM Mall, Gaisano, Roy Plaza, Metro Gold, and other big business establishments that generate income and employment. The employment rate has increased by 57.65 percent, which shows booming business in the city. Further, the construction of Gaisano Mall in front of Adventist Medical Center in Valencia City is expected to increase traffic within the city and drain workers prior to their working hours, health, and sleeping patterns, thus resulting in a lower level of life satisfaction and happiness for the workers. This study concentrates on the viability of establishing a business in terms of room rental services for AMCV and other workers who would like to live near their workplace, thus ensuring convenience for their overall well-being. The venture will cater to workers who desire to mitigate traveling hours to work. 327 respondents represented the overall population using the validated questionnaire. Descriptive and exploratory methods of research design were utilized. The market study also covered personal interviews with our nearest competitors, which revealed unmet demand. A market share of 88% for the proposed business proved feasible. The proposed business has an average annual income of P316,551.14 with an average rate of return of 3.96%. The total cost of the investment, inclusive of the building and pre-operating, amounts to P6,652,094.10 with a payback period of 13 years and 6 months.

Keywords: *room rental services, boarding house*

Influence of Content Marketing and Resource Mobilization Strategies on Fundraising of Selected Not-For-Profit Organizations in Ghana

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ABSTRACT

Fundraising is one of the activities that help not-for-profit organizations raise funds to support their charitable works, and the concept of confluence emerges as a vital strategy in the ever-changing environment of fundraising. Due to increased competition and lack of funding opportunities, it has become very important to synergize various activities to impact fundraising campaigns. This study looks at the confluence of content marketing and resource mobilization strategies on the fundraising efforts of Not-for-profit organizations in Ghana. The study used a correlational research design to examine the combined effect of content marketing and resource mobilization on the outcome of fundraising. Data were obtained from 127 respondents using Yamane's formula at a 95% confidence level and based on a total population of 186 NGOs in Ghana. Self-constructed questionnaires were used in collecting the data. The univariate analysis of variance shows a large effect size of content marketing and resource mobilization strategies on fundraising with a partial eta-squared value of .242 and .826, and the interaction is significant with a partial eta-squared value of 0.597. The variance ($R^2 = .861$, Adjusted $R^2 = .823$) shows the importance of integrating content marketing and resource mobilization strategies in fundraising efforts. The large effect size suggests that combining content marketing and resource mobilization strategies will result in a better fundraising outcome. Organizations that use fundraising to finance their activities should focus on developing and implementing unified content marketing and resource mobilization plans to improve their fundraising outcomes.

Keywords: *content marketing strategy, resource mobilization strategy, fundraising, not for profit*

Establishing a Water Refilling Station at Adventist Hospital - Davao: A Feasibility Study

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ABSTRACT

Water refilling stations are a rapidly expanding industry that is essential to the availability of clean drinking water. Additionally, they became essential in addressing the challenges of accessing safe drinking water, particularly in communities where potable water sources are unreliable. This feasibility study aims to optimize the operations of a water refilling station through a comprehensive analysis of its procedures. This study aimed to determine the sustainability of establishing a water refilling station inside the vicinity of Adventist Hospital in Davao. Key performance indicators, such as customer satisfaction and water quality, are evaluated to identify areas for improvement. The main functional areas of business management are covered, and relevant literature was also reviewed. The study uses a mixed-methods approach, combining quantitative data analysis with qualitative insights gathered through interviews and surveys. The valid sample was 393. Of these samples, 63% are willing to patronize the water refilling station. The study revealed that water refilling stations have an average total demand of 72% in quantity per gallon and an average of 28% unmet needs in volume. Furthermore, the gross profit margin of a water refilling station increases by 2% annually on average, reaching 90% in the fifth year and 82% in the first year. The study includes marketing, production, organization and human resources, strategic management, and financial and socio-economic responsibility, which are vital to ensuring profitable and cost-effective operations. The result of this study gives solutions to the urgent need for clean, readily available water while also offering a profitable economic opportunity.

Keywords: *water refilling station, drinking water, demand, gross profit margin*

A Comparative Study on the Liquidity and Profitability of Selected Telecommunication Companies in Rwanda Before and During Covid-19

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ABSTRACT

As it was the same to other countries, the businesses in Rwanda have suffered from COVID 19 pandemic. Due to lockdowns, many businesses closed their doors, while some of others, such as telecommunication companies continued to deliver their services. It is the light of that this study was conducted just as a comparative study on the liquidity and profitability of selected telecommunication companies in Rwanda before and during Covid-19. Two companies X and Y, being the only telecommunication companies operating in Rwanda, were considered in this study. Using the information from their 5 years published financial statements, liquidity ratios (current ratio, quick ratio, cash ratio) and profitability ratios (net profit margin, Return on Assets, Return on Equity) were analyzed. This study used the paired t-tests to measure and compare both the liquidity and profitability of before and during Covid 19 for company X vis a vis company Y. Based on the findings, within the highlighted companies, a significant difference was found only on the liquidity before and during Covid 19 of company X; on the profitability of company Y before and during covid 19. On the other hand, between these companies, a significant difference was only found in liquidity of X and Y before and during covid 19. Other comparisons showed no significant differences. Thus, for better financial performance, the research recommends Rwandese telecommunication companies to scan the future and manage their capital more effectively and consistently.

Keywords: *profitability ratios, liquidity ratios, telecommunication*

Mental Wellness Center in Sta. Rosa, Laguna: A Feasibility Study

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ABSTRACT

The importance of mental wellness has gained global recognition as an essential component of overall health, considering the COVID-19 pandemic. In the Philippines, the stigma surrounding mental health and limited access to services, especially in rural areas, highlight the need for dedicated facilities. This study evaluates the feasibility of establishing a Mental Wellness Center in Sta. Rosa, Laguna, aimed at addressing the notable research gap in mental health service provision within the region. The research specifically targeted young professionals whose ages range between 20 and 34 years old in selected barangays and utilized a stratified sampling technique to derive a sample size of 393 from the actual population of 26,808. The demand and supply analysis indicated an 85% willingness among the target population to patronize the center. Demand analysis forecasted an average growth rate of 3.37%, with the center's capacity projected at 1,728 therapy sessions annually. The operational framework of the center involved a comprehensive seven-stage process flow with an estimated total duration of 345 minutes per package of three sessions. The proposed organizational structure consisted of seven key personnel to ensure robust and efficient service delivery. The total capital investment required is ₱5,985,489.95. Financial projections demonstrated a return on investment of 169% and a payback period of less than one year, thus highlighting the economic viability of the center. Future researchers should further aim to minimize stigma by evaluating the long-term community impact of such a facility and its adaptability across various populations.

Keywords: *mental health, young professionals, therapy, stigma*

Establishing Laundry Business in Artacho, Sison, Pangasinan: A Feasibility Study

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ABSTRACT

The study assessed the feasibility of establishing the first and only laundry business in Artacho, Sison, Pangasinan. This study aims to fill a notable service gap in laundry service in the area and provide convenience and economic prospects for locals. The results may serve as a useful guide for prospective entrepreneurs and researchers exploring this industry. Unstructured questionnaires were given to three owners of similar businesses located in Rosario, La Union, Pozorrubio, and Urdaneta, Pangasinan. The survey questionnaires were distributed to various demographic groups, including the workers of Northern Luzon Mission, Northern Luzon Adventist Hospital, and students of Northern Luzon Adventist College residing in dormitories and villages who are the target market of the proposed laundry business. It was administered to a sample size of 256, representing a population of 711. The study achieved a 100% retrieval rate from the respondents, ensuring comprehensive data collection and analysis. For 2024, the supply is 8% of the total demand, thereby leaving an unmet demand of 92%. The process of washing includes receiving laundry, sorting, washing, folding, and collecting payment. For a start-up business, four personnel will be directly working on it. A minimum capital investment is P2,326,030. After thorough analysis and evaluation of the viability of the study, it is recommended that the proposed business be implemented in January 2025.

Keywords: *laundry business, supply, demand*

Moringa Soap Business in Silang, Cavite: A Feasibility Study

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ABSTRACT

The proposed product bridges the gap between healthy benefits and skin care users by creating quality morning soap products. This feasibility of establishing a moringa soap business in Silang, Cavite. The study offers insights for other benefits that can be derived from growing Moringa trees, such as their potential as a source of livelihood beyond food and contributing to the establishment of a sustainable, competitive, and environmentally responsible soap industry. The researcher utilized the non-probability purposive sample design in the selection of participants. Out of 1,113 questionnaires distributed to respondents from micro and small enterprises, 297 were retrieved. However, only 294 served as a sample and basis for computation and analysis. The findings, with an average demand of 21,216 and a supply of 13,637, reveal a promising market share, averaging 43% in volume. The process of making moringa soap includes harvesting, drying leaves, and creating moringa powder and soap recipes. A proprietorship with minimal investment (Php 2,001,647.00) and a workforce of 5 individuals is recommended for the startup phase. Investing in machinery and equipment is crucial for efficient production, quality, and safety. It indicates the project's acceptability with an IRR of 4.72%, a payback period of 4 years and 7 months, and a BCR of 0.57. While the IRR suggests acceptability, the need for further assessment of specific financial aspects underscores the potential to benefit various stakeholders and contribute to the community's economic and social development.

Keywords: *moringa soap, business in Silang, Cavite, a feasibility study*

Establishing Tailoring Services for Women's Formal Attire in Puting Kahoy, Silang, Cavite: A Feasibility Study

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ABSTRACT

This study aimed to determine the feasibility of establishing tailoring services for women's formal attire in Puting Kahoy, Silang, Cavite. According to the latest research, the demand for tailors, dressmakers, and custom sewers is expected to go up, with an expected 14,850 new jobs filled 2029 and will increase 7.91 percent annually over the next few years. This study will be a great help for tailors, business owners, professionals, and retailers who are planning to have a tailoring service for women's formal attire. The population of the study includes 2,306 female residents ranging from 16 to 65 years old, and the barangay was divided into 22 streets. The researcher used stratified sampling techniques to select the respondents of the study. The researcher distributed 360 survey questions, and 322 of them were retrieved. The average demand is Php 28,356,276 and the average supply is Php 14,295,473. The business capacity is 1,907,936 and the average market share is 12%. The production process includes design, patterning, cutting, sewing, checking, and packing. To generate revenue, the business will operate as a sole proprietorship with six employees. The project duration is a five-year business operation. A capital investment of Php 2,300,000 will be required. With an average price of Php 2,750 for the attire, the revenue for 2024 is projected to be Php 1,699,500, with an annual growth rate of 5%. This business idea is feasible, given an investment rate of return of 36% and a payback period of 2.7 years.

Keywords: *formal attire, tailoring, feasibility, Silang, Cavite*

The Influence of Destination Image and Social Media Use on the Travel Interest of Millennials in Indonesia: Basis for a Tourism Marketing Guide

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ABSTRACT

This study investigates the influence of destination image and social media use on the travel interests of Millennials in North Sulawesi, specifically focusing on their interest in visiting Likupang, a super-priority destination identified by the Indonesian government. Despite its designation for development, Likupang has notably low visitor numbers compared to other priority destinations, both domestic and foreign. Furthermore, there is a lack of research addressing this specific context. The study uses correlational research, which is included in nonexperimental quantitative research that underlines the correlation between social media use and destination image in shaping travel interests. Hence, the purpose of this research is to fill the existing gap in the literature regarding the influence of destination image and social media use on travel interest among Millennials in Indonesia, particularly towards Likupang. The population of the study is the Indonesian millennial generation, who live in North Sulawesi, Indonesia. The sample size of this study was determined by using the G*power software application, with a sample of 148 respondents as a result of the G*power computation. The study found a strong correlation between destination image and Millennials' travel interest, as well as perceptions of destinations' authenticity, natural beauty, and cultural richness. Social media was also identified as a powerful influencer in shaping tourists' travel interests. These findings provide a solid foundation for the development of a comprehensive tourism marketing guide, thereby aiding Likupang's local government in enhancing its tourism appeal and promoting Likupang as a desirable travel destination.

Keywords: *millennials, destination image, social media, travel interest, Likupang, North Sulawesi, Indonesia*

Establishing a Bakery at Adventist Hospital - Davao A Feasibility Study

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ABSTRACT

Baking has developed into a big industry in the Philippines, providing more business and employment opportunities. Primarily traditional in character, what was once a modest and unpopular industry has thrived in recent years as it welcomes and embraces technological and culinary changes. Bakeries are a popular type of food service establishment that allows you to express your culinary creativity while also serving a distinct market. Furthermore, people with non-culinary backgrounds can easily break into the industry by starting a home bakery. Through a thorough examination of its operating methods and an assessment of the viability and sustainability of opening a bakery close to Adventist Hospital Davao, this study seeks to optimize bakery operations. To find areas for improvement, key performance metrics like quality, customer happiness, and throughput are assessed. The primary functional domains of business management are examined, together with a review of pertinent literature. The study used a mixed methods approach, integrating qualitative information from surveys and interviews with quantitative data analysis. A sample of 400 respondents received the survey questionnaires; 393 of them were retrieved once it was completed, and 75% of them expressed a willingness to support the bread sector. According to the report, there are typically 37% unmet needs in volume and 63% total demand in quantity per loaf in bakeries. Additionally, the bakery's gross profit margin rises by 4% year on average, reaching 62% in the fifth year and 47% in the first year. Financial and socioeconomic responsibility are also essential for ensuring profitable and efficient operations. In addition to providing a solution to the pressing need for wholesome, delicious bread, the study's findings present a lucrative business potential. The proposed business will use a holistic strategy that puts sustainability and community involvement first in order to positively affect the local economy and the environment of Adventist Hospital-Davao.

Keywords: *bakery, loaf bread, demand and supply*

Establishing a Frozen Yogurt Shop in Barangay Burgos, Rodriguez, Rizal: A Feasibility Study

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ABSTRACT

Yogurt contains dietary values such as calcium, protein, and potassium, and the most beneficial ingredients are live bacteria. The microorganism's content is called probiotics, or "good bacteria." Probiotics protect against harmful bacteria, support the immune system, and create a healthy digestive tract. This study will focus on determining the feasibility and viability of establishing a frozen yogurt shop in Barangay Burgos, Rodriguez, Rizal. To ensure that every question would provide vital information for the study, six experts, six laymen from the university, and our agency validated the questionnaires. In this study, Barangay Burgos served as the target market for distributing the survey questionnaires to meet the household locale. The researcher also maximized the use of a convenience sampling technique with a sample size of 391, with 100% retrieval rate, representing a household population of 17,916. Based on the results, the researcher found a demand for the product. For 2024, the supply is 87% of the total demand, a variance of 13% in demand. The business has an average market share of 84%. The projected income for the first year is Php1,529,571.40. The average Return on Investment is 113.25%. And the payback period is one year and nine months. Hence, the researcher found establishing a frozen yogurt shop in Barangay Burgos, Rodriguez, and Rizal feasible and viable.

Keywords: *frozen yogurt, probiotic, feasibility study*

Event Venue Services in City of San Jose del Monte Bulacan: A Feasibility Study

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ABSTRACT

This research aims to examine the practicability and profitability of a venue service for events in the City of San Jose del Monte, Bulacan. The location was strategically chosen due to its convenient accessibility for both pedestrians and vehicles. To support the study's theoretical aspects, the researcher gathered relevant related literature and studies. Qualitative data from interviews and quantitative data from survey questionnaires were collected. The results were documented, interpreted, and analyzed. The interview included four event services alike, while the survey involved 399 participants selected through random sampling in selected barangays, representing the target market of the proposed venture. The survey findings were used in the marketing and financial analyses. It was discovered that 86% of the sample population preferred the event services, and 94% were interested in utilizing the proposed venture's services. This led to an average demand of 33,519,227.23 pesos and a supply of 5,632,965.67 pesos, resulting in a 56.41% market share between 2025 and 2029. The company will operate as a sole proprietorship, employing 18 staff members, and requiring an initial capital investment of 15,839,342.50 pesos. With service prices ranging from 22,500 to 80,000 pesos, the projected annual revenue for 2025 is 7,507,502.99, which is expected to increase by 2,025,392.52 annually. The project has an internal rate of return of 63%, a 70% average rate of return, and a payback period of less than two years, making it deemed feasible. The study's results demonstrate that the proposed venture has significant potential for success, making it a valuable addition to the events industry in San Jose del Monte, Bulacan.

Keywords: *events, events venue, events planning*

The Effect of Organizational Culture and Corporate Governance on Employee Retention as Mediated by Organizational Communication on Private Hospital in Congo DRC

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ABSTRACT

Employee retention has been an issue in many organizations. Currently, employees leave organizations before the end of their contracts which causes many organizations to stay with few employees and not to recruit often. This study aimed to examine the mediating effect of organizational communication on the relationship between organizational culture, corporate governance and employee retention of private hospitals in Congo. Descriptive correlation design was utilized in this study. Purposive sampling technique was employed in the study for choosing private hospitals in Congo Drc and convenience sampling technique was used to get a total sample of 348 nurses. The study used adapted and self-constructed questionnaires. Percentages, mean, standard deviation, correlation, linear regression and structural equation modelling were utilized. The study shows that employees completely agree with organizational culture ($M=3.78$, $SD=.20$), they agree with the corporate governance of the hospitals ($M=3.73$, $SD=.30$), employees also agreed with the organizational communication ($M=4.21$, $SD=.48$) and they agreed with the employee retention ($M=3.72$, $SD=.21$). There is a significant relationship between organizational culture and employee retention and organizational communication. There is a relationship between corporate governance and employee retention but there is no relationship between corporate governance and organizational communication. Employee retention is predicted by Transparency and involvement, Organizational communication is predicted by consistency and involvement. Employee retention has no significant difference when the nurses' sex, age and professional experience is considered. Organizational communication partially mediated the effect between organizational culture, corporate governance and employee retention. Organizational culture has directed and indirect effect on employee retention but corporate governance has only direct effect on employee retention.

Keywords: *organizational culture, corporate governance, organizational communication, employee retention*

Establishing Sports Apparel Shop in Laurel, Batangas: A Feasibility Study

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ABSTRACT

This study aimed at establishing a sports apparel shop in Buso-Buso, Laurel, Batangas, to cater to the growing demand for high-quality athletic wear. According to the latest research, the global sports apparel market size was valued at USD million in 2024 and is expected to expand during the forecast period, reaching USD million by 2031. Increasing consumer preferences, changing fashions and lifestyles, and rising disposable incomes are accelerating the demand for sports-inspired clothing. The researcher used a stratified sampling technique where the barangay was divided by classifying the 8 puroks and age groups. All in all, there were a total of 331 respondents. Interview questionnaires were also distributed to existing establishments with the same business producing tailored sports apparel in the target market. It brought about an average demand of 1,818,240.00 pesos and an average supply of PhP 1,617,550.00, resulting in an average market share of 14% between 2024 and 2029. Based on the results, the researcher found a demand for tailoring shops. In a sports apparel shop, the production process involves design, patternmaking, cutting, sewing, inspection, and quality control, and the last part is packing for pickup. The purchase of high-quality equipment and machinery will improve the production process in terms of quality and sustainability. An investment worth PhP 2,000,000.00 is needed to put up this business. The proposed project is acceptable with a return on investment of 63% on the second-year operation and a payback period of 2 years and 9 months. Therefore, the researcher concludes that the proposed venture is feasible and viable.

Keywords: *customized sports apparel, sportswear shop, athletic wear, fitness apparel, Laurel, Batangas*

Influence of Principals' Instructional Supervisory Skills on Teachers' Classroom Practices

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ABSTRACT

This paper explores the influence of principals' instructional supervisory skills on teachers' classroom practices in Silang, Cavite, focusing on high school educators. This study utilized a descriptive-correlational design to investigate the influence of principals' effectiveness in guiding, supporting, and assessing teacher performance on teachers' proficiency in integrating 21st-century skills into their instructional methodologies. Data were collected through surveys from 100 high school teachers. The findings revealed a positive perception of principals' instructional supervision skills among teachers, with areas identified for improvement. Additionally, teachers demonstrated proficiency in fostering critical thinking, collaboration, digital literacy, and other essential competencies in students. Correlation analysis highlighted the interconnectedness between principals' supervisory skills, instructional supervision, and teachers' classroom practices. The study recommends continuous professional development for principals, targeted support for teachers, promotion of collaboration, enhanced involvement in student assessment, and equitable access to resources across schools. These recommendations aim to strengthen the influence of principals' instructional supervisory skills on teachers' practices, ultimately improving student outcomes and fostering a supportive learning environment.

Keywords: *principal's instructional skills, teacher's classroom practices, 21st-century skills, educational leadership, instructional supervision*

Influence of Inquiry- Based Learning (IBL) on Students' Engagement

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ABSTRACT

Concepts and skills are being taught by providing pedagogy which will enable them to enhance their cognitive, affective, and psychomotor domains. Inquiry-based learning (IBL) is a framework for conceptualizing the priorities and values of authentic science teaching and learning. This study identified the influence of inquiry- based learning (IBL) on student engagement using a descriptive-correlational design among 100 randomly selected Grade 6 pupils. Anchored on the five sub-variables of the utilization of inquiry-based learning, namely engagement, explanation, exploration, elaboration, and evaluation, a five-point Likert scale was used in this study together with the 20-item descriptors for the level of students' engagement. Findings revealed that there were high levels of use of inquiry-based learning in terms of engagement ($M = 4.26 \pm 0.384$) and exploration ($M = 4.36 \pm 0.362$). Further, the levels of utilization of inquiry-based learning in terms of explanation ($M = 4.50 \pm 0.420$), elaboration ($M = 4.54 \pm 0.682$) and evaluation ($M = 4.58 \pm 0.376$) are very high. Results also show that inquiry based learning significantly influence students engagement ($\beta = 0.647$ with $p < .001$) which means that an increase on the extent of use of inquiry-based learning leads to an increase of 0.647 in students' engagement in science. Results provide tangible data in concluding that IBL activities help students to be more involved in their science classes and more interested in learning.

Keywords: *inquiry-based learning, science engagement, teaching strategies*

Silent Struggles: Exploring the Experiences of Deaf Adult Women Going Through Abortion

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ABSTRACT

Deaf pregnant women face challenges such as miscarriage and abortion decisions, with high occurrence rates. However, there is a gap in understanding the reasons behind these occurrences, especially among deaf individuals. Prior studies predominantly utilize quantitative methods, neglecting deeper insights necessitated by qualitative approaches. This qualitative study addresses this gap by investigating the lived experiences and contextual factors surrounding abortion among deaf adult women. Using Moustakas framework, this study explored their narratives and perceptions, guided by the following questions: (1) What are the lived experiences of deaf adult women who went through abortion? (2) What is the context of deaf adult women who went through abortion? (3) How do deaf adult women who went through abortion view life in the future? Through in-depth interviews with four participants, transcendental phenomenology was utilized to seek a comprehensive understanding of this overlooked aspect of deaf adults' lives. The findings of this study showed that the participants experienced emotional turmoil and guilt, physical strain and discomfort, emotional impact and coping mechanisms, and religious anxiety and fear of divine retribution. Further research in this area could explore larger sample sizes and incorporate longitudinal studies to provide deeper insights into the complexities of abortion experiences among deaf pregnant women. Additionally, interventions and support programs tailored specifically for this population could be developed based on the findings of this study to address their unique needs and challenges.

Keywords: *transcendental phenomenology, deaf pregnant, abortion, Philippines*

Influence of School Governance on Teachers Retention in Selected Basic Education Private Schools in the Philippines

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ABSTRACT

The emerging and alarming concerns about teachers' retention have been pressing and challenging realities. This paper investigates the influence of school governance on the employee retention of teachers in selected schools in the Philippines. Good school governance is one in which the primary goal is to keep teachers productive and talented workers and reduce turnover by fostering a positive work atmosphere to promote engagement in the school landscape. This study addresses the problem of how basic education private schools in the Philippines reduce the intention to leave their work as teachers. This descriptive-correlation was participated in by 320 private basic education teachers. The respondents were selected through random sampling, and a Google Form was used to gather the data. The findings indicate that the extent of school governance in terms of accountability and transparency is all good. While employee retention in terms of employee recognition, work environment, and organizational policy were all interpreted very good. These results indicated satisfaction with the implementation of school governance and employee retention. The correlation between the two variables shows that when school governance is properly managed and implemented, it will result in higher retention among teachers.

Keywords: *school governance, employee retention, migration*

Trighex: Gamification of Product and Quotient Identities of Six Trigonometric Ratios for Classroom Instruction

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ABSTRACT

In education, gamification is employed to make the process of learning mathematics more engaging. In this study, researchers conducted a survey involving 254 Science, Technology, Engineering, and Mathematics (STEM) students and 8 mathematics teachers. The survey revealed significant challenges faced by both students and teachers in teaching and learning trigonometric identities. These difficulties stemmed from the complexity of the subject, which required memorization of formulas and identities. The lack of pedagogical techniques, such as the utilization of manipulatives, worsened these challenges. These findings served as the basis for the development of "Trighex," a teaching manipulative that centers around the concept of trigonometric identities. Trighex, along with its game manual, underwent content and curricular alignment, followed by a formative evaluation conducted by 11 curriculum and content experts from the Department of Education. The researchers used the Guidelines and Processes for Learning Resource Management and Development System (LRMDS) Assessment and Evaluation for instructional materials. As a result of the assessment, Trighex satisfactorily met the predetermined criteria. These favorable findings support the potential of Trighex as an instructional material. The researchers therefore recommend the use of Trighex in classroom instruction. Furthermore, they suggest conducting an experimental study to evaluate the effectiveness of Trighex as an aid in teaching trigonometric identities.

Keywords: *gamification, manipulative, Trighex, trigonometric identities, trigonometry*

Influence of Cooperative Learning to Academic Performance of Science, Technology, Engineering, and Mathematics Students

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ABSTRACT

The success of students' academic performance (AP) is influenced by the implemented teaching methods. Various teaching methods are essential to establishing the successful dissemination of knowledge during the teaching and learning process. Traditional teachings are still practiced, where students must quietly sit on their chairs and listen to lesson discussions. This results in students being disinterested in the process of learning, which affects their AP. Academic performance, with its dimensions such as academic success, impulse control, and academic productivity, is one of the most critical factors that is considered in the educational system. Students can develop the necessary skills to succeed both inside and outside the classroom through good academic results. With the aim of improving the AP of high school students, this descriptive-correlational study was conducted. Using cooperative learning (CL), one of the most engaging and collaborative teaching methods, was used to determine if it would influence the AP of high school students. The results of the study show that CL is highly used and implemented by the teachers, and the students have a high level of AP. Furthermore, CL, with its dimensions such as interpersonal and small group skills, face-to-face promotional interaction, positive interdependence, individual accountability, and group processing, is positively influencing AP. This study concluded that in CL, students are encouraged to work within a small group with the goal of improving their understanding of the lesson concepts and developing interaction and cooperation among them. This study recommends that the implementation of CL in classrooms may improve the AP of high school students. Further study can be conducted in primary education comparing the effectiveness of CL in improving the AP of elementary pupils in different grade levels.

Keywords: *cooperative learning, academic performance, academic productivity*

Establishing Inclusion for SEN in Faith-based Schools in Thailand: A Case Study

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ABSTRACT

In Thailand, research on inclusion program predominantly focused on inclusion programs in government-run schools. The need to understand specific inclusion of students with special needs (SEN) within faith-based settings cannot be neglected. This study addresses this gap by investigating the processes by which diverse faith-based schools in Thailand foster the inclusion of students with special needs. Through in-depth interviews with nine participants and observations from two faith-based schools, a case study was employed, incorporating within-case and cross-case analysis. Findings reveal that faith-based schools established inclusion models aligned to the schools' mission statements and values. Inclusive practices were open communication, parental involvement, teachers' collaboration, and specific inclusion strategies such as accommodation and modification, as well as celebrating diversity and inclusion. Barriers to inclusion include lack of knowledge, skills, and training in inclusion. Further research on the long-term influence of faith-based schools' values on inclusion practices and the quality of life of SEN can enhance global understanding of faith-based approaches to inclusivity.

Keywords: *disabilities, inclusive education, faith-based schools, mainstream, case study*

Student Perceptions of Online Learning in the Theology Program at a Faith-based College in Hong Kong

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ABSTRACT

The evaluation of online educational programs stands as a pivotal determinant in shaping academic attainment, with students' satisfaction serving as a tangible metric of program quality. This study seeks to assess the substantive depth of curriculum content, the efficacy of delivery methods, and the dynamics of teacher-student engagement within an online theological learning program offered by a faith-based institution in Hong Kong. Grounded in the triad of curriculum, delivery, and interaction dimensions, a 30-item Curriculum Delivery Interaction Questionnaire (CDIQ) survey, utilizing a 5-point Likert-type response scale, was administered and answered by 186 enrolled theology students via Survey Monkey. Using descriptive analysis techniques, results indicate a prevailing level of satisfaction among students across these critical dimensions. Notably, 86% (n = 128) of respondents expressed contentment with the online theological curriculum, underscoring its role in nurturing their spiritual connection and imparting essential ministry competencies. Furthermore, the delivery quality of the online program garnered widespread acclaim, with an impressive 88.8% of the respondents lauding its effectiveness. Moreover, interactions within the program received favorable reviews from most students (82.8%). These findings offer valuable insights for enhancing future online theological learning programs, emphasizing the importance of a robust curriculum, effective delivery methods, and meaningful interactions with faculty and peers. Future research avenues may explore faculty perspectives and conduct qualitative analyses to deepen our understanding of student satisfaction levels in online theological learning environments.

Keywords: *online learning, theology program, curriculum, delivery, interactions*

Gamification Pedagogy, Student Engagement, and Self-Efficacy Among Selected High Schools in the United Arab Emirates

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ABSTRACT

An innovative pedagogy called "gamification" is considered a potential pedagogical approach that can have a substantial impact on the development of students' active learning skills and self-efficacy. However, its effectiveness in understanding pedagogical knowledge, specifically in mathematics and science subjects, has not been fully explored. Qualitative exploratory case-study approach examined gamification practices carried out in a high school setting, the rationale for integrating gamification in selected subjects' teaching, and the challenges encountered by schools during implementation of gamification. Data were obtained from two high schools, involving eight teachers and eight students from the mathematics and science departments. Participants were selected through a criterion questionnaire including affiliation with a high school mathematics and science department, and proficiency in computer literacy. The research was grounded upon TPACK and the Self-directed Literacy Model frameworks, utilizing individual interviews, filed notes, and assessment data for data collection. Then it was transcribed, coded, and analyzed to reflect the common themes and patterns concerning teachers' and students' perceptions of the impact of gamification. The six key themes found are the integration of gamified learning and engagement; motivation and alignment with educational goals; technical barriers and resource constraints. The results of the content analysis of the data lean positively towards potential gamification in education while acknowledging the need for further research on its effectiveness in different contexts.

Keywords: *gamified e-learning, mathematics, science, self-efficacy, motivation, gamification pedagogy*

Effect of Discourse Structure Graphic Organizers to Reading Comprehension

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ABSTRACT

Reading comprehension has been a perennial problem in basic education. Students can decode but fail to get meaning from expository texts. Understanding these text materials is a challenge for fourth grade students in the transition period. They need to be aware of and sensitive to the text structure to determine the appropriate discourse structure for graphic organizers to use. This study investigated the effects of a six-week reading intervention that focused on expository text comprehension using discourse structure graphic organizers (DSGOs). This study utilized a pre-experimental, one-group pretest-posttest design that measures the effect of an intervention on an outcome variable by comparing the scores of the same participants before and after the instruction. Forty grade four students participated in this study. The students' obtained a pretest mean score of 15.6 (SD = 3.72) in the Philippine Informal Reading Comprehension Inventory (PHL-IRI). The posttest mean score significantly improved to 21.1 (SD = 1.79), resulting in a mean difference of 5.5 and $p < .001$. The results of the analysis prove that the use of DSGOs is an effective strategy to improve students' reading comprehension. This study's findings can serve as the basis for teachers integrating and including them in reading lessons and other content areas. Future studies can be undertaken to determine the effectiveness of DSGOs compared to traditional teaching methods.

Keywords: *expository text, text structure, discourse structure, graphic organizers, reading comprehension*

Lived Experiences in the Marriage and Family University Course: Implications for Curriculum Development

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ABSTRACT

Marriage is one of the cornerstones of the sociological structure of human civilization. To sustain the viability of marriage, its incorporation into the education curriculum of individuals, particularly young adults who are at a time in their lives navigating crossroads, pivotal milestones, and making impactful life decisions, is essential. The development of relationship education curricula, especially in the context of marriage and family within higher education, however, remains underdeveloped. Further studies to enhance knowledge and improve marriage and family curricula for young adults are, therefore, an important research field for exploration. This research, utilizing a phenomenological approach, is intended to explore the experiences of students during their time taking a marriage and family course at the undergraduate level. Fifteen adults who had taken the course were interviewed, and their answers were analyzed to explore the essence of their experiences. Three main themes surfaced from their experiences: first, teacher quality, characterized by open-mindedness and the fostering of open discussions. Second, the delivery of lessons, including learning from multiple perspectives and personal experiences that are not just from the teacher, as well as ample opportunities for discussing various and even opposing viewpoints. Third, the significance of lesson content that is context sensitive by making a thoughtful integration of culture and tradition as well as content that aligns with the religious perspective of the Christian university but also fosters diverse viewpoints and open discussions beyond those perspectives. The themes reveal the opportunity to reshape the curricula for the Marriage and Family course taught at the undergraduate level, along with the opportunity to enhance students' learning experiences of the course materials by adjusting the curriculum to include a broader scope and cultural sensitivity. The data gathered in this study will contribute to enhancing knowledge and refining the development of relationship education curricula specifically designed for emerging adults, with a particular emphasis on marriage and family courses.

Keywords: *marriage education, relationship curriculum, young adults*

Influence of Teachers' Strategies and Parents' Support Towards Children's Attitude in Music Practice

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ABSTRACT

Music education, like all courses of study, can be beneficial for the students who are interested in learning and pursuing it to become professional musicians. Yet, it can be detrimental if music educators and parents are not well equipped in music knowledge and do not have the interest of the students at heart. This study examined if teachers' strategies and parent support influence children's attitude in music practice. This study is descriptive-correlational and included 100 children who are enrolled in music lessons. Data analysis utilized mean, standard deviation, Pearson's correlation, and linear regression. The findings showed that there was a significant relationship between teachers' strategies, parental support and students' attitude in music practice. Furthermore, it was verified that teachers' strategies and parents support positively influence children's attitude in music practice.

Keywords: *music, teacher, parent, attitude in music practice*

Best Practices of Teacher-Awardees in Inclusive Classrooms: Towards a Proposed Instructional Design

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ABSTRACT

As the Philippines embarks on the journey towards inclusive education outlined in Republic Act 11650, "Instituting a Policy of Inclusion and Services for Learners with Disabilities in Support of Inclusive Education Act," the effectiveness of classroom practices in accommodating diverse learner needs becomes paramount. This research examines the exemplary practices of general education teacher awardees within inclusive classroom settings. By exploring the innovative strategies utilized by these educators, the study seeks to identify effective solutions and alternatives to enhance mainstreaming practices and cultivate a culture of inclusivity in education. Engaging six distinguished general education teacher awardees with extensive experience in inclusive classroom instruction, the research illuminates the resilience and dedication of these educators in overcoming challenges within inclusive classrooms. Through synthesizing their best practices, the study develops an instructional framework to address the needs of students with disabilities, promoting the success and diversity of all learners. Objectives include examining pedagogical approaches, investigating challenges, and identifying effective strategies for accommodating diverse learner needs. Qualitative analysis unveils key themes, emphasizing a learner-centered approach and resilience in overcoming obstacles. A proposed instructional design offers structured guidance for implementing inclusive education programs, highlighting the significance of flexibility, collaboration, and individualized support. These strategies not only enhance academic performance but also promote a sense of belonging and acceptance among students, creating inclusive learning environments where all can thrive.

Keywords: *inclusive education, general education teachers, learners with disabilities, instructional framework*

Influence of Random Calls on Communicative Competence among High School Students

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ABSTRACT

Communicative competence will enable students to express their ideas more effectively and attain good learning outcomes, because it supports the development of critical thinking skills, stemming from the need to analyze and interpret the information they want, as well as the response that they receive from others. In investigating the factors that improve communicative competence, it has been shown that classroom participation is one activity that significantly correlates to the communicative competence of the students. This applies to all students throughout different subjects since, the act of conveying thoughts and ideas through classroom participation is able to increase their communicative competence regardless of their education level. However, only few students voluntarily participate in classroom discussions. This brings up a problem for the teachers as they are unable to gauge the status of the students' understanding of the subject and if they can communicate effectively. Thus, this descriptive-correlational study was conducted to determine the influence of random call use to communicative competence of senior high school students. The result of the study shows that high school teachers use random calls to a *high extent*. Additionally, the students are *highly competent* in communication in terms of grammatical, sociolinguistic, discourse, and strategic. Furthermore, the result of the study shows that random call use in classes positively influences the communicative competence of the students with its dimensions. This implies that the use of random calls encourage students to participate in class discussions, enable them to think, analyze, and express themselves, decrease the inattentiveness of the students, and diversity of voices are heard from students' participation. Thus, this study concluded that random call use in classes improves the students' communicative competence. This study recommends to always use random calls during class discussions especially in basic education and further conduct the study in primary education using experimental design.

Keywords: *random call, communicative competence, class participation, learning outcome*

Syntactic Error Analysis of Grade 8 Students' Written Discourse: Basis for an Enhancement Program

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ABSTRACT

Language is a vital medium for information exchange and a dynamic framework facilitating access to a wide array of cultures, intricate concepts, and profound interpersonal connections. This study seeks to scrutinize the syntactic errors manifest in the written discourse of Grade 8 students in Bangkok, Thailand. The researcher used an explanatory sequential design, a mixed-method approach, to fully understand the syntactic challenges students encountered. The analysis revealed that the most frequent syntactic errors among Grade 8 students are related to tenses, capitalization, punctuation, and subject-verb agreement. These errors stem from a complex interplay of factors, including an inadequate grasp of grammatical rules, first language interference, limited English exposure outside the classroom, and varied emotional responses to feedback on writing. To address these issues, a multifaceted enhancement program targeting syntactic awareness and writing proficiency is recommended, including direct grammar instruction and personalized feedback. Additionally, language educators incorporate targeted syntactic instruction into the curriculum, focusing on the identified areas of difficulty. Creating more opportunities for students to engage with the English language in real-life contexts could enhance their syntactic competence. Moreover, educational policymakers should consider integrating language acquisition support mechanisms like tutoring programs and language clubs to foster a more immersive learning environment.

Keywords: *syntactic errors, written discourse, tense errors, syntactic awareness, first language interference, explanatory sequential design, Thailand*

k-LCM Cordial Labelling

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ABSTRACT

This paper introduces the concept of k -LCM cordial labelling, a graph labelling method evolving from cordial labelling, for connected undirected simple graph $G = (V(G), E(G))$. Utilizing a function $f: V(G) \rightarrow Z_k$, where $k \in Z^+$, each edge is assigned a label $LCM(f(u), f(v)) \pmod k$, when u and v are adjacent vertices. A k -LCM Cordial Labelling is defined by two conditions: (i) maintaining an absolute difference of at most one in the count of vertices labelled with any i and j , and (ii) likewise, providing an absolute difference of at most one in the count of edges labelled with i and j , for all $i, j \in Z_k$. A graph is said to be k -LCM cordial graph if such a function exists. In our investigation of k -LCM cordiality, we delve into various types and specific examples of graphs. Notably, we found that cyclic graphs C_k do not exhibit k -LCM cordiality, whereas star graphs S_k do. Furthermore, we examine the k -LCM cordiality of lantern star graphs and k -connected copies of star graphs. Moreover, we investigated the influence of pendant vertices on k -LCM cordiality. Further areas of exploration involve identifying relationships between k -LCM cordiality and various graph operation.

Keywords: *Cordial Labelling, k-Cordial Labelling, k-LCM Cordial Labelling*

A Constructive Approach to Essentially Riemann Integration

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ABSTRACT

Recently, Calunod defined the Riemann integral. Briefly, a function is essentially Riemann integrable provided it is almost everywhere equal to a Riemann integrable function. In the same paper, a descriptive characterization as a fundamental theorem of calculus and a Lebesgue-type characterization were presented. They also posted a query on whether a constructive characterization is possible. In this paper, we present an affirmative answer to this query. More precisely, a function f on $[a, b]$ is essentially Riemann integrable if and only if there exists a real-number L for which given $\varepsilon > 0$, there exists a gauge δ such that for any δ -fine partition $D = \{(\xi, [u, v])\}$ of $[a, b]$ there corresponds a set $G \subset [a, b]$ with measure zero such that $|(D)\sum f(v - u) - L| < \varepsilon$ For all $x \in [u, v] \setminus G$ including , for all $u, v \in D$. For future research, one may explore integration by parts formula and its implication.

Keywords: *analysis, integration theory, Riemann integral, Henstock-Kurzweil integral*

Conformable Directional Derivative and Gradient Function

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ABSTRACT

In 2014, a new fractional derivative called the α -conformable fractional derivative was introduced. In this paper, the notions of fractional directional derivative ($D_a^\alpha f$), fractional partial derivative, and gradient function ($\nabla_a f$) are motivated by the conformable fractional derivatives that were defined and have properties explored. In particular, the relationship between $D_a^\alpha f$ and $\nabla_a f$ is presented. A version of Lagrange multipliers will also be presented.

Keywords: *conformable derivative, directional derivative, gradient function, lagrange multipliers*

Let's Talk: A Stress Management Program Among Basic Education Teachers in Private and Public Schools in Nueva Ecija

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ABSTRACT

Teachers face various forms of stress in their daily work, which may include heavy workload, challenging work environment, difficult colleagues, stakeholders, and even higher-ups. A stress management program was developed using the Health Belief Model as a theoretical framework to address this issue. The program consisted of ten sessions that included group activities, pre-tests and post-tests, lectures, tips for stress management, video clips, testimonies, and counseling. The program's effectiveness was evaluated using a quasi-experimental research study with a purposive sample of 35 participants. A 5-point Likert Scale measured the participant's knowledge, attitude, and practice regarding stress management before and after the program. The data were evaluated using descriptive and inferential statistics. The results of the pre-tests showed that the participants had a high level of knowledge ($M = 3.91$) and a positive attitude ($M = 4.00$) towards stress management. Their practice and stress levels were only moderate ($M = 3.497$; $M = 2.99$). The post-tests showed that the participants' attitude had increased ($M = 4.04$), while their stress levels decreased ($M = 2.91$). However, these differences were not statistically significant. Their levels of knowledge ($M = 4.33$) and practice ($M = 3.93$) had improved significantly ($p = <.001$), with a moderate effect on knowledge ($d = 0.681$) and a large effect on practice ($d = 0.994$). The study concluded that the stress management program improved basic education teachers' knowledge and practices. A supplement program is recommended to assist basic education teachers with stress management to continue the positive effect.

Keywords: *basic education, stress management, teachers, work-related stress*

The Influence of Cultural Competence towards Ethical Sensitivity among Registered Nurses

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ABSTRACT

Nurses consider their patient's cultural beliefs and practices and the ethical implications embedded within these cultural contexts. In the medical field, 78% of nurses experience a greater frequency and severity of ethical issues than other healthcare professionals. Studies indicate that nurses' cultural awareness is closely tied to their ability to recognize ethical dilemmas in patient care. This study aimed to determine the relationship between cultural competence and ethical sensitivity among nurses. A significant difference in cultural competence among nurses when a clinical unit of assignment was also considered. One hundred and thirteen nurses from three selected hospitals in Ghana were recruited using simple random sampling to answer the structured questionnaires. The statistical treatments utilized Pearson correlation and ANOVA. The results showed that there was a *moderately significant positive relationship* between cultural competence and ethical sensitivity ($r = .365$, $p = .000$). The study also showed a *statistically significant difference* ($p = .001$, $F = 6.782$) in cultural competence when considering the clinical unit of assignment. Nurses working in the theatre units had a higher level of cultural competence ($M = 2.444$, $SD = 0.192$). This study concluded that nurses should possess cultural competence to enhance and sustain ethical sensitivity in patient care. Support strategies such as cultural training programs and administrative support are recommended to strengthen nurses' professional cultural competence in ethically challenging situations, influencing their ethical sensitivity. Likewise, benchmarking of the theatre nurses to foster cultural competence may also be done. Further research should also be conducted employing a qualitative research design to gain nurses' insights and perceptions regarding the influence of cultural competence on ethical sensitivity.

Keywords: *cultural competence, ethical sensitivity, nurses, ethical dilemmas*

Caring 'Till Death: A Phenomenological Study

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ABSTRACT

Death elicits a range of emotions in individuals, making it a universally challenging experience. Coping with the loss of a loved one is particularly difficult, but it is important to recognize that nurses also struggle with the emotional impact of losing their patients. This study explored the impact of successive deaths of patients during a nurse's shift. The study utilized a qualitative phenomenological approach by interviewing nurses who experienced successive deaths during their shifts. The study included nurses from a critical care unit in a tertiary hospital in Laguna who had at least one year of experience, regardless of age or gender. They must have encountered at least two patient deaths during their shifts to qualify. Results showed that nurses experienced emotional turmoil or distress, compassion towards the family, and feelings of incapacity. Nurses employed both internal and external coping strategies to deal with the situation. External coping methods included verbal and non-verbal interactions, while internal coping involved acceptance, prayer, meditation, and the use of medications. The repeated deaths had both positive and negative effects on the nurses. These series of deaths motivated them to improve their care for patients and strive for excellence. On the other hand, they also experienced fear and self-doubt. This study recommends that nurses who encounter multiple deaths during their hospital shifts undergo a debriefing process to assist in coping with the various emotional experiences. Furthermore, nurses impacted by this trauma need training, strategies for coping, and access to therapy to prevent or reduce the negative effects of their experiences on their mental and emotional health.

Keywords: *nurses, patient death, phenomenology, coping*

Stress Management Needs Among Local Government Units (LGU) Employees of Victoria, Northern Samar

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ABSTRACT

Stress is common in everyday life, impacting individuals across various settings and occupations. This study aimed to determine the stress management needs of employees in one local government unit (LGU) in Victoria, Northern Samar. This study employed a descriptive research design and convenience sampling of 100 employees who responded to a Needs Assessment Questionnaire designed to characterize the stress landscape within the LGU. Findings underscore the prevalence of workplace stress, attributed primarily to heavy workloads, organizational dynamics, and the absence of mental health support programs. Additional results from the study include insights into job satisfaction, with 66% of respondents indicating satisfaction and 34% reporting discontent. Stress was noted by 59% of participants, with associated symptoms including frequent headaches (20%) and irritability (17%), 34% reporting no symptoms, and five percent reporting other symptoms. The degree of stress varied, with 67% reporting mid-level stress, 25% moderate, and eight percent severe. Regarding time, 55% reported feeling stressed at work for less than a month, 31% for one to three months, and 8% for over a year. Importantly, only 12% of respondents reported a focal person's availability to address stress-related concerns, highlighting a significant gap in support structures within the LGU. This study concludes that there is a need for a stress management program for the government employees of Northern Samar. Recommendations for future studies may consider the inclusion of intervention programs.

Keywords: *stress management, Local Government Unit, workplace stress, needs assessment*

Use of National Identity Card in Healthcare: An Assessment of the Perceptions of Care Providers in Assisted Living Care Homes

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ABSTRACT

Technological innovation is an integral part of corporate business growth. The health card has undergone a progressive evolution as an innovative technology for improving health care delivery. This qualitative study aimed to assess the perception of care providers about the use of national identity cards in validating the provision of care in assisted living care homes. Purposive sampling method and unstructured questionnaires were utilized to gather data from 31 participants. Thematic analysis was employed to analyze the data. Respondents found the identity card to be a good system and an innovative approach for validating care interventions. It was described as easy to use, and the system can be trusted for privacy and security issues. They also regarded the electronic procedure as fast and straightforward. The analysis of the data highlighted four main themes: (1) innovation in care provision; (2) timesaving; (3) efficiency; (4) cost reduction; (5) productivity; (6) network connectivity; and (7) safety and security. These themes encompassed the diverse perspectives and experiences of care providers regarding the utilization of national identity cards in healthcare settings. The future utility of the national identity card can be multiplied across a wide range of functions and transactions. The use of this device can serve as a means of verifying and recording the completion of specific clinical procedures, ensuring that the correct steps and protocols have been followed. Care providers positively view the use of national identity cards in validating the delivery of care. The outcome shows that the adoption of efficient electronic approaches can generate added value and increase performance outputs.

Keywords: *national identity card, innovative technology, care providers*

The Influence of Vaccine Confidence on Compliance with COVID-19 Minimum Health Standards Among Employees of Sectarian Institutions

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ABSTRACT

The introduction of the COVID-19 vaccines and the strict implementation of minimum health standards during the pandemic lockdowns were met with both opposition and compliance. This study investigated the influence of vaccine confidence on compliance with minimum health standards. A total of 349 purposively sampled employees of seven sectarian higher educational institutions in the Philippines participated in the study. Results from descriptive correlation revealed that respondents were *highly confident* about the COVID-19 vaccine and were also *highly compliant* with minimum health standards. Vaccine confidence was significantly related to, and was a predictor of compliance with minimum health standards. Results further showed that respondents under 40 years old were more compliant with minimum health standards. The level of compliance of the participants did not differ significantly when grouped according to sex and educational attainment. It is recommended that data from similar studies be used to predict behaviors in similar scenarios that may occur in the future.

Keywords: COVID-19, vaccines, vaccine confidence, minimum health standards

Health Quest: A Lifestyle Medicine Intervention Towards Obesity Management in the Hospital Setting

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ABSTRACT

Obesity is a growing concern in the Philippines, leading to chronic health issues such as Type 2 diabetes, heart disease, respiratory problems, musculoskeletal disorders, cancers, and depression. Even those in the medical field suffer from this health concern. To address this problem, the "Health Quest" weight loss program was implemented among obese hospital workers. It was a 5-month comprehensive initiative focused on lifestyle modifications to improve overall health, including regular exercise, a plant-based diet, stress management, connectivity, and sleep management. A quasi-experimental design was used, where 15 male and female participants aged 29-62 years were chosen through purposive sampling. The program successfully promoted weight loss, with 87.4 kg lost among all the participants. After the intervention, obesity parameters such as BMI ($p = .035$), waist circumference ($p = .000$), body fat % ($p = .036$), and visceral fat ($p = .000$) were significantly reduced. Muscle mass was also significantly increased ($p = .029$), indicating a significant improvement in their body composition. The program leads to positive outcomes in the participants' health status regarding obesity parameters. The findings suggest that the "Health Quest" lifestyle medicine intervention effectively manages obesity among hospital workers. The study recommends implementing this program to a larger sample size and in more worksite settings.

Keywords: *Health Quest, obesity management, lifestyle medicine, hospital*

Implementation of A Community-Based Family Planning Education Program to Improve Knowledge, Attitude, And Practice of Family Planning among Couples In A Rural Community

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ABSTRACT

The study aimed to improve the knowledge, attitude, and practice of family planning among couples in a barangay in Pahinga Sur, Candelaria, Quezon, by implementing a community-based family planning education program. A quasi-experimental pretest and posttest design was used among 22 participants. Results show that there was a significant improvement in knowledge from "low" in the pretest ($M=5.45450$) to "high" in the posttest ($M=7.86$). On the other hand, attitude towards family planning improved from a positive attitude in the pretest ($M= 2.8896$, $SD= 0.33265$) to very positive in the posttest (3.8247 , $SD = .2806$). Similarly, in family planning practice, participants showed an increase in their mean scores from good practice in the pretest ($M=4.1818$) to very good practice in the posttest ($M=7.00$). Overall, findings from the study showed a significant difference in their knowledge, attitude, and practice of family planning when compared to the baseline and end-line results. Thus, the study's outcome demonstrated that an intervention such as community-based family planning education positively influenced the participants' knowledge, attitude, and practice of family planning. It is recommended that future research accommodate a larger population in similar studies. Inviting couples in family planning education and counseling activities should be considered in the national family planning programs.

Keywords: *family planning education, reproductive health, contraceptives*

Pre-clinical Simulation Skills Training of Medical Students, Satisfaction and Self-confidence Prior to Clinical Clerkship Exposure

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ABSTRACT

Studies on the satisfaction and self-confidence of medical students about their preclinical training are scarce. The preclinical simulation skills training of medical students in an environment that fosters intellectual challenge develops their skills and hones the right attitude in preparation for actual clinical/hospital exposures is necessary. This research, utilizing a descriptive correlational approach, analyzed the relationship between pre-clinical simulation skills training and the satisfaction and self-confidence of medical students before their clinical clerkship. Data was gathered using a survey questionnaire with 58 medical students in their last leg of medical studies. Medical students are found to have satisfaction and self-confidence, which are necessary as they prepare for their clinical clerkship. This is a timely study to improve the university's medical school curriculum and bridge the gap between theoretical training and actual performance during hospital and clinical rotations. The results of the study may open the chance and opportunity for curriculum enhancement, specifically in the use of simulation skills.

Keywords: *skills training, medical students, preclinical*

Implementing Health Education Program to Prevent Suicide Among College Students in a Private School in Quezon Province

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ABSTRACT

Suicide is a serious public health problem that can be prevented with timely, appropriate, and low-cost interventions. This program aimed to increase awareness of the risk factors and introduce measures to prevent the incidence of suicide. A pretest-posttest design was used in the study with 55 fourth-year BS Criminology students in a private school in Quezon province as participants. The tests determined the extent of perceived risk factors of suicide and perceived measures in preventing the incidence of suicide before and after the program. Thomas Joiner's Interpersonal Theory of Suicide guided the study. A structured questionnaire based on the research objectives of the study was used. Findings revealed that participants see suicide as a fatal self-injurious act with intent to die, a mental illness itself, and most suicides are among people of lower socioeconomic status. Social isolation is also a risk factor for suicide attempts. Participants disagreed that a person who seems happy is not at risk of suicide. The respondents reported that they listened to relaxing music, surrounded themselves with friends who had a positive influence, and prayed to divert any destructive thoughts. They also accepted things that were beyond their control. The result of the Pre-test and Post-test shows that the value of t is 8.6436, with a p -value of less than .01. The study recommends that the community should adopt the proposed health program entitled "May Kasama Ka: A Health Education Program" to generate awareness of the risk factors of suicide and take measures to prevent the incidence of suicide. Students and youngsters should be encouraged to participate in the health education program. Future studies may include a different locale.

Keywords: *suicide, health education, Quezon province*

Assessment of HIV Knowledge and Prevention Among College Students in a Private School in South Cotabato: A Basis for a Health Education Program

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ABSTRACT

The province of South Cotabato, situated in the SOCCSKSARGEN region, ranks 7th in the Philippines in terms of the prevalence of HIV cases. The increasing epidemic and inequalities in HIV service delivery significantly impact the youth aged 18 – 24 years old. This study aims to assess the HIV knowledge and prevention practices among college students in a private school in South Cotabato. Analyzing data from convenience sampling of 30 respondents, ANOVA and Chi-Square tests showed significantly low levels of knowledge among the youth regarding the mode of transmission of HIV (M=3.13), HIV infection (M=1.7), and diagnostic tests (M=0.23). However, the examination of gender-based disparities in HIV knowledge revealed no significant difference, suggesting consistent levels of knowledge irrespective of gender. No significant variations in HIV knowledge were observed among different age groups. These results emphasize the immediate necessity for thorough health education initiatives aimed at young people in South Cotabato to improve their understanding of HIV and their awareness of the services offered by the government. The study recommends consistently implementing these programs as a fundamental resource for upcoming health education and promotion efforts to address the HIV epidemic in the region.

Keywords: *HIV knowledge, South Cotabato, health education program*

School-Based Smoking Prevention Program Among Adolescents in Indonesia

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ABSTRACT

There are around 1.8 billion smokers worldwide, causing seven million deaths in 2020. In Indonesia, the number of smokers has increased from 60.3 million in 2011 to 69.1 million in 2021. A smoking prevention program was implemented in a secondary school in Indonesia and sought to address this issue. This study used a pretest-post-design to evaluate the effectiveness of the developed program. A convenience sampling technique was utilized in selecting 26 students from grades 8 to 12 to participate in the study. The program consisted of ten sessions aimed at improving the knowledge and attitudes of the participants towards smoking prevention. The results showed that there was an improvement in knowledge about smoking prevention, from a mean score of 8.04 with a standard deviation of 2.20 to a mean score of 9.35 with a standard deviation of 0.797 at post-test, reflecting very high knowledge. In addition, the participants' attitudes towards smoking prevention improved from positive ($M = 3.09$, $SD = 0.292$) to very positive with a mean score of 3.75 and a standard deviation of 0.26 in the post-test. Therefore, the study recommends that the school adopt the program to ensure continued success in their improvement. In the future, it is recommended that further studies evaluate the significant difference between the pre-test and post-test to ensure that the program is effective in the long term.

Keywords: *adolescents, attitude, knowledge, prevention, smoking*

Feasibility Study for the Establishment of the Vickey Gonzales-Casuga Memorial Cancer Treatment Facility in Adventist Medical Center Valencia, Philippines

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ABSTRACT

Many cancer patients in Bukidnon province are deprived of treatment due to its rural location. Patients travel thousands of kilometers to avail themselves of such therapy. The establishment of a cancer treatment facility in the heart of Bukidnon will make a difference in the lives of people diagnosed with cancer living in this remote area. This study was initiated to assess the market feasibility of starting a cancer treatment facility in Adventist Medical Center Valencia Inc. in Valencia City, Bukidnon. The study's objectives were to determine the optimal location of the proposed cancer treatment facility within Adventist Medical Center Valencia, to conduct a comprehensive market analysis to assess the demand for cancer treatment services, to evaluate the long-term sustainability of the proposed treatment facility over the next five years, and to assess the financial viability of the planned treatment facility to ensure profitability. Data was collected via questionnaires and answered through direct interviews with barangay health workers and computer-assisted telephonic interviews (CATI). A total of 258 cancer patients were identified using data from the local government and all surrounding hospitals in Valencia City. All the identified patients were contacted through phone and text messages. The barangay health workers visited some at their homes. Only 40 patients were identified as eligible to answer the questionnaires, which yielded a total response rate of 15%. As a result of the percentage analysis, it was found that the existing Market of Valencia City Bukidnon is feasible to start a Cancer Treatment facility which will fill the gap in cancer care in the province of Bukidnon.

Keywords: *cancer treatment facility, Valencia City, Bukidnon, market feasibility*

Assessing Electronic Health Record Utilization in Gitwe Hospital: A Cross-Sectional Investigation of Nurse Experiences and Perspectives

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ABSTRACT

This cross-sectional design study investigates the utilization of Electronic Health Records (EHRs) among nurses at Gitwe Hospital, Rwanda, employing a descriptive-correlational research design. Through a survey administered to a representative sample of 160 nurses, the study aims to assess the prevalence of EHR utilization, identify barriers, and examine the relationship between EHR usage and healthcare service quality. Results indicate widespread adoption of EHRs among nurses, with perceived benefits including enhanced patient care. However, challenges such as technical issues and inadequate training impede optimal utilization. Positive correlations are observed between EHR utilization and patient outcomes, satisfaction, and clinical documentation quality, highlighting the significance of EHR systems in improving healthcare delivery. Recommendations include targeted interventions to address barriers and enhance EHR proficiency among nurses. Future research should focus on investigating the long-term impact of EHR implementation on nursing practice and patient outcomes, as well as assessing the effectiveness of interventions aimed at optimizing EHR utilization in healthcare settings.

Keywords: *Electronic Health Records (EHRs), utilization, barriers, benefits, technology adoption, healthcare service quality*

Establishment of Basic Nursing Care Services Clinic in the City of Dasmariñas: A Feasibility Study

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ABSTRACT

Nursing care is crucial for patients undergoing treatment, and without proper basic nursing care, there could be a risk of longer healing time. This study explored the viability of establishing a basic nursing care service clinic in the city of Dasmariñas to provide accessible and affordable outpatient services and provide healthcare professionals with different perspectives on caring for patients and helping the community. Using both exploratory and descriptive research designs, a properly validated questionnaire was answered by households from 10 out of 75 barangays nearest the target location of the establishment. A sample size of 391 from the total number of 17,187 households participated in the survey. The researcher used a non-probability sample design. An analysis of the demand of 500,983 and supply of 22,909 shows an unmet demand of 95.43%. The study revealed a 3.10% market share with an average potential revenue of 4,385,677 Pesos. The clinic will comprise seven staff. The proposed business needs a capital investment of 2 million Pesos. The clinic's return on investment is estimated at 121.79%, with a payback period of three years and six months. Therefore, establishing a nursing clinic in the city of Dasmariñas is feasible.

Keywords: *feasibility study, basic nursing care, service clinic*

The Use of Facebook Messenger in Patient Care-Related Communication, Teamwork, and Work Performance among Nurses in Public Hospitals

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ABSTRACT

Patient care-related communication, teamwork, and work performance are paramount to establishing an excellent, quality, safe nursing service for patients and their families. Nurses around the globe are increasingly getting connected on social platforms like Facebook Messenger to communicate about work-related issues and concerns. A total of 139 nurses from public hospitals were chosen through purposive sampling. A quantitative research design utilizing descriptive-evaluative, descriptive-correlation, and descriptive-comparative designs was used in this study. The results reveal a *high* extent of using Facebook Messenger ($M=4.23$; $SD=0.90$) in patient care-related communication. Teamwork was perceived to be *very high* ($M=4.54$; $SD=0.59$), whereas the work performance of the nurses was perceived to be *high* ($M=4.22$; $SD=0.51$). A positive significant relationship was found between the extent of use of Facebook Messenger and teamwork ($r=0.585$; $p=0.00$) and the extent of use of the app and work performance ($r=0.467$; $p=0.01$). No significant difference was found in the nurses' teamwork and work performance, considering their age, sex, and area of assignment. This result shows that the more Facebook Messenger is used in patient-care communication, the more teamwork and work performance in patient care is enhanced. It is recommended that an in-depth study of the use of Facebook Messenger in patient-care communication should be done to understand more about their teamwork and work performance.

Keywords: *Facebook Messenger, work performance, nurses, public hospital, patient-care-related communication*

“Mind Cure”: A Holistic Program to Promote Mental Health Among Depressed Patients in a Lifestyle Medicine Center

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ABSTRACT

Most diseases originate in the mind. Anxiety and depression are common and can be disabling. This study evaluated the effectiveness of a holistic mental health intervention called the “Mind Cure” program. The study was carried out on depressed patients at a lifestyle medicine center. A pre-post design was employed, and six participants were purposively sampled. At the beginning of the study, the participants reported moderate levels of depression and anxiety symptoms with a pre-test mean score of 2.83 (SD = 0.89) on the PHQ-4 depression and anxiety screening tool. After the program, the participants experienced a decrease in the symptoms, reflected in a post-test mean score of 1.88 (SD = 0.26). The program had a positive impact on reducing depression and anxiety symptoms. The study reported increased participants' knowledge about depression and lifestyle, with an average score of 10.50 on a pre-test knowledge assessment, increasing to 11.00 after the program. The pre-test mean score for beliefs about depression was 3.26, and the post-test mean score of 3.32 reflected that the participants' beliefs were slightly strengthened. The pre-test mean score for reported lifestyle practices was 2.58, while the post-test mean score was 2.69, indicating increased frequency and greater consistency in healthy behaviors compared to pre-test results. The results suggest that interventions like Mind Cure, focusing on healthy lifestyles and positive beliefs, may hold promise for supporting individuals with depression. The study recommends evaluating the program's effectiveness in a larger sample group.

Keywords: *Mind Cure, depressed patients, depression, mental health*

Exploring Nurse Experiences and Perception of Using Electronic Health Records at Gitwe Hospital: A Qualitative Study

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ABSTRACT

This study aimed to explore the experiences and perceptions of nurses on the use of electronic health records (EHRs) at Gitwe Hospital in Rwanda. The study employed a qualitative approach, and data were collected using a self-administered questionnaire. A total of 163 nurses participated in the study. The questionnaire consisted of open-ended questions that sought to explore the nurses' experiences, perceptions, and challenges related to the use of EHRs. The main findings of the study revealed that most of the nurses had a positive perception of EHRs and found them useful in providing efficient and effective care to patients. The study identified several benefits associated with the use of EHRs, such as improved patient safety, enhanced documentation, and increased efficiency. The study also identified some challenges associated with its use, including technical issues, inadequate training, and time constraints. The study showed several implications for nursing practice and healthcare organizations. The positive perception of EHRs among nurses suggests that they are willing to use technology to improve patient care. The study also highlighted the need for adequate training on how to use EHRs and integrate them into their daily practice. Healthcare organizations should ensure that the EHR system is user-friendly, and that technical support is available to address any issues that may arise. Additionally, hospitals may consider providing additional resources, such as additional staff, to address the time constraints associated with using EHRs. In conclusion, this study provides insights into the experiences and perceptions of nurses regarding the use of EHRs in clinical practice. The findings of the study have important implications for nursing practice and healthcare organizations and highlight the need for further research in this area.

Keywords: *nurse experiences, electronic health records (EHRs), electronic health records, Gitwe Hospital*



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